

CITY OF LIVERPOOL SWIMMING CLUB

Coaches Report 2016

To all members of City of Liverpool Swimming Club welcome to the annual genral meeting for 2016! The coaches report gives an overview of the individual and team performances.

December 2015- January 2016

Arena National Swimming League North West Final & Premier Division Final Lane Draw

PREMIER DIVISION		
A Final		
Pos	Club	Points
1st	City of Liverpool	301
2nd	Stockport Metro	279
3rd	Ellesmere College Titans	252
4th	City of Salford	223
5th	Preston	214
6th	Warriors of Warrington	192
7th	Blackpool Aquatics A	167
8th	Pioneer 79	159

Fantastic End to the season by winning the Arena National Swimming League- North West Region Final. The atmosphere on the Sunday afternoon was very positive, the swimmers were determined from the beginning to win this. With some strong competition from Stockport Metro and Ellesmere Col Titans, we managed to secure a superb win by a substantial margin. Well Done Team! Congratulations to the City of Liverpool Swimming Club on qualifying for the Arena National Swimming League Premier A Final which is to be held in Cardiff 2016. This is a massive achievement for the club and to attain a lane 7 draw in the final, which shows an exceptional effort from all of the Liverpool Swim Team. We are also privillaged to be the only representative from the North West in the Premier Division A Final.

A.S.A National Short Course Championships Sheffield December 2015

Well done to all the swimmers who competed at this meet. They are:

Athena Clayson Anthony Evitts Matthew Pomford Ethan Ryland Emily Spencer Beth Sloan Owen Minnican

Other swimmers that qualified Shaun Muscroft and Georgina Evans but did not compete.

Exceptional swims came from Athena in all of her events, achieving personal bests on the 50m, 100m and 200m Backstroke. Also on the 50m and 100m Freestyle and the 100m Individual Medley. Athena's exceptional performance guaranteed her a place in the senior finals in the Backstroke events. Her best swim came in the 100m Individual medley as she made the senior B final and picked up a bronze medal in the overall Junior placing's.

Other great performances came from Matthew Pomford just missing out on junior medals throughout all of his events. Also well done to Ethan Ryland and Owen Minnican on new personal best Times.

This short course meet is a new event within British swimming, I will be encouraging next year more swimmers to qualify and target this meet.

February- March

Lancashire and Cheshire Championships

I would like to congratulate all swimmers from their respective clubs that competed in the Lancashire and Cheshire Championships. On record it was one of the most succesful championships we've had, with swimmers gaining new long course personal best times, numerous medals across all age groups and swimmers gaining qualification for the North West Regional Age group and Youth Championships later in the year.

A special mention must go to Nathan Young who swam to new British records set in the 16 and under deaf category. The events and times are as follows, 50m Butterfly in a time of 28.73, 200m Freestyle in a time of 2.04.44, which beat the previous record by 6 seconds.

Looking from a Long Term Athlete Development perspective the young swimmers from SwimSkills and County & Regional Squad performed personal best times and did so with the great technique and in a variety of strokes and distances.

For the Regional and National Age Group Squad and the National Youth and Senior Squad were chasing times ready to compete within the qualification window for British and English nationals.

Everton and Prescott Meet

On March 12th and 13th we will see our younger squads compete at the Everton and Prescott meet for the first time. The reason is for the SwimSkills and County and Regional Squads to compete together under the City of Liverpool banner for their first time as new members of the City of Liverpool Council training scheme and City of Liverpool Swimming Club. Hopefully, this meet will be part of my plan for the swimmers Long Term Athlete Development. We have over 50 swimmers accepted for this meet. My ambition for the future is to get in excess of 70 swimmers competing at this meet. However, with emphasis on the longer distances. Thanks must go the David Treadell and Ian Ingman for pushing this meet as part of our early year programme.

City of Sheffield Easter Weekend Meet

We have entered over 40 swimmers for this meet. But due to the high level of this meet hopefully all our swimmers will gain entry. This is the first meet for qualification for English and British Nationals.

Prescot and Everton Spring Meet 2016 12th and 13th March

Huge congratulations to all our swimmers who swam at the Prescot and Everton targeted meet. This competition was targeted at our SwimSkills and County and Regional squad, with a few older swimmers representing Liverpool also. This gala was the first competitive meet for some of our swimmers especially in the 9 to 10 year old bracket, which produced a large amount of medals. Also a special mention to a handful of SwimSkills swimmers, who achieved their first NorthWest Age Group Qualifying times. Special mention must go to Vadim Bosc who walked away with 5 Gold medal in the 10 year old age group.

Liverpool's Medal Table: 18 Gold 16 Silver 18 Bronze

Liverpool came second out of all the clubs who competed, toppling teams such as Winsford and Co Manchester by over 100 points difference.

The coaching team was really impressed by a well-run competition and how the Liverpool team performed at this meet. It has been decided that this meet will become a targeted meet for the 2017 season and onwards, aiming to send a stronger team next year and capitalise on the success of this meet, to help build confidence and experience in our younger swimmers.

City of Sheffield Easter Meet 2016

Due to the Easter holiday weekend only a small number of swimmers competed at this meet, this being the first meet within the National qualifying window. Our swimmers swam quite well for only the second long course meet of the season. Hopefully, this meet will prepare the swimmers to compete well at North West Youths and Manchester Open. Special mention must go to Nathan Young, who broke 2 British Records in the 16/ Under age group for the 50m Freestyle and 50m Butterfly.

Liverpool's Medal Table 3 Gold 3 Silver 4 Bronze

Plus an additional 8 swimmers making finals during this weekend.

NorthWest Age and Youth Qualifiers 2016

At this current time whilst writing the report we are still waiting for a few additional entries, from swimmers who are competing at the Stockport Meet and Salford on the weekend of 2nd and 3rd April.

We are looking at around 60 swimmers to qualify for these championships.

Olympic Trials 2016

We would like to wish Georgina Evans and Shaun Muscroft all the best for success at this meet and also Athena Clayson who will represent Mount Kelly College but still occasionally trains and compete with us.

April- May

Arena National Swimming League- National A Final Results

Place	Team	Points
1.	Guildford City	372
2.	Plymouth Leander	371
3.	Millfield School	342
4.	City of Cardiff	335
5.	City of Sheffield	266
6.	Thanet Swim	261
7.	City of Liverpool	254
8.	City of Peterborough	247
9.	Hillingdon	169
10.	City of Derby	134

Congratulations to City of Liverpool Swimming Club, we took 7th place in what was an exciting National 'A' final. I was overly impressed by all the swimmers efforts in the approach to their races and I'm grateful for the support that came from family and friends!

Special mention goes to Tobey Ryland and Ellis Cleworth, who were both awarded 'Most Improved Performance' in their respective age groups.

City of Liverpool Swimming Club Spring Meet 2016

First of all, I would like to congratulate Neil White for organising the first Spring Meet. Although, our entries were rather low, we were still able to have a very successful weekend. City of Sheffield were overly pleased with the competition we offered and commented that they will return next year.

Liverpool Swimmers recorded some fast swims varying from fifty meter events up to 800m discipline. David Treadell is working on convincing parents and swimmers to start building up the distance events they take part in at competition. This is working well on toughening our younger swimmers attitudes to these distances. As chief coach over the next few years, we are planning to educate parents and swimmers the need to move away from only taking part in short distance events. This is already being demonstrated with the performances at our spring meet.

North West Regionals Age group and Youth Championships 2016 (Long Course)

Congratulations, we have over 60 swimmers who attained qualifying times for the Regional champs. This is the largest number recorded in the history of the club to qualify for this meet, so congratulations to all swimmers and coaches on all their efforts. Good Luck to all the swimmers taking part over the next few weekends at the Regional Championships.

We also look forward to the Manchester Open Meet, as this gives our swimmers one last chance to qualify for British and English National Championship's which is within the qualifying window.

June- July

Chief Coaches Thoughts

This will be the last report of the 2015 to 2016 season. As we move closer to the British and English Nationals, I would like to wish everyone competing at the British and English Championships the best of luck. Plus, huge well done to all swimmers for all the hard work over the 2015/16 season.

As we move in to September 2016, we will see swimmers from each group progressing through the Liverpool scheme in to new squads. As we also welcome some newly arrived swimmers from local clubs and look to continue the successful relationship with local clubs. Further relations with Bridgefield Swimming Club and Bootle and North Swimming Club, have seen an increase in their younger swimmers progressing through to our swim trials.

Coaches Corner

I would like personally as chief coach to City of Liverpool Swimming Club, to comment on the commitment of all my coaches within the swimming club/ training scheme. These include; Peter Barton, Ian Ingman, David Treadell and Ben Brown. David Treadell first year as coach for the SwimSkills squad, has done exceptionally well producing swimmers up to Northwest Age Group Level. We wish Dave good luck with his university studies starting in September and his continuation of coaching SwimSkills.

Congratulations, goes to Ian Ingman on being selected as head coach to the level 1 England Programme North West 2017 to 2017 season. Further congratulations to Ben Brown, on his involvement with the England team. Special thanks to Peter Barton for supporting myself with my Senior and Youth Swimmers. With further thanks to all Team managers for their support on poolside during the last 12 months. Special mention must be made to Vick Stackpoole who literally did support me when I keeled over on the poolside, Thank you.

British and English Nationals

British Nationals

Well done to the following swimmers on qualifying for the British Championships;

Holly White Mattea-Jay Oliver Georgina Evans Beth Sloan Anthony Evitts Matthew Pomford Owen Minnican
Shaun Muscroft Daniel Buckley Tobey Ryland Levi Gumbs Eoin O'connor

English Nationals

Well done to the following swimmers on qualifying for the English Nationals;

Holly White Charlotte Stackpoole Mattea-jay Oliver Ben Loughlin Anthony Evitts Hannah Kelsall James Pettener
Ethan Ryland Jack Roberts Charlotte Rens Alex Thompson Emily Spencer Shaun Muscroft Owen Minnican
Matthew Pomford Eoin O'Connor

British National Relay Team Qualifiers

Congratulations to the four teams who have qualified to compete in the British Championship relay event.

Boys 14-16 y/o 4x 100m Freestyle relay (Ethan Ryland, Matthew Pomford, Eoin O'Connor and Tobey Ryland)

Boys 14-16 y/o 4 x 100m Medley Relay (Owen Minnican, Daniel Buckley, Matthew Pomford and Ethan Ryland)

Girls 14-16 y/o 4 x 100m Relay (Emily Spencer, Holly White, Mattea-Jay Oliver and Chloe Quarton)

Girls 14-16 y/o 4x 100m Medley Relay (Holly White, Emily spencer, Mattea-Jay Oliver and Chloe Quarton)

I would like to thank Charlotte Stackpoole and Ryan Warriner for representing City of Liverpool in the qualifying round in North West Championships.

October- November

This will be my first report of the 2016/17 season.

Tadpoles and Wirral Metro Meets

The Tadpoles and Wirral Metro Meets were well attended and the tadpoles in particular were a huge success with our younger swimmers performing exceptionally across multiple events and distances. Even though they were representing their local clubs we still recognise the improvement that swimmers are making at this level.

The Wirral Metro was well attended with swimmers again competing under their home club banner, taking part in numerous events, distances and achieving great results.

Arena League First Round

The first round of the Arena League at Blackpool was a great success. The policy for the first round is to give every chosen swimmer an opportunity to swim. However, as the rounds progress we will become more selective on picking our stronger swimmers. Our swimmers put in a great team performance and supported each other on the poolside especially during the relay events.

The first round results placed us 26 points ahead of Salford who finished in second place and 79 points ahead of Warrington who came third. The overall results heading in to the second round ties us in first place with Stockport Metro, who we have been placed together in the second round.

North West Short Course Championships 2016

I'm really pleased with the number of entries for these championships, we've had up to 50 of our own swimmers enter this meet with a small group hoping to qualify for the A.S.A Short Course Nationals 2016 in December.

Liverpool County Qualifier and Wigan Best Meet 2016

We look forward to a strong entry across the board from all our age group swimmers taking part in our very own County Qualifier and our return to Wigan after last year's success. These meets will be used to develop our younger swimmers experience and hopefully take as many as possible onto the Lancashire and County Championships in 2017.

North West Regions Short Course 2016

At the regional Championships City of Liverpool had the largest number of entrants and where by far the most successful club of the meet. Congratulations go to Jack Graham, Holly White, Tobey Ryland, Daniel Buckley, Anthony Evitts, Lauren Quigley and Georgina Evans on using this meet to qualify for the A.S.A National Championships.

Arena League Second Round

The second round of Arena League which took place at Macclesfield, our policy remained the same on giving all selected swimmers the opportunity to swim and represent City of Liverpool. We were pleased with the success by placing first by over 40 points, taking us in to the final as top qualifying team. Well Done all swimmers and coaches!

B.U.C.S (British University College Swimming) Championships

Well done to Georgina Evans on making two finals on the 200m and 100m Breaststroke. On making the final of the 100m Breaststroke Georgina was able to achieve an Short Course personal best time ranking her in the top 4 in Great Britain.

Nathan Young

Nathan Young has been selected to represent Great Britain at the 2017 Deaf Olympics which are to be held in Turkey. This is a massive accomplishment and we look forward to see him do us all proud. Well Done Nathan!

County Qualifier 2016

At the recent Liverpool County Qualifier competition held in Everton park Leisure Centre, we found great success as a lot of our younger swimmers walked away with medals and qualified for the Lancashire Championships. It was rewarding to see our younger swimmers competing in longer distance events and hope to see this continue for future events.

Wigan Best Meet

This is annual meet hosted by Wigan and we use this meet for our younger swimmers to develop their skills across all distances and with the hope of achieving Lancashire qualifying times. This meet served its purpose and all the coaches would like to congratulate every swimmer who took part and those who achieved Lancashire's and Cheshire qualification.

A.S.A Winter National Short Course Championships 2016

Well done to the following swimmers on qualifying for the Winter Nationals;

Tobey Ryland Daniel Buckley Anthony Evitts Owen Minnican Holly White Georgina Evans Lauren Quigley

Jack Graham

Closing Statements

I would like to thank Ian, Pete and Dave my swimming coaches on their fantastic work they've done throughout the year. I would also like to thank Ben and Steve for their strength and conditioning delivery and the impact it has had on my swimmers. I would also like to thank Dan our psychologist who has given his support on a voluntary basis. Finally, I thank the committee for their 100% support to me as the Chief swimming coach to City of Liverpool Swimming Club.

Mike Roberts
