

MASTERS SQUAD ANNUAL REVIEW**Operating Performance**

The SARS Covid 19 Pandemic has had a massive affect on how the Sport and the Masters Squad has operated during 2020/2021 with greatly restricted training oppertunities..

Thankfully this year has seen a return to training on a more consistant basis although the LAC Centre has again suffered a number of closures due to problems with its water conditioning plant and pool dividing Boom.

The return to training 'Post Lockdown' initiated a review of the Squads training sessions and has led to a change from the pattern of three late night sessions at LAC Wavertree; (Monday, Wednesday, and Friday 20.30 – 22.00) to Monday and Wednesday at LAC but now Thursdays at Everton Park 19.00 – 21.45. Friday nights had always been unpopular and it is apparent that attendance on Thursdays is higher.

From the beginning of the year the numbers attending training has continued to grow slowly with regular enquires from potential new members asking about joining the Squad. These enquires are received via the CoL SC web site email address or by referral from other Committee members.

2. Coaching

Craig Fearnley, (ex-CoL SC Swimmer), has joined our volunteer Coaching team. With Anthony Wylie, Brian Parks and Steve Wall we now have four members who are available to Coach the weekly sessions.

3 Competition Highlights

A consequenc of Covid has been that a number of the Squad swimmers who usually compete, have not entered Competitons this year. With the reinstatement of consistent training sessions and the retun of fitness it is hoped that more swimmers will represent CoL SC in Competitions throughout next year..

A highlight for this year has been the British National Masters Championships held at Sheffield 28/30th October where four of our Ladies competed and achieved the excellent results shown below.

Mel Sayed

400m IM 3rd place

200m Fly 3rd place

400m Free 7th Place

100m Fly 8th place

100m Breast Stroke 8th place

Lisa James

200m Fly 4th place

100m Fly 8th place

100m Back 3rd place

Lucy Doherty

100m Back 1st place

100m Free 9th

50m Free 12th

Katie Moore

50m Back 3rd place

100m Back 2nd

100m IM 9th

Clearly the Ladies are setting high standards for the Men to aspire to in 2023 !