

CITY OF LIVERPOOL SWIMMING CLUB

Coaches Report 2017

To all members of City of Liverpool Swimming Club welcome to the annual general meeting for 2017! The coaches report gives an overview of the individual and team performances.

December 2016- January 2017

2016

ASA National Winter Meet

This Month City of Liverpool returned to Ponds Forge to close out 2016 and the short course season. Representing Liverpool was;

Lauren Quigley

Anthony Evitts

Holly White

Tobey Ryland

Jack Graham

Daniel Buckley

Owen Minnican

All these swimmers performed to a fantastic standard and came away with exceptional times. Special mention to Lauren Quigley and Anthony Evitts on reaching finals and attaining medals. Lauren seized medals in the 50m Backstroke taking gold, a 50m Freestyle Silver Medal and a Bronze in the 100m Backstroke. Anthony also took a Bronze in the 50m Butterfly.

Lancashire and Cheshire County Championships

Taking place at the end of January and the first weekend in February we will have our own swimmers representing ourselves and their home clubs in the Lancashire and Cheshire County Championships. We wish them all the best of luck, for our younger swimmers competing at this level for the first time, more experienced swimmers using this competition as a way of catapulting them towards the Regional championships later in the year.

2017

Heading in to 2017, I would like to wish everyone all the best and a Happy New Year. My ambition is to continue building on the success from 2016. Yet, also use the momentum from the short course season to build in to a promising Long Course programme.

City of Derby Meet

This was the first long course meet of the season, with the target to finish the back end of their races and not particularly aim for personal best times. All the swimmers that swam in this meet, competed very well and some actually achieved personal best Long course times and North West qualifying times. The atmosphere from our team was very positive, considering we only took a small team to this event.

Arena League

Huge congratulations to all our swimmers representing the City of Liverpool Swimming Club, coming in second place to Stockport Metro in the Regional Final. We move forward in to the National B final in Cardiff, best of luck to all the team.

February 2017

Mallorca Swim Camp 2017

This year's camp was extremely positive and saw a lot of our young swimmers, stepping up their work load throughout the week. Surprisingly, finishing the week with great team spirit and with the hopes of give them great confidence leading to upcoming competitions. Congratulations, to Emily Morris and William Horman, as they were awarded the most improved Male and Female swimmer awards.

The behaviour of the swimmers outside the pool, were a credit to the City of Liverpool Swimming club. I would like to thank, Maxine, Sharon, Neil and Peter for their outstanding contribution, for their coaching and chaperoning throughout the week. They all said they would do it again for our next targeted camp, possibly in October 2018.

Splash 'N' Dash

The meet produced great results and experience for a lot of our younger swimmers. This meet acted as a stepping stone for are 9 to 10 year olds as this was their first time competing in a long course pool. A lot of Personal Best Times were attained and a good number attained regional qualifying times.

Well done to all the officials and coaches who contributed to a successful meet.

Everton and Prescot

The upcoming Everton and Prescot meet which was a huge success last year to obtain regional times, and has this year seen an increase in entries from Liverpool with Over 50 swimmers being accepted. Well done to David Treadell and Ian Ingman, who will be their over the weekend. Best of Luck to our 50+ squad attending this meet.

City of Liverpool Spring Meet

We are looking forward to the upcoming Liverpool Spring Meet, entries are still coming in. But, best of luck to all those who entering.

British Championships

British Trials in April are being held in Sheffield, for selection for the World Championships and European Junior Championships 2017. There will be Swimmers from City of Liverpool Swimming Club, who have qualified for this meet. We also have swimmers just shy of the qualifying who have a couple more chances of qualification.

March 2017

Prescot and Everton Meet 2017

A huge congratulations to our younger swimmers, who took part in this meet. It was well attended and represented by our SwimSkills squad and County and Regional Group. Most of our swimmers achieved personal best times and achieved regional qualifying times over this weekend.

Thanks goes to all the coaches and staff for their contribution over this weekend. Special mention to David Treadell on his last meet with SwimSkills. Dave will be sadly misses but is available for cover whilst I'm away.

Spring Meet 2017

Thanks to Neil White on the smooth running of this meet, all the coaches from other clubs seem to enjoy the meet and would attend in following years. The team managers and coaching staff were fantastic once again over another busy weekend. With the swimmers having an enjoyable time on poolside and producing some great swims in the pool.

The training camp certainly paid off for all the swimmers, most improving on their personal bests and swimming with greater confidence and endurance.

Arena League 'B' Final

Good luck to the whole team representing the City of Liverpool Swimming Club, in April at Cardiff.

British Trials 2017

Well done to all the qualifiers for this meet, the qualifying times were very tough this year and unfortunately some swimmers just missed out on the opportunity to compete at this meet.

Well done to: Lauren Quigley

Anthony Evitts

Matthew Pomford

Liam Carlin

Lucy Hardey

Georgina Evans

We look forward to seeing how well these swimmers do, and also those taking part in the Regional Age and Youth Championships.

April 2017

Arena League Final 2017

A big congratulations to the City of Liverpool Swimming Club, on their fourth place position in the Arena League National B Final. The day was filled with a great club atmosphere, and all swimmers competing and working well as a team. Highlights came from some great individual performances and with the relay teams being placed 3rd overall.

| Place | Team | Points |
|-------|-----------------------|--------|
| 1. | Ealing | 337 |
| 2. | Sevenoaks | 311 |
| 3. | Thanet | 309 |
| 4. | City of Liverpool | 306 |
| 5. | Hillingdon | 292 |
| 6. | Swansea Aquatics | 285 |
| 7. | Hatfield | 272 |
| 8. | City of Peterborough | 267 |
| 9. | Chelsea & Westminster | 223 |
| 10. | Boildmere | 148 |

Also a huge thank you to everyone who came down to support the swimmers and for winning the best supporting club. Special mention to the Liver bird.

We missed out on second place by 5 points the competition was very close right up to the end, but we are very proud of everyone who swam and grateful for all the support. Special mention to the coaches who did a fantastic job on the poolside!

British championships Sheffield 2017

Well done to all the swimmers who qualified for the British Championship 2017.

Lauren Quigley in particular achieved a season best on the 50m backstroke achieving a bronze medal in the final. In other races Lauren made the final on the 100m backstroke and was a reserve finalist on the 50m and 100m freestyle.

Georgina Evans gained qualification for the 100m breaststroke final, and produced a seasons best finishing in 8th place.

Anthony Evitts achieved an all-time personal best on the 50m and 100m Backstroke.

Lucy Hardey swam an all-time personal best on the 50m backstroke.

Matthew Pomford swam an all-time personal best on the 50 backstroke.

Liam Carlin competed on the 100m freestyle just missing his personal by four tenths of a second, a time he achieved a few weeks earlier.

Well Done Everyone!

Upcoming Competitions

Finally we look forward to the next two months of the season, as this is the last chance for swimmers to qualify for British and English Championships.

May 2017

North West Age Group Regional Championships 2017

Over a fantastic weekend, myself and Pete witnessed our swimmers raise their standards to compete against the best within the North West. We worked the swimmers hard right up to the championships, and yet the results proved fruitful.

As a team City of Liverpool Swimming Club conducted and represented themselves well, showing good team spirit and focus throughout the whole weekend. This professional attitude led to great success as the team brought back, 11 Gold medals, 8 silvers and 5 Bronze! With a large number making finals, across all disciplines and distances.

Thank you, for the continued support from our team managers over a tough weekend. Your help is greatly appreciated.

British and English Nationals 2017

The qualifying window for the British and English Nationals has now closed, and I will report in late June on the individual and relay qualifies for both competitions.

Prescot and Everton Gala

We have a large number of entries for this meet, competing in a range of events across all our age groups. We look forward to the results of this meet.

Manchester Non-National Qualifier Meet 2017

It has been suggested that swimmers who are interested in one final competition for the 2016 to 2017 season, can attend this meet however the club will not be sending coaches.

June 2017

Prescot and Everton Meet 2017

I would like to hand out a huge congratulations to all our swimmers who took part in this meet. We had a large number enter, and was a great success resulting in lots of personal best times. This culminated with the team receiving top club.

Manchester Meet 2017

I'm really pleased that swimmers who missed out on qualification for nationals, will still be heading to Manchester for one final long course competition to close out the season. Wishing them all the best of luck!

British and English Nationals 2017

In the upcoming British and English Nationals, I am very proud to say we have 9 swimmers competing at British Nationals and 2 relays. Also the club is sending 14 swimmers to compete at English Nationals. Well done to all the swimmers and good luck in all your events.

Daniel Slater

Daniel Slater, is a member of the council training scheme and has been attending 3 mornings each week with myself to improve his swimming.



Daniel has recently been selected to represent Team GB in the Elite Youth European Triathlon Championship in Lithuania in July.

Well Done and Best of luck in Lithuania.

Eoin O'Connor

Eoin has once again been selected by the Catholic Schools Sports Federation to represent Great Britain in the FISEC Games in Lignano Sabbiadoro, Italy. We would like to wish him the best of luck during this meet in July.

July 2017

Liverpool Training Scheme attend- British and English Nationals (July 2017)

British: 15 Swimmers competed at the championships, with 8 moving on to compete in finals.

English: 30 Swimmers competed at the championships, with 21 qualifying and making finals. 5 swimmers also took home medals.

Liverpool Training Scheme member- Liam Lloyd

A member of the training scheme has made vast improvements since joining the program. Liam Llyod has since been nominated to represent Wales at the Commonwealth Games 2018.

Liverpool Training Scheme swimmers invited to England Talent Training Scheme (2017)

A large number of the scheme have been selected by England Talent for the results and achievement from their 2017 season.

August- October 2017

England Ace Programme

Congratulations to Matthew Pomford and Emily Spencer in their ongoing education stroke swim programme. They are currently away in Tenerife on a training camp.

Arena League

I would like to congratulate all the swimmers on taking part in the first round of Arena League this month! We pulled out an impressive first round victory and gave every swimmers an opportunity to compete! We will be repeating this method again for the second round allowing everyone to have an opportunity to swim an individual or relay events. Before we select our fastest and strongest

| 1st Round - Saturday 14th October 2017 - Results | | | | | |
|--|----------------------|--------|----------------------------------|------------------------|--------|
| PREMIER DIVISION Blackpool | | | PREMIER DIVISION Macclesfield | | |
| Pos | Club | Points | Pos | Club | Points |
| 1st | Stockport Metro | 307 | 1st | City of Liverpool | 314 |
| 2nd | Preston | 299 | 2nd | City of Salford | 276 |
| 3rd | Southport | 262 | 3rd | Warriors of Warrington | 269 |
| 4th | Winsford | 249 | 4th | Pioneer 79 | 227 |
| 5th | Isle of Man | 209 | 5th | Cockermouth | 215 |
| 6th | Leyland Barracudas A | 189 | 6th | Trafford Metro | 188 |
| 7th | Blackpool Aqua A | 150 | 7th | Horwich L.C. | 160 |
| 8th | Biddulph | 135 | 8th | COSACSS | 139 |

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third
and
final

rounds.

Manchester International Meet

Congratulations to all swimmers who competed at this meet, being the first long course meet of the 2017/18 season. It was explained to swimmers who took part that the objective was for the swimmers to compete hard as it would be unrealistic to strive for new personal bests so early on in the season.

A special mention to those swimmers made final are as follows:

Lauren Quigley

Mattea Jay Oliver

Matthew Pomford

Jack Roberts

Charlotte Rens

An extra special mention for Ellis Cleworth our youngest competitor at the meet who won top boy in the 13 year old age group.

North West Winter Championships

In November we have 25 swimmers taking part at the regional championships in Manchester. We wish them the best of luck at this meet as for some it is their first time being accepted in to the Winter championships.

Wigan Best Meet

We have had over 50 swimmers apply to take part at this event in November, we are currently waiting to see the accepted entries. But I am thrilled with how many have applied to enter!

November- December 2017

Arena League

During the second round of the arena league, the team found great success once again beating out teams such as Salford and Stockport, to win the second round.

| PREMIER DIVISION | | | PREMIER DIVISION | | |
|------------------|------------------------|--------|------------------|-------------------|--------|
| Blackpool | | | Macclesfield | | |
| Pos | Club | Points | Pos | Club | Points |
| 1st | Preston | 312 | 1st | City of Liverpool | 303 |
| 2nd | Pioneer 79 | 279 | 2nd | City of Salford | 281 |
| 3rd | Warriors of Warrington | 274 | 3rd | Stockport Metro | 263 |
| 4th | Horwich L.C. | 205 | 4th | Southport | 262 |
| 5th | Cockermouth | 197 | 5th | Winsford | 234 |
| 6th | Leyland Barracudas A | 189 | 6th | Trafford Metro | 169 |
| 7th | Isle of Man | 173 | 7th | Blackpool Aqua A | 151 |
| 8th | COSACSS | 157 | 8th | Biddulph | 133 |

Below is the lane draw for the Regional A Final.

| PREMIER DIVISION - A Final | | | PREMIER DIVISION - B Final | | |
|---------------------------------------|------------------------|------------|--|----------------------|----------------|
| Macclesfield | | | Blackpool | | |
| Sun 10th Dec WU 1.00pm - Start 2.00pm | | | Sat 9th Dec - WU 4.30pm - Start 5.00pm | | |
| Lane 1 | Pioneer 79 | Duties | Lane 1 | COSACSS | Door |
| Lane 2 | Warriors of Warrington | will be | Lane 2 | Trafford Metro | Recorder |
| Lane 3 | Stockport Metro | undertaken | Lane 3 | Leyland Barracudas A | Check recorder |
| Lane 4 | City of Liverpool | by the | Lane 4 | Cockermouth | Announcer |
| Lane 5 | Preston | League | Lane 5 | Isle of Man | Refreshments |
| Lane 6 | City of Salford | | Lane 6 | Horwich L.C. | |
| Lane 7 | Southport | | Lane 7 | Blackpool Aqua A | |
| Lane 8 | Winsford | | Lane 8 | Biddulph | |

Winter Nationals

I am looking forward to the British Winter Nationals and offer a huge congratulations to the following swimmers who have qualified;

Anthony Evitts

Lauren Quigley

Georgina Evans

Holly White

Alex Thompson

Lucy Hardey