

Masters Squad Annual Review

1. Operational Success.

At the end of 2016 Brian Noonan was appointed as the new manager for LAC (Liverpool Aquatic Center). Meetings have taken place with Brian and June Bradshaw throughout the year to discuss the Masters Squad training sessions, principally focusing on increasing membership numbers. These meetings have always been supportive and it is gratifying that we have seen a steady increase in attendance at the Monday, Wednesday and Friday sessions. The diversity offered by the Squad in allowing Tri-Athletes, non-competitive and other club swimmers to attend is seen as a positive and essential feature.



(A few of our regular swimmers, age range 25 to 65 + years training Monday 6th November)

2. Coaching.

Recruitment of a Pool Side Coach(s) has been an objective for this year. Whilst two coaches have worked with the Squad for a short period of time, finding a regular voluntary Pool Side Coach remains an objective, and is believed to be essential in order to ultimately grow the size of the Squad.

Coaching duties have therefore been undertaken in the main by Tony Wylie covering Mondays and Wednesdays (we remain indebted to Tony) and by Steve Wall coaching Fridays.

A Tri Coach, George Daval, has recently joined the Squad taking over Coaching the Monday sessions and it is hoped this will develop and encourage more to attend.



(Coach George Daval with Chrsty Ord (on left) and Sara Lisa James right)

3 Competition Highlights.

Squad swimmers representing CoL SC competed at the major championships held in the North including; Yorkshire, North West, Lancashire and GB Short Course Championships. For the first time in many years CoL had a Mixed Relay Squad (*Christy Ord, Lisa James, Greg Thomas, and Steve Wall*) competing and winning Gold !

Special recognition should go to the CoL swimmers who also competed in Tri Events

Christy Ord - Great North Swim Windermere and English Half Iron Man

Sara Lisa James - Great North Swim Windermere, plus Tri events.

Melanie Forrest- English Half Marathon, St Helens and other Tri event,.

4 Future Plans

Providing the Squad can maintain its support from the LAC it is believed its future health will prosper. In addition to encouraging older swimmers to train and stay fit, the increase in numbers should promote enthusiasm to enter competitions next year, and hopefully bring more success to the swimmers representing the City of Liverpool.

Steve Wall CoL Masters Secretary and LAC Squad Lead

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