

MASTERS SQUAD ANNUAL REVIEW

Operating Performance

This year started with a healthy Masters Squad of over 20 swimmers. However, closure of Wavertree LAC has had a significant impact on our numbers. Although alternative training sessions were eventually arranged at Everton Park the number of swimmers attending these sessions is almost half the level that trained at LAC. We are indebted to Mark Lancaster and his team for their support to the Squad in arranging alternative training sessions which have at least enabled some level of continuity to be maintained.

The nationality of swimmers in the Squad has continued to diversify so that in addition to English, Welsh, Irish, and USA swimmers we now have had Poalo Doginin and Rita Cattaneo from Italy. An ever more International Squad !

2. Coaching

Squad training sessions continue to operate on the basis of utilising 'In the water coaches' who set the training session content each week. The addition of Brian Parks means that with Tony Wylie and Steve Wall we have three Coaches covering each training night of the week and this provides good variation to the sessions.

3 Competition Highlights



This year City of Liverpool SC Masters swimmers have competed at several Regional and National level events including;

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| North West Region Masters | Blackpool |
| British Championships Long Course | Plymouth |
| Lancashire Masters | Blackpool |
| Swim England National Masters Championships | Sheffield |

The picture above shows the swimmers who competed at the North West Championships. This event was notable as for the first time for several years CoL SC were able to entre several team races including Mens and Mixed Team securing Gold and Silver medal places.

At British National Championships in October in Sheffield four swimmers represented CoL SC achieving the following results :

Melanie Sayed

Mel continued to demonstrate her great ability to compete in multiple events at a single meeting. This time with a tally of nine events, which is record for a CoL Masters swimmer, Mel's swims included setting 6 PBs..

100m Breatstroke a PB and 8th, 400m IM a PB and 4th, 200m Freestyle 15th, 100m Butterfly 6th, 100m Freestyle PB and 13th, 50m Fly 18th, 200m Breaststroke PB and 4th, 200m IM PB and 9th, 400m Freestyle PB and 12th

Pablo Dognini

Pablo is in the UK completing post graduate research and joined the Squad this year. A specialist distance and fly swimmer he had a fantastic 1500m swim to win first place (25-29 age) setting a time of 17 mins 38 seconds and placing him 5th overall.

1500m Freestyle 1st and 100m Butterfly 5th

Anthony Wylie

Tony had three strong swims.

100 Breastroke 4th, 100m Butterfly 6th, 200m IM 3rd

Steve Wall

Steve managed to complete two sprints

50m Butterfly 2nd, 50m Freestle 1st (joint)

4 Future Plans.

A programme of competitions similar to 2019 is anticipated for next year. As a number of younger (25-35 yr) Masters Swimmers are now training with the Squad it is hoped we will see an increase in those attending competitions and representing CoL SC..