

CITY OF LIVERPOOL SWIMMING CLUB

MASTERS REPORT JANUARY 2018

1. Attendance at Training.

Attendance levels at Monday and Wednesday sessions has been slightly higher than in previous years but remain very low on Fridays. (numbers in the public lanes are also very low on Fridays 20.30-22.00)

2. Coaching.

George Daval who had started as a Pool Side Coach has unfortunately explained he cannot continue with regular attendance for the forthcoming year due to other commitments. It is hoped that we will be able to discuss the position with him in 12 months time.

However, a new member, Brian Parks, has joined the Squad and he is an experienced Masters Swimmer (and water polo player), who has started to help by preparing training schedules for one of the sessions each week. Brian comes from Colorado USA and should prove a big help (he's 6 foot 7 ins tall !)

As part of the proposals aimed at improving the Squad June Bradshaw has arranged for a sports science student to undertake a one month study of the LAC Squad and the training sessions. Peter Lake will complete the study as part of his degree course and submit a report at the conclusion in March.

3 Forward Programme.

Several squad swimmers will be competing at the forthcoming North West Region Masters Championships in Blackpool on 24th February. Regrettably after winning Gold and Silver in the mixed team events last year we will be unable to repeat the accomplishments this year due to the absence of two key ladies. Sara Lisa James is going to Australia and Christy Ord to South American on extended travelling holidays. The Squad will miss them and hope they have a great time returning safely to us later in the year.

5 AOB

None

Steve Wall 04 February 2018