

Head Coaches Annual Report 2012

I am pleased with way things are going. Last year we consolidated our position in the National Arena league division 1 with 9th place, our highest placing to date. Our junior team also consolidated their place in division 1 of the Junior League, finishing a credible 11th place out of 24 and a 4th place finish in the Mercian League final. Also we were top visiting club at the Cov. Sprints in September. These are very good indicators of the competitive standard of the club.

In January at the Cov level 3 meet, Georgina Mitchell was 11 yr old Bagcat Champion, Sarah Chapman 3 golds (200bk, 100 & 200Fly), Maya Sargent gold in 100bk, Georgia Kidd gold 100Bk, and Ellen Butler gold in the 200 brst. Amy Pettigrew also secured 1st place in the 50m brst.

Spa secured 1st place at the Harvey Novice Gala in February where Young teams from Leamington, Haden Hill, Kingsbury, Stratford, Nuneaton & Bedworth and Oldbury competed for the coveted Silver Plate. This unique gala differs from conventional ones as swimmers can be given speeding tickets for swimming too fast, resulting in the loss of points earned in that event. This is a fun gala and for some of the swimmers their first introduction to competitive swimming. Well done to Stuart for working out the swimmers events.

The following Leamington swimmers were selected to swim for Warwickshire in March at the Inter Counties. Finn Linton, Teigan Parker and Harry Manship. Warwickshire ended up 3rd place.

Three weekends in March at the Warwickshire County Championships, Leamington swimmers between them gained a total of 240 long course Pb's.

The fifteen year olds had some outstanding performances, with Maddie Spalding finishing the Championships in with a sensational 100m breaststroke heat. Earning her a well-deserved National Youth qualifying time and then went on to win the final. and was crowned both Junior and overall County Champion in the event, adding to the 50m title achieved the previous week enabling her to compete at the British Gas ASA National Championships in June. Hannah Greenshield secured her place in the 50m fly final gaining both a Midland time and bronze for her age group. For the boys, Peter Clark, made it to the final in the 100m freestyle race and was awarded Junior Champion with a Midland qualifying time.

12 year old Harry Manship had a dazzling day, adding an exceptional hat trick of County golds to his medal collection in the 200m IM, 200m breast and 50m back, which also earned him a place in the overall final of the event. Harry added silver in the 50 Fly and secured second place in the 12 year BAGCATs awards, bringing his medal total to a magnificent seven. Fellow team mate Finn Linton, 12, picked up bronze in the 50m back.

Congratulations to finalists Jonty Cartwright in the 50m fly.

In April at the Nuneaton Open Leamington Spa swimmers accumulated 113 pbs and a massive 14 Midland Qualifying times. In the 11/12 category Harry Manship's superb performance saw him take 3 golds in the 100m breast the 50m free and a fantastic 100m free heat seeing his time tumble under the minute. Finn Linton took silver in the 100m back and with a pb in the 50 fly collected bronze.

Connell Parker, 10, had a great day recording a CBT in the 50m back gaining gold, before slashing 10 secs of his 200m back time. Connell later secured a 50m free finalist place with team mate Edward

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Jolly. Whilst Megan Stanton, 10, received gold in her debut 100m fly and later achieving silver in the 50m back before securing her first MQT in the 200m back.

In the 15/over category, Peter Clark, took silver in the 50 back whilst Ellen Stone was rewarded with 2 excellent breaststroke silvers in both the 200m and 100m events. Hannah Greenshield produced a great MQT in the 50m free earning her a finalist place, before winning bronze in the 100m back and Sarah Smith collected bronze in the 50m back.

In the 14 year age group Nick Payne had a fantastic heat in the 200m back event knocking an amazing 12 seconds off his pb before picking up a bronze in the 50m breast, just behind Josh James who took a terrific silver. Max Clarke had a brilliant 50m free race making the final whilst Jess Nash collected a well-deserved bronze in the 50m back in MQT for the 200m event with an awesome 5 sec pb. Team mate Sophie Vale took bronze in the 50m breast.

Other MQT were achieved by Peter Clark, 15, in the 200m IM, and Ellen Stone, in the 100m breast. Ruby O'Brien, powered her way to a fabulous hat trick with the 200IM, 100m free and 200m free. 12 year old Felicity Dempster's 6sec. pb gained her the 200m IM, and another great pb in the 100m free also rewarded her a finalist place. Whilst 50m free finalist, Teigan Parker, added another in the 200m breast.

Congratulations go out to the following swimmers on achieving their Midland age group or youth qualifying times: A total of 61 (36 last year, 28 year previous) between them.

Youth

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|--------------|-------------|
| Jonty | Cartwright |
| Sarah | Brades |
| Sophie | Vale |
| Maddie | Spalding |
| Hannah | Greenshield |
| Ellen | Stone |
| Peter Clarke | |

Age

| | group |
|---------------|----------|
| Harry | Manship |
| Ruby | O'Brien |
| Megan | Stanton |
| Jessica | Nash |
| Felicity | Dempster |
| Finn | Linton |
| Teigan Parker | |

This year's junior league 1st round was a tough draw having been drawn against Redditch and Leicester Penguins' two clubs being consistent finalists and all 3 clubs having greater depth and strength than Leamington, we ended up in 3rd place. The second round held at Rugby we were drawn against two top teams of Northampton A and Leicester Sharks (Enderby & Lutterworth) we were 3rd again a good result. This places the club 11th in the league (out of 24) leading into the 3rd

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round next month at home against teams below us in the league so hopefully with a full strength team we can end on a high with a possible 1st place.

The first round of the Mercian Gala took place in April at the Pingles in Nuneaton. This is a league where no swimmer with a Midland qualifying time can swim. We ended up winners 30 points ahead of 2nd place Nuneaton and top of the table. A home draw for the 2nd round on the 9th June sees us drawn against Coventry and Stratford so another exiting evening awaits.

Congratulations also go to Sarah Brades on achieving her 200m bk long course national qualifying time in May at the Midland Youth Championships with a few tenths to spare. Also well done to Ellen Stone for making the final of the 200m breast in PB Time.

The recent Coventry & District Secondary's produced some encouraging swims with 35 Spa swimmers collecting 42 medals (11 golds) and 32 pb's.

Spanish Swim camp

At the beginning of April swimmers from Leamington/Nuneaton and Stratford attended a swim camp in Torremolinos, Spain for the 3rd year running.. 2 x 2 hr sessions were planned per day and the aim was to give the swimmers the experience of training long course in an outdoor pool in excellent facilities. Every swimmer should be proud of themselves and continue with the good work and progress they have made since they've come back.

Graham Nash took 5 swimmers to Ponds Forge for the Rotherham Open. Sarah Brades, Sarah Smith, Sophie Vale, Jessica Nash and Finn Linton. 9pb's between them with Sophie Vale collecting a bronze medal for her 50 brst on her 15th birthday.

Well done to all the swimmers who competed at the Premier Warehouse Trophy Gala on Saturday. Spa came 1st and retained the trophy from last year.

As I've mentioned before, the success of our swimmers is dependent on 3 factors, the swimmers, the parents and the coaches. All parties must be committed to the training schedules and the swimmers will need to work hard during their training sessions. If any of these elements are missing then we will not reach our full potential. When parents allow their kids to take a practice session off because they're tired it undermines the coach's design for progression of skills, as well as affecting training and adaptation. It gives the kids an easy way out, rather than reinforcing that it's ok for the coach to expect kids to show up to the practice sessions offered, set goals and work hard. It's a good thing for kids to make a commitment, work their hardest and reap the rewards of positive self-esteem, pride, sense of accomplishment, sportsmanship, discipline and time management skills too.

There are many opportunities for all grades of swimmers to compete at their own level of competition. We would encourage all our swimmers to enter any swimming meets that would be of value to their swimming development especially the Warwickshire's and the Coventry and District galas. If succeeding at competitive swimming is what we are striving for, we need to enter, and do well, in these competitions. Swimmers do well in training after a period of successful competition. If more swimmers enter we are far more likely to do well. It is a cycle that we need to encourage.

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I am looking forward to the future with confidence. We are becoming a very successful swimming club. As long as we commit to training we will succeed.

Finally I would like to thank and acknowledge the support and dedication of coaches, teachers and committee and all those involved in the running of the swimming club.