

## **Morpeth ASC – April Head Coach Report**

### **Competition News**

#### **Tynedale Invitational Meet**

24 Morpeth swimmers entered this meet. An Invitational meet it was a good chance for swimmers to compete against other local Northumberland clubs as well as the team from Carlisle. Swimmers competed in a wide range of events and Personal Best were recorded by ALL Morpeth swimmers. The team picked up 24 GOLD, 16 SILVER, 3 BRONZE as well as 2 Speeding tickets for Kate Kennedy and Dominic Anderson who achieved NER qualifying times in 400 free and 200 IM respectively. Gold Medallists were Dominic Anderson (3), Daisy Cunningham (3), Jacob Light (3), Zac Cousins (3), Richard Butterworth (2), Declan Tate (2), Freya Johnson (2), Ross Charlton (1), Sam Tate (1), Rebecca Murray (1), Rosie Smith (1), Maisie Sands (1) and Kate Kennedy (1). Thank you to Lindsay, Mal and Jeremy for their help poolside.

#### **Newcastle Shrimp Meet**

28 Morpeth swimmers aged 8-11 competed at the Newcastle Shrimp Meet. This competition acts as many swimmers first taste of an external gala. The team picked 6 GOLD, 7 SILVER, 7 BRONZE as well as a large number of medals for swimmers who finished in 4<sup>th</sup> -6<sup>th</sup> place. Swimmers picking up top 3 place medals were Jacob Light (3 G), Ben Hewit (2 G, 1 S), Kate Kennedy (1G, 2 S), Daisy Cunningham (2 S, 2 B) Zac Cousins (1 S, 2 B), Dale Henderson ( 1 S, 1 B), Freya Johnson (1 B) and Maisie Sands (1 B). Special mention to Alina Devlin, Ava Bremner, Coco Parsisson, Emma Dewhirst, Gracie Graham, Isabelle Henderson, Jacob Bensley, Laura Cross, Lily Cross, Theo Cousins and Zara Scott who were all competing in their first licensed gala for Morpeth ASC. Thank you to Lindsay, Michelle and Mal for their help poolside.

#### **Richmond Dales April Meet**

16 Morpeth swimmers travelled with 4 MASC coaches/team managers to Leeds. The team travelled and stayed together without parents accompanying the swimmers. This was, for most, their first time competing outside of N&D against different competition and also their first experience of competing without parents in attendance. The swimmers performed very well taking over 270 seconds off their entry times and recording Long Course Person Best's in almost all events. The team picked up 9 GOLD, 6 SILVER and 3 BRONZE. Medallists were Erin Atchison (3 G, 1 S), Hannah Seymour (2 G, 1 S), Rosie Smith (2 G), Ben Hewitt (1 G, 1 S), Niamh Atchison (1 G), Katherine Mooney ( 3 S), Richard Butterworth (2 B), Sam Tate (1 B). More importantly the team conducted themselves very well throughout the trip with no issues arising. They managed to get up, pack, feed themselves, sleep and recover between swims more independently. Parents should be very proud of their behaviour and the way everyone looked out for each other.

I can not thank Kay, Valda and Jeremy enough for giving up their time to help organise the trip and then giving up their weekend to look after the kids, THANK YOU! We are hoping to run more trips like this in the future to develop these key independence skills in Morpeth swimmers that will allow them to progress further in their swimming careers.

**Junior League – Round 3** – Morpeth ASC competed at the 3rd Round of Junior League on 29<sup>th</sup> April at Tynemouth pool. A larger team was again selected for this round to allow more swimmers the opportunity to compete. Unfortunately a number of swimmer were not available and this impacted the teams overall result and the number of events we were able to compete in. Selected swimmers were all invited to attend an additional training session on the Thursday morning before the competition. The swimmers swam really well finishing in 3<sup>rd</sup> place behind Aqua force Hartlepool and Darlington. Some great team work. Well done to Theo Cousins, Ryan Bell, Ryan Keenleyside and Sophie Watson who competed for the Junior League Team for the first time!

Special mention to 10 year old Holly Gillie who was unable to compete due to injury but came along anyway to support her team mates, an excellent example of what Junior League is all about!

Thank you to Michelle, Lindsay, Sarah and Mal for their help poolside and Valda for work behind the scenes!

**This result should guarantee our place in the Division 2 Final on Sunday 16<sup>th</sup> September. Please keep this date free!**

#### **Other News**

**Club Notice Board** - Please see the Notice board for full results for Morpeth ASC swimmers at recent competitions and information about what the club and it's swimmers is up to!

**Meeting with Active Northumberland-** We have been working on creating stronger link between Morpeth Swim School and Morpeth ASC and are looking forward to some of these swimmer joining our Minnows squad very soon!  
We are also working hard to secure additional and better pool time for our swimmers, we are aiming for this to be ready September 2018!

#### **In May.....**

- NER (North East Region) Championships!