

Coaches report for AGM 25th April 2016

I took over as Head Coach in July 2015 and have enjoyed every minute of this job. There have been many highlights in this year so far and I hope the following report captures those moments, swimmers, volunteers and coaches that have made the year, so far a success.

Competitions

In July 2015 Hannah Seymour qualified for British Championships where she competed in the 50m back and finished 15th overall and Home Nation Nationals where she competed in the 50 fly and 100 back making it to the finals and finishing 10th. This success placed Hannah in the position where she was selected for the Beacon Programme which is the regional talent squad based at Sunderland. She has been swimming with them on this programme since September last year and I hope her success at this year's Nationals will see her extend this opportunity.

In October 2015 we entered the Durham Medley. It has been several years since we last competed in this event and we took along a squad of 19 swimmers. We had great results with all swimmers having to compete in all strokes. 9 of our squad made it to individual IM finals resulting in Hannah Seymour (2nd) Lauren Howe (3rd) and Ethan Howe (3rd) getting podium finishes. We then put in a relay team of 8 swimmers whose combined age could not be over 90. This was a test of my maths skills but we managed and finished in an awesome bronze medal position.

We competed in several competitions in the 2015 season on some occasions taking over 40 swimmers and coming away with a haul of medals and chocolate santas. I am sure the count of chocolate santas at Blyth was 56!!!

Our Club Championships again produced some great results with Jess Watson and Niamh Atchison breaking club records. The presentation evening the following week involved the presentation of the Swimmer of the Year and squad awards. The Swimmer of the Year award went to Hannah Seymour who had an outstanding year with competition and results. Squad swimmers of the Year went to Will Pallet (AB) Lauren Howe and James Wells (AA) Fay Smith (A) Katherine Rowell (B) Ben Hewitt (Development). I also introduced 2 further awards which was Swimmers "Swimmer of the Year" and Swimmers "Coach of the Year". This was voted on by the swimmers themselves and was awarded to Hannah Seymour and Sarah Lewis.

In November 2015 a number of swimmers also qualified for NER short course. Hannah Seymour and James competed in the age group championships whilst Lauren Howe competed in the Youth Championships. Lauren qualified for 100 BC, 100 FC, 50 FC finishing in bronze for 50 BC (Junior event). James qualified for the 50 fly (16th) and 50 FC (13th). Hannah qualified for 100 BC finishing in silver position, 50 BC (4th) 50 fly (4th) and also 200 BC 200 IM and 100 fly.

In December 2015 Hannah Seymour and Lauren Howe qualified for the Scottish Short Course Nationals. This was the first time the club had entered this event and I do hope it can become a regular feature on our annual plan. Hannah qualified for 50 fly, 50 BC and 100 BC with Lauren qualifying for 50 BC, 50 FC and 100 FC. Both swimmers enjoyed the experience and came away with PBs and great memories especially the underwater camera in the cool down pool!!!!

2016 saw the start of another busy few months with N & Ds and the relays.

The N & D Championships saw 11 of our swimmers qualify for the championships Niamh Atchison, Daniel Dixon, Jake Hewitt, Ethan Howe, Lauren Howe, Fay Smith, Hannah Seymour, Jake Hewitt, Sam

Tate, James Wells and Ben Walker. Katherine Mooney and Mathew Eke also had qualifying times but were unable to compete. This was the first time some of our younger swimmers had achieved qualifying times and it was a great achievement and showed grit and determination to have that goal and achieve it. Well done to everyone who qualified. The results we achieved were equally as impressive. Hannah won bronze in the 50 BC and 50 fly, was a finalist in the 100 BC, 100 BRS, 100 Fly, 200 IM, 200 BC, Daniel Dixon was unable to attend the first weekend due to illness but on the second weekend he swam an outstanding 400 FC to finish in silver position, Lauren was a finalist in 100 BC (9th) 50 BC (6th) 200 BC (10th) Niamh was finalist in 100 BRS (9th) reserve finalist for 50 BRS (12th) 200 BC (15th) Jess was finalist in 100 BRS (9th) 200 BRS (10th) James was finalist in 50 FC (8th) 100 FC (10th) 50 Fly (9th) Fay was reserve finalist in 50 BRS (12th) 100 BRS (15th) Jake 200 BRS (14th) Sam 200 FC (18th) 100 FC (18th). All the above swimmers made Morpeth proud.

The first weekend in March saw the first N and D relays for many years. After much deliberation, time checking, availability checking and late nights I came up with an entry list for the relay championship. This was a 25m event and it was manic!!! Morpeth managed to enter 23 teams!! Some of our swimmers came out of competitive retirement to compete (Eve and Joe) and for some of our swimmers this was their first experience of N and D competition. We had over 40 swimmers and they all swam their heart out. We made it to many finals from the 9yr old right through to the over 15s. It was a great day and I could not have managed without the help of the poolside coaches Valda Butterworth, Alison Smith, Nicki Hewitt and Jeremy Butterworth. We were all exhausted by the end but it was a great experience and well worth the hard work.

April/May 2016 is the NER long course and we have 7 qualifiers for both age groups and youth/senior. Well done to Hannah Seymour, Daniel Dixon, Lauren Howe, Ethan Howe, Katherine Mooney, Jess Watson and Sam Tate. The outstanding swim to get the qualification time has definitely been Sam who made a massive PB on the 400 FC to reach the NER championships for the first time. Well done to all the swimmers.

Diddy League started this year and has been led successfully by Valda Butterworth. Many of the young swimmers are competing for the first time and have done Morpeth proud. To date we have finished in 4th and 5th position with the final sessions taking place as I write. I hope the team make the final which will take place on weekend of 12/13th June 2016.

Parents meetings

I introduced parent/swimmers meeting when I came into post. The purpose of the meetings are to give swimmers and parents the opportunity to ask me questions but to also give me the opportunity to provide them with information and also updates on annual plan, competitions and performance. These have been beneficial to me and I hope the swimmers/parents.

Annual Plan

The Annual Plan is continually updated and refreshed on the website. I have the plan outlined for next year and have provided a few dates for the Portobello Gala and Club Championship and Presentation evening. This has been done with an eye on the current event calendar which I have access to through the coach's network meetings I attend.

Northumberland Hub

Although I have been attending the Hub meetings we have not seen any action on the Hub training front until this year. Following much discussion both with the help of Sarah Small from the ASA and also the other Northumberland coaches the Northumberland Hub got off to a great start this year. All Morpeth N and D qualifiers were given the opportunity to train with the Hub over 6 sessions. This was the progression platform below Beacon programme. Katherine Mooney, Lauren Howe, Ethan Howe, Sam Tate, Fay Smith, Pheobe Bland, Niamh Atchison, James Wells, Erin Atchison, Jess Watson and Jake Hewitt have been attending the session. They have all been given hats and t shirts with the new Northumberland logo on. So far we have been to 2 x 25m sessions and 1 x 50m session which is an additional opportunity to get some more water time. The session is led by our morning coach Jenny Glossop. I think this has been a great success and we have another 4 sessions to go with an additional 50m session at Sunderland.

Swim Camp

For the first time in several years Sylvia Bland has agreed to organise the annual swim camp to Stirling University. This will be a great opportunity for our swimmers to train in a 50m pool as well as take part in land training and other planned activities. I will report on the camp in next year's report.

Land training

Following the recent closure of the Morpeth swim pool for maintenance to make up for the lack of available pool time the committee agreed to run a land training session. This has been taking place on a Tuesday night and has been led by Tony from Morpeth Harriers. It has been a great success and I have asked that the committee consider making this a regular feature on our training programme. There have been on average 30 swimmers attending these sessions which is open to any swimmers in Middle school and above.

Aquatic Helpers

Morpeth has always provided a platform for our young swimmers to become coaches and this has continued since I took up post. We now have over 15 aquatic helpers who organise a rota themselves for pool cover on a Sunday and Friday for our Minnows sessions. They have all shown commitment with their regular attendance and enthusiasm for the role. Our current aquatic helpers are Katie Cook, Will Pallet, Jess Watson, Hannah Seymour, Kate Seymour, Lauren Howe, Ethan Howe, Mathew Eke, Ed Syndercombe, Eve Smart, Joe Dobbins, Rhona Davison, Harriet Sorrie, Emma Shuttleworth and Erin Atchison. Erin Atchison has also been helping out with our Diddy Team and at competitions where we have our 8yr old swimmers competing.

3 of our aquatic helpers, Eve Smart, Joe Dobbins and Mathew Eke have also gone on to complete their level 1 qualification in coaching and I hope this will open up many opportunities for them as they approached their adult life. It has also been a great asset to our club which is going from strength to strength. I had planned on putting our aquatic helpers through their ASA aquatic helpers course however this has not been possible to date due to my availability and also the job uncertainty

of the other coach who would have been working with me. I will keep in contact with Sarah Small from the ASA and try and get this into the plan before the summer holidays.

Coaching Team

Morpeth currently have an outstanding and committed team of coaches who give up many hours of their time to come along and coach our swimmers to the great success we have had. Our current coaching team are Carol Dawson, Claire Logan, Judith Cook, Gordon Dixon, Peter Rushworth, Valda Butterworth, Jeremy Butterworth, Sarah Lewis, Hannah McMahon, Sylvia Bland, Jenny Glossop, Michael Glossop and Helen Seymour. They assist greatly in the smooth running of the sessions with several of them obtaining their level 1 coaching qualification Helen, Hannah, Sylvia, Valda and Claire. Jeremy is already level 1. Sylvia is currently working towards her level 2. It was great to get Jenny back on board and Jenny now runs the Sunday Minnow sessions and morning sessions. The level of coaching staff we now have on duty on poolside regularly has paid dividends in the results Morpeth ASC are seeing and I could not do my job without them so thank you.

Until recently I was also assisted by Derek Thompson who has been a great asset to the club and worked well with our younger swimmers, he was a regular coach on morning sessions and many of the swimmers and myself as a coach have been influenced by Derek's experience and commitment. So again thank you for your words of wisdom and support.

The team behind the club are also the key to the success of the club from Simon as Chairman supported by the committee to the work undertaken by Denis Mooney as Gala secretary and now Lynda Garland. The work of the treasurer Janet Peck and membership secretary Lyndsay Henderson also provide the backbone to a successful club and they are a constant presence especially during the influx and expansion of our Sunday sessions and the Minnows squad. Again without these people I could not do my job so again thank you.

I am proud to be the Head Coach at Morpeth ASC and hope the club will continue to support me in this role which is hard work but a role that I love.

Thanks

Kay Howe

Morpeth ASC

Head Coach