

Morpeth ASC – June Head Coach Report Competition News

Blyth Summer Sprint

Almost 30 swimmers from C1, C2 and SD1/2 competed at the Blyth Summer Sprint Meet. There some excellent performances with lots of PB's and medals. Jessie Swinney, competing in her first competition for Morpeth ASC picked up 3 Golds from 3 events (100 IM, 50 Fly & 50 Free) all in new personal bests. Nine year old Jacob Bensley had an excellent day swimming all PB's and winning gold medals in 4 out of 5 events (50 Back, 100 IM, 50 Fly, 50 Free). Competitive 2 swimmers Abigail Murray (13) and Laurie Blacklock (14) picked up a handful of medals each including a gold for Abigail in 50 Ft and Laurie in 50 Back. Alice Hudson also picked up a gold medal in the 12 years 50 Back. Well done also to Daragh Moody (9) and Maisie Bone (9) who were competing in their first gala! Daragh even managed to pick up a few medals as well! It was great to see swimmers form our younger squads competing in all 4 strokes. We did have some disqualifications, these can be corrected with excellent attendance, listening to coaches and application in training.

Thank you to Lindsay for her hard work on poolside!

Please note the next Blyth Meet will be at Xmas. This will be a full club event, Sunday 2nd December 2018.

Middlesbrough June Meet

Another excellent turn out of swimmers from Performance, Junior Performance and Competitive 2. We had some excellent swims with lots of PB's, medals and a number of swimmers gaining NER qualifying times for the NER Short course championships in November.

14 Swimmers picked up medals;

9 Years – Declan Tate (1 S, 1 B)

10 Years – Jacob Light (2 G, 2 S)

11 Years – Daisy Cunningham (1 G, 1 S, 3 B). Kate Kennedy (2 S, 1 B), Ben Hewitt (2 S, 1B), Zac Cousins (1 B).

13 Years – Niamh Atchison (3 G, 1 S 2 B), Jake Hewitt (1 G)

14 Years – Rosie Smith (2 G, 2 S), Dominic Anderson (2 G , 2 S), Robert Cross (1G, 2 S),

Katherine Mooney (4 S, 2 B) Richard Butterworth (1 S, 2 B)

15 Years + - Erin Atchison (2 G, 1 S)

Thank you to Mal, Terry, Valda and Jeremy for their work on poolside.

NER Open Water Championships

While the rest of his team mates were in Middlesbrough, Sam Tate travelled to Salford Quays to compete in the NER Open Water Championships. After finishing first in the ½ mile at the Great North Swim, Sam stepped up the distance just a bit! Sam competed in the 14 Yeats 3000m Open Water event. Sam had an excellent swim finishing 3rd in NER and 2nd in N&D! Sam's NER bronze medal also qualified him for the Swim England Open Water Nationals in July.

Sam joins Hannah and Dominic as the 3rd Morpeth swimmer to qualify for a National event this summer. Well done Sam!

2018/2019 Season – Competition Calendar has been sent out via email, is on the notice board and facebook.

Other News

Great North Swim

A large group of swimmers, coaches and parents swam at this years Great North Swim. Some of our youngest swimmers(aged just 9 & 10!) compered in the 250m race while Valda Butterworth swam the 10,000m! Congratulations Valda and to everyone else who took part.

Level 1 Coaches

Lindsay Henderson and Mal Johnson have successfully completed their level 1 coaching course and are even keen to continue to progress their qualifications. Lindsay and Mal are both volunteer coaches who have given their time to become more skilled and qualified to help further swimmer progress at MASC. Congratulations Lindsay and Mal!

Joint gala with Making Waves.

Happening on Sunday 8th July 3-6pm. 54 swimmers have entered!

Club Notice Board - Please see the Notice board for full results for Morpeth ASC swimmers at recent competitions as well as some fantastic photos from events.

Meeting with Active Northumberland - Advised that Active Northumberland are still reviewing the pool time available. I have started contacting other pools outside Northumberland to ensure we can offer swimmers at Morpeth ASC with appropriate and adequate training hours. This is to ensure swimmers can continue to progress in line with those in other areas and the Long Term Athlete Development Plan.

Swimmer of the Month (May 2018)

Seniors – Luke Davis, good attendance and approaches all sessions with a positive attitude

Performance – Dominic Anderson, excellent effort in training leading up to NER Championships. Making 3 finals and winning a NER Bronze medal

SD1 – Daragh Moody, Comes to every training session to improve, excellent response to feedback/coaching points for a swimmer so young

SD2 – Isabelle Henderson, Very new to competitive swimming but entering the correct galas and gaining lots of experience. A very polite and positive swimmer to work with

C1 – George Brett , a pleasure to coach. Always listening and making sure he swims every length correctly and to the best of his ability

C2 – Euan Duffin – Great effort during sessions, especially morning sets!

Junior Performance – Zac Cousins, Very keen to improve. Always checking with coaches which arears he can work on and taking responsibility for own swimming.

Summer Training

Arrangements have been sent out via email and posted on facebook.

In July.....

- Making Waves Gala
- Gateshead & Whickham Gala
- Swim England Open Water Nationals

In August

- Swim England Summer Nationals