

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

### **Competition News**

#### **British Championships**

Hannah Seymour and Ethan Howe recently qualified for the Edinburgh International Meet which doubled this year as the 2018 British Championships. Ethan qualified in 50 Freestyle and Hannah the 50 Backstroke. Unfortunately Ethan missed out due to oversubscribed entries. Hannah's entry was accepted for her swim but due to the 'Beast from the East' was unable to travel up to Edinburgh. While neither got a swim this year it is still a great achievement for both to qualify for such a prestigious meet.

**Junior League – Round 2** – Morpeth ASC competed at the 2<sup>nd</sup> Round of Junior League on 11<sup>th</sup> March at Haven Point, South Shields. A larger team was selected for this round to allow more swimmers the opportunity to compete. Selected swimmers were all invited to attend an additional training session on the Thursday morning before the competitions. The extra practice was invaluable as in only our second competition in Division 2 Morpeth came out on top. Morpeth finished in 1<sup>st</sup> place ahead of Darlington ASC by just 6 points.

#### **N&D Teams**

Morpeth ASC competed at the N&D Team Championships on 10<sup>th</sup> March. Swimmers from SD1 up to Performance (including Seniors) took part in another great day for the club. We entered 17 teams and 13 teams placed in the top 10 making it back for finals! Some great racing and fast splits all round.

Special mention to the 13/14 year old boys team - Jake Hewitt, Richard Butterworth, Robert Cross and Dominic Anderson who won TWO BRONZE medals in 4 x 50 Free and 4 x 50 Medley relays.

#### **Tynemouth Spring Meet**

Team of 31 swimmers attended the Tynemouth Spring Meet. Swimmers performed well with over 85% PB Rate across the two days and a number of our teams placing Top 3.

Special Mention to Kate Kennedy who achieved her first 'official' NER qualifying time in the 200 Freestyle.

#### **N&D Camp**

Kate Kennedy and Ben Hewitt attended the first day of the Swim England County Camps 2018 on Saturday 17<sup>th</sup> March. Kate and Ben took part in a number of workshops and land session along with two pool sessions focused on Freestyle and Butterfly technique. Both enjoyed the day and I received good feedback from one of the coaches at the camp about their positive attitude towards the day. The second camp takes place in July. Well done Ben and Kate a brilliant reward for all your hard work.



Ben and Kate at Swim England County Camp

### **Sunderland National Qualifier**

Small Team of Performance swimmers aged 13 + attended this meet. This meet acted as swimmers first opportunity to register times to be considered for a invitation to Summer Nationals. (Invites are based on swimmers rankings between 1<sup>st</sup> March and 28<sup>th</sup> May). After a number of very busy weekends competing and the beginning of a new training cycle some swimmers were not quite able to replicate their success at N&D in terms of times. Swimmers however gained a lot of experience in what was a high level meet with Ellesmere College (top club at British Summer Nationals 2016) and City of Manchester in attendance. Swimmers also gained some insight into the 'training cycles' and not always being able to swim a best time.

Amongst the results there were a number of best times and new NER qualifying times achieved. Hannah Seymour made 3 finals (50 Back, 50 Fly and 100 Free). Dominic Anderson also made finals in a number of events (50 Fly, 50 Brst, 100 Brst and 50 Free). Dominic made significant improvements to all his PB's and is currently ranked high enough to be considered for an invite to Nationals this summer (this may change as more swimmers registered times over the next 8 weeks). Richard Butterworth also made the final in the 100 Backstroke.

### **Other News**

**Club Notice Board** - Lesley Kennedy and Nicki Hewitt have taken on the task of keeping our notice board up to date. They have got loads of information up including full results from our recent competitions! Big thanks to Lesley and Nicki taking this on.

**Meeting with Active Northumberland.** I recently attended a meeting with members of Active Northumberland to discuss improving links between Morpeth Swim school and increasing opportunities for swimmers to develop in Northumberland programmes.

**Hub Sessions-** Sunderland pool appears to be staying open for now. Hub swimmers (N&D qualifiers) have been contacted with additional dates.

### **Attendance and Punctuality**

- All Swimmers are to arrive and be ready to swim 5 minutes before the start of their session. This includes morning sessions.
- Attendance at training is the **most important factor** in a swimmer's development. If swimmers do not attend enough they will not fulfil their potential
- All squads attendance criteria is in line with the Long Term Athlete Development Plan. A reminder that swimmers **MUST ATTEND** sessions a per squad criteria to maintain their place.

### **In April.....**

- Richmond Dales April Meet. A Team of 16 Morpeth swimmers will be travelling to this meet and staying over a s team.
- Junior League – Round 3 , Tynemouth Pool. Team selection will be made shortly and communicated via email and on the club notice board.
- Newcastle Shrimp Meet, for our youngest swimmers!
- Tynedale Invitational Meet.