

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

### **Competition News**

Quiet month for our younger squads who are all working hard towards their next competitions in June and July.

### **North East Regional Championships (NER)**

Swimmers in our Performance squad have been busy however representing the club at the NER Championships over 3 weekends in May. Like N&D's swimmers must obtain qualifying times to compete at these championships, NER's is one level up from N&D's so even faster times qualifying times. Our swimmers competed against swimmers from Northumberland to Sheffield and every club inbetween.

### **NER Open Championships 5<sup>th</sup> and 6<sup>th</sup> May, Ponds Forge, Sheffield.**

Hannah Seymour (17), Erin Atchison (17) and Katherine Mooney (15), Rosie Smith (14), Dominic Anderson (14) and Niamh Atchison (14) represented Morpeth at this meet. The level of competition was as expected, very high and our young team gained some valuable racing experience in an 'open' championships outside just their own age group. Hannah Seymour successfully made 2 finals in both the 50 and 100 backstroke finishing 8<sup>th</sup> and 10<sup>th</sup> respectively. Hannah's time of 31.49 in the 50 Backstroke was a Personal Best and it is hoped this will be enough to qualify her for Nationals this summer!

Thank you to Helen for looking after our swimmers at this meet.

### **NER Age Group Championships 19<sup>th</sup>/20<sup>th</sup> May & 26<sup>th</sup>/27<sup>th</sup> May, John Charles Centre, Leeds.**

The Age group equivalent was held over two weekends at the end of May. Niamh Atchison (14), Rosie Smith (14), Dominic Anderson (14), Richard Butterworth (14), Sam Tate (14), Jake Hewitt and Kate Kennedy (11) represented Morpeth ASC over the two weekends. Again the level of completion was high but our swimmers races well with Personal Bests set in 80% of swims. All 7 swimmers finished in the top 20 in their own age groups in at least one of their events. Dominic Anderson made 3 finals in 50 Freestyle, 100 Breaststroke and 50 Breaststroke. After finishing 6<sup>th</sup> in the heats of the 50 Breaststroke in a New PB Dominic improved again in the final to pick up a fantastic Bronze Medal! The time Dominic swam in the final should secure him a place at Nationals this summer. Sam Tate and Rosie Smith were reserve finalist a number of times in Rosie's case!

Thank you to Terry and Jeremy for all their efforts on poolside, 2 very long weekends!

## **Joint gala with Making Waves**

We will be hosting a gala with Making Waves on Sunday 8<sup>th</sup> July 2018 3pm – 6pm. This gala is for ALL swimmers in Minnows, SD1, SD2 and C1 swimmers who are aged 10 + under. Swimmers should receive a letter about this gala and details on how to enter.

## **Other News**

**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** – We are currently reviewing the pool time available to Morpeth ASC with Active Northumberland.

**Morpeth Sports Awards** - On 23rd May 2018, Morpeth Sports Council held their Annual Sports Awards. Morpeth ASC were very well represented at the awards with the following winners:

Team of the Year (u13) - Dalton Hutchinson Trophy - Morpeth Junior League Team

Silver Certificate of Achievement - Kate Kennedy (Swimming)

Services to Sport - Ulgham Parish Council Salver - Gordon Dixon

We also had members of Morpeth ASC pick up awards for 'other sports'

Junior Male of the Year (u18) - Daniel Dixon (Triathlon)

Team of the Year Award (u18) - King Edward VI School Trophy - Morpeth Harriers u17 Road and Cross Country Squad

Bronze Certificate of Achievement - Daragh Moody (Judo)

Congratulations to everyone involved and thank you to Morpeth Sports Council for putting on the awards.

## **Swimmer of the Month (April 2018)**

**Seniors – Rebekah Hudson**, great attendance and comes to work hard

**Performance – Angus Cummings**, really stepping up in training at the moment, working very hard!

**SD1 – Ava Bremner**, Some good first competitive swims at Shrimp Meet and Junior League, looking forward to seeing how Ava progresses in the next few years!

**SD2 – Katie Balsdon**, Excellent listener, works hard and made significant improvements since joining the club

**C1 – Jacob Bensley**, A very hard worker, good listener and lovely kid to have around. Entering all galas and events suggested

**C2 – Joe Yates** – Has made a really positive transition to Competitive 2, fantastic PB's at recent galas.

**Junior Performance – Georgia Hutchinson**, Takes on technical feedback and focused on improving every session. Great PB's and improvement in confidence at recent galas.

## **In June.....**

- Blyth Summer Sprint
- M'boro June Meet