

Head Coach – December Report

Competitions

National Meets – December marked the ‘end’ of a training cycle for swimmer in Performance with swimmers competing Swim England Winter Nationals or Scottish Short Course Nationals.

Libby Freeman (13) made 3 x Youth Finals (18 & Under) at Swim England Winter Nationals, swimming best times in 100 IM & 50 Back. Libby gained valuable experience competing under the ‘lights’ during finals sessions and learnt a lot around preparation watching senior athletes prepare for finals, including Jocelyn Ulyett who broke the British 200 Breaststroke Record with a 2:17.10.

The club was represented by Finlay Hartworth, Robert Cross, Sam Tate, Richard Butterworth, Daniel Dixon, Jack Livingstone, Niamh Atchison & Rosie Smith at Scottish Short Course Nationals. After a steady start on Day 1 with some good swims and best times from Robert, Richard, Niamh & Rosie, Morpeth ASC had an excellent competition over days 2 & 3 with swimmers producing best times in all but 1 swim showing some big improvements from earlier in training cycle. It is important to note that part of transitioning from Age Group to Youth Swimming is understanding and learning that swimmers won’t always swim a best times during ‘in season’ meets but should focus on ‘performing when it matters’ and being accountable for this. It was pleasing to see swimmers really ‘step up’ at the Winter National Meets.

Newcastle Shrimp Meet

Morpeth ASC swimmers were supported by Lindsay, Mal, Michelle, Laurie at this meet. Our young swimmers swam 73 PB’s between them & won 25 selection boxes for finishing first in their heats. There were also a handful of medals for the team (4 Gold, 3 Silver, 1 Bronze, 13 4th-6th). Special mention to Alex Freeman & Alice Leja who were taking part in their first licensed meet.

Mini Gala – Advanced Notice

Morpeth ASC will be hosting a Mini Gala for our younger swimmers on Sunday 17th May 2020. This will be 25m/50m swims for those in Minnows, SD1, SD2, C1. ALL Swimmers in these squads should be competing at this event. It is suitable for all levels and designed to introduce younger swimmers to competing. Aquatic Helpers/Parents - we will be looking for help to run the event nearer the time.

Fun Nights

We held 2 excellent fun nights in December for swimmers before Christmas. A big thank you to those who helped organize and Becky Freeman (and the elves) for coordinating Secret Santa again for over 120 kids!

Training times

There will be some changes to the club structure and training times shortly. We are just awaiting a definite start date from Active Northumberland. The changes are necessary to continue the development of the club and achieve the aims/objectives set out in squad criteria. The changes will also make better use of the time, space & resources currently available to the club. **Parents** - Please remember your child’s squad allocation is ‘simply based on what we feel is best in the present moment, in the time & space available to the club’.

Junior League

The Team is now on the noticeboard, please check for details. This will be the club's first time competing in Division 1!

Trials

Morpeth ASC will be hosting trials on Wednesday 12th February. If you know anyone who might be interested please ask them to contact - info@morpeth-asc.org.uk

We are particularly looking for swimmers born in 2012 & 2013.

Lions Swims – 7th March

The Lions swim will take place on 7th March. This is a good fundraising opportunity, please keep an eye on noticeboard, email & social media for more information.

Coming up in January

- Derwentside/Peterlee New Year Meet
- Junior League Round 1 – Morpeth ASC are hosting this event!