

## January 2019 – Head Coach Report

### Competitions

#### **Derwentside/Peterlee New Year Meet**

First competition of season and a good opportunity for swimmers to race ahead of N&D Championships and acted as the final opportunity for swimmers to gain new N&D qualifying times! Our swimmers had an excellent two days of competition with a number of swimmers adding events to their N&D Programme. George Tweedie, Jacob Bensley and Jessie Swinney all achieved their first ever N&D qualifying times at this competition.

#### **Junior League**

Our first Junior League of the 2019 season took place in Billingham. Junior League is one of the few opportunities that swimmers get to be part of a 'whole' team and acts as an excellent introduction to competitive swimming. This is Morpeth's second year in Division 2 after being promoted at the end of 2017. Our swimmers put together some excellent races showing great underwater skills and secured 236 points. Overall. This was our highest points total ever and enough to finish 1<sup>st</sup> overall ahead of South Tyne, Durham and Richmond Dales. Well done to everyone who took part. Competing at their first Junior League competition for Morpeth were Emma , Gabrielle P, Charlotte, Thea, Isla, William, Thomas, John, Milo, Ewan, Gracie D, Gracie G, Aidan, Gabi, Sam and George. Our next round in Sunday 10<sup>th</sup> March 2019, the team will be announced in a couple of weeks time.

#### **Sunderland New Year Meet**

Sam Tate competed at the Sunderland New Year Meet in 800 Free. Sam's target was to set a time fast enough to qualify him for the N&D Championship. Sam swam an even paced race swimming well inside the N&D qualifying time.

#### **N&D Youth/Senior Championships**

The 2019 Burns meet doubled up as the N&D Youth/Senior Championships due to uncertainty around Sunderland pool closure. Morpeth ASC took had 11 swimmers in attendance. Despite there being no finals and recent illness within the squad, swimmers performed well with 50/56 swims being Personal best times. Morpeth had a strong showing in 15 year old boys age group with top 10 finishes recorded by Sam Tate (400 IM, 400 FS), Richard Butterworth (100 Fly,50, 100, 200 BK), Robert Cross (50, 100, 200 BK), Finlay Hartworth (50, 100, 200 BK) , Jake Hewitt (50, 100 , 200 Brst) and Dominic Anderson (50 FS, 50 Bk, 50, 100 Brst). Dominic's 100 Brst was also enough to secure him his first ever N&D medal (Silver). The girls also performed well. Niamh Atchison picked up her first ever N&D medals with Silver in 100, 200 Brst and Bronze in 50. Rosie Smith recorded 5 top 10 finishes including two Bronze medal performances in 50 and 100 Back. Most likely in her final N&D's Erin Atchison picked up her first ever N&D medals (Silver 200 Brst, Bronze 50 & 100

Brst). Erin will head off to university in September and has been a member of the club for a number of years. Erin's achievement show an excellent example to all our swimmer about the importance of working hard, persevering and understanding that they all progress at different speeds.

Thanks to Jeremy and Valda for their help poolside and Mel Anderson for officiating over the weekend.

Please see notice board for a full round up of results kindly put together by Lesley and Nicki after each competition.

## **Other**

### **Aquatic Helpers**

While member of performance were away in Sheffield, Laurie Blacklock attended a Young Leaders Development day in Middlesbrough. The day saw Laurie take part in a number of workshops and complete the theory part of her Aquatics Helper course. Morpeth ASC continue to run it's own Aquatic helpers programme with many of our swimmers helping out with younger squads on Fridays and Sundays. The programme was ran by Kay Howe for a number of years before Valda Butterworth agreed to take over in 2018. Our swimmers complete their Aquatic helpers course which acts as an introduction to coaching/teaching swimming. This then sets them up to go onto complete Level 1 and 2 certificate in teaching/coaching swimming. Another aquatic helper Holy Smith recently completed her Level 1 teaching in York.

Helping poolside is a great way for swimmers to stay involved with the sport and develop teaching, communication and leadership skills, while helping our younger swimmers progress. A big thank you to Kay, Valda and all our Aquatic helpers.

## **February**

N&D Age Group/Distance

Durham Valentines Meet

Glasgow training trip