

Head Coach Report - March

Competitions

N&D Teams

See separate report attached. Morpeth ASC only Northumberland club to win an event since the N&D Team event began.

Junior League

Round 2 Junior League. Morpeth ASC finishes a strong 2nd behind Darlington. Well done to Hamish Tweedie, Daniel Vermaas and Katie Ryland who took part in Junior League for the first time!

We had a number of Dq's which the swimmers and the coaching team will work hard on to correct before the final in September. Swimmers need to keep up a good level of attendance to ensure coaches can work with them to correct these.

Round 3, we also finished 2nd behind Darlington with more good swims from our youngsters. Well done to Abigail Potrac who took part in Junior League for the first time!

Trials will be held to help select the team for the final, date and time tbc. The fastest team will be selected.

Lions Swim

Well done to the following swimmers who took part in the Lions sponsored swim, raising funds for Morpeth ASC:

Gracey, Gabrielle Megan & Mirella – 90 lengths

Joe, Dale, Flynn & Alex, Oscar & Harry – 119 lengths

Ellie, Sophie, Freya, Emily, Abigail & Maisie – 136 lengths

Sadie, Sonny, Sophie, James & Milo – 106 lengths

Thanks to Lindsay and Mark for helping organise our teams and collecting sponsorship money and the parents who heled count lengths on the day!

Newcastle Shrimp Meet

An excellent 1 day meet for our younger swimmers. The morning session saw 36 PB's and the afternoon session 29 PB's. Medals were won by Declan Tate, Jacob Bensley, Liam Hunter, Emma Dewhirst & Maisie Sands. Special mention to Katie Ryland as well who only joined Morpeth ASC in December and took part in her first licensed gala at the Shrimp Meet! Full results are available on the club notice board!

National qualifying window is now open

In 2015 the process by which swimmers qualify for nationals changed. Swimmers now record times at Level 1 Open Meets (including NER champs) during the qualifying window (approx. March-May). At the conclusion of the qualifying window the top 24 swimmers are invited to British Summer Championships and the next 20 to the Swim England Summer Meet (or the Welsh/Scottish equivalent).

March provided a few of our swimmer the opportunity for Morpeth ASC swimmers to begin setting time during the qualifying window.

Sunderland National Qualifier

Sam Tate, Jack Livingstone, Richard Butterworth, Kate Kennedy & Niamh Atchison competed in the 800 Freestyle event on Friday evening. Swimmer swam well with even/negative split pacing and PB's for Jack, Richard and Niamh.

English Schools Inter divisional Championships (ESSA)

Libby Freeman was selected to represent North East Team at ESSA in Crawley. Libby travelled down with the team at 6am on Saturday morning from Newcastle to Crawley before competing on the Saturday afternoon and Sunday morning. Libby had a successful meet becoming English School Champion in 400 IM and 400 Medley Team and picking up 2 more medals in 100 Back (Silver) and 400 Freestyle Team (Bronze). Libby will also have gained a lot from the experience of travelling and competing on the same day and staying overnight with new team mates and coaches.

Northumberland and Durham County Camp

Jacob Light, Jacob Bensley, Gabi Freeman and Declan Tate attended the first of three 1 x days camps at part of the N&D County Camps for 11 year olds.

Scottish Age Group Nationals

Libby Freeman and Niamh Atchison attended this meet. The meet is 5 days long and provided the girls with excellent experience of a National level meet. Libby Freeman competed in 6 events and practiced swimming competitive heat swims before progressing these times further in the final. Libby won all 6 of her events setting times that should see her qualify for this summers British Summer Championships and English Summer Meet.

Coming up in April.....

- Derventio Excel Open – Team travel
- Tynedale Invitational
- Chester le Street Open