



# Newsletter

ISSUE 190

AUTUMN 2010

[www.edsc.org.uk](http://www.edsc.org.uk)



## Gala Contacts



National / White Horse /  
Octopus / Junior Speedo:  
**STEVEN O'NEILL**  
Phone/text: 07834 461392



Tudor:  
**JULIE CRAGGS**  
Phone/text: 07743 292117



Club Championships:  
**PAUL NICHOLLS**  
Phone/text: 07967 659470

## Squad Contacts



Learn To Swim:  
**LYNN MAUNDERS**  
Phone/text: 07811 607720

Academy:  
**LISA CORDER**  
[academy@edsc.org.uk](mailto:academy@edsc.org.uk)



Bronze:  
**SUE WILDING**  
[bronze@edsc.org.uk](mailto:bronze@edsc.org.uk)



Silver:  
**MARNIE PARKER**  
[silver@edsc.org.uk](mailto:silver@edsc.org.uk)

Gold:  
**PAUL GRAIMES**  
Phone/text: 07776 306406  
[gold@edsc.org.uk](mailto:gold@edsc.org.uk)



Junior:  
**JULIE CRAGGS**  
Phone/text: 07743 292117  
[junior@edsc.org.uk](mailto:junior@edsc.org.uk)



Elite BAGCATS:  
**PAUL NICHOLLS**  
Phone/text: 07967 659470  
[elitebagcats@edsc.org.uk](mailto:elitebagcats@edsc.org.uk)



Elite Youth:  
**STEVEN O'NEILL**  
Phone/text: 07834 461392  
[eliteyouth@edsc.org.uk](mailto:eliteyouth@edsc.org.uk)



Senior:  
**STEVEN O'NEILL**  
Phone/text: 07834 461392  
[senior@edsc.org.uk](mailto:senior@edsc.org.uk)

Masters:  
**JENNY VICK**  
Phone: 01322 337798  
[masters@edsc.org.uk](mailto:masters@edsc.org.uk)

Synchro:  
**JENNY KENNEDY**  
[synchro@edsc.org.uk](mailto:synchro@edsc.org.uk)

## Latest news from the Chairman



I have been swimming at EDSC for 27 years. As a young swimmer, my parents always encouraged me to thank my Coach when leaving the pool at the end of my session, something I still make a point of doing to this day.

Sadly this is not something that I currently see swimmers both old and young doing at the end of their training sessions.

All the coaches and teachers at EDSC give up their time voluntarily to help you become the best swimmer that you can and achieve your own personal goals and targets.

Can I ask you all not to rush off poolside at the end of your session but to consider taking a minute or two just to thank your coach for the time they spent coaching you that day. It won't cost you anything nor should it make you late for anything else you have planned but it will show your coach that you do appreciate the work that they have put in to the session in which you have just swum and I assure you that a thank you goes a long way towards making everyone's day a little better.

Just a little food for thought! Thanks...

**John Burdett (Chairman)**

In September we said (hopefully a very much temporary) goodbye to Michael Cook, who has started studying at Cardiff University. On behalf of the Management Committee and the Club I'd like to say thank you to Michael for the work he has put into the Club since returning to EDSC 18 months ago. Not only has his performance in the pool been inspirational at all levels but his commitment to teaching others and love of the sport has been clear for all to see. Michael's summer workshops were of an excellent standard and received a huge amount of positive feedback from many of the swimmers that attended.

Michael hopes to continue to train whilst at University and has pledged to compete for EDSC at the remaining National Arena League galas. His support at these events is hugely appreciated and I'm sure everyone will look forward to seeing Michael coming back for these events. Finally, we wish him good luck in his studies over the next 3 years.

**John Burdett (Chairman)**

On Saturday 16th October we were crowned Octopus League CHAMPIONS 2010. Tension was high all night as we knew we had to win the gala if we were to win the league, but our swimmers rose to the challenge and delivered some knock out performances including 23 pb's (see over the page for the gala report).

43 of our swimmers competed in this league over the year. It was great to see Erith & District win a league title, everyone on poolside was so happy and hopefully this will inspire those younger members to want to win more in the future both for themselves and for the club. The real story for the League has been how we have 'Tortois'd' our way to victory. Starting in January 5th, winning round II but only climbing to 4th on the league table, 3rd in round III moving us up to 3rd in the League where we stayed for rounds IV and V where we tied with 1st and 2nd on league points but trailed on gala points. With the top 2 clubs never finishing outside the top 3 we knew this meant we had to win the final round to win the league so you can imagine the atmosphere through those 42 events - the swimmers will testify I was a nervous wreck!

The shield we have won for the year is the John Carrington Shield, named after my swimming coach who founded the league back in 1992. John was the head coach of Bromley SC for 17 years and founded the league for those swimmers who were new or inexperienced to swimming and/or competition and for those older swimmers who were not elite standard but were regular trainers and hard workers and loyal to their clubs to give them a reason to train and the chance to win a race. Sadly John passed away in 2002 but his legacy lives on through the Octopus League which is why I am especially proud of our victory.

All in all a great year at Octopus—let's use this 'bounce' to help our senior swimmers attack the National Arena League in the remaining two rounds and the Club Championships where we should be aiming to gain a haul of County Qualifying times for 2011.

Well done and thank you to all involved!

**Steven O'Neill (Head Coach)**

## Other Key Contacts

Trophies: **JANE HUTCHINSON** 07956 266052  
Swim Shop: **JASON MIDDLETON** 07930 406558  
All other Enquiries: **JOHN BURDETT** 07788 668514



# Newsletter

ISSUE 190  
AUTUMN 2010  
www.edsc.org.uk



## White Horse League Results

ROUND 1			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	Beckenham	302	A great start to this year's campaign in the White Horse League with 30 PB's, and only 1 DQ. Our individual personal best swimmers included James Vick, Lewis Pick, Holly Fryett, Ben Hughes, Daniel Wesley, Daniel Bassett, Gabrielle de Souza Jacquet, George Leigh & Conor Middleton.
2	Orpington OJAYS	297	
3	ERITH	224	
4	Saxon Crown	218	
5	White Oak	211	
6	Eltham Stingrays	204	
7	Bromley	181	
8			

ROUND 2			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	Orpington OJAYS	331	My doomsday predications for this round were unfounded as we finished 4th with an incredible 30 PB's. We had two individual winners: Chloe Hobbs and James Vick. It was also a welcome return to James Steer who swam just 0.48 off his own club record he swam 4 years ago!
2	Bromley	280	
3	White Oak	220	
4	ERITH	220	
5	Beckenham	219	
6	Eltham Stingrays	180	
7	Saxon Crown	170	
8			

ROUND 3			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	Orpington OJAYS	326	We obtained 29 PB's and had two individual wins from Myles Ellis and Holly Fryett. Individual PB's came courtesy of Ellena Jeffery, Jade Hughes, George Leigh, Stuart Cunningham, Daniel Bassett, Joseph Leigh, Daniel Wesley, Tommy Cowell and Conor Middleton.
2	White Oak	274	
3	Bromley	258	
4	Beckenham	246	
5	ERITH	237	
6	Saxon Crown	150	
7	Eltham Stingrays	DNS	
8			

ROUND 4			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	Beckenham	297	Unfortunately we could not improve on our 3rd round performance which saw us slip down the league. 3 unfortunate DQ's could have assisted in the team pushing for a fourth place finish. We had a total of 10 PB's with individual PB's coming from Conor Middleton (2) and Myles Ellis.
2	Orpington OJAYS	293	
3	Bromley	286	
4	White Oak	236	
5	ERITH	225	
6	Saxon Crown	189	
7	Eltham Stingrays	DNS	
8			

ROUND 5			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	Orpington OJAYS	333	We recorded 31 PB's from the evening so it was clear the majority of our swimmers were swimming to their best - which is all we can ask for. Congratulations to our sole winner on the evening, Holly Fryett (13/u 100m Backstroke) who lead from start to finish got herself a 2 second pb, Kent Qualifying time and a McFlurry to boot!
2	Beckenham	324	
3	Bromley	250	
4	White Oak	242	
5	ERITH	214	
6	Saxon Crown	136	
7	Eltham Stingrays	DNS	
8			

ROUND 6			
Pos	Team	Pts	Gala Report by Steven O'Neill
1			At the time of editing, the final results had yet to be confirmed by the League organisers.
2			
3			
4			
5			
6			
7			
8			

## Octopus League Results

ROUND 1			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	Cheam Marcuda	219	A disappointing start to the league, but 5 time penalties are never a bad thing! 22 PB's were recorded. Individual PB's were swum by Leticia de Melo (2), Emily Simmons, Evelyn Ledwidge, Ben Hughes, Andrew Rose (2), Lauren Hawkins, William Wilding and Chris Ball.
2	Eltham Stingrays	214	
3	Bromley	203	
4	Edenbridge	170	
5	ERITH	167	
6	Woodside / T. Heath	152	
7	Streatham	124	
8	Croydon Amphibians	110	

ROUND 2			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	ERITH	217	After a disappointing start to the league, we came back with all guns blazing to win the 2nd round & record 30 PB's with only 1 disqualification. Individual wins from this gala came from: Madison Retour, Jade Hughes, Conor Middleton and Ahmed Atolagbe.
2	Cheam Marcuda	214	
3	Bromley	193	
4	Eltham Stingrays	190	
5	Edenbridge Piranhas	165	
6	Croydon Amphibians	153	
7	Woodside / T. Heath	152	
8	Streatham	75	

ROUND 3			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	Bromley	206	We had 4 individual winners. Well done to Jade Hughes, Daniel Wesley, Conor Middleton and Emily Simmons. This 3rd place saw us move up into 3rd in the league. My thanks to Gary Maunders and Jason Middleton for time keeping and Tony Ball for whipping.
2	Cheam Marcuda	204	
3	ERITH	191	
=4	Woodside / T. Heath	166	
=4	Eltham Stingrays	166	
6	Edenbridge Piranhas	156	
7	Croydon Amphibians	145	
8	Streatham	138	

ROUND 4			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	ERITH	226	Ending my first year at EDSC on a high, we won this 4th round gaining 15 PB's and winning 6 races. Our individual winners included: Lucy Jeffery, Kathryn Perkins, Jack Capstick, Ellena Jeffery and Laura Bonner.
2	Bromley	222	
3	Cheam Marcuda	217	
4	Eltham Stingrays	199	
5	Edenbridge Piranhas	166	
6	Croydon Amphibians	144	
7	Woodside / T. Heath	119	
8	Streatham	106	

ROUND 5			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	ERITH	238	Winning this gala pushed us into 3rd in the league table. Our individual winners were Kamal Fruci-Oduah, Eleanor Chapman, Kathryn Perkins, Jack Capstick (2), Ellena Jeffery, Olivia Fryett, Daniel Wesley, Sanjay Heer and Laura Bonner. We also gained 26 PB's. Well done to all!
2	Bromley	225	
3	Cheam Marcuda	221	
4	Edenbridge Piranhas	168	
5	Eltham Stingrays	164	
6	Woodside / T. Heath	162	
7	Streatham	135	
8	Croydon Amphibians	DNS	

ROUND 6			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	ERITH	233	A fantastic win which meant we won the league. Individual winners on the night included: Ellena Jeffery (2), Evelyn Ledwidge, Sanjay Heer, George Leigh, Jack Capstick, Daniel Wesley, Emily Simmons and Ben Hughes. 23 PB's were also recorded. Thanks to all involved!
2	Cheam Marcuda	223	
3	Bromley	208	
4	Eltham Stingrays	166	
5	Woodside / T. Heath	151	
6	Edenbridge Piranhas	138	
7	Croydon Amphibians	120	
8	Streatham	109	



# Newsletter

ISSUE 190  
AUTUMN 2010  
www.edsc.org.uk



## Junior Speedo League Results

ROUND 1			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	RTW Monson	249	We secured a whopping 41 PB's which put us 4th in the league. Congratulations to our 5 individual winners: Lewis Hayes, Joseph Leigh, Myles Ellis, George Leigh and James Vick. Well done to all, especially those competing in their first ever gala.
2	Braintree & Bocking	236	
3	Cheshunt	205	
4	ERITH	194	
5	Canvey Island	181	
6	Bishop Stortford	178	
7	Harlow	97	

ROUND 2			
Pos	Team	Pts	Gala Report by Steven O'Neill
1	Edmonton	268	This was always going to be tougher than the first with a number of swimmers competing in Germany, however, we achieved a fantastic result that put us in the top 8 winners gala. Well done to our sole winner of the night, which was Georgia Burdett in the 10/u 50m breaststroke.
2	Braintree & Bocking	244	
3	Basildon	212	
4	Bishop Stortford	166	
5	ERITH	150	
6	Epping Forest	130	
7	Harwich	1280	
8	Enfield	DNS	

Steven would like to point out that with EDSC winning all of this year's Tudor League galas (and forgetting the fact that the rest of the galas were cancelled as a result of the fire at Eltham pool) then surely we've won two league trophies this year?!

ROUND 3			
Pos	Team	Pts	Gala Report by Steven O'Neill
1			An excellent final result that saw us move from 8th in the league up to 5th. We had a total of 31 PB performance and 2 individual wins from Joseph Leigh in the 9 yrs 25m BS and Myles Ellis in the 10 yrs 50m FS. NB: final gala points were unconfirmed.
2			
3			
4	ERITH		
5			
6			
7			
8			

## Tudor League Results

ROUND 1			
Pos	Team	Pts	Gala Report by Julie Craggs
1	ERITH	244.5	What a wonderful start to the new season. 5 1st places from Lauren Hawkins, Adam Graimes, Anthony Noonan, Francesca Williams and Holly Fryett. This was also our host gala so thank you to Terri Osborne and Lynn Gallagher for their help on the night.
2	Dartford	242	
3	Eltham	234	
4	Sevenoaks	224	
5	Greenwich	219	
6	Bexley	208.5	
7	Gravesend	205	
8	Saxon Crown	104	

## Channel Relay Review by Joanne Ball

Most of you know we did it: 11 hours, 4 minutes and 45 seconds (and 14 hours on a small boat). It was the hardest endurance test I've ever done, both mentally and physically and I think the rest of the team would agree with me, but it was also so, so worth it. Without a doubt its the longest swim I've ever done and also the most mentally challenging thing I've ever done.

What do you think about when you're swimming continuously for an hour, not stopping, no one to talk to and no way of knowing how far you've swum? So many things went through my head, the main thing being 'surely it's time for the next person to take over now!' It was infuriating in a way, but once you're back in the boat (which was a lot harder than it sounds after an hour swimming in 16 degree water) the sense of pride made it all worth it.

We had an early start, meeting down Dover at 7 so we could leave by 8, and then a long day's swimming. Dave started off, on Shakespeare's beach, with a few other swimmers who were also starting out, in the wake of a couple who had already left. Then John took over, with Richard swimming with him. Then it was my turn. I tell you 16 degrees feels a lot colder when you're jumping into it from a boat, rather than easing yourself into the sea bit by bit. After my hour, Mark took over, and then Jenny and Tony. While not swimming there wasn't really a lot to do, except eat, or talk, or for my Dad, sleep. We all swam twice, even Tony, who got to swim the final 3 minutes 55 into France, to get us our time. We were all gutted not to beat 11 hours, not just because people had money on it, but because Beckenham had got just under 11 hours a couple of days before. But, credit to Jenny and Mark, they gave it their best shot, getting as close as they could to the French coast in the quickest time possible.

The whole team swam the last 500m—we all wanted to reach France. It was an amazing feeling, but no one told us that it'd be on sharp rocks where we had to stand. I got a couple of cuts and scratches, and I think others did too. Ahh well, it was nothing to pay for the feeling of standing on French shores after swimming there. Then back to the boat. Some of us did butterfly. I don't know why. I guess it seemed like a good idea at the time? After drying off we all handed out a well deserved beer or two, and had several pictures on the 3 hour journey back to Dover.

After the relay I've got so much more respect for people who do solo swims, I have honestly no idea how they manage it. It's the hardest thing I've ever done, but the thing I'm most proud of doing. It's something I'd definitely recommend doing—there's a slot already booked next year if any swimmer over 16 wants to swim it!

IF YOU'RE INTERESTED IN TAKING PART IN 2011 PLEASE SEE JOHN BURDETT

## Synchro Squad Update—Jenny Kennedy

At last some respite. We have just one more competition this year. We have had a busy year with ups and downs. The up is that we now have more pool time than ever which has allowed us to open to new members and run more routines.

This year we welcomed our new Choreographer, Lis Hilton. Lis has worked on two duets, a solo and now a Team. At Potters Bar we saw the result of the swimmers and coaches hard work. Lizzie Kennedy and Ria Surridge took the Gold. Ria in her solo competed against GB swimmers and achieved a bronze medal. The scores the routines achieved were those normally seen at National levels. We are very proud of our girls. We have also seen great results in our figure competitions with many Golds, silvers and bronze medals throughout the Club. Well done to Jade Hughes who achieved her Level 2 in Synchronised Swimming. This is a great achievement. Along with Steve Surridge (see article on Page 4), Nicky Hunt & Jenny K have also now taken their Level 1 & are waiting their results. These courses have been funded by the Club and Grant money from British Gas and the National Lottery. We are most grateful for this support. Our aim is to double our coaches by the end of 2011.

Our member numbers have settled at around 20 members of varying age. We have been able to take on new members with the increased pool time. With the funding from the Grants we will be advertising and promoting the Club and Synchronised Swimming. We are now working towards Swim 21 Accreditation. We are working at Teaching Level and hope to achieve this next year.

The Coaches would like to thank the parents and Club who have supported the Synchro Section this year. It has been difficult with coaches out of action with illness. Its been a great experience and we have learnt a lot.

## EDSC CHRISTMAS PARTY

SATURDAY 4TH DECEMBER AT SLADE GREEN COMMUNITY CENTRE  
FROM 7.45 TO 11.30PM. TICKETS ON SALE NOW. £3 EACH / £10 FAMILY

## EDSC WINTER PRESENTATION EVENING

RESERVE THE DATE NOW: FRIDAY 28TH JANUARY 2011  
FROM 7.30 TO 11.30PM AT BELVEDERE SPORTS AND SOCIAL CLUB



# Newsletter

ISSUE 190  
AUTUMN 2010  
[www.edsc.org.uk](http://www.edsc.org.uk)



## Fast Lane News

- Congratulations to this season's Club Captains, namely Tommy Cowell and Rebecca Gravell.
- The Swim Shop, open every Tuesday at the pool, now has a new webpage with full details of goods on offer including prices. Check it out at [www.edsc.org.uk](http://www.edsc.org.uk)
- The Germany 2010 DVD remains on sale, priced at just £10, it contains some priceless memories of an excellent weekend. See Paul for your copy now!
- Congratulations to David and Emily Kane on the birth of their son, Euan Kane, on the 19th August, weighing exactly 9lbs.
- The Club are always looking for more volunteers. If you think you can help out as an official on poolside at our Club Champs or at external galas please see John Burdett.
- Congratulations to Steve Surridge who recently qualified as a Level 2 synchronised swimming teacher. Steve has been working towards qualification for 18 months and passed his final assessment under the supervision of Jenny Norville (a lead figure in UK Synchronised Swimming).
- Please ensure the Club's trophies are engraved well in advance of their return date. Returning them after they are needed is simply unacceptable!

## Academy Squad Update—Lisa Corder

Since August Academy swimmers are progressing brilliantly, however only 4 turned out of 12 squad members turned up for the Club's Time Trials in September: Lily Steer, Millie Hartnell, Freya Ditroia and Jeffrey Akintoiu. They all swam very well. Myself and Joanne were delighted—well done to them all.

Myself and Joanne have spoken to all the swimmers about the Club Championships. As part of their progress it is important for the swimmers to take part in the Club Championships. Good luck to all Academy swimmers that are taking part in the events throughout November.

Finally, I would like to take this opportunity to thank Miranda who has recently been helping out with the Academy. She is doing a great job. Many thanks.

## Silver Squad Update—Marnie Parker

Firstly I would like to say a big thank you to my fellow swimming teachers and helpers for giving up their time to help teach and coach our swimmers, if it wasn't for them there wouldn't be a swimming club.

Those in Silver squad seem to have settled into the new schedule very well. Attendance is good and I can only but encourage you all to attend as regularly as you can. Obviously the more swimming you do the better your stroke and stamina become, which means you will progress quicker. It was encouraging to see lots of the children at the recent time trials. This is a very good way of getting some race experience for those children who haven't had the chance to race or be in the race environment. Please, please make sure you attend all of our club swimming events—competitive swimming is what we are all about. A few reminders: could children please make sure they have hats and goggles on before they come on the poolside to ensure a prompt start and could I ask parents to make sure that their children's goggles are adjusted correctly. Also if your children are not going to be attending for a period of time due to an injury or an extended holiday could you please let us know so we can mark it in the register—we do monitor attendance. Lastly I would just like to say, keep up the good work, we will be looking at the possibility of moving some swimmers soon, so keep attending regularly.

## Junior Squad Update—Julie Craggs

Attendance is good on Tuesday's and Thursday's but quite low on Monday's—please ensure the swimmers are attending as many training sessions as possible. The swimmers are all working hard throughout the sessions and are always a pleasure to coach.

Turnout for the Club's first ever Time Trials in September was good and I look forward to seeing everyone compete in the forthcoming Club Championships throughout November. These championships are essential for monitoring the progress of the swimmers and ensuring the right swimmers are picked for the right races at external galas.

## Elite Youth Squad Update—Steven O'Neill

With the start of a new season, we start a new training cycle. The cycle is made up of four phases; Preparation (1-2 weeks), Endurance (8-12 weeks), Competition (3-4 weeks) and Recovery (1-2 weeks). We are currently coming to the end of our endurance phase which is where we are overloading the body in terms of volume with the aim of building core stamina across all four strokes at varying distances. This cycle has been particularly geared to distance events, but we have maintained regular sprint sets throughout. During this phase intensity is at mid-high all the way through and distance per set is at its highest averaging 3000m + per hour.

Next week we begin our Competition phase. Simply put that means these four weeks should be the ideal time for swimmers who have used the training regime properly to do their personal best times. This falls in perfect alignment with our Club Championships which begin on Thursday 4<sup>th</sup> November and carry on until Sunday 28<sup>th</sup> November.

At this point I need to remind everybody in Elite Youth that it is part of your squad criteria to attend 4 training sessions per week. There are many of us at the moment who are not doing this. Not only will you find it harder to perform in the pool but you are also setting a poor example for the rest of the club. It is also part of the criteria to have your own training kit. This should consist of; 1x Kickboard, 1x Pull Buoy, 1x 1 Litre Drinks Bottle, 1x Pair of Zoomers and 1x Mesh Bag to keep it altogether – all of which are available from our Club Shop. Those people who have not reached these minimum standards will be receiving letters very soon.

My one shining star of the moment is Holly Fryett. The best attendee at nearly 100% month-on-month, the hardest worker and consequently the most improved this year to date. Holly is a fantastic example of hard work paying off and has much to achieve in her swimming future.

With regard to the Championships; make sure you set yourself some clear, realistic goals before they begin – that way you will always come away with either a reward or information to help you get a reward in your next competition – and as always if you need help with this, just ask!

## Bronze Squad Update—Sue Wilding

A great start from all the swimmers in the Bronze Squad. I have seen good attendance from most swimmers, especially on Tuesday's and some who didn't used to come on Sunday's turning up. Unfortunately, Sunday is still very quiet and it would benefit the swimmers immensely if they came. It's a whole hour which enables us to work on starts, turning, and general water confidence. Each week we concentrate on a particular stroke. Starting with their body positioning in the water, leg kicking, and in particularly their breathing technique.

Can I please ask you all to ensure your child is on the poolside at the start of each session, as it's very important that they attend the warm up. Also swimming hats are needed especially if they have long hair, otherwise they spend most of the lengths wiping their hair out of their face!

I would like to congratulate all the swimmers who took part in our time trials last month and hope to see everyone at the club champs in November. Good luck to all!

## Gold Squad Update—Paul Graimes

This squad is a big squad now with nearly 30 swimmers in 3 lanes.

It is a big jump from the teaching groups to Gold squad, learning to read the clock, better lane discipline, but all the swimmers are coping well and give 100% in training. Attendance is excellent, and we are now turning into a very good squad. We have been stepping up the training with more distance, mixed in with some short sharp work. We are working hard on our dives, turns and strokes.

I would like to thank Tony Ball (Sunday coach), Mick Thackeray, Marnie, Miranda and Steven for helping me coach this squad. Well done to all the swimmers and keep up the good work – TUMBLES!!!!

## Elite BAGCATS Update—Paul Nicholls

The performance of swimmers in this squad at the time trials & recent galas should have served as enough evidence that the coaches can only do so much to improving the ability of the swimmers. Whilst I don't have any general complaints about attendance, those that have been attending regularly have been putting in some fine competitive performances of late. On the whole I've been very pleased with the spirit of the swimmers both in training & at galas. Those that moved from Junior to this new squad have stepped up the level of training with relative ease. Swimmers reading this won't be too surprised to hear of my few niggles: punctuality, goggle fixing & completing the sets! We've had a great response for the Club Champs, which I'm now really looking forward to. Good luck to all!