

# Coach's Report 2010/2011

Here is a brief summary of the main water-based activities of the club from over the last season:-

## **1. League Programme**

### **National Swimming League (Autumn/Winter 2010)**

Competition in this league is never easy especially during a time of hard training, and the first two rounds certainly highlighted this with the club managing 4<sup>th</sup> position in round 1 and 3<sup>rd</sup> in round 2. After another 3<sup>rd</sup> place in round 3 the overall placing of club was 12<sup>th</sup> out of 24 clubs in division 2. A respectable position.

### **Home Counties League (Spring 2011)**

This year, the club again entered two teams with the intention of giving as many swimmers as possible the opportunity of experiencing competitive league swimming. Round 1 saw the A team come 2<sup>nd</sup> and B team 4<sup>th</sup>. Witney A won their gala in round 2 and the B team again 4<sup>th</sup>. The final round saw the B team competing in the 'virtual gala' and the A team came 4<sup>th</sup> in their gala.

### **The Chilterns Swimming League (Spring 2011)**

The club continued to take part in this time banded league. In round 1 the team was just piped to 2<sup>nd</sup> place, then with several swimmers swimming faster than expected the team came 5<sup>th</sup> in round 2 and 4<sup>th</sup> in round 3. The club achieved 9<sup>th</sup> overall in the final division 1 league championship positions.

### **MKJL – Division 2 (Summer/Autumn 2011)**

This league involves the junior swimmers of the club. After coming back down to division 2 from our one year in division 1 the team showed its strength in winning the 1<sup>st</sup> and 3<sup>rd</sup> rounds of the league (3<sup>rd</sup> in round 2). Still awaiting final league status.

## **2. Winter SE Regional Championships (Nov 2010)**

Tom McLean (50m + 100m FC), Dan Harkin (100m + 200 IM, 50m BRS), Callum McLean (50m BK) and Aimee Felstead (50m FLY plus club record) all represented Witney in the Winter regional's in Portsmouth.

## **3. 'Christmas 800' (800m Freestyle)**

22 swimmers entered this event with 19 achieving PBs and special trophy winners were:-

11/u Abigail Patrick and Liam Hatton

12/o Yolanda Speare and Piers Cardon

3 male swimmers took part in the 1500m FC to have the chance to gain a County Qualifying time.

## **4. Club Championships 2011**

These events allow swimmers to gain County Qualifying times, monitor progress on all strokes and gives healthy competition within club age groups to race hard. There were a total of 515 personal best times over the course of the Club Championship heats and heat declared events, and 120 personal best times + 2 CCR (Dan Harkin 16/o 200m IM + Nathan Harkin 16/o 100m BK) from the finals night. The special trophies this year were awarded to:-

### **Girls**

11/u Most Points Trophy

Lauren Leese

13/u Most Points Trophy

Skye Tanner

15/u Most Points Trophy

Aimee Felstead

16/o Most Points Trophy

Yolanda Speare

Top Points Junior (11/u Boy or Girl)

Lauren Leese

M.A. Wilkins Trophy (13/15/u Boy or Girl)

Jake Cockcroft

Spencer-Smith Cup (16/o Boy or Girl)

Yolanda Speare

Greg Barrett Cup (Fastest 16/o Boy 50m F/S)

Tom Mclean

### **Boys**

Luke Wilby

Guy Walker

Jake Cockcroft

Nathan Harkin

## **5. Zonal Championships (Jan 2011)**

Tom McLean qualified for the Zonal Tri – regional Championships at Crystal Palace. This new competition, introduced for the first time in 2011, brings together swimmers from three regions, South West, South East and London into a zonal championships. Tom competed in the 50m Frontcrawl and came a respectable 13<sup>th</sup> and in the 100m Frontcrawl coming 18<sup>th</sup>.

## **6. 2011 Oxon & N. Bucks ASA County Championships Competitions (Feb/Mar)**

The club once again showed it's talent throughout all age groups and this year was the 6<sup>th</sup> top club in the County and achieved 7<sup>th</sup> in the junior rankings. The club can be proud of these results, and all individual and relay results ranging across all the events. Plus the first year of the 'cardless' system was a success.

The championships started with the Long Distance events where many of swimmers competed in some of the more gruelling events:

Harry Blackford (1500m FC), Ellie Nutt (800m + 400m FC), Abigail Patrick (800m FC, 400m IM, 400m FC) and Skye Tanner (800m + 400m FC, 400m IM), Liam Hatton (400m FC + IM), Luke Wilby (400m FC), Harry Hall (400m FC), Sam Bark (400m FC + IM), Rupert Walker (400m IM), Callum Jones (400m IM), Guy Walker (400m IM), Lauren Leese (400m IM), Chloe Morris(400m IM), Imogen Pitson (400m IM + FC), Yolanda Speare (400m IM),

In the Main body of championships Witney swimmers were represented throughout the sessions and into the finals. A breakdown of top 3 medal placing's as follows:

- 1<sup>st</sup> Place – Aimee Felstead (14 yrs 50m Fly)  
Imogen Pitson (11 yrs 50m, 100m and 200m Breast)  
Nathan Harkin (16 yrs 50m Fly, 100m IM) + Junior c'ship  
Lauren Leese (10yrs 400m IM)  
Yolanda Speare (17yrs + 400m IM)
- 2<sup>nd</sup> Place – Nathan Harkin (16yrs 100m Fly, 50m Brs, 50m F/C, 100m FC) + Junior 2nd  
Callum McLean (15yrs 50m F/C)  
Yolanda Speare (17yrs + 100m Back, 200m IM)  
U/16 Boys 4 x 50m F/S Relay (Callum, Adam, Nathan and Harry H)
- 3<sup>rd</sup> Place – Yolanda Speare (17+O 200m Bk, 50m Bk, 50m Fly)  
Bailey Hatton (9yrs 200m Brs)  
Adam Colling (16yrs 50m Brs)  
Anneliese Whiteley (17+O 100m Brs)  
Lauren Leese (10yrs 50m Fly and 200m Breast)  
Graham Cable (17yrs + 100m Breast)  
Nathan Harkin (16 yrs 100m Breast, 50m Back)  
Callum Mclean (15 yrs 50m Fly)  
Imogen Pitson (11yrs 50m FC)  
Ellie Nutt (12 yrs 50m Breast)  
Cathy Naus (9yrs 200m Breast)  
Mens 4 x 100m Medley Relay (Dan H, Graham, James and Tom)  
U/16 Boys 4 x 50m Medley Relay (Callum, Adam, Nathan and Harry)

Overall Championships:

- 22 relay swims and 66 Final swims
- Over 150 personal best times
- 28 top 3 individual medals and 102 top 8 individual medals
- 3 top 3 relay medals and 19 top 8 relay places
- 5 club records broken (Abigail P, Imogen P, Callum M and Dan H)
- 2 Top 8 Junior BAGCAT placing's (Liam H and Imogen P)
- 7 Age Group Regional times achieved
- 34 Youth Regional Times achieved
- First time County Championships swims: Rhiannon Saunders, Cathy Naus, Bailey Hatton, Jack Shayler and Ellen Pitson

## **7. SE Region Youth Championships (Crawley, May 2011)**

Once again a number of our swimmers qualified for entry and competed at regional level with creditable performances, plus 2 relay events for the boys team:-

James Bark (100m fly 9<sup>th</sup>), Dan Harkin (200m IM 15<sup>th</sup> + 100m FC 18<sup>th</sup>), Tom McLean (50m FC 15<sup>th</sup>, 50m Fly 12<sup>th</sup>, 100m FC 16<sup>th</sup>, relay), Adam Colling (relay), Jack Kendall (50m 17<sup>th</sup>), Nathan Harkin (100m fly 10<sup>th</sup>, relay), Callum McLean (50m BK 19<sup>th</sup>, 50m FC 27<sup>th</sup>, 50m Fly 23<sup>rd</sup>, relay), Harry Hall (relay), Yolanda Speare (50m BK 11<sup>th</sup>, 100m BK 23<sup>rd</sup>, 50m FLY 16<sup>th</sup>) and Aimee Felstead (50m FLY 15<sup>th</sup>) all competed.

Finalists: James Bark 50m Fly – 4<sup>th</sup>  
Nathan Harkin 50m FC – 6<sup>th</sup>, 50m Fly – 7<sup>th</sup>, 100m FC – 7<sup>th</sup>

## **8. SE Region BAGCATS Competitions (Crawley, May/June 2011)**

This year the club had an increase in the number of age group swimmers and events entered at this next level of competition. 5 Witney swimmers competed at Regional Level in range of events. For Lauren and Luke it was their first time at this level of Championships. All swimmers swam their best and gained experienced at the higher level of racing.

Imogen Pitson – 200m IM (20<sup>th</sup>), 100m FC (21<sup>st</sup>), 100m BRS (6<sup>th</sup>), 200m BRS (7<sup>th</sup>)  
Abigail Patrick – 100m FC (18<sup>th</sup>), 200m FC (20<sup>th</sup>), 400m FC (15<sup>th</sup>), 800m FC (10<sup>th</sup>)  
Ellie Nutt – 100m BRS (20<sup>th</sup>), 200m BRS (24<sup>th</sup>)  
Lauren Leese – 100m BRS (14<sup>th</sup>), 200m BRS (18<sup>th</sup>)  
Luke Wilby – 100m BK (13<sup>th</sup>), 200m BK (11<sup>th</sup>)

## **9. 'Diddy' Championships (May/June 2011)**

For many club swimmers this event is their initiation into “championship” competition. It gives them, their parents and the club the opportunity to assess their progress in their swimming. There were 55 PB's in the heats and a further more 130 PB's in the finals. The special trophies were awarded to:

Christian Trophy (Boy or Girl with most points)	Bailey Hatton, Enzo Theissieu, Sophie Pau
Bury Cup (Boy 10 and under with most points)	Bailey Hatton and Enzo Thessieu
Sowerby Cup (Girl 10 and under with most points)	Sophie Pau
Freda Pankhurst Memorial Cup	Bailey Hatton
Dorothy Caddy Memorial Trophy	William Morris

## **10. Friendly Galas**

In addition to its four league programmes the club also competed at various locations in galas of varying levels. These galas allow a variety of swimmers across all ages and squads to compete in competitions all year around. The Home relay gala is always an exciting start the season and leads onto many trophy gala's. This year the club competed in 10 galas:

1<sup>st</sup> – 2      2<sup>nd</sup> – 3      3<sup>rd</sup> – 2      4<sup>th</sup> – 1      5<sup>th</sup> – 2      6<sup>th</sup> – 0

## **11. Open Meets**

The range of open meets entered by swimmers has really improved over the last year. With swimmers and parents having a more structured approach to planning how to get qualifying times, it releases pressure off galas and home championships. Open meets are a great opportunity to not only gain qualifying times, but also to monitor progress if swimmers have not had a chance to race certain events in a while. Our own Witney Open Meet was another success of the year and there were 79 PB's by Witney swimmers.

## **12. County Representation**

Once again W+DSC swimmers brought credit to the club by performing with distinction at inter-county galas. Club swimmers who were selected to represent Oxon & N. Bucks ASA were:- Imogen Pitson, Luke Wilby, Nathan Harkin and Tom McLean.

Tom Mclean carried out his year as Boys County Captain, and Sally – Anne Clavaud has now carried out her duties as County President and we congratulate her for her 3 year term.

## **13. Land Training**

The Easy Line Gym at the Windrush Leisure Centre allows those in year 7 of secondary school and older to benefit from adding land training to their pool training regime. Older swimmers and parents also can benefit from using the centres facilities at a cheaper rate and can add a new dimension to their training plans. The land training programme will continue to develop over the next year, and no doubt will benefit our swimmers provide they apply themselves diligently.

## **14. Masters Swimming and Waterpolo**

The Masters Section continues to train hard on a Monday, Friday morning and Saturday night and is supported well. It has been good to welcome some past Witney swimmers to train. Andrew Colling, Gavin Doughty, Christophe Thessieu and Blan Walker have competed in a couple of Open Masters Meets and it is hoped more people might be tempted next year. The Waterpolo team currently have 13 players including one lady. Matches are not easy to come by as they are at the edges of a number of different leagues, although they do compete in friendly matches and tournaments.

## **15. Present Position & Future Prospects**

*“Developing happy swimmers within a natural, family environment through regular training and competitions through all levels of ability and age groups has much to offer”*

Having now been senior coach for a whole season I feel the club has really come together and progressed in the right direction. There have been changes over the last 12 months to develop the club forward, and more competitions to give more swimmers the opportunity to compete for the club. The move of the time trials from autumn to summer has meant that swimmers can achieve their best times at the time of year that is best for them.

W+DSC has a great family and club spirit that swimmers, parents and coaches can all enjoy and thrive in. One of the strengths of the club is the sense of belonging for swimmers, coaches and parents to be part of the team, and working hard together for the whole club. I would like to thank the swimmers, parents, coaches and committee members for their support over the last year.

As to the future, as always we have strengths and weaknesses in various age groups but we will continue to compete to a standard the best the club can offer. As myself and Elaine continue to develop the club, our focus will still be to provide a high standard of coaching through the coaching staff, and to develop each individual swimmer as well as the team as a whole. Our goal is to have a higher number of swimmers qualifying for County and Regional Championships, as well as to progress the learn to swim programme. Our club has such a wide range of talented swimmers of all ages and we aim to give these swimmers the best opportunity to compete at the highest level possible.

Good luck to all the swimmers (plus those going to university) in the next season, we look forward to see the progressions they make and how the club continues to thrive in competitions.

**Chantal**