

## HEAD COACHES ANNUAL REPORT 2018

Firstly, can I thank Dave, Cheryl and the committee for the support and hard work they put in to enable us coaches to do what we need to do to help the swimmers fulfil their potential.

Also a big thank you to the fundraising committee for raising the funds to enable us to get the blocks for City, a great effort.

There is a lot of work that goes on behind the scene that is probably not realised to everyone within the club but both myself & my coaching team certainly do appreciate it.

Another year of upheaval but whilst last year it was with Head Coaches this year it has been with facilities.

Whilst losing Waddington was a blow, thanks to the tireless work of Cheryl additional pool space was found to compensate for this loss.

When I came into post I identified the following weaknesses in the program:

- 1) A lack of clear structure from Age Group into Youth/Senior swimming with one squad appearing to be a dumping ground of swimmers which meant any child who was developing slower than others in their age group could be left behind.
- 2) Too many swimmers had not done a full range of events & distances in their racing profile with a tendency to only enter 50/100's
- 3) Swimmers only really beginning weekday morning training when they came up into the top squad
- 4) Land training not being made available to the age group squads
- 5) Pre & Post pool land work not being done

To rectify this the following has been achieved.

- 1) New squad structure implemented where the faster developing swimmers can be fast-tracked into the top squad whilst those developing more slowly now have a squad providing training more appropriate to their age with sufficient training hours to make progress
- 2) A full range of distances at club time trials
- 3) Morning training session for the age groupers
- 4) land training now available for the top 3 squads
- 5) Pre & post pool now done

### PERFORMANCES

I have been pleased overall with the swimmers development this year.

An increase in qualifiers for Counties, Regionals and Nationals have been very pleasing.

The best result in the Junior League for a number of years has also been great.

At Counties we had 37 GOLDS, 39 SILVER & 30 BRONZE MEDALS from our 49 qualifiers.

Regional results were also encouraging with some outstanding performances from the 22 qualifiers with the club winning 5 GOLDS, 1 SILVER & 5 BRONZE medals plus 35 finalists' both of which was more than any other Lincolnshire club.

Finally, at Nationals we had the following qualifiers:

#### BRITISH

ETHAN GRACE RICHES	50,100 & 200 BACK
OLIVER NEVITT	200 FLY
LAUREN WOODS	200 FLY
LAURA DICKINSON	100 FLY

#### ENGLISH

ETHAN GRACE RICHES	100 FREE & 200 IM
OLIVER NEVITT	100 FLY & 400 IM
LAUREN WOODS	1500 FREE & 100 FLY
LAURA DICKINSON	50 FLY, 50 & 100 FREE
ELISSA GRATTON	200 FLY & 400 IM

At the British Championships the club had 2 Finals and results were as follows:

Ethan	8 <sup>th</sup> 100 back, 10 <sup>th</sup> 50 back & 19 <sup>th</sup> in the 200 back
Oliver	17 <sup>th</sup> 200 fly
Lauren	24 <sup>th</sup> 200 fly
Laura	15 <sup>th</sup> 100 fly

At the English Nationals the club won 1 Gold 1 Silver & 2 Bronze medals

Ethan	GOLD 200 IM, 5 <sup>th</sup> 100 Free
Oliver	10 <sup>th</sup> 400 IM, 14 <sup>th</sup> 100 Fly
Elissa	17 <sup>th</sup> 400 IM, 19 <sup>th</sup> 200 Fly
Lauren	SILVER 1500 Free, 14 <sup>th</sup> 200 Fly
Laura	BRONZE 50 Fly, BRONZE 50 Free, 7 <sup>th</sup> 100 Free

#### TRAINING CAMPS

We have had two very successful training camps this year with two at Sunderland for the Senior Squad and one for the AA Squads at Crystal palace.

Having assessed the swimmers on how they have handled the camps (and this includes both pre & post camp performances/attendances as well as the camp itself) a decision for future camps (both at home & abroad) will be taken by the coaching staff for next year.

## CLUB DEVELOPMENT

Both Adam & myself want to grow the club from base level as well as develop the Talent Pathway from various LTS schemes.

An agreement is already in place with Yarborough which is shared with CLP & Trident.

However, we have now had discussions with Horncastle Otters who have begun to send us swimmers (great job Adam) and in the New Year I will take a Talent ID lane at NK to transfer swimmers from their LTS to us.

## SWIMMER DEVELOPMENT

One area that I thought needed addressing when I came was the fact that everyone was doing their own set of drills without a graduation of drill sets as the swimmer progressed through the squad system.

To address this set drills for each squad has now been brought in to enable the swimmers to increase their skill sets as they get older.

Having done one Skill Camp, we plan to do several of these a year especially now we have the starting blocks at City so we can do a Starts & Turns Clinic for the developing swimmers.

Finally, a massive thank you to my coaching team, LTS Teachers & team of poolside volunteer helpers whose hard work is greatly appreciated and whose help I could not do without.

Paul Hogg

Head Coach