



Chair's Chat



What a busy couple of months we are having, congratulations to all those swimmers who took part in the Sharks event; I hear you did brilliantly. There were also some great swims at Ennerdale - well done all. Good luck to everyone swimming in the North Easterns and Swim a Long a Santa.

Thanks for all the confirmations from those swimming in the club champs which I am sure will have a great Christmas atmosphere.

Victoria

October Swimmers of the Month



Congratulations to Dan Colling, who was selected by the Coaches as the Foundation Squad SOTM. He was chosen for his hard work in training, which showed in the times he achieved at the recent gala in Beverley

Congratulations also to Alex Heard, who was chose by the Coaches as Swim Squad SOTM. She was chosen for her regular attendance, her positive attitude, great results at the Yorkshires, as well as her support for others at the gala.

WELL DONE TO BOTH!!

Galatastic

Well done to all the swimmers who competed in the Halloween Meet at Beverley and the YCBC Qualifiers at Ennerdale. There were many PBs, and many swimmers did really well at their first gala. Here's to many more!

Good luck to the all the swimmers attending the "Swim-along-a-Santa" meet towards the end of the month, as well as the 4 swimmers who have managed to qualify for the North-Eastern Championships in early December

Also a quick reminder that the Yorkshire Championships qualifying times can now be viewed at www.yorkshireswimming.org under 'Speed Swimming' Please note the change this year: it will be age as at **22 February 2015**.

Coaches Corner



This month, I want to concentrate on turns. All the squad coaches have noticed that, many times, our swimmers are failing to execute the turns correctly, displaying poor technique and weak push off. To improve their turns, swimmers have to try to do excellent turns at each and every session, and these should be done at speed. Turns are part of most races and, although squad swimmers are swimming fast, many are losing ground on competitors on the turns.

So, come on swimmers - do your turns correctly and your times will improve.

Don't forget that Chris Cooke visited Tad last month. As well as carrying out a goal setting exercise with the swimmers, he also spoke about drills, technique, and yes, turns.

There were some really good results at the galas last month and now is a busy period for all connected with squad as there are several meets to attend. Good luck to all competing over the following weeks