**HADLEIGH SWIMMING CLUB 2019**

**Coaches Report**

**The coaching team consists of**

**Myself, Lee Abbott, William W, Lily B**

**Overall-**

This season has seen a big change within Hadleigh swimming club with the club stopping the teaching part of the club and bringing in CD’s coaching development as a pre curser for junior swimming, from the coaching point of view this has worked really well with a clear path on how the children are taught/ coached and numbers have steadily increased in the 8 months it has been running

CD’s- Currently 11 children being coached aged between 8 & 11/12 plus Ed Wagland, we have 3 lanes on a Monday and a Wednesday for half an hour and then they can swim 2nd hour Friday and/or Sunday as they wish, 3 lanes is fine for the time being but this is area that we need to push recruitment ideally aiming for 7-9 year olds who can swim a length or 2, and then if needs be try and book the other 2 lanes as and when numbers increase

Juniors- Currently 32 children being coached for an hour on Monday, Wednesday, Friday and Sunday, this works pretty well with 80% of the kids doing at least 3 hours a week and really wanting to improve , obviously with their age there can be friction between kids and between kids and coaches but on the whole they are a good bunch

Seniors- Currently 28 swimmers training for up to 6 hours a week, This is an excellent squad and a real pleasure to coach from my point of view with pretty much everyone working their socks off but also really enjoying what they are doing and this is showing in the times we are now producing with one swimmer getting regional times and 3 more being very close

Masters- 7/8 swimmers training for 2-3 hours a week, these are a good bunch and train hard

Moving forward-

As numbers increase it would be nice to have another qualified coach poolside, Lee does Wednesday and Sundays ( and more in school hols ) Will does 2nd hour on a Friday, which is a huge help and Lily assists for CD’s and juniors on a Monday and Wednesday , stepping into Gabbi’s shoes and doing it superbly I must say, we also have help from 3 of the seniors on Monday , Nia, Abi and Ellie which is also very useful , but another coach would be handy

Open Meets/competitions – we do approx 8 open meets a year which in my opinion is just enough, there really is no need to compete more than once a month, and with counties , developments and summer league this is probably enough, it would be nice to have an in house 25m night or similar

Team manager- I believe we need 2 or more team managers as it is too much for one person, ideally the TM would be poolside once a week answering parents question encouraging open meet participation and being the link between the parents, swimmers, coaches and committee

New pool- at the moment I believe the old pool will be shut for 3 months before the new pool will be open, at present every full hour of coaching Monday to Sunday there is between25 and 30 ( not necessarily the same swimmers) swimmers in the water , so I think we really need to think about what we plan to do for those 3 months to maintain that level of interest

Overview- The club is definitely moving in the right direction but we really need to push CD’s ideally looking for 7-9 year olds as if we go to all 5 lanes we could have 30-40 swimmers in there , county qualifying swims and swimmers have increased for the last 3 years and the goal is to keep that moving in the same direction although qualifying times are extremely testing this year and it would be nice to get 3or 4 regional swimmers next year, so more of the same really

MICK

I have been asked to contribute a couple of thoughts on what may help the further success of the club.

1. Having been a parent of a young swimmer before becoming a coach, I had no idea how different aspects of the sport worked. For example: What are developments and counties? What's a reasonable personal best for a child of this age? When are the galas in which the club compete and when do we need to enter?

With this in mind, it might be helpful to provide parents with a regular (fortnightly?) scheduled surgery at the pool, between the times of CDs and Juniors, for parents to ask questions , complete gala entries etc.

This may also be an opportunity to engage more parents in the running of the club as a Team Manager, Committee Member or coach.

2. I am very aware that Mick Evans is highly committed to the club and enjoys moulding the novices into competitive swimmers. In order to maximise the success of the club, my view is that another Level 1 trained coach would contribute a great deal (notwithstanding the contribution of our existing coaching team).

Thank you for your continued support.

Lee