

RUNNYMEDE SWIMMING CLUB

COACHING REPORT 2019

Is it that time of year again already!! It doesn't seem five minutes since I last wrote a coaching report and we are soon to be saying goodbye to another swimming year. It appears that this is the ninth time I have written a report, so I am fast moving in on 10 years in this role, something I am quite proud of. During my time here I have had great help from other RSC committee and members including parents which continues to this day. I am also very proud of the whole club ethos of 'Coaching Life's winners', as I always bang on that it is not just about the swimming but the life lessons we can all learn from embracing the discipline and friendship belonging to a swimming club can produce. When our swimmers move on to exams and then the working environment, they become much more employable with this background. I must stress that this is only true if they fully integrate into this ethos. They also have experience of setting goals for their swimming which can translate into life goals as they mature. (Talking of which, please make sure that you are thinking about goals for next season already!!)

The most enjoyable success of this past season is undoubtedly been winning division 2 of the Essex Swimming League because so many of the swimmers were involved in this. Four galas, and this season a different format for the league. Seeing the team spirit at each of these galas was fantastic for the coaches and hopefully for the parents as well. I am keen to point out that it was not just the swimmers who swam at the last gala who won but the whole club. Others swam in the earlier rounds (with especially the younger ones being swapped to give more swimmers a chance) and other club members who are swimming with the team in training but for one reason or another did not get the chance to compete are still pushing those who did – so a whole club achievement. Well done to all!!

County Champs this year, we had more swimmers than ever competing which is testament to the effort being put in at all levels of the club. There were more final spots held this year which also shows improvement. Regional champs which are obviously a further step up (as it is six counties not just one) saw one more swimmer attending than last- again a step up well done to all who competed at County and Regional (oh and it was great

to see Bronte finally make a final. She has been good enough for this for a few years, but things had not quite gone her way previously. Well done Bronts!). We also had two swimmers narrowly miss out on National places, this is especially hard as times must be achieved within a certain time window (Girls, times are not that much different for the next age group so keep training!!!!)

Training sessions are very busy with quite a few new swimmers coming in at silver level, with even senior squad at bursting point, really great to see and the older swimmers pushing themselves, which in turn challenges the coaches to improve and find new ways to challenge the swimmers. Keep working for each other! Also, more swimmers are pushing to be moved through the squads which although gives the club logistical problems it is a good set of problems to have.

To make a club like Runnymede work, we need parents and other volunteers putting in whatever time they can to further the ambitions of the swimmers, from Amanda, Jacqui and Steve (the Triumvirate of RSC!!) who coordinate and perform a lot of the tasks needed with great results to Rhiannan who organises the galas, helps poolside along with other things and the Committee, all with jobs to do and the gala officials who turn up for the swimmers, sometimes even when their own child is not swimming. As well as the Swimability section with poolside help and admin. There are always things to be done, even if you can give an hour a week, it may make someone else's life that little bit easier. My thanks to everybody who helps make this a great (and friendly) club.

On the coaching side Julia works tirelessly to make sure the swimmers move through the squads with the endurance and skills they need to progress to the next level (remember 'success is a journey, not a destination'). We have almost constant coaches meetings, always pushing to make the swimmers as good as they can be. Also, Luke has quietly been helping wherever he can, as well as permanently with Silver and Swimability. Also working with Silver squad is Dina Day who has returned to the club to swim as a master, we are grateful to have her help as she swam to a high standard so is a great role model as well as a level 2 Teacher. Also poolside are Emily Comber and more recently Amy Jago-Derbridge, a Level 2 teacher and Level 1 Coach, we are happy that we now are able to call on more coaching staff.

As a parting note, I talked earlier about being proud. I would like all swimmers to be proud of what they do at this club, they have many pressures nowadays on their time as well as school and clubs, so they should be proud of any achievements. In order to do this they need to be putting their best efforts into everything they do, then, however small the achievement may be, they should feel they have achieved a goal.

Good luck to everyone for the next season!