



POOLE SWIMMING CLUB

Affiliated to: A.S.A SW Region, D.C.A.S.A, R.L.S.S. Founded 1931

Bournemouth open meet 10/11 April 2010

This open meet wasn't targeted as an important competition; our swimmers were therefore tired from the previous weeks of hard training and the quality of the races (stroke technique, pace strategy, turns and finishes ...) not as good as a few weeks ago at the Dorsets. From a coaching point of view this is a good sign. The training programme is tiring the swimmers as planned and we'll continue this way until 2/3 weeks before the Westerns where they will taper.

Too many regional times were achieved to mention them all but I wish to congratulate those who got their first RQT's ever: Sophie Eaton (100bst 1'28''32), Lewis Harding 200bk 3'06''88 (automatically qualified for 100bk due to his age), Georgia Kemp (400im 5'45''67) and Kyran Yeatman (200bk 2'32''42).

We also had 16 new club records set by Harry Kemp (200fly, 200bst, 200fs, 200 and 400im), Maddy Kemp (100/200 fly and 200im), Katie Mills (200fly), Jacob Peters (200fly). Emily Clarke (200im), Daniel Monk (400im). Special mention for their first club records to Sophie Eaton (100 and 200bst) and Ben Porter (200fly).

More swimmers are close to get their times and I wish to encourage them to remain positive and keep training hard to improve their technique and stamina. I'm proud of you too guys! YOU CAN DO IT!!!

Finally, Kiran Olenicz came really close to be our first national qualifier since 2007. Kiran improved his 200bk time by 7 seconds but missed the NQT by only 0.95! This performance represents the future: more Poole SC swimmers are qualified for the Westerns than ever before and some of them are getting very close to national standards.

Our targets remain clear and simple: more swimmers at regional level before the closing date (end of April), several medals at the Westerns and national qualifying times.

Robin