

Head Coach Report 2013

As I've been coaching at the club for 2 years now, my training session plans are also on their second cycle of use. This time round I'm pleased to report that not only am I having to make the set times faster, but also increase the overall distance being covered. This is a clear sign that the standard in the club is improving, you can see this also in the number of entries at open meets and county champs, plus the number of pb's and medals. This is all down to the continued hard work of our swimmers in the pool and our coaches & teachers on poolside.

Chris Staples