

## Head Coach Report AGM 2022/23

I would like to start by thanking the teaching and coaching staff for their hard work throughout the season. I would also like to thank the executive and the parents of the club for their support throughout the year.

This past year we have seen great progression both in and out of the pool, this can be seen from the foundations of our club, all the way through to our older more established high-performance swimmers. We have been able to build and improve on the fantastic bridge we have between learn to swim and our competitive squads by creating the pre squads, these squads are designed to get the swimmers ready for the transition from learn to swim, to training to compete.

We thought this would be a better way, rather than just taking them from learn to swim and throwing them into the competitive environment, this ensures a stronger progression from our junior swimmers and builds on our philosophy of working from the grass roots up, allowing us to keep moving forward as a competitive club in the London Region. We are now starting to see many of these new swimmers from last year progressing quickly through the ranks of our club, which is fantastic to see.

At the start of the 2022 season, in September, the swimmers were in action in the first gala of the season, our own club championships, which was held in Barnet Leisure Centre swimming pool, this was a great opportunity for the new and young members of the club to achieve times that they were then able to use to enter other galas throughout the season.

The swimmers showed great strength throughout the competition, as most had entered all races, getting very little time in between racing, and still were able to produce great times and swims, showing the signs of a great season ahead.

During the first 3 months from September till December we worked hard on improving the swimmers aerobic and anaerobic capacity and working on developing their technical skills ready for our first major tests of the season, the Middlesex development meet/ the harrow Christmas cracker meet and the Watford County qualifier meet.

The aims of these meets were to achieve the swimmer's county times, we had many entries to these galas from all the squads resulting in 37 entries for counties across all age groups, which was a great result, especially with the county qualification being made a lot harder to achieve that year.

When looking at the breakdown from the report of swimmers that had qualified, it shows us that as a club we are performing very highly in all areas from junior to senior level.

During this period from September to December, we also had the winter regionals where we had 12 entries, this was a great number of entries as qualification to this

gala is very difficult, and at the time we had a very young still developing performance squad. The swimmers who qualified performed well with many hitting strong personal bests, marking a great end to the first cycle of the season and allowing the swimmers to go off into Christmas break with strong motivation for cycle 2 and counties.

After the Christmas Break, we went on to the 2<sup>nd</sup> part of the season where we had our sights set on qualifying for the London summer regionals, at the end of April, but first we had to get counties out of the way which was at the end of January.

Even after having the Christmas break and less than one months worth of training, the swimmers attained 33 finals placements and 16 medal placements at the Middlesex counties, with many swimmers also achieving their summer regional qualification times and many of those who did not, went on to achieve their summer regional qualification times in the next gala, which was our own club regional qualifier held at Barnet.

In total we had 47 entries qualify for the London summer regionals where we achieved 22 finals placements, and 9 medal placements between them, this was a great achievement from the club showing good numbers and silverware at a meet where many clubs struggled to get swimmers to qualify.

Due to the fantastic performances at the London Summer Regionals we had two of our performance swimmers, Mia Garner and Owen Roberts qualify for the most major meet of the season, the English summer national championships, where only the top 24 swimmers in each age group across England qualify.

Mia qualified for the women's 200 back and Owen qualified for the men's 50 free 100 free and 200 free, both swimmers traveled up to ponds forge in Sheffield and raced with the best swimmers in the country performing extremely well and showing that they have the potential to go very far in the sport.

Looking forward, we will continue to grow the club by maintaining these high-level results and by continually assessing swimmers across the club to make sure they hit their highest potential, and we will look to retain our current swimmer base by maintaining high coaching standards and encouraging results throughout the season.

Lastly, I would just like to say, with all the swimmers performing well at open meets, Counties, Regionals, Nationals and Arena League, the club's profile in the area will continue to grow and attract more swimmers.

Once again, I would also like to thank all of the club's committee and volunteers for their continued support for the previous season, and ongoing support for this current season.

Daniel Andrawos  
Head Coach