



## Head Coach report 2021

2020 was definitely a difficult and strange year to say the least, not only were the challenges of changing club but dealing with the restrictions and new style of training we faced as coaches and as a club together. The addition of further lockdowns made it difficult to plan too far ahead, the main goal was trying to keep swimmers 'swim fit' rather than race ready. The help of Jason on online land training over the lockdown period was a huge bonus and help to keep the swimmers in best condition and thank you to everyone involved.

Level X was a really good initiative introduced by Swim England which saw a good number of our Advanced swimmers take part in. This brought a welcome sense of normality as we saw the swimmers post some strong times to their previous attempts and gave a good indication of where they were in training. This has been backed by the introduction of competitions in the summer where swimmers have achieved brilliant results gaining personal bests and qualifications for County and Regionals and in the coming weeks and months, we are hoping to further improve on this.

Many thanks to the swimmers over this time through difficult restarts and countless numbers of self-isolation, this has definitely been a tough time on them, and also to the parents for helping get them through this tough time and taking your time out to bring them to sessions.

I would also like to thank the coaching team for taking their time to attend the sessions and deliver quality swim sessions to all swimmers in the pool. In addition, the new swimming teachers (our older swimmers sponsored the club) that have recently qualified and have stepped up to take on the junior groups.

A huge thank you to all the committee members who have kept the club running smoothly and took on all the difficulties that surround running of a club, without the time and effort spent during their free time the club would not survive.

Going forward I am currently working a plan for the remainder of the season that will see a clearer progression through the development pathway, from Junior swimmers up to Advanced. This will be backed by all the coaches and will be an easy program that will ensure the progression is linear and calculated rather than down to discretion. We will review on a more regular basis and set certain dates for moves ensuring correct numbers per groups and will keep to the development plan per group. A phasing program will be in place to ensure there are no sudden jumps from one group to another that could hinder development.

Many thanks again to all who have supported this club and I look forward to the future of the club as we build to a stronger future.

**Ryan Manchester**

Head Coach