

Head Coach's Update

November 2021



All of the swimmers continue to impress, during training and also at competitions. I would like to thank all of them for their hard work and dedication towards their swimming.

Behaviour has been exceptional, and I really enjoy seeing the focused & happy faces especially on Wednesdays when all of the Development Pathway swimmers train.

For those swimmers who have changed groups recently, you may be finding it tough to get into the flow of your new group. Our teachers & coaches are working hard to ensure you are all comfortable and are able to achieve. You will find after a few more sessions you will be flying!

Matt Boreham

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Competitions (Squads only)

The Development Meet was absolutely the best competition for us to return to, and it will go down in the memory books for me as it was the first competition out of lockdown, and the swimmers absolutely smashed it! Click the link to the full report.

Development Meet Report

The next competitions are as followings:

4th December: Ipswich Novice Gala

Perfect for those who have not raced before, open to Transition 1, Transition 2 & Skill Development Swimmers. We are still waiting for the gala organisers on this so please email me if you are interested.

18th December: Stowmarket Sprint Meet

Entries are open now, sign up via TeamUnify. Open to all Development Squads. Closing date is 21st November.

Deben Swimming Hats £6
Speak to your coach to get one

Equipment

- **Water Bottle (All Squads)**
- **Kick Board (All Squads)**
- **Pull Buoy (All Squads)**
 - **Fins (SD & AGD)**
- **Hand Paddles (AGD)**
- **Snorkel (AGD)**



Coming Up

November

- Friday 26th: Team Relays during training: Transition 2, Skill Development & Age Group Development swimmers will be mixed up into teams and will compete against each other in a series of relay races.

December

- Saturday 4th: Ipswich Novice Meet (More info to follow)
- Wednesday 15th: Last day of Swimming Lessons before Christmas
- Saturday 18th: Stowmarket Sprint Meet (Check on [TeamUnify](#) now)
- Wednesday 22nd: Last day of Squad Training before Christmas
- Christmas Holidays: Progress reports plus Lessons & Squad Moves