

NATIONAL PERFORMANCE

MICRO CYCLE 1 (2 SEPT - 4 OCT 2020)															
SWIMMER	ATTENDANCE %	E MX 34	MILEAGE	AV 5 WKS	PB	200 FR TT	100 EVENT	PB	100 TT	50 EVENT	PB	50 TT			
A BOYES	79%	27 SESSIONS	124,365	24,875	2.21.71	02:27.73	FR	1.02.49	01:06.70	FR	28.36	30.02			
H. COOPER	76%	26 SESSIONS	NO LOG		2.16.82	02:19.75	BR	1.12.83	01:17.00	BR	33.62	35.41			
T.DICKSON	82%	28 SESSIONS	125,00	25,000	2.01.47	02:04.61	FLY	1.00.52	00:59.88	NEW PB	FL	27.61	27.44	NEW PB	
C. HOLYER	91%	31 SESSIONS	176,300	32,260	1.59.70	01:59.10	NEW PB	FR	54.97	00:55.41	NEW PB	FR	26.01	25.85	NEW PB
I KENNEDY	88%	30 SESSIONS	142.7	28,400	2.17.45	02:20.63	IM	1.17.03	01:16.07	NEW PB	BK	34.57	35.20		
L PARKER	97%	33 SESSIONS	NO LOG		2.08.86	02:10.31	FR	59.08	01:02.36	FR	29.90	31.24			
E ROWSELL	100%	34 SESSIONS	183,300		2.12.70	02:16.02	BK	1.07.40	01:09.78	FR	29.83	29.63	NEW PB		
E SKELTON	100%	34 SESSIONS	152,275	38,070	2.16.55	02:21.49	BK	1.10.73	01:12.65	FL	32.58	32.93			
G SNOW	85%	29 SESSIONS	135,600		2.05.98	02:06.09	BK	1.04.55	01:04.77	BK	30.44	30.49			
T SPENCER	100%	34 SESSIONS	148,550	29,710	NA	02:05.87	BK	1.03.09	00:59.71	NEW PB	BK	28.66	27.81	NEW PB	
PERFORMANCE															
MX 30 SESIONS															
J .A. PUGH	100%	30 SESSIONS	NO LOG		NA	02:37.62	FR	NA	01:13.61	FL	NA	35.85			
A BENNELL	70%	21 SESSIONS	89,375	17,875	2.26.81	02:25.57	BR	1.22.71	01:23.16	BR	37.37	38.92			
W BLOUNT	70%	21 SESSIONS	NO LOG		NA	02:30.34	FR	NA	01:09.65	FR		31.81			
H BURNHAM	70%	21 SESSIONS	53,300	10,660	2.21.50	02:23.79	IM	1.20.63	01:18.98	NEW PB	BR	38.64	40.22		
S COLLINGWOOD	83%	25 SESSIONS	119,495	23,899	2.16.67	02:16.26	NEW PB	BK	1.14.93	01:09.41	NEW PB	BK	31.58	32.03	
E HALL	87%	27 SESSIONS	NO LOG		2.14.97	02:19.35	FR	1.01.62	01:03.37	BK	31.83	31.64	NEW PB		
E HOLLANDS	100%	30 SESSIONS	136,700	27,340	2.07.15	02:08.47	FR	58.5	00:58.66	BK	34.27	32.78	NEW PB		
R HUDSON	75%	24 SESSIONS	NO LOG		2.31.61	02:25.30	NEW PB	BR	1.30.39	01:26.05	NEW PB	BK	36.00	34.89	NEW PB
B KING	100%	30 SESSIONS	125,200	25,040	2.16.37	02:10.01	NEW PB	FR	1.02.88	01:01.97	NEW PB	FR	29.61	28.35	NEW PB
G LAMBERT	97%	29 SESSIONS	111,100	22,220	2.11.73	02:12.33	FR	1.01.99	01:02.96	BK	32.91	32.25	NEW PB		
C MILLIGAN	73%	24 SESSIONS	84270	16,854	2.28.78	02:31.83	FR	1.07.07	01:11.13	FR	30.19	31.96			
A ROWSELL	97%	29 SESSIONS	128,800	25,760	2.29.38	02:24.21	NEW PB	IM	1.19.64	01:18.76	NEW PB	FR	33.22	31.73	NEW PB
A SCRIBBANS	100%	30 SESSIONS	134,475	26,895	2.11.11	02:10.15	NEW PB	IM	1.13.87	01:08.82	NEW PB	FL	30.84	30.03	NEW PB
GAB TAYLOR	73%	22 SESSIONS	NO LOG		2.27.05	NA	FR	1.008.49	NA	FR	30.92	NA			
G TAYLOR	70%	21 SESSIONS	NO LOG		2.22.12	02:29.81	FR	1.03.16	01:06.14	FR	29.55	31.49			
F THOMPSON	84%	26 SESSIONS	NO LOG		2.25.31	02:27.28	IM	1.21.36	01:15.32	NEW PB	BR	38.22	38.65		
C WRANKMORE	80%	24 SESSIONS	NO LOG		2.25.12	02:18.20	NEW PB	IM	1.15.69	01:10.05	NEW PB	FL	30.68	29.80	NEW PB
K YOUP	80%	24 SESSIONS	108,900	21,780	2.23.24	02:25.60	FR	1.06.96	01:07.94	FL	35.00	33.27	NEW PB		

SUMMARY

FIRST 5 WEEKS CYCLE HAS BEEN TOUGH GETTING USE TO THE NEW WAY OF DOING THINGS IN THE POOL . However we now have a base of where we are at in terms of times / attendance / skills .

After watching the time trials this weekend , there are still some major faults we need to turn round and very quickly to produce some really fast times .

Point 1 : As normal your skills in to and out of your turns and we have been working hard on these in trianing . I have moaned about hitting the wall hard coming off the wall with speed and no breathing for first 2 strokes .

Point 2 : Not attacking the 200 swims the target is to have all swimmers under 2.20 minium in this group , this happens by getting a grip of the set we will every fri night till we can swim on time /16 strokes/ good turns and be able to swim smooth and effcently .

Point 3 :Taking on water during sessions to re hydrate yourself enabling you to hold the session two many of you are dehydrated durg the set . Also having a go to snack in your bag when the session first finishes to help with your recovery .

POSITIVES: GREAT TEAM SPIRIT ON THE POOL DECK , AND SOME GOOD NEW PBS EARLY IN THE SEASON ,SO OVER ALL A POSITIVE START TO THE NEW SEASON .THE NEW LEVEL X MEET COMES IN SOON SO WE WILL BE ABLE TO PUT TIMES NATIONL INTO RANKINGS SO LETS BE READY .

NOTE : I WILL BE SPEAKING TO EACH SWIMMER OVER THIS WEEK WITH SOME FEED BACK ON THE FIRST 5 WEEKS .