

Blackpool Aquatics

North Lancs review

CoachJP

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Overview

Well I am speechless! Probably the best District meet I have ever watched, coached or even been a part of. Poolside atmosphere was amazing, a mix of excitement, anticipation & outstanding team spirit. Every race offered an insight to the talent that Blackpool Aquatics has within the program. I might be speaking out of turn, but listening to the coaching staff over the two days, I truly believe they were '**gob smacked**' with the amount of great swimming witnessed.

Skills

Over the last 2-3 months the groups have been developing aquatic skills and learning how to be efficient & effective over different race distances. It isn't really obvious until we put our swimmers in a race situation, how the work has affected performance. North Lancs was really our first assessment of this work, and to allow us to evaluate the appropriateness of the scheme.

Becoming excellent

The new environment and the developing team pride are providing us with a great platform from which to drive standards forward. All of our fantastic young athletes, many for the first time, raced in front of 200+ parents & family members to personal success. They showed professionalism throughout & demonstrated the ability to race thoughtfully, skillfully and most importantly happily!

Sweating the small stuff

The most predominant piece of feedback gained from the whole weekend is that '**put in, to get out!**' our swimmers have worked their proverbial off to put themselves in the position they are now, rest now? Hell no!!

Racing smart

As previously mentioned most of the swimmers

.....Starts, turns & finishing skills have also improved tremendously. Disqualifications usually haunt level 3 meets due to the age and experience of the swimmers. However we had very few, and the one's given were generally for nerve induced mistakes which, given much more racing experience will start to diminish. Improvements for the future, well, yes there are always more ways to improve.

-Confidence over larger distances

*-Confidence at going out with smarter '**easy speed**'*

-Development of transition speed on mixed stroke events (turns on medley)

This all takes time, continual goal setting and goal reaching builds confidence as swimmers see themselves getting better.

To keep improving

-Come to practice

-Come to practice prepared, with equipment in working order

-Don't stop during sets

-Do all turns and finishes legally and fast

-Start repeats exactly on time and quickly

