

# Coaches Report

## First things First

Congratulations to all swimmers for the clubs success in the Cotswold League – “Bridgwater are the Champions.” I mention all swimmers, as, without everyone attending training and working hard together we would be nowhere and it is as a club that we will move forward and not as individuals. Working hard together will bring more success.

**"No matter how hard you practice...someone is practicing harder, No matter how good you are... someone is better...BE THAT SOMEONE"**

## A big “THANK YOU!”

To everyone for making me feel so welcome, swimmers, parents, volunteers, Teachers, Coaches and the committee I am really enjoying meeting everyone and working with you all.

## THE CHANGES

Thank you for your patience with the changes to the Learn to Swim and the Squad structure. The new structure will enable swimmers to progress through the club and for everyone to reach their potential within swimming what ever that may be; social swimmer, competitive swimmer, poolside helper, Teacher or Coach. It will take a few more weeks for the changes to settle down and we will then have a smooth transition between squads.

**“WINNERS NEVER QUIT, QUITTERS NEVER WIN”**

## Success Stories

We are the Champions;	Cotswold league Winners 2008
County Championships;	P.B’s for everyone who entered and some huge ones at that, isn’t that right Will
Western County Championships;	Jess Barham & Adam Parchment both performed well and produced p.b’s

## Distance Club Championships

I hope to see everyone at the champs having entered at least 1 event. Speak to your Squad rep or see web site for details. July 19<sup>th</sup> & 26<sup>th</sup>

**""WE ONLY GROW WHEN WE PUSH OURSELVES BEYOND WHAT WE ALREADY KNOW""**

## Open Meets & Development Camps

As a club we need to move forward in this area with more swimmers attending Open Meets and Development Camps, your Squad Reps will let you know what events are suitable for you to enter. Please enter 200m events as well as 100’s and 50’s.

**""PAIN IS TEMPORARY, PRIDE IS FOREVER""**

## Training

Keep working hard, you only achieve success and progress by working hard, eating properly and resting well. And remember;

**""PAIN IS WEAKNESS LEAVING THE BODY""**