

COACHES CORNER

Welcome to COACHES CORNER again fourth edition.

NOVEMBER has been another very good MONTH for our swimmers with lots of great results in the pool. It is fantastic to see the numbers at training sessions and that's starting to show up in numbers at the meets. Our last meet was at home and we had 46 swimmers take to the pool on a very very wet day, so our swimmers need a pat on the back for swimming in the tough conditions.

STAY TUNED we have a very special day coming soon. A special COACH will be at our POOL on SUNDAY 8TH JANUARY see COACHES CORNER at POOL BECK for details. That special COACH IS NICK VALIADES. So keep that Sunday free for a great day of COACHING.

SEASPRAY- SEASPRAY- SEASPRAY. That's the place to be SUNDAY 15TH JANUARY for another greet day with the SWIM CLUB. The day is focused on the Junior and Senior State and Country Groups so please ask your COUCHES IF YOU ARE TO GO.

As a group of talented individuals I would like to see what you as a individual be it child or adult or as a family can put down what swimming means to you and what we as competitive swimmers aim to get out of it. It could be something that we then take to meets to remind us what we want to get out of our meet as an individual and as a team. EXAMPLE.

S. STROKE Each stroke has its own technique.

W. WANT The want to improve, the want to compete.

I. I CAN I can do anything if I put my mind to it.

M. MATURITY To show maturity at a young age, to be able to compete against all.

M. MENTAL It takes mental application to succeed

I. INDIVIDUAL It takes you as an individual don't blame others.

N. NEVER Never give in.

G. GUTS It takes guts and determination to achieve.

PLEASE BRING YOUR IDEARS TO POOL DECK AND PUT YOUR NAME ON IT AND LETS GET THINGS PUMPING.

HEAD COACHES QUOTE OF THE MONTH

IF IT'S TO BE IT'S UP TO ME

Until next time my quote for the year

COMMUNICATION WILL GIVE OUR CLUB STRENGTH AND LEAVE OTHERS BEHIND.

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