

GMSC Coaching Report 2016

As Head Coach I am very pleased to report another successful season both in Pool and Open Water swimming. Many swimmers have achieved personal best times and won medals at County, Regional, National and International Meets as well as setting several British records for good measure.

Membership has remained buoyant with many new members joining throughout the year. It is especially pleasing to see several new faces at the younger end of the Club, many of whom have kept our more established members on their toes during training sessions. I continue to be in contact with all local swim clubs to ensure they signpost GMSC on their websites and highlight pathways for swimmers over 18yrs. Many thanks to Treasurer Jayne Ball and Membership Secretary Clare Turner for the many hours they have given up for the Club during the year to keep the club moving forward.

We had a total of 18 club swimmers selected for the 2015 Gloucester County Masters Swim Team for the South West Regional Inter-County event at Hutton Moor. In addition, I was appointed Coach for the event and I was happy lead the team to victory after many years of finishing off the top spot. After the event in November I took a much needed break from coaching and Tom Howells again took over club coaching duties. Tom did a great job of getting swimmers aerobically fit again after nationals which resulted again in great results for us in the annual ASA T30 Challenge. We will be entering this fun event again in December 2016 and I would encourage all to enter.

Nevertheless the focus of the 2016 Season was obviously the European Swimming Championships at the Olympic Pool in London, and training from January to May was aimed at that event. Thanks to a generous funding grant from Cash4Clubs we added a Friday night session to our training program in January. Furthermore, we also organised monthly 50m training sessions at the Hengrove 50m Pool, Bristol which we opened to all County swimmers competing in London and attendance was good. As usual a report from London is on our website and I would like to take this opportunity to thank Fixtures Secretary Brian Armstrong for keeping all results and reports on our web site up-to-date.

From a training point of view undoubted highlight of the year was the sun drenched week we spent at the BEST Swim Centre in Majorca. As well as Club swimmers we were joined by Jess Wooddisse, Mark Partridge, Sean and Gwen

Kinsey from Stroud Masters and Bethan Lewis and Rachel Curnock from Bristol Masters. We had two swim sessions per day plus daily stretching classes which were very well attended. I was happily surprised by how many swimmers made all the swim sessions!!!! Thanks to ex-CSWPC swimmer James Parrack and Matthew O'Connor for their help organising the week for us it was very much enjoyed by all.

Our Annual Open Meet took place on our return from Majorca on 19th April and again proved well attended with many good swims and several Meet records being broken. Thanks to all who helped out on the day.

As you may be aware each year I like to change some part of training to keep sessions fresh, interesting and always fun. Last season I encouraged all to use training snorkels to improve body position and improve breathing control. I believe their use has proved beneficial and I plan to continue using them in the future. We also spent time working on the timing of the butterfly kick in breaststroke and the Backstroke to Breaststroke Medley cross-over turn which has been harder to learn. A copy of the video is on our Facebook page.

The Saturday morning session at the Sandford Lido again proved as popular as ever this year with in excess of 30 swimmers at most session's rain or shine. Thanks to social secretary Jo Duberley for continuing the annual end of season BBQ tradition at the Lido, the weather was sunny for us again and photos are on our Facebook page.

Finally, I would like to take this opportunity to again thank Thomas Howells for his ongoing coaching at the Club, without him I am sure the club would not be achieving the results we are currently enjoying.

Simon K. Cooper
Head Coach GMSC
Nov. 2016