

City of Leeds Swimming Training Scheme

Newsletter

CONGRATULATIONS TO GAVIN MEADOWS

2004 GREAT BRITAIN OLYMPIC TEAM

Well done Gavin for your selection to this quadrennials Great Britain Olympic Team . Gavin will swim in the 4 x 200 Fs Relay Team . He finished 3rd at the Olympic Trials at Ponds Forge in a lifetime best of 1.49.44 . He will also swim the heats of the 4 x 100 Fs Relay Team due to his 50.10 (5th) at the Trials . His 200 Fs time ranks him in the top 20 in the World as of April 11th 04 . I am so pleased for Gavin as this is his 3rd attempt at making the British Olympic Team . On his previous 2 attempts Gavin was agonisingly close to the Team , just missing it by tenths of a second . It is a great example to our younger swimmers as Gavin is now 27 and has been in the Scheme / Club for 20 years . That is sometimes what it takes , so try not to get down on yourself if you don't do a PB in a race – put things right and try , try again .

Congratulations to all our swimmers who competed at the Trials . A brilliant 50 Fs time of 25.90 by Emma Dutton made her only the 3rd British female ever under 26 Seconds . Of the 10 Senior National Squad swimmers who raced , 9 produced Personal Best Times . I was also pleased with the way the Junior National Squad swimmers swam and conducted themselves . To Emily Cryan – you made a big impact with your 1.15.49 (PB) and many Coaches and WCP Staff said how impressed they were with your swims . Keep it up Emily , you could be in Beijing in 2008 . There is more pressure at this Meet than any other you will compete in unless you are at the Olympics and have a medal chance . This is the view of swimmers and coaches who have won medals at the Games , so they should know !

Many thanks to ;

The 50 swimmers who came to the Trials to support the City of Leeds Team , it was fantastic to have you all there . I hope the experience will inspire you to compete at the Trials in the future .

Team Manager Barbara Lancaster . Thanks Babs for all the background work you did for the Team to ensure everything went smoothly . Not just for this Meet , but also for the 13 years I've been at Leeds .

Louise Graham , who provided video analysis and velocity profiles for the swimmers . Louise has done a great job for us and the results of her swimmers is proof of that .

Claire Huddart , who has coached the Senior National Squad with me this season . Claire has masses of experience in World Class swimming and her knowledge has been invaluable to myself and the swimmers .

CITY OF LEEDS SPEEDO LEAGUE CHAMPIONS AGAIN

What a week we had ! Our Team was also crowned National Speedo League Champions at Ponds Forge on Sunday 18th April . It was a great Team effort to beat such high quality competition . After a close start we gradually pulled away from the chasing pack . In the end we were comfortable winners and the final scores were as follows ;

1 st	City of Leeds S.C.	288
2 nd	City of Coventry	244
3 rd	Millfield	241
4 th	Portsmouth Northsea S.C.	231

Relay Challenge Trophy

1st **City of Leeds S.C.**

Top Female Swimmer

1st **Karen Nisbet**

And all that without our Olympian ! Once again we had superb support from our parents , thanks to all of you who made the trip . The Team produce many PBs and there were some great moments . To Joseph Sowden , I thought your 100 Breaststroke (1st 15 / U 1.08.4) was a magnificent swim . Keep up the good work . You were all stars on the day but now we have to turn our thoughts to the remainder of the season . There is so much to play for , it will be very exciting . Lets go for it and see what we can do .

Other results ;

City of Leeds Grand Prix 13th – 15th Feb

5 Gold , 1 Silver , 2 Bronze . 18 PBs . We had excellent feedback from competitors and swimmers regarding this Meet . Well done and many thanks to Ophelia Rix , her team , parents and volunteers , and the Officials .

Yorkshire ASA Sen / Jun Champs 28th – 29th Feb

14 Gold , 21 Silver , 23 Bronze . 79 PBs . Well done to James Kennedy and Peter Strachan (Coached by Alan Miller and Pauline Basnett respectively) who gained their first Senior Yorkshire medals .

Yorkshire ASA Age Group Champs Meet 1 . 6th – 7th March

25 Gold , 25 Silver , 17 Bronze . 192 PBs .

Yorkshire ASA Age Group Champs Meet 2 . 20th – 21st March

24 Gold , 13 Silver , 17 Bronze . 206 PBs .

Yorkshire ASA Age Group Champs Meet 3 . 3rd – 4th April

20 Gold , 12 Silver , 9 Bronze . 326 PBs .

Yorkshire ASA Age Group Champs round –up :

69 Gold , 50 Silver , 43 Bronze . 724 PBs . What a fantastic medal haul and PB count Great job by all of our swimmers and coaches , tremendous !

British Nationals / Olympic Trials 7th – 11th April 04

1 Silver , 1 Bronze . 26 PBs .

In amongst all this activity we also had a Development Meet for our 8 , 9 , 10 year olds . Once again this was superbly run by Ophelia Rix and her team . There were many new faces helping out and that augurs well for the future . These Development Meets are my personal favourites as they have a great atmosphere and it is lovely to see the unadulterated happiness and energy in the young swimmers .

During March and April the Club has applied for Swim 21 Accreditation . This is an ASA initiative and has taken a massive amount of time and effort to complete . Special thanks to Terry Denison (Swim 21 Coordinator) , Andy Learmonth (Swimming Development Officer) , Keith Simpson and other members of the Executive Committee for the hours of work they have put into this application . We all hope it is successful and should know the outcome by May 04

Well that's all folks .

Ian Greyson

Chief Coach