

Littlehampton Chaser Open Meet Sunday 25th September

A big thank you to Holly, Daisy, Gemma, Jodie, Karen, Elliott, Archy, Jacob, Charlie, Joe, Ethan, Oscar S, Luke, Michelle, Ben C, Matthew, Ben G, Isobel, Lily, Oscar M and Nicholas who made the effort to attend and made my day special as I am very proud to be Worthing Head Coach and it gives me great pleasure to see you all swim.

It was a very warm day although never made it outside I believe the sun was on the windows most of the 10 hours I was there adding to the heat. Those that were there for some time coped very well considering the conditions which will affect your performance.

Many good swims medals were being taken and personal bests could be seen from most of the names above.

Those that stood out on the day were, Jodie Curtis who is working hard to control her Breaststroke Technique and although she may not see the benefits I can keep up the hard work. Michelle Hepworth who continues to defy the rule book by taking huge amounts of her time on close to every occasion at the moment. Archy Burnell who looks stronger and stronger in the pool, with the focus on the stroke can deliver very impressive times. Holly Stoner started the day off with over 16 second PB in her 200m Freestyle, followed by Daisy in the same event with 9 seconds.

Luke kept focus and showed good professional approach and delivered a good time in his 200m Backstroke with a 3 second PB.

From our youngest swimmers on the day, Isobel, Lily, Oscar and Ethan. I see great potential and all achieved personal best times.

These Open events are worth doing for the experience of competing and will stand them well for the coming Age Groups.

Good team support was given by Joe who's desperate to get under a minute for 100m, hope we see this soon.

Elliott not only gained more experience but delivered some fantastic times on the day especially the 100m Back over 16 seconds and in the 200m Free over 25 seconds.

Time restricts me from comments on every swimmer however I am very thankful of all who swim at Worthing and will continue to try and help where I can so all achieve their personal goals in 2011 and into next year.

Many thanks

Nic Piper

Head Coach

Worthing