

### **Rother League Round 3**

On the 17<sup>th</sup> September Worthing travelled to Basingstoke for the final round of the Rother League Competition for 2011.

Sutton and Cheam, Wey Valley, Cranleigh, Seagulls of Christchurch, Fareham Nomads and Worthing were competing for the top two places to secure promotion. The team selected included swimmers that had never competed before so a big thank you goes out to Anna Bowles and Edward Taylor who did us proud.

Due to volume of events required by some swimmers, I had asked some swimmers to help rest others but only had one event so another big thank you to those concerned.

The evening started off with a difference. Eleven year old Michelle Hepworth was competing in the Open Butterfly 100m event. Michelle stood on the blocks and started the evening with a fantastic swim, Club record and personal best time but most importantly secured 4<sup>th</sup> place and much needed points for the evening. Other Club records fell that evening another was Nicholas Savill in the 50m Breaststroke.

The most important thing for me as Head Coach was the team. It was clear to see that all swimmers were pulling together. Some were clearly giving their all and were in need of as much rest and in some cases as soon as possible. Thanks to Gemma, Alice Laura, Harleigh, Michelle, Joe and Ben who with short notice raised to the challenge for the team as the events was changing rapidly to help each other out.

Outstanding swims from all kept us in the lead close to the end when we secured second place by a clear margin. This was sufficient to get promotion and as always made me very proud of all who put on the Green Hat of Worthing

Thank you to all who attended lets keep the training up  
and with two promotions from the two leagues so far  
let's make it three out of three in the NASL.

Good Luck and thank you.

Go Green Army.

Nic Piper

Head Coach

Worthing Swimming Club