

## TROPHY GALA MAY 8<sup>TH</sup> HEAD COACH REPORT

Worthing travelled to Basingstoke for this years Trophy Gala. We were competing against Basingstoke Blue fins, Locksheath, Sutton and Cheam and Hamble.

With a late start of 7pm and with the lower age groups there was going to be tired eyes by the end of the night.

Some swimmers had travelled up by car and others used the Coach hoping for a good night at the Basingstoke Swimming Complex.

Holly Stoner had just travelled back from France from a School trip others were coming from London. A big thank you to all Parents for getting the Children to the Gala because as the coach arrived all my concerns were put to rest as all were gathered ready to show the other Clubs Worthing was here for the battle. Swimmers Rosie Scordoulis and Ben Goddard were nominated as Gala captains for the night and were busy helping pool side and motivating the swimmers.

The night started with Page who is 9 years and on her first Gala. After a little chat any nerves I hoped disappeared as the roof was lifted with all the noise. Page did very well and battle commenced.

After the first 10 events we were sitting 4<sup>th</sup> and it was clear that we were going to have to find some really good team performances to do well. The next 5 events were all relays and we were desperate for our first win. We did not have to wait long as event 12 Medley Relay saw Michelle , Archy , Luke and Florence bring home a victory just ahead of Basingstoke by half a second. Before we had chance to get our breath back we won again. This time Ben , Jodie Charlie and Eleanor came home to win by 2 seconds again ahead of Basingstoke.

The next points total came after 20 events and we managed to gain 3<sup>rd</sup> place with the help of our first individual win in the U12 Butterfly with Michelle Hepworth.

Isabelle Gee was competing for the first time tonight and with a faultless performance in her 50m Backstroke secured points for the team.

A personal Battle was starting to appear between Basingstoke and Sutton and Cheam for top spot but Worthing was trying to gather as many points possible to get in the top two places.

Pressure more so on the Captains for the day. Ben was preparing himself for his entry event 21 50m Breaststroke and by achieving a personal best time brought home maximum points with a 1<sup>st</sup> place by 3 seconds.

Rosie had to wait until event 34 to swim in her own age group 50m Butterfly and also managed a personal best time achieved 2<sup>nd</sup> place in a very tight contest again just behind Basingstoke.

Oscar Silk was another first time swimmer and was seen working out in his mind his race plan for event 42 the technically demanding 50m Breaststroke. With a few disqualifications being announced over the tannoy system, thankfully for other teams it was important to settle all nerves and focus on the stroke. This he did and came home in 4<sup>th</sup> place with a faultless performance.

We were doing very well and were waiting for the points total before the last few events. With 6 events to go we had managed to get into joint second place with Basingstoke with Sutton and Cheam moving out of reach to a commanding position in front. The team now looked on as we battled for every point.

Basingstoke were fighting hard and were giving us a hard time and just before the very last swim of the evening it was announced that they had been disqualified for incorrect stroke in event 48, 50m Butterfly. This underlines the importance of holding on to the stroke technique.

With the evening over we waited for the final points how close will it be. All became apparent when it was announce in 3<sup>rd</sup> Place Basingstoke 147 points and then Worthing in 2<sup>nd</sup> with 151. Big cheer was heard around the pool as we managed to climb up to a fantastic 2<sup>nd</sup> place thanks to an excellent Worthing Team performance, GO GREEN ARMY.

A big thank you to pool side helpers on the night and a special thank you to Mark Savill for Judging and to Alan Burnell for time keeping.

Next Gala is in two weeks so keep an eye on the next team selection list.

Well done to all.

Nic Piper  
Head Coach  
Worthing Swimming Club