



Head Coaches Report for 2010

2010 started strongly with both Alex Law and Sarah Jervis taking more than a handful of medals at the North Midlands gala. Other medallist included Abbie Jones and Melissa Lawton. Both Sarah and Alex were selected to represent the North Midlands in this year's inter-association gala with Melissa being 1st reserve.

March saw the Cheshire County Championships. We didn't manage any County Champions this year but there were medals for Alex Law in both the Butterfly and young Rachel Howard in the I.M. I was particularly pleased with the 19 Club Records achieved and the fact that over 80% of swims produced PBs. For the first time in a number of years we entered 9 teams in the relays, and all 9 finished in the top 10. The swimmers were obviously saving themselves for the Satellites gala 4 weeks later when over half of the swims produced a Club Record (17 in total) and all the remaining swims were PB's. Swims for this gala also produced a record number of swimmers qualifying for the North West Regional gala.

June saw another record number of entries for the Club Sprint Championships. The gala produced over 230 personal best times and climaxed with the Freestyle Skins event. This event proved popular with both Swimmers and Spectators alike. Following some very exciting races, Iain Tough just piped Alex Law for the men's title and Sarah Jervis eased out Anna Kotra for the ladies title.

This year we had 5 swimmers gain North West Region qualification times; Sarah Jervis (4 events), Alex Law (6 events), Will Hutchin (3 events), Nick Law (1 event) and Rachel Howard (1 event). Will qualified for the 100m Freestyle final in his first Regionals finishing a strong 7th. In the meantime Alex had made 4 finals and finished 5th in the 200m Backstroke and 4th in the 100m Backstroke, both swims produced times that qualified him for the British National finals in Sheffield later that year. As far as we can tell, Alex was the first swimmer from Northwich to make the National Finals.

June saw the Northwich juniors visit Winsford for their first Development meet. Not to be out done by the seniors, the juniors bagged an amazing 96 top 3 places.

Almost exactly a year after the passing away of Northwich stalwart Jack Denton a proud Head Coach and a very nervous young swimmer made their way to the British National Finals at Ponds Forge, Sheffield for 2 races that were to culmination of many months hard work. Alex was a credit to himself and to the Club finishing 13th in the 100m Backstroke.

2010 saw a significant addition to Northwich's training programme with the introduction of 50m Pool training at Liverpool once a month. This continues to benefit swimmers in the Upper group as well as those in the Performance squad.

Following the summer break the Deva League was our main focus. Having been relegated to Division 2 last year, team Northwich bounced back with emphatic wins to take the Division 2 trophy and secure promotion back to division 1.

Our junior members visited Maccelsfield again for the Cheshire County Junior gala. This gala produced some tremendous swims with virtually every race resulting in a PB. Rebecca Broadhurst, Reece Brunt, Rachel England and Lauren Haves all walked away with Gold medals

October half term saw Northwich's first Swim Camp for a number of years. 23 swimmers, 4 coaches and 3 helpers made the short trip to Rossall School in Fleetwood. A wonderful time was had by all and plans are already in progress for the next camp.

This year's National Swimming League saw Northwich once again make the A final. Despite the team being devastated by illness we finished a creditable 5th just 5 points from 2nd place.

Our Learn to Swim classes continue to deliver strong swimmers in to our training squads which are now at, or very near, full capacity. I would like to offer my thanks to Ruth, Geoff and James for working so hard with our next generation of swimmers.

My third full year as Head Coach has seen me complete the UKCC Level 3 Senior Coaches course.

Once again, I would like to thank all of the Coaching and Teaching staff for their support and understanding over the last year. I would also like to thank the many parent helpers without whom the club would just not be able to function.

Most of all, I would like to thank our swimmers, their wonderful attitude, dedication, hard work and team spirit makes me proud to be Northwich's Head Coach.

Mick Hodges
Head Coach