

## **Chief Coach's Annual Report for 2007**

Another year has passed here at CASC and what a year it has been. Not only have performances risen to new heights and records tumbled, the club has become stronger in team morale and spirit. The 2007 Surrey County Championships saw history being made with C.A.S.C. finishing in 7<sup>th</sup> position overall with a total of 585.5 points, an improvement of 168.5 points from 2006. The boys stand in overall 6<sup>th</sup> place and the girls in 10<sup>th</sup>. A total of 37 medals, 3 golds, 15 silvers and 19 bronze with a further 110 4-8 placings. A wonderful result for the club's swimmers showing the new strength in depth over the past year. 230 Pb's were achieved over the course of the Championships. This year CASC took its strongest contingent of Breaststrokers and distance Freestylers to the Championships and came away with record medal wins. In the distance Freestyle CASC stands as equal 4<sup>th</sup> best club with a total of 8 medals and in the 200m Breaststroke we won 7 medals and are ranked 3<sup>rd</sup> in Surrey. Ten of our swimmers captured their very first Surrey medals, a new CASC record as nine medals were won by an individual. Six swimmers reached the top 8 in the BAGCAT age groups.

The annual Croydon Borough Championships were well supported and for 2008 the Championships will be a licensed meet at Level 4. In 2007 CASC claimed 48 victories, 52 silvers and 45 bronzes. The Octopus Sprint League saw CASC finishing in 3<sup>rd</sup> for 2007 behind Eltham Stingrays and the winners Bromley.

The London Regional Championships for the Youth & BAGCATS took place at Crystal Palace. At the Youth Championships CASC claimed one gold, a silver and a bronze with a further 16 4-8<sup>th</sup> placings. One swimmer gained their NQT. The BAGCATS saw two of our younger swimmers narrowly missing their NQT's, a silver in the 1500m Free and a bronze in the Boys 10/12yrs 4 x 50m Free Relay with a further 22 4-8<sup>th</sup> placings. The Winter Championships were held in November at Barnet where a bronze medal was won in the Junior Girls 1500m Free.

CASC had two swimmers competing at the Annual National Championships at Ponds Forge Sheffield. Alice Hogan (first girl in over twenty years for CASC) competed in the 100m Back and 100m Free coming 29<sup>th</sup> & 32<sup>nd</sup> respectively. Jordan Richards competing in the 50m Free came 18<sup>th</sup> in the 17yr age group and 39<sup>th</sup> in the 17/18yr age group. All performances were Long Course PB's. Already, before our training camp in October, Jordan Richards achieved his NQT for 2008 at the Crawley Open.

There has been a substantial increase in the amount of swimmers entering Open meets this year which has resulted in some impressive final point standings at the licensed meets. The Guildford Open Level 1 meet in May saw CASC finish in 3<sup>rd</sup> and then we were very proud to claim three Top Club Trophies after our return from the August break. We triumphed at the Ken Deeley Sprints, at Elsenfeld in Germany and the Beckenham Rising Stars. Our 2006/2007 swimming season ended with an incredible 2880 Personal Best times from our swimmers. We are already on target to beat that total; - as of 14/02/2008 our total is 1658.

For the first time, our Club Championships became a licensed closed meet at Level 4. At the end of the 2006 Championships a total of 35 new records were broken (21 for

boys & 14 for girls). 2007 witnessed yet more impressive performances with a further 19 new club championship records (9 for the boys & 10 for the girls). A total of 54 Club Championship records have been broken in the past two years.

2007 was also the year that a team of CASC swimmers travelled to Lanzarote to the wonderful Club La Santa sports complex to train for a warm weather training camp. It was a wonderful experience for our swimmers and most beneficial to their progress. We will be returning in October 2008.

We had two Teams competing in The National Speedo League this year. The B Team performed consistently well with many of younger swimmers swimming up in higher age bands. The B Team hosted rounds two and three at Whitgift School Pool. Overall the B Team came 16<sup>th</sup> in Division 2 East. The A Team just missed out on the Top 6 teams in Division 1 East coming in 7<sup>th</sup> position. Any mistakes made in the first round were eradicated by round 2 with a 2nd place position to Olympus Marlins. The final round at the Spa at Beckenham was won with a lead of 47 points over Orpington O'Jays.

So overall a very encouraging year/season with National qualifiers, multiple Top Club trophies and an excellent showing at both the Surreys and the Regionals. Every year CASC is getting stronger and stronger and I as well as all the other coaches look forward to a very promising 2008.

**Chris Hatton**  
**C.A.S.C. Chief Coach**