

Chief Coaches Annual Report 2006

Since joining C.A.S.C. as Chief Coach in January I as well as the other coaches have seen vast improvements in discipline, attendance and most importantly performance. At the 2006 Surrey County Championships C.A.S.C. finished in overall 8th position amassing a total of 417 points, which was an improvement of 175 points from the previous year. Four golds, eleven silvers and fifteen bronzes were won and over seventy top eight finishes. Overall we had swimmers competing in 224 events in 2006 and already this year Diamond and Platinum have amassed more events. So we can look forward to taking a stronger and more developed and experienced team to next year's Surreys.

Following on from the Surreys we had the London Region Championships at Crystal Palace and we came away with one gold, three silvers and 2 bronzes. There were no swimmers at the 2006 Nationals but I am positive we will see C.A.S.C. swimmers at next year's Championships at Sheffield.

Since returning from the summer holidays, we have had two rounds of the Speedo. Speedo A team has finished 3rd and 2nd respectively and goes into round three to face the top 6 clubs in Division 1 East. Team B has come 3rd and 4th in their last two rounds and continue to improve in the overall standings.

The Whitehorse League ended this year with C.A.S.C. finishing in 3rd position with 880 points and 48 league points and we came 5th in the Octopus Sprint League with 893 gala points with 24 league points.

The beginning of the new season has begun and we have experienced possibly one of the best showings ever in C.A.S.C. history at the London Region Winter Championships at Crook Log pool in Bexleyheath with 52 swimmers qualifying. Our swimmers performed brilliantly and came away with 19 medals, 5 golds, 7 silvers and 7 bronzes. A fantastic achievement and proves that the hard training is paying off.

Since August the swimmers across all squads have amassed more than 750 Pb's which is amazing and congratulations to all squad swimmers. The number of swimmers qualifying for open meets is growing and growing month by month and for this year's Guildford Open we have 40 swimmers taking part, and for the New Year's Brighton open we have 68 swimmers qualifying.

Keep these results coming and C.A.S.C. will continue to grow in strength. I want to wish all swimmers, teachers and coaches the best of luck for this new season and let's keep on moving forward. The main goal is to break the top 5 clubs in the Surreys, we came 8th last year let's see if 2007 will be the year that C.A.S.C. make their big break through.