

# Coaches Report

March 2018

## Training

- All squads now working into a quality phase, distance decreasing but intensity increasing.
- Joint session with southwold and Bristol north to be discussed Tuesday evening. Session and lecture content.
- Link sessions with circadian confirmed- Kingswood 20<sup>th</sup>, LWG 30<sup>th</sup> April. Denise to run kingswood and Jo to run LWG

## Competition

### Mini series R2 – cancelled

### UBSC-

- Some good swims and early rankings. Frist long course meet of the cycle so a good chance to develop race skills and processes

### Gloucester L2

- Lots of regional qualification times
- Good turn out from swimmers, not the best meet due to timings and over ambitious qualifying times
- May replace/run in line with a level 3 next year

### CoB L1

- Good meet with swimmers strengthening places in rankings.
- Lots of pb's as swimmers get more long course swimming/racing
- Some swimmers struggling from breaks/holidays over Easter.

## **Misc.**

- Initial national rankings have been released and link has been tweeted updated every weekend.
- Possible three day long course camp over Easter to give a boost to those attending nationals or near to qualification.