

DASC at NER BAGCAT Championships **Ponds Forge, Sheffield, 5,6,12,13 June 2010**

DASC was represented at the recent North-East Regional Agegroup Championships (NER BAGCATS) held over two weekends in the 50m Ponds Forge pool in Sheffield by three young swimmers who had qualified to compete – 10 year olds Elizabeth Fenby and Alana Prior and 13 year old Kate Troy.

On Saturday 5th June, after a journey down the M1 lasting 1 hour 45 minutes, they arrived at the pool proudly wearing their specially printed NER Championship T-shirts. For Elizabeth and Alana this was their first taste of swimming in a long course 50m pool and of competing at this level, so they were somewhat apprehensive.

In the warm-up 'The Midget Gems' (aka Elizabeth and Alana) complained about how long the pool seemed and how other swimmers were swimming over them. Head Coach, Glen Fenby, delivered his best motivational speech designed to put them in the mood to race. Just as he prepared to send them for marshalling, he discovered they had both gone missing! A frantic 5 minute search resulted in Kate tracking them down in the toilets. In 100m Backstroke both Elizabeth and Alana started fast, got into a good rhythm and produced great PBs, finishing 12th and 16th in the North-East 10 year old category.

Kate also had a panicky lead-up to her 100m Backstroke. While in marshalling her swimming hat ripped. Thanks to Mr Prior's alertness, a replacement arrived in the nick of time and Kate produced a fast start and a beautiful swim in a long course PB time.

Elizabeth also competed in 200m Freestyle. She gave the other swimmers a chance, as they say in Top squad, by being slow off the blocks, but after that swam a very quick well-paced race to take 3.5 seconds off her short course PB and finish 14th.

It was a super day for the talented trio and they got home in time to watch the 'Britain's Got Talent' final!!

On Sunday 13th June the same 'Magnificent Three' went back to Sheffield for a second set of races. The warm up passed this time without comment. Elizabeth's coaching from Head Diving Coach Steve Jackson paid off and she started her 100m Freestyle race with a great dive. Her race got better and better as it progressed and she finished in an amazing 1.13.37 to come 9th in the region's 10 year olds.

All three girls competed in 200m Backstroke. Alana's nerves unfortunately got the better of her and she moved slightly at the start, resulting in her being disqualified, but not before she had swum a super race in what would have been a very fast time. Elizabeth was not able to repeat her previous performance and looked a little tired, but nevertheless worked hard and has more to produce next time she swims 200m Backstroke. Kate had a good solid swim in her heat with much improved turns and a time 10 seconds faster than she recorded in the same event a year ago.

Overall these three girls did themselves and the club proud. They all benefited from the experience of a big competition in a long course pool and gave their best. Glen enjoyed their effort, their good company and their performance throughout the Championships.

**WELL DONE GIRLS – NER CHAMPIONSHIPS 2010 - A GREAT
ACHIEVEMENT**