

## DASC at N&D CHAMPIONSHIPS 2009 COACH'S REPORT

The N&D (Northumberland & Durham (County)) Championships take place each year in February and March. Swimmers have to have swum faster than the qualifying times to be able to enter. Competing at this level is a significant achievement for club swimmers and is a benchmark for assessing swimmers' progress.

### 800m Championships, Sunderland, 8 February

Four members of A squad, **Kye Cowton, Adam Howell, Lucy Proctor and Kate Troy**, swam in their first competition in the new Sunderland Aquatic Centre and also swam their first 800m in a long course pool. Both Lucy and Kye produced well-paced PB swims, with times of 11.12.41 and 11.37.64 respectively. The swimmers did the club proud in this gruelling event.

### BAGCAT Championships, Middlesbrough, 28 February, 1,7,8 March

B squad member, **Emily Waterworth**, gained a new PB in the 9 years 100m IM with a very competent swim in her first gala at this level. With more experience she will learn to overcome her nerves before racing. **Jonny van Mourik** from A squad also swam in his first N&D gala in the 10 years 50m Breaststroke.

**Kye Cowton, Adam Howell and Robyn Wilkinson**, from A squad, produced some excellent swimming in all their events in the 11 years agegroup.

Kye qualified for finals in both Breaststroke events, finishing 7<sup>th</sup> in the 100m and 5<sup>th</sup> in the 200m and achieved qualifying times in both events for the NER (North-East Region) BAGCAT Championships to be held in Sheffield in June. He also did PBs in 100m and 200m IM. He swam a very good 200 Freestyle but unfortunately was disqualified for moving at the start. Adam swam PB times in all five of his events and also did very well to make NER qualifying times in 200m Backstroke and 200m IM and just narrowly missed out on the 100m Freestyle time.

Robyn performed very well in both 100m and 200m Backstroke and was thrilled to have achieved her first qualifying times at NER level – the next level up from N&D level.

In the BAGCAT total points competition, where swimmers are awarded points for their best swims across a variety of events, Kye finished 18<sup>th</sup> and Adam 22<sup>nd</sup> in their agegroup.

Brenda Seaton, A squad coach, was delighted at the swimmers' achievements, especially at the huge chunks of time that they knocked off their previous recently set PBs. Their results reflect how much hard work they have put into their training over recent months.

Brenda Seaton