

## DASC at City of Leeds New Year B Grade Meet at Leeds 24 January 2009

DASC attended this popular graded meet at the new John Charles Centre for Sport in Leeds with a group of 11 girls and 3 boys, 12 from A squad and 2 from B squad. There were a few gasps of shock when some of our younger swimmers saw for themselves the enormity of a 50m pool for the first time. None, however, buckled under the pressure and the entire team went on to perform very well.

There were **Top Ten placings** for:

Kye Cowton	11/12	3 <sup>rd</sup>	200m IM
		7 <sup>th</sup>	100m Breaststroke
Kate Troy	11/12	5 <sup>th</sup>	50m Freestyle
		7 <sup>th</sup>	100m Backstroke
		9 <sup>th</sup>	50m Backstroke
Claire Heffey	11/12	4 <sup>th</sup>	200m IM
Adam Howell	11/12	9 <sup>th</sup>	100m Freestyle
		10 <sup>th</sup>	200m IM

(and a speeding ticket for Jade Fletcher in the 9/10 50m Freestyle!)

Out of a total of 63 swims, there was a massive total of 58 Long Course (50m pool) **Personal Best** times. Even more impressively, 23 of these were faster than any times achieved previously in a short course (25m) pool.

### **B Squad**

Our two B squad swimmers gave some outstanding performances in their first visit to a 50m pool. **David Hookway** gained a PB in the 100m Breaststroke and **Rebecca Kell** gained PBs in all of her five swims. Emma Hughes, B Squad Coach, said, "Fantastic, what more can you ask of them?"

### **A Squad**

Newcomers to the 50m pool from A Squad included **Lauren and Emily Bell, Grace Carlton, Jade Fletcher and Emma Shackleston** all of whom performed superbly on their first visit to Leeds. Notable performances were given by the more experienced swimmers - **Claire Heffey, Lucy Proctor, Kate Troy, Ineke Van Mourik, Robyn Wilkinson, Kye Cowton and Adam Howell**. Almost every swim was a PB.

As A Squad Coach I am extremely encouraged by the swimmers' success, their positive attitude and their hunger for more! Team spirit is continuing to grow and I can see great success for many of them in the future.

On a lighter note, thank you to Darlington Amateur Swimming Club for arranging coach transport to the venue. I think after such a long day swimmers, parents and coaches were all grateful for a comfortable and speedy return home.

B SEATON (A SQUAD COACH)