

# LINCOLN VULCANS SWIMMING CLUB

AGM 2022

## Head Coach Report

There have been many positives last season and I'm proud to have been a part of the stabilising of the club in the first proper season back in action. At the start of the year, we'd only had a handful of swimmers who'd ever been to regionals, let alone nationals, which makes some of the successes even more impressive.

I've included a summary of the key competitions below:

Counties – Great performances from the swimmers who attended, both from a swimming point of view and their professionalism. 89 medals from 17 different swimmers + Zara D, Alice D, Katie M, Holly M, Alex B & Alex M winning titles

### Regionals

32 qualifiers, with Alice-Mae D, Holly M, Alex B, Jacob H and Mia C all winning medals.

### Nationals

Holly M at Winter Nationals

Alice-Mae D, Katie M, Alex B, Mia C, and Holly M all qualified for English nationals with Alex and Holly making British Nationals with Mia and Grace T supporting them in the relay. All swimmers made at least 1 final.

And Holly M and Alex B at British Champs/World champ's trials.

It was great to see the junior league team take victory in the league as well.

I'm pleased to say that there has been some progress in upskilling the volunteer coaches as well - with Gemma, Lorraine and Nigel all now qualified to Level 2 coach and Rachel, Jason, Andy, Phillipa and Madison all qualified to level 1 coach. Massive thanks to them and everyone else who has contributed to the swimmer's successes over the past year.

Whilst there has been a lot of progress, it's important we now look to build on this and continue to develop the club this season as well.

I'd like to take this opportunity to thank Toni for her 5 years as our land training coach and wish her the best of luck in her new job.

I'd also like to thank Dave for his support over the years.