The 3rd Development gala is approaching and it is the perfect time to introduce Bronze squad swimmers to competitive swimming. I would be very keen to see all swimmers from the squad enter and compete in one or two events at this meet. The previous meets have been geographically further away and I have not pushed the event, but with this one at Lisburn it is very accessible and as it is an 8 lane pool I am hopeful things should run relatively quickly and smoothly.

To try and get everyone together as a squad we will all compete at the afternoon session (2pm warm up, 3pm start) and the session that day at Templemore will be cancelled (Sunday 12th January). This offers the boys 2 options of 200 Backstroke or 100 Breaststroke and the girls 2 options 200 IM or 100 Frontcrawl, swimmers can chose to do one or both of the suggested events. Entries are £5 per event entered, so if you enter 2 it will be £10, this is to cover the pool hire and running costs for the gala and is unavoidable.

There is no emphasis whatsoever on success or competition, swimmers are simply expected to execute 4 or 8 lengths of technically strong swimming and attain a time for what they have done. As the swimmers develop then we should see progress in this initial time as we continue to compete. This hopefully provides an additional incentive to concentrate at sessions and witness the rewards for their hard work, much like progression and time trials did lower down the club.

All swimmers will be entered in the meet on identical times, ensuring that each race is less like an open meet and more like a club time trial surrounded by friends and team mates. Obviously the more swimmers we get competing the more enjoyable the experience will be for all! With a bigger entry the day becomes less like a “competition” and more like a day out with friends and team mates.

Any questions at all, please feel free to ask me, I understand many swimmers and parents are unsure about events such as this and have many preconceived notions of what they may be like. I can assure you that the events that were advocated heavily to parents and swimmers last season were a resounding success and an incredibly enjoyable and rewarding experience for all involved.

Coach Craig