

Head Coach Report Nov. 2011

Ryan Downing Memorial Swim Meet Records:

MacKenzie Downing - Girls 15 and Over: 50 Fly 29.09 ; 200 Free 2:05.03 ; 100 Fly 1:03.60

Erin McArthur - Girls 13/14: 100 IM 1:13.97

Haley Braga - Girls 13/14: 100 Back 1:11.92 ; 400 Free 4:52.13

Sam Storey - Boys 13/14: 100 IM 1:15.93

Adrian Robinson - Boys 11/12: 50 Back 38.33

New Club Record set by Sam Storey with his 100 IM swim.

The highlight was the father daughter race of MacKenzie Downing and her father David Downing in the 50m Fly where she barely out-touched him. (He may have had a bit of a head start though!)

Over all, it was an amazing meet. The team atmosphere was incredible. The whole team even challenged the parents to a cheer-off across the pool deck. Everyone had a great time.

Jane Downing commented that this has been the best Ryan Downing Memorial Meet she has seen.

I was very happy with all of the races this weekend, but more importantly, with how the swimmers conducted themselves this weekend. The older swimmers took on leadership roles mentoring the younger swimmers and each time a swimmer was up on the blocks, the entire club was behind them. I was very proud to be the head coach of this team.

It was a great start to what is going to be a fantastic season with the Glacier Bears!!

The Fly Camp on Sunday was a huge success. We had approx. 15 swimmers attend the camp. There was a noticeable different in the butterfly technique from the start of the session to the end. The kids really enjoyed working with MacKenzie and had the opportunity for some one on one time with her, as well as race her at the end.

We have spent the last two months working on general fitness and technique. We have been doing a weekly test set of 7 x 200 so we can monitor the swimmers aerobic improvement. We will continue this into the next month. This next month will be spent increasing the volume and aerobic endurance, while maintaining their technique. We will also focus more on individual strokes. The swimmers should expect to be tired this month as this will be our big training block before Christmas cracker!