**Head Coach – 2020 AGM Report (April 20 – April 21)**

**COVID**

Over the last 12 months swimming has been one of the most impacted sports, with swimmers spending around 38 weeks of the last year without pool access.

There has still been plenty of success for Morpeth ASC over the last 12 months that this report will focus on.

**Competitions**

Junior/ Club Swimming

Club successfully held a number of Level X events which it doubled as our 2020 Club Championships. This provided swimmers with important motivation and reward to continue with their training, despite the challenges of the last 12 months. The club championship results were announced via an online Zoom presentation evening which was well attended, particularly by our younger swimmers.

Despite the challenge of the last 12 months a total of 37 club records were broken over the course of our Level X/Club Championship events.

Annual Awards winners for 2020

Minnows – Theo Heaps & Isla Nisbet

Skill Development – Franky Morley

Competitive 1 – Lucy Raper

Competitive 2 – Abigail Potrac

Competitive 3 – Katy Otterson & Emma Dewhirst

Competitive Youth/Seniors – Charlotte Lea

Performance – Rosie Smith

Overall – Libby Freeman

N&D Junior League

The 2020 N&D Junior League season was never completed and at present there is no further information in the 2021 edition. Morpeth ASC have however signed up, alongside 160 other clubs, to take part in the Arena National Junior League, where heats will be held at our own pool. This will provide our younger swimmers and important racing opportunity.

**N&D/NER/National Championships**

During 2020 there were no NER or National Championships held due to the ongoing COVID-19 pandemic.

**2021 British Selection Trials (Olympic Trials)**

Libby Freeman & Naomi Parker achieved qualifying times for the British Swimming Championships 2021/Selection Trials

Libby QTs in - 50/100/200BK, 200/400IM, 200FLY, 200BRST

Naomi QTs in - 100/200BRST

Due to restricted training time over the last 12 months the decision was made not to enter but an outstanding achievement to qualify, well done girls!

**Level X – National Results**

While there were no official national meets, Morpeth ASC successfully held a number of Level X events at our home pool with swimmers posting times to improve their own personal bests and to be included on the National leader board. At the conclusions of the Level X qualifying window (and a second lockdown later), Morpeth swimmers achieved over 50 top 10 National rankings.

Libby Freeman (14)
Gold - 50 BK/100 BK/100 IM
Bronze - 200 BRST
Gold - (Open Age) 100 IM

Jacob Light (12)
Gold - 100 BK
Silver - 200 FS
Bronze - 100 FLY

Gabi Freeman (12)
Silver-200 BK

Those just outside the Top 3 with 4th places finishes were:
Rosie Smith (16)
Richard Butterworth (16)
Naomi Parker (14)

Other those who achieved Top 10 finishes were:
Kate Kennedy (13)
Declan Tate (12)
Dan Dixon (18)
Emma Dewhirst (10)
Annie Falkous (8)

**Swim England Talent Programme Selections**

Throughout the last 12 months Swim England have continued to run camps as part of the talent pathway, the following swimmers gained selection over the last 12 months:

County Camps (11 years) – Katy Otterson & Aidan Turner

Regional Comp (12 years) – Gabi Freeman & Jacob Light

National Development (13 & 14 years) – Libby Freeman, Naomi Parker & Kate Kennedy

National Event Camp (15 & 16 years) – Libby Freeman (selected @14 years old)

Congratulations to these swimmers on their selection. All show great commitment and dedication.

**Trials/New Members**

Haven’t been able to hose regular trials over the last 12 months but have continued to attract new members from local learn to swim and nearby clubs.

The club will need to be proactive in recruiting new members and look to run ‘taster’ events to promote membership.

**Links with other clubs**

Unable to attend Portobello in 2020 for our annual Morpeth vs Portobello event. We will look to pick this back up in late 2021 or at least hold a virtual edition of the event.

Just before lockdown in March 2020 the clubs in Northumberland had successfully started running joint training sessions as part of an expansion to the Northumberland Hub. This has been paused for now but clubs are looking to pick this joint working up later in 2021

Ponteland – Have secured additional pool time at the new Ponteland leisure centre as well as offering spaces to swimmers from Ponteland club (non Swim England registered club) which has ceased to exist.

**Increased pool time**

We have been able to work with Active Northumberland to increase pool time. This was absolutely necessary due to the club only being able to use 4 lanes rather than 5 due to social distancing (a reduction of over 24 hours lane space initially!). Without the additional time the club would not have been able to get all squads back to the pool, which was the case of many clubs.

**Squad structure/Training Times**

Squad Structure has continued to work well and will be reviewed in July to ensure best use of time, space and coaching staff available. Any changes to squad structure are largely dictated by pool time and space available.

**Strength & Conditioning**

Ran S&C programme for all squads over the last 12-14 months, largely via zoom. This has been instrumental in retaining membership as well as developing swimmers into better athletes, the benefits have been clear to see on our return to the pool. S&C is now as part of the programme for most squads.

**New facilities**

As the club continue to progress and grow it should be looking to take full advantage of the new facilities being offered at Ponteland and in the next 18 months Morpeth as well. This will involve the club looking at continuing to build its coaching team – both voluntary and paid as well as proactively looking at ways to boost membership.

**Thanks to coaches**

I won’t name everyone (because someone will be missed!) but a big thank you must go to all the coaches who turn up morning and evening to deliver the sessions I have prepared for each squad. The coaches continue to have excellent relationships with the swimmers they coach, and the consistency of their commitment over the last challenging year has ensured the club continues.

**Thanks to Officials**

Often forgotten (by me, sorry!) but important a huge thank you to those who have officiated on behalf of Morpeth ASC at a number of events over the last 12 months.

As a club affiliated to Northumberland & Durham we need to provide officials at certain events, please get in contact with myself for Mel Anderson if you are interested.

**Thanks to Club Captains**

Thank you to Niamh, Dom, Laurie, Richard & Rosie who have been in post as club captain at some point over the last 12 months, supporting our swimmers at the pool when possible or via Zoom!

I joined Morpeth ASC on the clear understanding that the club was committed to moving forwards, the improvements continue to speak for themselves. The club is now catering for a wider range of swimmer than before, this has only been possible through an improved club and training structure. As a club we have continued to provide for swimmers who do not wish to fully commit to a training programme, play multi sport etc. but now provide for many swimmers who wish to progress and achieve their full potential. It is important the committee continue to recognize their responsibility to swimmers to reach their full potential at the club by supporting the coaching team, programme and the swimmers themselves 100%.

Becki McGuire - Morpeth ASC – Head Coach