

TEAM MANAGER REPORT

Grangemouth J.A.G.S. Saturday 27 January 2018



Our Afternoon Session swimmers looking great poolside

Saturday 27 January saw 14 swimmers head to Grangemouth to take part in the Grangemouth J.A.G.S. meet.

Coach & Team Manager for the day was Head Coach Shirley Reford

With all races over 50m, the morning session produced a plenty of great swims with every swimmer having a number of personal bests.

Morning Session

Girls 9 & Under:- Sophie Campbell, Alice McClafferty, Mirren McConnell, Eve Morrison, Eilidh Melrose & Elis Quigley,

Boys 9 & Under:- Connor McCrorey & Michael Zawadzki

Boys 10 Years:- Kerr Melrose

There also medals for;

- Mirren McConnell - Gold in Freestyle in a time of 39.97
- Eve Morrison - Bronze Backstroke in a time of 48.44 and 5th Breaststroke
- Connor McCrorey - 5th Butterfly, Silver 50m Back, 5th Breaststroke & 1st Freestyle in a time of 39.90
- Michael Zawadzki - 5th Backstroke
- Lewis Anderson- Too Fast for Butterfly, 6th Backstroke and 3rd Freestyle

As well as individual swims, Sophie, Alice, Eve and Mirren competed in the girls relay with a very respectable time. A fantastic achievement given that they were the youngest team taking part.

Afternoon Session

Girls 12 Years:- April Craynor, Anna McClafferty, Kiera McCrorey & Lauren Nicol

Boys 11 Years:- Lewis Anderson

Similar to the morning, great times were achieved in the afternoon session with the swimmers achieving PBs in all of their races.

There was medals for;

- April Craynor – 4th Backcrawl and 4th Breaststroke
- Lauren Nichol - Gold in Butterfly and 3rd Backstroke
- Kiera McCrorey - Silver in Butterfly
- Anna McClafferty - Too Fast for Butterfly, 5th Backstroke, 2nd Breaststroke and 2nd Freestyle

Highlight of the day

A thoroughly successful day out for Inverclyde swimmers which was topped off with Connor McCrorey being awarded joint Best Boy for the morning session and Anna McClafferty Best Girl for the afternoon session.

Quote from the coach

The kids all swam fantastically well and every swim with the exception of 1 were PBs, great results!! Also great to see young kids attempting turns in all strokes.

Lessons to learn

Breast stroke kick technique needs to be worked so that the kick is narrower and more efficient.

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Grangemouth M.A.G.S. Sunday 28 January 2018



Grangemouth M.A.G.S. 2018 Swimmers warmed up and ready to go

Coach for the day was Head Coach Shirley Reford
Team Manager was Claire McArthur

Morning Session

8- 11 Years Boys:- Archie McArthur & Lewis Anderson

12-13 Boys:- Jay Keith, Wladek Zawadzki & Ben Skinner

12-13 Girls:-Ashleigh Blyth & Holly King

The morning session saw some exciting races, with a number of swimmers achieving PB's. Archie McArthur was 6th in 8-11 Years 200m Free in a time of 2.49, a great achievement considering he was the only 8year old competing in the race.

In the 12-13 Boys 100m Breaststroke, Ben skinner achieved SNAG's qualifying time taking 1.62sec off his PB in a time of 1:22:27. A fantastic result for both swimmers

Afternoon Session

8- 11 Years Boys:- Archie McArthur & Lewis Anderson

12-13 Boys:- Jay Keith, Wladek Zawadzki & Ben Skinner

12-13 Girls:- Ashleigh Blyth

In the afternoon session there was a further medal for Archie McArthur achieving 5th in the 100m Fly in a time of 1:28.95

There was more PBs for Inverclyde swimmers throughout the afternoon, with Lewis Anderson managing to achieve PB's in every race over the course of the entire weekend, a great achievement, well done Lewis.

Lessons to learn:

Ensure swimmers are well hydrated and rest between races, especially when the poolside is extremely hot so that their performance is not affected.

Quote for coach:

Staying motivated and getting into our optimal state for performing at our best must be considered at all levels of meets. We must fuel our bodies properly to compete at our best. Nutrition and hydration at Galas are key to good performances.