

# TEAM MANAGER REPORT

## WD LONG COURSE CHAMPIONSHIPS - ROUND 2

### 17/18 FEBRUARY 2018

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Our swimmers looking great between swims

The weekend of 17/18 February saw 21 swimmers head to Tollcross to take part in Round 2 of the West District Long Course Championships. Coach for the day Shirley Reford and Sarah Reford and Team Manager Lorna Skinner (on the Saturday) looked after the swimmers.

An exciting day of racing on the Saturday morning saw many PBs and 7 Finals (50m Breast), 2 Bronze (Luke Garrity and Molly Cannon for 50m breast) and 1 Gold medal (Matthew Garrity for 50m breast).

Ben Skinner, Aimee Watson and Molly Cannon achieved their SNAGs consideration times for 50m breast.

The afternoon did not disappoint with 6 finals and an exciting swim off for Aimee Watson for the 50m backstroke final.

Medals - bronze for 200m breast for Luke Garrity and Molly Cannon and Gold for Matthew Garrity.

SNAGs qualifying time for Ben Skinner and Aimee Watson for 50m backstroke.

The Sunday was equally exciting and did not disappoint with 5 finals and 2 first reserves for the 50m butterfly.

Silver medal for Aimee Watson for 50m butterfly.

SNAGs consideration times for Molly Cannon and Ashleigh Blyth and Qualifying Time for Aimee Watson for the 50m butterfly.

The afternoon was a great one of racing too with 5 finals for 50 freestyle.

Medals - Gold for Matthew for his 1500m freestyle.

SNAGs qualifying times for Aimee Watson and Molly Cannon for their 50m freestyle.

It's great to see the hard work at training providing results at meets.

Highlight of the day - it's hard to pick from such a fantastic weekend.

Quote from the coach – The hard training that the kids have been putting in is paying off and this was evident over the weekend.

Lessons to learn – Skills play a big part in racing and starts and finishes on a 50 need to be improved on.