

Coaches Report Gala Arena League 12.11.11

It's amazing how big an area the West Midlands covers. We competed at Leighton Buzzard in the second round of the Arena League and finished fourth out of five teams.

The result itself hides a batch of extremely good swims which made the gala a pleasant experience:-

Joe Sadio was the first winner for Orion in the second event, the 200m Individual Medley in a time of 2.19.73. This was yet another personal best time and sets him up for some good swims next year.

The second first placed swim for Orion was the Mens Open 4 x 50m Medley Relay. The team consisted of Matt Grainger, Backstroke 28.87, Joe Sadio, Breaststroke 34.22, Jamie Dowling, Butterfly 30.32 and Daniel Snushall-Smith, Front Crawl 26.08. It's a pleasure to watch such a competent team who are always 'up' for their relay events.

The third first placed swim was for Mollie Wilson in the 13/U Girls 100m Breaststroke in a time of 1.23.51. A personal best time which places Mollie in a good position to make entry times to the major competitions next year.

The fourth first placed swim was for Alice Miller in the 15/u Backstroke in a time of 1.16.31 which I believe was a personal best time by a few tenths of a second. This was a good result considering Alice is only 13 years old and she was 'swimming up'.

The fifth first place went to Matt Grainger in the Open 100m Backstroke in a time of 1.05.16. This time was not a personal best, Matt was saving energy for the later races which, at Matt's age was probably the best thing to do.

The sixth first placed swim was for Joe Sadio again. This time Joe won the 100m Breaststroke in a time of 1.13.09 which was a massive personal best time. This places Joe in a good position to progress next year and gain entry times to some of the high ranked competitions.

The seventh first placed swim was for Daniel Snushall-Smith (aka Snush) in the 100m Freestyle in a time of 56.78 which brings him back up to the speed he was swimming this time last year. Snush achieved this time as a result of some good hard training and a lot of technique work during the Summer break.

The eighth and final first placed swim went to the Mens 6 x 50m Freestyle Relay. The team consisted of Snush 25.98, Connor Wilkes 27.72, Loz Miller (yes its true) 30.06, Joe Sadio 26.40, Jamie Dowling 26.85 and Matt Grainger 25.72. This was the final race of the evening and capped a very good performance against some stiff opposition.

Thanks to all the swimmers who turned out for the Team, it was a long way to go and thanks to the Committee members who organised the coach to take us to the venue.

The next round is on December 10th so can everyone make themselves available.

Carl-Coach