

Coaches Report-Arena League 10.12.11

Orion competed in the third and final round of the 2011 Arena League held at Bromsgroves Dolphin Centre. This proved to be a very enjoyable gala except for the Traffic Wardens patrolling the Car Park and customers like myself calculating the value of the ticket wrong. Thank heaven for concerned parents going out to the Car Park and updating the tickets.

Overall Orion came second on the night but were placed first after event 37 only to lose to Bicester at the final count.

Sian Evans was our first winner in the first race of the evening. Sian swam the 200m I.M. in a time of 2.33.20 which was an excellent two seconds in front of the second placed swimmer.

Matija Novovic, Akos Szuks, Luke Packer and Tom Rabone were our next first placed winners in the Boys 13/u Medley Relay. This team swam 'out of their skin' to forge over two seconds ahead of the second placed team. Two swimmers in this team will move up to the 15/u team next year so the remaining two swimmers will have to inspire the other 13 year olds to pick up their training and keep up the standard set by this team.

Matt Grainger, Seb Bukowski, Connor Winspur and Jamie Dowling gave us our third win of the night triumphant winning by just 11 tenths of a second. This Mens team will take some beating.

Mollie Wilson gained a win in the Girls 100m Breaststroke for our fourth win of the night. Mollie swam the race in 1.22.25 which is inside the qualifying time for the District Competition to be held in June next year.

Seb Bukowski came first in the Mens 100m Butterfly in a time of 1.02.82. Seb powered off from the gun and was a full body length in front when he hit the surface after the start. Younger swimmers you should look at the fast reaction time Seb has when the starters gun goes and the power he shows under the water and the distance he travels in a very quick time.

Matija Novovic gained our sixth win of the night in the 13/u Boys 100m Backstroke in a time of 1.17.09. This is the best swim I have seen from Matt who appears to be training much harder than previously. Keep up the good work Matt.

Sian Evans gained her second win of the night in the Ladies Open 100m Backstroke in a time of 1.11.21. This became Orion's seventh win of the night.

Matt Grainger came first in the very next race, the mens 100m Backstroke in a time of 1.07.10. Again the younger swimmers should watch and study Matt's start and turns. The underwater phase of the starts and turns are executed long and fast. Matt always comes up in the lead making it very difficult to 'swim him down'. Again Matt did just enough to win.

Jess Davies came first in the Girls 11/u 50m Breaststroke race in a time of 45.18. This was a closely contested swim with Jess given the exact same time as the swimmer from Bromsgrove and the swimmers could not be split and both were given first place. The girl from Bicester was given third place just 7 tenths of a second behind Jess.

Alice Miller won the 13/u Girls Butterfly in a time of 1.21.31 to gain Orion's tenth win of the night. Although this isn't Alice's favourite stroke it is one in which she is improving fast and again this is a personal best time.

Matija Novovic, Tom Rabone, Luke Packer and Akos Szucs won their second race of the night in the 13/u Boys Relay winning 6 seconds ahead of the second placed team. Well done this team.

Seb Bukowski, Connor Wilkes, Jamie Dowling, Joe Sadio, Daniel Snushall Smith and Matt Grainger gained Orion's 12th win of the night and this teams second win in the 6 x 50m Freestlye Relay. Well done swimmers age hasn't taken its toll yet.

The coach would like to express his thanks to the Team effort this year and lets start 2012 as we mean to finish it. Yes the coaches will still be asking for more. This is what coaches do. Remember this is a Team effort and we should all want to contibute the best we can.

Carl-coach.