



Coaches Report



October was Outstanding

The club's progress continues to grow with some great results being achieved by all swimmers. However, there is always room for improvement. We encourage all swimmers not to sit still and keep pushing forward with their efforts and attitude in training, as the harder you work the better the results you will get.

We also held the AGM during October where club members were elected to roles within the board

New board members are as follows:-

Chris Smith: Chairman

Helen Johnson: Finance Officer

I would like to thank all members of the Club for its continued support in helping us achieving great things and ask that this continues, so we can achieve bigger and better things in the seasons and years to come!

Finally thank you to all those that have purchased finis equipment from the coach's wish list. I do still have additional stock from the bulk order; please get in contact if you do want to purchase any via coach@rdasc.org.uk training

Results

- BOSSS Winter Festival: 26 Swimmers- Numerous Medals, can't get an official count, as full results haven't been published.
- Durham Medley Challenge: 25 Swimmers: 4 Finalist finishing with 1 Silver, 1 Bronze, a 4th and a 5th
- NER Age Groups: 5 qualifiers with 13 swims between them.

Swimmer of the Month

- Swim Skills and Advanced Swim Skills: Ruby Dilworth
- Junior Development: Olivia Handley
- Junior Potential: Joseph Harnett
- Age Group Performance: Emily Wilford
- Elite Performance: Martha Harding

What's Next?

The months ahead are going to be very busy for all. In November we have NER Youth/Senior plus Wear Valley and Tynemouth. We finish off the year with Northallerton Winter Meet, Middlesbrough Christmas Meet and Commonwealth Trials, so please make sure you have your entries in.