



Annual General Meeting 09th November 2010

2010 HEAD COACHES REPORT

Good evening everyone,

As you are all aware I took over the position of Head Coach on 01st December 2009. I have enjoyed the job enormously but it has been far from easy.

I have decided to change the report this year; I have already given reports every month at the committee meetings about our fabulous swimmers. So this year I will try and give you an insight into the changes within the club and why I thought they were necessary.

For me, it very soon became apparent that the club could not continue to progress unless we started to change the way we went about our business. With massive support from the teaching staff, the coaching staff & the committee I put plans to people to inform them of what I believed the club needed to do in order to continue progression. These changes took time to implement; (indeed they are still ongoing) but I wanted to be sure we were doing the right thing for the swimmers.

We started by re-structuring B squad. At the beginning of 2010 B Squad had 72 members on the register. This was totally unmanageable especially when the differences in ability levels were a long way apart. It meant that the coaching staff working in B Squad was being put under enormous pressure. I decided the way forward for the group was to split the group in two. Competitive & Non-Competitive. Swimmers were placed into a group that best suited their ability, criteria was for the first time written and implemented into the B Squad programme. This criteria now forms the basis of keeping the squad's numbers under control. We still need to introduce an exit plan for both groups of B Squad, again to police the numbers and to ensure the group remains in good health. This will be done in the near future, again with the help and support of the coaching team and committee. To help the swimmers in B squad focus on their training we introduced for the first time a B team in the North Lancashire Swimming League & the North West Region Arena League. This gave the swimmers in B Squad more of an opportunity to swim for their club; it was done to focus their minds on their training programme, give the swimmers something to aim for (a chance to represent their club) and also, to improve the overall performance of the squad.

The next step was to look at our teaching programme. (And to be brutally honest with you all, I still am). This is proving to be more difficult, and something that does require urgent attention. We are trying to provide a pathway for swimmers to go down the competitive route and a pathway for swimmers to go down the complete swimmer route and hopefully into other aquatic disciplines.

In order for the swimmers in teaching to move into competitive swimming sooner we have to constantly assess the swimmers in the teaching environment, and make the move on ability. At the level of competitive swimming our club competes at it is very important we find the next generation early. The earlier the better.

The biggest problem we faced was that quite simply there were too many swimmers in the water for the pool time we had. It just wasn't manageable. We had to devise a way of increasing the pool time within teaching and also building a working relationship with Preston City Council teaching scheme. For a club of our size to only have 1 hour large pool teaching is criminal. The coaching staff agreed that we had to increase the pool time for teaching in the large pool, we had to decrease the numbers in each station without losing swimmers, and we had to have two clear development pathways for swimmers to take.

We had to have a good healthy working relationship with the councils teaching programme and their staff, we had to ask teachers to identify potential competitive swimmers sooner and make the necessary moves. This was all to be done in time to start the new season in September, but unfortunately we are currently behind on this task. I had stated earlier I would rather take time and ensure the re-structure is correct than to rush into something that just isn't correct. We will get the teaching side of the club correct, we have to, to ensure we have a secure future. It's really that important.

So how did we do all this? Well by changing A Squads Sunday afternoon session to a Monday evening land training session gave us the 2 hours we needed to make these changes happen. We introduced a land training session for A Squad at St Pius School on Garstang Road thanks to Sam Wallbank. We then gave C Squad extra 1 hour training on a Sunday; D Squad gained an extra ½ hour on Sunday and we moved MDS to West View from Fulwood for a 1½ session. With MDS moving from Fulwood to West View this created the 1 hour pool time I was looking for, for teaching.

Once all these decisions had been ratified by your committee I then set about sending out letters to swimmers & parents informing them what was going to happen. We then had numerous Q & A sessions with parents of each group to try and explain the advantages for our swimmers. We tried very hard to implement all these changes on our return to training on 01st September for squads & 29th August for teaching; MDS & B Squad and most of them were introduced. There is still much work to do on the re-structure and the teachers and coaches are working hard to achieve this. I believe we have made progress in the past 12 months that will help make Preston Swimming Club to be stronger in the future.

So what other achievements have been made in the past 12 months?

- We have introduced for the first time ever a B Team in the North Lancs. Swim League.
- We have introduced for the first time ever a B Team in the National Arena League.
- We now have a recognised Asst Head Coach
- We have what I believe to be the best volunteer network of teachers & coaches in the North Lancs. Area. But we will always, always need more help.
- We have seen a re-structure of the club, as described.
- We have been re-accredited with Swim 21 at development & teaching level.
- We have seen one of the top youth & senior programmes in the country merge with Preston to become our performance group.
- We have one of the top coaches in the country working within our club passing information, help & advice to our club coaches.
- We have much stronger links with the council, a working partnership that will only benefit our club.
- We have one of the finest swimming websites in the country.
- Our younger swimmers now have access to better pool time and we will strive to improve this further.
- Our teaching programme will be stronger & healthier due to more pool time for large pool teaching.

All this sounds great and indeed it is, however it is my job to ensure we keep moving in the right direction at all times.

I will be constantly looking at ways in which our club can further improve and if further changes are required I will put these ideas forward to your coaching staff and committee for implementation.

I will always talk to our teachers & coaches to get their ideas on processes. We already have regular meetings at coaching level and we need to introduce this for the teachers.

I truly believe we have an opportunity in the next few years to make Preston Swimming club one of the very best teaching & competitive swimming clubs in the country, but to do this there are many more targets to achieve.

- It is vitally important we complete the re-structure of the teaching programme.
- We must have monthly teachers meetings, to keep on top of progression and movement.
- I see it as a major priority that Preston Swimming Club recruit new volunteer teachers & coaches onto poolside and this will be the main driver for the next 12 months. No swimming club can ever have too many volunteers working on poolside.
- More volunteer help on Sunday's at Fulwood to help with the administration.

- More volunteer help required on the committee.
- Continue with our internal competitions and maybe the introduction of a new internal meet.
- We need to have our own Preston Swimming Club Open meet on an annual basis. This will help in fund raising.
- We need to continue developing our land based programme for all competitive swimmers within our club.
- We need to secure long course training for A Squad.
- We also need to continue building relationships with the council. Having a good sound working partnership with Preston City Council will only help us move forward.
- We need to work closely with the performance group to further enhance our own training and teaching programme.
- We need to build relationships with UCLAN and local colleges and see if we can help their swim teams in anyway we can.
- We should be looking at working with primary and secondary schools in Preston to try and develop swim programmes within schools and hopefully gain more competitive swimmers.
- We may need to explore other avenues for pool time, not just being reliant on the facilities provided by Preston City Council.
- If we all work together in trying to achieve these goals; if we can get more volunteer people involved lessening the load, then there should be no reason why we cannot continue to be successful in the future. But it will take time and it will take team work.

Exciting times could lie ahead for our talented swimmers if we work together and believe that this is possible, **because trust me it is!!**

This season has seen many ups & downs for our swimming club and much change. There is more change to come, the merge with Gallica will undoubtedly see challenging times but with team work and everybody pulling in the same direction; these problems can be overcome. We are lucky to have people on our committee who are more than capable of ensuring no harm comes to us whilst the merger goes ahead. Like wise Gallica also have good people on their committee who will ensure we stay strong and healthy as a club. We are very fortunate to have Louise Robinson as head coach for the performance group. Louise brings a wealth of experience with her to Preston, having been through similar times at City of Leeds. Louise is also one of the top coaches in the country and would be much sought after, should she become available. I look forward to both parties working together in the future.

We have made a lot of changes and there will be more changes to come in the future, progression for younger swimmers are very important to me. Young swimmers have a right to have the same opportunities that others have had before them, providing they reach the required standard for each group, I believe they should be given the opportunity. These opportunities will continue to happen and the necessary movement will be made in order for this to happen.

In closing there are certain people I owe a lot to this year. Neither I or indeed any Head Coach would be able to do my/their job without the help & dedication of many different people. I would like to thank the following people for giving their free time to help our children in this very demanding sport.

- **The Teachers:** People who willingly volunteer their time to provide excellent aquatic teaching to our youngest swimmers. Sometimes overlooked by many but quite simply without these people our club could not and would not function. This is the most important part of the pyramid, the base, where all the strength is to supply and support the few at the top. To all the Teachers I thank you so much for your time, effort and dedication to what you do. I very much appreciate the work you do and hope together we can build on the successes we currently see.
- **The Coaches:** More volunteer people who willingly give up their free time and so much more to provide 1st class coaching to our swimmers, delivering 1st class programmes and ensuring we are constantly trying to improve. The hours and dedication these people put in is extraordinary, it is a pleasure to work with such dedicated professionals. Again I very much appreciate the work you all do and hope together we can build on the successes we have seen last season.

- The Committee:** Since taking over this role last December the committee have always supported me in any decisions I wanted to make. It is vitally important that a Head Coach has a good working relationship with the Chair and committee, I am very fortunate, I have this. I sincerely thank the committee for their support throughout my 1st year, and look forward to working closely with the committee in the future.
- Paul & Sylvia Todd:** Yet again we had an excellent presentation evening in February thanks to Paul and Syl. The condition of the trophies was as usual first class. The history of the club is constantly being recorded and I believe this to be very important. Paul and Syl do this and much more for the club. Many Thanks indeed to you both.
- Paula Barton:** Paula does an excellent job ensuring all our swimmers get their entries in for external competition. I know Paula goes above and beyond what she should to ensure all our entries are correct and legal. I would personally like to Thank Paula for all her help in doing such a good job.
- Ian Jackson for the web site:** In my opinion (and I know other peoples as well), we are blessed to have one of the finest web sites in the country. Ian Jackson puts an awful lot of time and effort into his website. It is easy to navigate, clear and concise, all the information is there in such a way that it is easy to find. Good on the eye, informative; just class. I would personally like to Thank Ian for all the work he has put into this project since he started it. His dedication and attention to detail is absolutely first class. Ian has put an awful lot of hours in giving us this wonderful information tool, On behalf of our club Thank you so much Ian.
- Forbes solicitors for the sponsorship:** Our main sponsors Forbes continue to support our club and for this I am very grateful. I believe it to be very important for organisations like ours to have backing from a successful local company like Forbes Solicitors. We have this and we should be proud to have this backing. Many Thanks to Forbes for their continued support of our swimming club.
- Preston City Council (Jimmy Khan; Gill Osbourne):** PCC have shown tremendous loyalty to our club over the past 12 months, we are working towards making PSC one of the very best swimming clubs in the country and with the continued help and support from Jimmy Khan, Gill Osbourne and their team we have a much better chance of succeeding. Thanks again to Jimmy, Gill and all the staff at West View and Fulwood for their continued support.
- Karen Kinder / Carol Rathod for help in communication:** Karen and Carol have volunteered their services to help the coaching staff get information to the parents and swimmers; this help is greatly appreciated by me. If more people just did "*a little bit here, a little bit there*" it would lighten the load for the few and make things better. Both Karen and Carol do just that to help things run smoother. Thank you ladies for all you do, it really is appreciated.
- Swimmers:** Finally to the people who are the heartbeat of any club? The Swimmers. All the swimmers have been fantastic towards me since taking over as Head Coach. I consider myself very fortunate to be working with such talented young athletes. The swimmers have been superb throughout my time as Head Coach and I thank them all for their support they have shown me. I look forward to seeing them all improve I the next 12 months and reaching their targets which they richly deserve. Thanks Guys, but it will still get harder.....

THE SEASON'S REPORTS:
2009 "SNOW FRILLS" MEET @ SHEFFIELD
04th; 05th & 06th DECEMBER 2009.

A total of 10 swimmers attended the above meet on the weekend of 4/5 & 6th December 2009. This meet was of the highest calibre virtually all swimmers there were from performance squads and a very high percentage were well established national age group & youth swimmers. The added bonus of double Olympic champion Rebecca Adlington competing also showed the calibre of this meet. Our 10 swimmers gave us a total of 39 swims over the weekend with all 39 resulting in County qualifying times. There were also 32 Regional qualifying times & 12 National qualifying times.

- Shauntelle Austin had 5 NQT's; Cameron Austin had 4 NQT's; and there was 1NQT for Oliver Walker; Katie Mawdsley & Dean Heaps; 6 Gold medals; 5 Silver & 1 Bronze were also recorded. and the PB rate was **30.76 %**

Overall a quite pleasing return and I am hopeful the PB rate will increase as we progress further into the season, this was our first competition of the season. All 10 swimmers were a credit to the club, behaviour was impeccable and there was a tremendous sense of team spirit as the older more experienced swimmers were always there to help the youngsters.

2009 BOLTON METRO MEET @ BURY.
06th DECEMBER 2009

PSC finished a very good 3rd overall in the Bolton Metro Christmas Meet in December 2009. The meet was very successful for the youngster in gaining experience. Coaches Stuart Cutler & Ian Laurence had an extremely busy day controlling almost 50 PSC swimmers at the Castle Leisure Centre Bury. Thankfully helped on poolside by Ian Fielding and Paul & Adele Bridge the team helped the swimmers produce some fabulous performances and p.b swims. A total of:

- 12 Gold Medals
- 11 Silver Medals
- 12 Bronze Medals

2009 CITY of LEEDS CHRISTMAS CRACKER
19th & 20th DECEMBER 2009

Just 5 swimmers attended this meet this year; it was not on the PSC calendar however the swimmers applied for the meet following rejections from the Snow Frills meet at Sheffield. No podium finishes from this meet, but good experience gained from the swimmers who attended. A total of just 13 swims from 5 swimmers produced just 4 personal best swims giving a percentage rate of 30.76

2010 NORTH LANCASHIRE DISTRICT CHAMPIONSHIPS.
PALATINE POOL; BLACKPOOL 23rd & 24th JANUARY 2010 &
06th & 07th FEBRUARY 2010.

This season's district championships saw Preston take a record 73 competing swimmers. The competition was held over two weekends at Blackpool's Palatine Pool.

23rd & 24th January (1st weekend) The meet was licensed at Level 3 which did hamper some of our National swimmers as they found themselves too fast to enter their favoured events, however they swam what they could.

We had a total of **278** swims producing **186** Personal Best times. **P.B. % rate 66.80%.**

Preston swimmers produced some very good swims gaining 184 Lancashire Qualifying times; 88 North West Region Qualifying times; & what would have been a further 4 National Qualifying Times. We also won a massive **31** Golds; **20** Silvers & **24** Bronze. Out of the **278** swims by PSC swimmers there were only **4** D/Q's a huge improvement on last year.

Summary of the first weekend for me was the quality of our swimmers skill base & stroke technique compared to the other teams. We received compliments from other coaches & parents. The hard work the coaching staff are currently doing on the skills & drills side is obviously paying off, we will always continue to improve this vital area of development.

06th & 07th February (2nd weekend)

We had a total of **282** swims producing **210** Personal Best times. **P.B. % rate 74.46%.**

Preston swimmers produced some very good swims gaining **204** Lancashire Qualifying times; **90** North West Region Qualifying times; & what would have been a further **9** National Qualifying Times. We also won a massive **35** Golds; **28** Silvers & **32** Bronze. Out of the **282** swims by PSC swimmers there were only **13** D/Q's a huge improvement on last year.

Summary of the second weekend

Overall our figures were

- **560 SWIMS**
- **396 P.B's**
- **70.71% P.B rate**
- **388 LQT's (69.28 of swims resulted in a Lancashire qualifying time)**
- **178 NWRQT's (31.78% of swims resulted in a NWR qualifying time)**
- **13 NQT's (2.32.% of swims resulted in what would have been NQT's)**
- **66 GOLDS**
- **48 SILVERS**
- **55 BRONZES**
- **17 D/Q's**

Championship summary:

I would like to start by thanking the coaches & poolside helpers for this meet. Since taking over on the 1st December 2009 the coaching staff has been exceptional not only in their skills and dedication but also their willingness to go "Above & Beyond" what's required. They have done a fantastic job with their groups & I look forward to continuing this progression. Stuart Cutler; Ian Laurence; Paul Bailey; Paul Davison were all exceptional on poolside at these championships. They were helped by Paul Bridge; Ian Fielding & Neil Adams who did sterling work in timing; recording & chaperoning 73 little swimmers. I sincerely thank them all for their hard work.

The swimmers themselves were a credit to their club, their performances in the pool were very good indeed & if I'm honest better than I expected after only 8/9 weeks of change. This hopefully does bode well for the future.

The behaviour on the whole was again very good I did have to speak to a couple of kids regarding their behaviour but nothing that couldn't be sorted out quickly.

We again finished the district championships as top age group & youth club. This again is an excellent achievement from the swimmers & the coaches. So it's now onward to the county championships at Manchester in March.

PIONEER '79 SHRIMPS GALA:

On Friday 19th February 2010 at Hyndburn Leisure Centre, Accrington. PSC were invited to this meet & we gratefully accepted the invitation. Coaches Ian Laurence & Paul Bailey attended this meet with the swimmers; it gave valuable experience to those 9yr and under youngsters who attended. Good performances from our little uns and I would hope we would be invited in the future. Thanks to John McGinty Head Coach of Pioneer '79 for the invite.

2010 LANCASHIRE COUNTY CHAMPIONSHIPS: To be honest we did not do ourselves justice in the first weekend of competition at this year's county championships, times were a little down and confidence was low amongst many, however we did have a good 2nd weekend of competition with better application to swims and more confidence from the swimmers. We tried hard to instil in the swimmers how important it was to enjoy yourself, if you don't enjoy what you are doing you will not perform to your potential. For me this was the turning point of our season. Our swimmers started to realize they could perform at this level and indeed higher their attitude to all aspects of their training improved after this meet and I truly believe this was the springboard which turned our swimmers beliefs round. Long may this continue? Overall I have to be pleased with the outcome of the county championships because the swimmers showed tremendous character in turning round a disappointing 1st weekend. I want them all to believe in their abilities. The very fact they have qualified for the county championships shows them they belong in this company. With more belief we can do much better and this proved to be the case later in the season.

BRITISH CHAMPIONSHIPS 2010: Cameron Austin; Shauntelle Austin & Jack Bridge in the disability section together with Daniel Sliwinski; Stephanie Slater; Georgia Barton; Katie Mawdsley & Jessica Chadwick our Gallica swimmers qualified for this year's British Championships. This year the championships doubled up as the commonwealth games trials. The games this year take place in Delhi, India.

I attended the championships with Cameron; Shauntelle & Jack, whilst our Gallica based swimmers represented Gallica at the championships.

Shauntelle qualified for the 200 Butterfly PB time of 2:25.10 30th overall

Cameron qualified for the 200 Butterfly Just outside PB 2:11.39

Jack Bridge qualified for the disability class S10 in the following events:

400 FREE PB time 4:50.59 11th overall

100 BREAST PB time 1:17.71 4th overall

100 FLYPB time 1:11.16 5th overall

100 FREE PB time 1:02.27 12th overall

200 IM PB time 2:29.48 3rd overall British Championship Bronze

All 3 of our swimmers were impeccable throughout the British Champs, their performances were exceptional, it was an honour to be there with all 3 of them. For swimmers from our club to qualify for the British Championships is great credit to the club. Well done to all.

Dan Sliwinski competed in the 50; 100 & 200 Breaststroke: Made final in the 50 & withdrew from final. Made final in the 100 finished 6th in a time of 1:01. Made final in the 200 finished 6th in a time of 2:14.

Jessica Chadwick competed in the 50; 100 & 200 Breaststroke: PB'd in the 50 & 100 just outside her PB in the 200.

Steph Slater competed in the 50; 100 & 200 Breaststroke: Steph recorded a 6th place finish in the 100 in a time of 1:11.05 she did set a PB of 1:10.9 in the semi. Steph finished in 12th place in the 200 & won a British Championship silver medal in the 50.

Katie Mawdsley competed in the 400 Freestyle and recorded a fabulous PB in a time of 4:31.11 finishing in 40th place overall.

Georgia Barton: Controversy for poor Georgia in the 200 Fly she qualified 5th fastest for the final in a 4 second PB of 2:14. Was then disqualified for an alternating kick action. Video shows this was not Georgia but the swimmer in the next lane. An appeal went in but the officials refused point blank to view the evidence saying they were right. This time would have given Georgia a top 5 finish at the championships at just 14 yrs of age and would have been a qualifying time for the European junior championships. We would have had another Preston swimmer representing her country. Georgia then showed her true character by going 4:59.46 In the 400 IM less than ½ an hour later recording another 4 second PB & finishing in 14th place.

My congratulations go to all our swimmers at this year British Champs. This was an excellent year for Preston swimmers.

SATELLITE OPEN MEET 2010: We had a new meet on the calendar this year, one we haven't been to for a number of years. The meet was held over 2 days with 3 sessions of swimming on each day. This made it a very long weekend for all. Over 30 squads & clubs took part in this very popular meet.

Preston swimmers did the club proud as we embarked on this meet. 4th position overall & only headed by the big squads of Stockport Metro, Satellite the home team & Warriors of Warrington. A total of 8 Gold; 9 Silver & 8 Bronze were quite a good return in the company we were in. However the most pleasing thing for me was Preston only had 1 DQ in the whole 6 sessions. This is testament to the work the teachers & coaches are currently doing trying to get our swimmers more focused on technique & skills.

This really is a fantastic achievement as it shows our skill base has improved dramatically. I sincerely hope this continues. I'm sure it will.....

This meet also saw the return to competition of Luke Pool, as most of you will be aware Luke has been out of competition swimming for over 18 months after heart surgery. Luke swam in 4 events gaining 3 p.b's. Mark Tootill (17) also produced a stunning swim in the 100 B/C to qualify for the Nationals for the first time since he was 13.

TOP 10 CLUB STANDINGS

1 Stockport Mo 610; 2 Satellite 600; 3 Warrington W 493; **4 Preston 342.5;**
5 Co Salford 251; 6 Bolton Metro 243.5; 7 Co Chester 243; 8 Leek 227;
9 Swim Trafford 192.5; 10 Burnley BOBC 160;

NORTH WEST REGION YOUTH CHAMPIONSHIPS 2010:

We had 6 swimmers representing the club at this years regionals.

Some good performances in very stiff competition, the swimmers are improving all the time which is very pleasing. I was extremely pleased with the professionalism the swimmers showed in all aspects of the championships. Again my sincere Thanks to the coaches who have worked tirelessly to prepare the swimmers for this event?

The swimmers who attended gained some good Pb times and good placings at extremely stiff competition indeed.

JACK HOLDEN 15/16 YRS AGE GROUP

9th 400 F/C
17th 100 F/C
13th 200 F/C

LAURA JOYCE 14/15 YRS AGE GROUP

15th 200 B/C
24th 100 B/C

DEAN HEAPS 17/18 YRS AGE GROUP

6th 50 BR/S
1st 200 BR/S GOLD MEDAL
1st 100 BR/S GOLD MEDAL

MARK TOOTILL 17/18 YRS AGE GROUP

23rd 100 F/C
6th 100 B/C
9th 100 FLY
17th 50 F/C

OLIVER WALKER 15/16 YRS AGE GROUP

2nd 50 BR/S SILVER MEDAL
3rd 100 BR/S BRONZE MEDAL
16th 200 IM

JOHN RAINFORD 17/18 YRS AGE GROUP

8th 50 BR/S
7th 100 BR/S

2010 INTER-ASSOCIATION COMPETITION.

This year the Inter-association competition was held at the Castle Leisure Centre, Bury.

Preston swimming club provided a record number of swimmers for the North Lancs team. In total there were 30 swimmers from PSC asked to represent their district in this year's competition. The swimmers did fantastically well and were the main reason we managed to hold off Liverpool by just 4½ points to win this years Inter association comp. Our swimmers won a phenomenal number of medals, 25 in total 10 Bronze; 2 Silver & 13 Gold. We also had 5 swims that resulted in National Qualifying times & 1 new National swimmer. Congratulations to Dominic Walker who swam 5 seconds under the NQT for the 12yrs 200 Back.

Final finishing positions

1 North Lancs	600.5
2 LiverpoolDASA	596
3 Cumbria	547
4 Bolton SWPA	523.5
5 North Mids	512
6 Cent Lancs	407

NORTH WEST REGIONALS AGE GROUP CHAMPIONSHIPS 2010

IN TOTAL: 22 NQT's; 9 GOLD; 8 SILVER; 6 BRONZE; P.B. RATE JUST OVER 70%

"Overall I was very pleased indeed with the swimmers at this year's regional championships. The teachers & coaches have done an excellent job in getting the swimmers ready for this competition & I thank them all for their sterling work. The skill & stroke development are improving all the time and the swimmers are learning how to swim events for heats & finals. We had some excellent performances in the pool, the nqt count is again on the increase and the pb rate was very good indeed for a double weekend competition. Very proud of all the swimmers for this years championships

ROTHERHAM METRO MEET: Coaches Paul Davison and Ian Laurence attended the Rotherham Metro meet in July and both said that overall the club performed very well indeed. We took close on 50 swimmers to this meet and for many of them; this was their first experience of an open meet. The swimmers did the club very proud indeed producing close to 75% P.B. rate which is a tremendous achievement over 2 days of intense competition. Overall we finished **6th in top club award**, out of over 40 clubs in attendance. I would like to thank both Paul and Ian for their splendid work with the swimmers and to Ian Fielding who helped on poolside with the kids. The reports I had back from the coaches was very pleasing indeed saying the swimmers were a credit to their club. Well done to all and we look forward to attending this meet next year.

2010 NATIONALS: This year's nationals took place on 28th July 2010 through to the 7th August 2010. As a club we did particularly well, especially at Age Group Level. Unfortunately due to injury Mark Tootill was unable to attend the Nationals. The club finished in 12th place overall in the top age group award. Considering Shauntelle was in effect swimming up an age, Georgia Barton, Jessica Chadwick and Katie Mawdsley all were representing Gallica this year we did very well indeed.

Preston received the following results:

Age group: We had a glut of p.b's and 6 medals and all 6 age group swimmers made a least one final. Robert Hamer, Bronze in 100 Fly; Dominic Walker, Bronze in 100 Back; Cameron Austin Silver in 200 Fly; Shauntelle Austin, Bronze in 100 & 200 Fly; and 200 Back.

Youth: Dean pb in 200 breast and had a good swim in the 100 breast; Oli did ok considering lack of training.

"Overall we had a very pleasing & successful Nationals this year, especially in the Age Groups. All swimmers performed extremely well in the highest of competitions gaining some exceptional personal best times. To have all 6 age group swimmers making at least one final is a remarkable achievement for the swimmers and the club. I cannot praise them enough for their dedication and professionalism. We have shown we can compete at this level and I would like to think that we can improve on this next year. I look forward to the challenges ahead now to get more of our talented swimmers back at Sheffield next year. Can I just say many thanks to the teachers and coaches who give up their free time to work with our athletes? Their skills and enthusiasm are first class, they do an exceptional job in sometimes difficult circumstances and it is because of this our club continually attains these high standard of results."

Our Gallica based swimmers were also in top form performing to high standards under Louise Robinson. Katie Mawdsley earned Silver in the 1500 Free; Gold as part of Gallica's 4 X 200 Free team and 6th as part of Gallica's 4 X 100 Medley team. Jessica Chadwick won Bronze in the 200 Breast and Georgia Barton won Bronze in the 100 Fly. Both girls were also in the 4 X 100 relay team which finished 7th.

In the ASA National Championships held at Sunderland on 18 – 21 August 2010 Preston was represented by Jack Bridge swimming in the Multi-Disability section. Jack has yet again had a great meet and is really starting to make his mark in disability swimming, He came away with Silver in the 200 IM and Gold in the 100 Breast. Both swims were massive p.b's for Jack and the latter was only 0.7 seconds outside the British record for disability swimming. This record is surely just a matter of time before Jack claims this fantastic landmark. Jack also finished 8th in the 100 Fly with another Pb.

Our Gallica based swimmers were also in top form, highlights were Dan Sliwinski won Gold in the 50 & 100 Breast; Steph Slater was 4th in the 50 Breast.

2010 COMMONWEALTH GAMES: DELHI, INDIA:

In early October 2010 2 of Preston's elite swimmer's Daniel Sliwinski and Ryan Bennett attended the Commonwealth Games in the England team. Both lads did remarkably well against some of the top swimming nations in the world including Australia. Ryan made the final in the 100 Back whilst Daniel made finals in both the 50 & 100 Breast. Daniel was also part of the England team to win Bronze medal in the 4 X 100 Medley relay. Many Congratulations to both lads on superb performances. Your club is very proud of your achievements.

NORTH LANCS L3 MEET: A good first season meet for our younger swimmers who are gaining experience in open competition. Overall we did very well indeed with many PB times; medals & speeding tickets. This meet comes very early in the season for our club as generally we are only just back in training but I have to say I was very pleased indeed in the overall performance of all the swimmers.

HARROGATE L2 MEET

24 GOLD MEDALS 11 SILVER MEDALS 15 BRONZE MEDALS 0 (NIL) D/Q's 61.87% PB RATE.

"An excellent weekend from all the swimmers. To have a pb rate over 60% this early in the season really does bode well. I am delighted with the effort and commitment the swimmers showed and also their fighting spirit. This will stand them in good stead for bigger challenges to come. What pleased me most was that out of just short of 200 swims over the whole weekend we didn't have a single disqualification. This is great testament to the swimmers and the teachers and coaches who are all working very hard to improve stroke and skill development. My thanks to the teachers and coaches for their excellent work . An excellent start to the season we must now continue the hard work as we progress. "

MICRO-LEAGUE SEASON 2010 To be brutally honest with you we have had a disappointing season in Micro-League, probably our worst for many years. However this was what highlighted and triggered the re-structure that I have put the club through. It will be some time yet before we can get back to the heights we once had, however I am confident this will be achieved as the results of the re-structure take shape over the next 12 – 24 months. We will aim to continue with both teams even though the coaches are aware it is going to be difficult at times, we aim to keep the Sharks in division 1 whilst we get back on track. This competition is not a priority for me, however it is a vital competition to blood youngsters into competitive swimming and for this reason I wish to do as well as possible in the future.

NORTH LANCS SWIM LEAGUE SEASON 2010

Successful season in Swim league. I have been really pleased with the results especially when you consider the A team where never able to field a full strength team. Had they been able to we really would have pushed Southport to the limits. The B team in their first ever season have done exceptionally well indeed finishing runners up to Blackpool B, but when you consider they had two strong clubs (Blackpool & Newton Hall) merge on 01st January, this really is a terrific achievement. Im already looking forward to next season. Final results table below

Tables 2010

	Team	Swam	1st	2nd	3rd	4th	Total Points	Total Gala Points
Division 1	Southport A	4	4				667	16
	Carnforth A	4	2	2			636.5	14
	Preston A	4	1=	2	1		554.5	11.5
	Bpl Aquatics A	4	1=	1	2		501	10.5
	Southport B	4		1	1	2	431	7
	Leyland A	4			3	1	390	7
	Chorley	4				4	310	4
Division 2	Fleetwood	4	3	1			640	15
	Pioneer79	4	1	2	1		561	12
	Lancaster	4	1	1	2		503	11
	Carnforth B	4		2	1	1	475	9
	Rosegrove	4	1		1	2	449	8
	Garstang	4			1	3	362	5
	Division 3	Bpl AquaticsB	4	4				604
Preston B		4	2	1-1=			602	13.5
Ormskirk		4		1-2=		1	496	9
Clitheroe		4		1-1=	1	1	452	8.5
Bpl AquaticsC		4		1	1	2	418	7
Leyland B		4			2	2	419	6

ARENA LEAGUE SEASON 2009/10: Last season saw Preston finish in 5th place in the National Arena League. We came behind the North West Giants of Liverpool; Salford; Stockport & Warrington. We just failed in our bid to qualify for the National B final; however the team performed really well indeed and deserve huge credit for their final performance against very strong opposition. I was very proud indeed of the swimmers during the season and would like to thank Dave Fairhurst who was team manager for the first 2 galas until his retirement in November 2009.2010 has again seen much change for our Arena team, the ongoing merge with Gallica has seen us gain great strength to go into this season with immense confidence. Indeed in the first gala of the season Preston actually beat a strong City of Liverpool & Stockport Metro team to win the gala. The coaching team and the swimmers are looking forward to round 2 which is this weekend at Macclesfield. We also introduced a B team in the Arena league for the first time ever and they made a fantastic start to their division 2 campaign coming 2nd to Oldham Aquatics. I am really quite excited at the prospect of our B team being successful, I fully believe they can be and the coaches will be doing all in their power to ensure we have two top class arena teams in the future. The B team are also in action this weekend in the 2nd round at Warrington.

2009 National Arena Swimming League North West Region Final.

Final table	1.	City of Liverpool	323
	2.	Stockport Metro	302
	3.	Warriors of Warrington	264
	4.	City of Salford	225
	5.	PRESTON	208
	6.	Southport	202
	7.	City of Chester	144
	8.	Carnforth Otters	121