

Tuesday Evening Report October 30, 2007

Esso Challenge

The first thing that has to be touched upon is the parent support and the awesome job that the meet management did. Not only did we have first timers and seasoned veterans coming out, we also had parents of graduated swimmers out. Now that is team support! Any feedback from university administration, and other coaches has been very positive. Thank you to everyone involved.

The swimming itself was very good. I like to use this meet as an evaluation tool to look at how things have progressed after six weeks of training. The focus of the six weeks has been on kicking, improving stroke technique and improving turns and underwater kicking/streamlining skills. As a consequence it is difficult to predict what actual race results will be like. After the final analysis our team had 56% best times. This includes first time swims and relay lead legs. While a higher percentage is always desirable, it is important to remember that as a swimmer gets faster and older it sometimes takes a longer time to get in shape for personal best swims. Many swimmers did post some big improvements as you can see in the Top 10 Seconds Off.

My feelings were that our swimmers looked pretty good in their underwater work. In some cases the turns were looking pretty fast as well. I still think that the team's turns can get faster and the consistency of performing them well can improve. Another area of improvement is in breath control. Most of our swimmers are doing a great job of streamlining and traveling a fair distance off the wall and then breathing on their first stroke upon surfacing. This actually slows you down, so taking 1-3 strokes before breathing will better enable you to maintain speed from the push off. This year the percent of disqualifications was cut in half (2.4%)! I think that this is good and we can continue to lower that percentage.

In the continued battle with the Trojans, Barrie came out on top. When broken down to a point per swimmer basis, the Trent women scored 81.5 points per swimmer and Barrie women scored 76.6 points per swimmer. The Trent men scored 90.4 points per swimmer and Barrie scored 114.3 points per swimmer. This breakdown includes relay points.

Top 10 Seconds Off

1. Quinn Drechsler 112.77
2. Hailley Guthrie 91.03
3. Alison Laing 88.55
4. Jasmin Gow 84.96
5. Cynthia Pammatt 71.15
6. Emily Routledge 68.8
7. Sara Vaughan 68.58

8. Stepaney Daley 68.33
9. Zack Gammon 65.57
10. Alex Brown 58.87

Club Records

13-14 women's 800 Free Relay (Jasmin Gow, Cynthia Pammett, Meagan Reed, Sarah Mitchell-Ewart)

15-17 and Open women's 800 Free Relay (Cynthia Pammett, Julia Gow, Alex Brown, Jasmin Gow)

Regional Records

13-14 women's 800 Free Relay (Jasmin Gow, Cynthia Pammett, Meagan Reed, Sarah Mitchell-Ewart)