

**Black Team Coach Report NASL Rd1 at Eastbourne SC. 13<sup>th</sup> October 2018**



KWSS had a very successful outing down to Eastbourne on Saturday. We started off with good points earned from Olivia R and Phil B in the 200IM. Then followed a number of relays: In the girls 9/11 Free 3<sup>rd</sup> place was gained by Chenai C, Nicole T, Olivia P and Emily G with some fast splits. The boys then matched this position with Mason B, Monty, L, Harri I and Zach Y. The girls' 13yo Medley was next with Cicily T-G, Mia D, Kayla M and Phoebe K gaining maximum points. The boys, with Harrison M, Thomas B, Oscar T and Jarred A claimed 3<sup>rd</sup> place. The girls' 15 yo free team of Naomie T, Olivia R, Grace D and Holly R gained 2<sup>nd</sup> place. The boys also came 2<sup>nd</sup> through Harvey T, Sam D, Anthony M and Josh B, all splitting at 27 or 28 and Josh a 26! The Ladies Open medley had Kirsty-Anne E, Naomie T, Leonie H and TJ Sharp anchoring to gain 3 points. Finally, the Men's medley also gained 3 points with Thomas R, Phil B, Matt R and Michael E.

Next came some individual races. First up came Olivia P in the 10/11 Ba with a fine 3<sup>rd</sup> place. Zach Y also earned a valuable point in the boys' race. In the 13 yo breast Mia D came third and Thomas B 4<sup>th</sup>. In the 15 Ba Phoebe K gained 3<sup>rd</sup> and Josh B 2<sup>nd</sup> picking up a Kent auto time. In the Open Fly Olivia R gained 2 points and Matt R one. Then came the 10/11 Fly Nicole T picking up 2 points and Harri -James I 3 points. The 13 yo Back had Cicily T-G with a fine 2<sup>nd</sup> place and Oscar T picking up a valuable point. Grace D came 2<sup>nd</sup> in the 15 yo fly, as did Harvey T. In the Open 100m Back TJ came 4<sup>th</sup> with a Pb and Thomas R 5<sup>th</sup>.

At the half way stage KWSS were 4<sup>th</sup> – 12 points behind Eastbourne in 3rd but in the second half of the meet the KWSS swimmers stepped up their game, as we shall see and Eastbourne suffered from a couple of DQs.

The 10/11 breast resulted in 2 and 4 points respectively from Emily G and Monty L. Kayla M scored 3 points in the 13 yo Fly and Harrison 2 points. Naomie came third in the 15 Fr and Sam D 2<sup>nd</sup>. Olivia Ray came 2<sup>nd</sup> in the Open Breast and Phil B third. Both securing big points.

In the 10/11 Fr Chenai picked up 5 points and Mason 3. Oscar T also won 3 points in the 13 yo Fr and Mia 4 points. Two top swims in the 15 100m Breast followed: Naomie a 1:22 and Toby H a 1:17 Naomie was 1<sup>st</sup> and Toby 2<sup>nd</sup>. TJ came 3<sup>rd</sup> in the Open 100Fr and Thomas R 5<sup>th</sup>.

In the reverse relays Olivia P, Emily G Nicole T and Chenai C were 3<sup>rd</sup> in the 10/11 medley and Zach Y, Monty L, Harri I and Mason came 4<sup>th</sup>. In the 13yo Fr Mia, Phoebe, Alice B and Kirstie F came 2<sup>nd</sup>. In the boys Oscar T, Thomas B, Harrison M, and Jarred A came first with a great last leg from Jarred (30.4). In the 15yo medley relays Holly R, Naomie T, Grace D and Olivia R claimed 2<sup>nd</sup>. The boys medley team went one place better with Josh B (31), Toby H (35), Harvey T(29) and Anthony M (28)“smashing” it! Not bad after a long hard evening. Harvey swam some really fast legs in the two 15 yo relays.

In the squadron free relay the women (TJ, Kirstie Anne, Mia, Naomie, Olivia R and Holly R claimed 4<sup>th</sup> with Naomie going the quickest (30.5). Well done to Noemie for flying back from school trip to immediately run cross country in East Kent then rush to Eastbourne for a crazy number of events and not stopping and giving her all. In the men’s squadron relay we had Phil, Thomas, Matt, Michael, Glen I and Sam D claiming 3<sup>rd</sup> and all bar one swimming quick 27s! A very solid performance.

The team came a really pleasing third - final scores Shepway 206, Beacon, 198, KWSS Black 185, Eastbourne 180, Edenbridge 141 and White Oak 121. A fabulous effort from all KWSS swimmers. No DQs as well! Many thanks to all who made the long trek – definitely worth going. It was a really rewarding and enjoyable evening! Great resilient swimming and a wonderful team spirit!

Roll on round 2!

The coaching team.