

# Norfolk ASA – County Coach Report 2015-16

Noticeable this year has been the improvement in team bonding at the various County events with a great atmosphere poolside at all the galas. Organising the ten-pin bowling at the National Inter-counties for the last two competitions has helped with this.

I would like to explore further opportunities in the coming year – including training for the team prior to competitions and utilising the various club coaches to further links between clubs.



Norfolk swimmers added their botanical flair to the colourful spectacle of the county champs parade

Overall results for the County galas are listed below:

## 3-Counties Gala – Sun 6<sup>th</sup>

Mar 2016

- 1) Suffolk 433
- 2) Cambs 309
- 3) Norfolk 260

## East Region Inter-County –

10<sup>th</sup> July 2016

- |                 |     |
|-----------------|-----|
| 1) Cambs        | 248 |
| 2) Essex        | 230 |
| 3) Herts        | 225 |
| 4) Suffolk      | 205 |
| 5) Norfolk      | 188 |
| 6) Bedfordshire | 120 |

## Junior Inter-County – Sun

18<sup>th</sup> Sep 2016

- 1) Essex 311
- 2) Suffolk 254
- 3) Hertfordshire 198
- 4) Northamptonshire 196
- 5) Lincolnshire 181
- 6) Leicestershire 180
- 7) Bedfordshire 148
- 8) Norfolk 144

## National Inter-County – Sun

23<sup>rd</sup> Oct 2016

- 1) Scot West 554
- 2) Dorset 527
- 3) Devon 490
- 4) Sussex 455
- 5) Worcs 445
- 6) Warwicks 436
- 7) Staffs 385
- 8) Cumbria 376
- 9) Lincolnshire 372
- 10) Northants 366
- 11) Cambs 350
- 12) Norfolk 333
- 13) Wiltshire 309
- 14) Bedfordshire 266
- 15) Cornwall 263
- 16) Shropshire 236