

## **Annual report from Competitions secretary and team manager**

I was elected Norfolk competitions secretary and team manager in March of this year, helping the County coach John Digby with the 3 counties gala held on Sunday, 6<sup>th</sup> March at The UEA Sportspark, Norwich. This was a Long Course gala and although there was some good swims from our swimmers we unfortunately came last! We were missing a large numbers of swimmers from the City of Norwich. The head coach had sent a list of swimmers who were not able to swim. This year the gala was licensed and it was requested that next years gala falls within the national qualifying window.

John Digby and myself discussed team selection for future galas and have agreed a selection criteria based on ASA rankings. A document setting out the format was introduced at the competitions meeting held on Tuesday, 10<sup>th</sup> May and circulated at that meeting.

The regional Intercounty gala was held on Sunday, 10<sup>th</sup> July at the UEA Sportspark. This was a long course gala and our swimmers finished 5<sup>th</sup> out of 6 teams.

The junior Intercounty gala took place on Sunday, 18<sup>th</sup> September at Luton. This gala was a long course gala and although our swimmers swam well with plenty of pbs, the team was missing swimmers from City of Norwich who did not swim. We finished 8<sup>th</sup> out of 8 teams.

The National Intercounty gala took place on Sunday, 23<sup>rd</sup> October at Sheffield. This was a short course gala and Norfolk took a strong team and finished 12<sup>th</sup> in division 2, the highest placing for a few years even though Norfolk received 3 disqualifications! The swimmers went the day before and bonded very well over a game of bowling! They all behaved very well and were a credit to both themselves and their clubs and county!

The next National Intercounty will be held on Sunday, 8<sup>th</sup> October 2017 at Sheffield. The Holiday Inn Express at Sheffield has been provisionally booked already.

Following the galas, John Digby and myself feel that it would be highly beneficial for swimmers to get together and practice relays and takeovers etc. and LC training before any future galas. Three of the four galas this year have been long course and some of our swimmers had never swam in a 50m pool. This was initially agreed at the competitions meeting held on Tuesday, 1<sup>st</sup> November.

I would like to stand again for this post.

Cheryl Rose  
Competitions Secretary and team manager.