

LWST's Coach Report February Meeting 2015

'Communication and Support by all are key areas of focus to assist in developing a stronger and more inclusive club with a great team culture at all levels.'

LWST one CLUB

Welcome to all our new Committee Members that put their hand up when LWST needed you. **Many thanks in advance, for your pledge of time and effort** to our LWST Club.

There are **always many people who contribute in countless ways** to the running of our club.

THANK YOU ALL

- Topping this report is our Friday Nights for 2015. They started **with a bang, 69 swimmers** with many regulars still away. The following week **saw 73 swimmers**, including Theresa, a decorated Masters competitor, showing our members that **swimming is a life time skill for life-long enjoyment**.
- Staying on our Club nights, a **huge thank you to all the volunteers** that help run a very efficient club night. Even with a late start, (technical issues) we still finished by 7.40pm. **GREAT EFFORT** by all.
- With a growing club, **the need for helpers and volunteers also increases**. We appreciate that everyone is busy, but we will always need to rely on the **generosity of the parents to donate their time and effort** to enable us to deliver what we need to make membership of our club an even better experience for your family / children this year.
- Kyogle saw **21 swimmers enjoy a Family Fun carnival**. Our swimmers competed in ninety plus events. PBs tumbled, medals hang proudly around necks and **smiles were a-plenty**.
- **De guided our team at TSS and the Richmond Valley Carnivals**. So many kids raced well, with determination and focus. **Thank you De and all our coaches and Learn to Swim teachers for your commitment**. A job well done.
- **All the best of luck and speed to LWST member, Maddi Nilon**, who is travelling over to Perth to compete in the **AUSTRALIAN OPEN WATER CHAMPIONSHIPS 2015** this coming Sunday. Hayden Blanksby, Maddi's training partner, will also be competing. **Enjoy the moment guys, the hard work is already done**.
- To all last year's LWST trophy winners, congratulations, it's now time to **polish up the perpetual trophies** (don't leave it for mum) and **return them to the club** on Friday nights. Start preparing / concentrating on this year's championships with **some extra effort at training**.

"Persistence can change failure into extraordinary achievement." – Matt Biondi

Gary Dardengo

LWST Coach

gjdardengo@gmail.com / 0417 222058