



### **LINCOLN VULCANS SC LEVEL 1 GALA 17<sup>TH</sup> OCTOBER 2009**

Head Coach Barry Thomas led a small group of swimmers to the Ponds Forge International Sports Centre for the LVSC Level 1 gala. Some swimmers were looking to get close to national qualifying times; some were looking to gain long course pool experience.

It was a long day for both swimmers and spectators but the swimmers were excited at swimming in one of the UK's premier sporting venues.

There were some excellent swims and some that did not quite hit the mark. Some of the races showed that with a little more work national qualifying times were achievable, some highlighted what is required to be competitive at this level and some showed the effects of getting the race strategy wrong. All were very valuable learning experiences.

The most successful swimmers on the day were Charlotte Newman and Mia Hawkes. Charlotte came first in the girls 12 yr 100m backstroke in a time of 1:11.92, just shy of her NQT, she was also third in the 200m IM and the 200m backstroke. Mia was first in the girls 10yr 50m free in a time of 33.01 and second in the 100m backstroke and 100m free. Sarah Browne also swam well gaining an excellent long course PB of 1:05.94 in the 100m free.

Overall it was a great day and a lot of valuable lessons were learnt. We look forward to seeing the benefits of this gala in the months to come.

The Swimmers: Charlotte Payne, Ben Zuccolini, Sarah Browne, Megan Holder, Hannah Thomas, Charlotte Newman, Mia Hawkes.