

## South Lincs Competitive Swimming

Together Everyone Achieves More

It's been a very busy time at South Lincs recently and with the competition in full 'swim' South Lincs swimmers' recently enjoyed a 'Skills and Drills' 2 hour Saturday morning training session with European Medalist/Olympic swimmer Sophie Allen.

Organised by Head Coach Callum Lawson, Sophie spent time, both in and out of the water with swimmers and volunteer coaches.



Sophie retired from competitive swimming and now brings her skills to the Spalding based club.

Sophie has her Elite Sports Academy Swim Clinic organised for Wed 27th May 2015 at the Spalding Leisure Pool PE11 2AJ, for anyone aged 9-16. To book your place e mail [sophie swim92@hotmail.com](mailto:sophie.swim92@hotmail.com)

Just a week later the athletes had their chance to prove they had all learnt from their recent training experience, at the Club's 31st Tulip Open Meet.

This years' meet oversubscribed and attended by visiting Clubs Deepings, City of Peterborough, City of Lincoln Pentaqua, Calverton and Bingham, Boston Amateur, Chatteris, Grantham, Lincoln Vulcans and St. Ives, again enjoyed the hospitality of the Spalding Club.

This meet gives some of the younger swimmers a chance to experience a competitive weekend and hopefully gain County qualifying times.

42 sponsors generously donated or gave their time, along with Committee Members, Parents, Grandparents, Carers, Officials and Friends and SLCSA would like to thank everyone for their contribution.

This years meet produced no less than 3 Top Girl awards for South Lincs, with Dusty Saines (10 yrs) Emily McCann (13 yrs ) and Alice Gowing (15yrs) claiming victory in their age groups.



Whilst the girls enjoyed the glory at the Spalding site South Lincs boys enjoyed their success at Corby at the Midland Youth Championships.

Will Swain (15 yrs) placed 3rd in 100m Free/5th 200m Free/6th 50m Free/ and 8th 400m Free finals



Luke Elliott (16 yrs) 2nd 100m Back/3rd 50m Back and 200m Back/4th 100m Fly and 400m Free/5th 200m Free and 400IM finals, winning Top Male Award in the 16yr age group.



Calvin Wilson (16yrs) 4th in 200IM final

Tom Mitchell (17 yrs) 7th 50m Back and 10th 400IM finals.

Regards

Lorraine McCann

Press Officer