

# DEEPINGS

## SWIMMING CLUB

Newsletter ■ May 2018 ■ Issue 7

**ROB WELBOURN  
OPEN MEET**  
6-7 OCTOBER:  
ENTRIES OPEN  
NOW!

## Deepings at East Midlands champs

The final two rounds of East Midlands Regional champs saw four younger members of the squad compete at their first Age Group Championships in Corby, while eight senior members competed at the sprints champs in Sheffield.

Age groupers Jessica O'Herlihy, Tiffany Wong, Molly Briers and Alex Sadler all qualified for butterfly events, racing against swimmers from Lincolnshire, Leicestershire, Northamptonshire, Derbyshire and Nottinghamshire.

Alex qualified for all three butterfly events. His best performance came in the 200m where he reached the final, finishing a highly respectable seventh in a new personal best of 2:58.22.

Alex finished 34th in the 50m, where he set a new Deepings club record of 36.21, and 20th in the 100m butterfly.

Molly Briers qualified for two events: the 50m and 200m butterfly. She finished 15th in the 200m event, in a new long



Jessica, Molly, Coach Zoe, Tiffany and Alex

course PB of 3:04.41, and 30th in the 50m butterfly.

Jessica O'Herlihy also raced in the 50m butterfly, coming 20th in a new PB of 35.90.

Tiffany Wong competed in the 13-year-old age group and smashed her PB, swimming 33.91 to finish 20th.

In Sheffield, Isabel Spinley, Holly Leggott, Bethany Eagle-Brown, Louis Metselaar, Tom Neal, Jessie Spooner, Tom Adams and Bailie Harrison represented the club in seven of the eight 50m sprints.

Isabel, Holly, Bethany, Louis and Tom made eight finals between them, with Isabel winning a silver medal in the 50m butterfly.

Holly and Louis narrowly missed out on the medals, finishing fourth in the 50m freestyle and 50m breaststroke respectively after two excellent swims.

Three swimmers achieved new personal bests: Bethany and Holly in the 50m backstroke, and Tom Neal in the 50m backstroke and fly.

## CHAPPER'S CHATS



It was a sad day when Isabel Spinley told me she was moving to a bigger club to further her swimming career to chase her goal of becoming an Olympic swimmer.

I started coaching Isabel when she came into my squad as a nine year old.

She has achieved results due to her hard work and dedication, always paying attention to her skills and ready to listen to improve her technique. When she was younger she suffered with pre-race nerves and would constantly need the loo!

The turning point for Isabel, and the realisation of how much she loved swimming, was when she first qualified for Winter Nationals in 200m fly. She was so excited and then she slipped on the kitchen floor and broke her elbow. She was devastated, however on her return to training, she became totally focused and seemed to lose her nervousness.

Since then, Isabel has gone from strength to strength, competing and winning medals at English and British Nationals and British Champs.

Last year, she was selected for GB at Junior Europeans in Israel and recently went to Marseilles as part of Swim England talent team.

If all my swimmers worked as hard as Isabel, I'd think I had died and gone to coaching heaven. Success can not be achieved on talent alone; it has to go with dedication and hard work.

Good luck Izzie – I look forward to seeing you at the Olympics!

**Thanks to everyone who supported the Bags 2 School collection.  
We raised an impressive £124. The next collection will be in September.**

## KEY DATES FOR YOUR DIARY

### MAY BANK HOLIDAY

#### TRAINING SCHEDULE:

#### Saturday 26th morning:

Training as normal for junior squads.

#### Sunday 27th:

No training for all squads.

#### Monday 28th 8am-10am:

Midlands and County squads.

No training Monday evening.

#### MAY 25-27

Deventio Meet, Ponds Forge, Sheffield.

#### MAY 27

Fenland Open Meet, Whittlesey, Peterborough.

#### JUNE 9

Junior Fenland League round three, Wisbech.

#### JUNE 24

AGM at Deepings Leisure Centre, time TBC.

#### JULY 14

Junior Fenland League round four, Deepings.

#### JULY 14-15

Chesterfield Summer Splash, Arc Leisure, Matlock, Derbyshire.

#### SUMMER BREAK:

#### Friday August 3:

Final training before the summer break for all squads.

#### Tuesday August 28:

Training restarts.