



### **Leinster Aspiring – Coaches Report**

A huge well done to all who attend the Leinster Aspiring Competition 26/27<sup>th</sup> March 2022. We had 24 swimmers who represented Portmarnock SC. All swimmers exhibited exemplary behaviour and represented themselves and Portmarnock positively. Feedback from the meet organisers was very complimentary towards the team.

From a performance perspective we had

- 39 Personal Best Times
- 19 Top 10 finishes which include 9 top 3 placings
- Davide Scaringella & Jamie O’Keeffe obtained qualification times for Irish Age Group Div 1
- Megan Jones & Anna Nikishkina obtained qualification times for Irish Open 2022

In terms of areas for development

1. Managing long days at the pool. Hydration, fuelling and timing of preparation. Swimmers are aware of the importance of staying hydrated and eating throughout the day, however at times need to be reminded to stay hydrated.
2. Being prepared for the race. Having equipment (hats, goggles, t-shirts etc) ready to go over to line up area. There were instances where swimmers didn’t have their equipment with them which led to a delay going to the line up area which caused issues with executing their pre race routine effectively.

Overall we were hugely impressed with how the swimmers performed and look forward to seeing how they do at the next meet.

Anne and Paul