



Sheffield Teaspoon Gala

The teaspoon gala was held on Sunday 20th September. Head coach Carolyn Cowburn was in attendance all day, encouraging the swimmers along. She would like to thank everyone who attended and made such a great day.

“The first ‘open’ gala of the new term took place on Sunday at Sheffield and I would like to thank all who attended. I was pleased on so many levels, thank you all.

The club phone is a great idea, and all non swimmers informed me before hand. It is very important that I am informed if you can’t make it so that I can tell the organisers. No shows can reflect badly on the club as a whole.

The positive attitude of the swimmers was a joy. Everyone understood that Long course swimming is harder so equalling or beating a short course time is great swimming. Out of 30 swims, over 20 equalled or bettered their entry times!

Some of our younger swimmers had to cope with hold ups and stand downs. This often unsettles swimmers, but everyone took hold ups in their stride and concentrated on the task in hand – to swim as well as they can and achieve a PB!

And last of all, when everyone left our area it was left clear of any rubbish from the day (even if someone did use my lunch bag as the rubbish bin!! (he he ,ah ah.)) At least the rubbish was put in the correct bin again - thank you!

I enjoyed the very long day- well behaved swimmers – cheering their team mates and supporting each other.

Thank you all for supporting me, both with your attitude and commitment at the galas and at the training sessions.

All in all, a very good day.

Let’s hope for a better attendance next year!!!!”

Carolyn

Don’t forget to visit our website – there is plenty of information there – there’s only so much room on the notice boards after all!!

www.sandbachsharks.co.uk