

Dear swimmers and parents,

Some of you may have seen the advertisement on the club notice board last December for an Assistant Head Coach and wondered how things are progressing. The answer is extremely well and the Committee are delighted to announce the appointment of James Nock.

James swam competitively for around 10 years including with the City of Birmingham Swimming Squad. In 2002 he competed in the National Age Championships in both the 100m and 200m backstroke and only just missed the 200m breaststroke and 200m I.M. qualifying times so understands what top level competition is all about. Turning his hand to coaching he has worked with Droitwich Dolphins SC as both Junior Squad Coach and, more recently, Platinum Squad Coach and spent eight months in Australia as Head Coach to Cooroy Dolphins Swimming Club.

With Seagulls, James will primarily be assisting Mark with the Racing Squads but as a Level 2 Coach and Teacher he will be taking an interest throughout the club. As Mark said to the Committee "we are doing well with our senior squads but we could do a lot better" and with James' appointment we are hoping to see more swimmers achieve County, Regional and, hopefully, National qualifying times. In addition to coaching, James will be preparing and monitoring personal targets for all racing swimmers and 'encouraging' swimmers in Racing 1 and 2 to complete log books and carrying out occasional spot checks on these. You have been warned!

James will be joining us from Monday 15th February and I am sure you will all join the Committee in extending him a huge welcome to the club.

Regards,

Graham Furness
Secretary
Hastings Seagull SC