

## **LEVEL 3 DURBAN – 18<sup>th</sup> to 22<sup>nd</sup> March 2011**

The team was officially announced in early February comprising of 13 swimmers, 10 boys and 3 girls, namely Sean Gunn, Trevor Price (Captain), Luke Isemonger, Nicholas Burnett, Sloane Marshall, Andresious Cyprianos, Samantha Welch, Chad Idensohn, Avalon Bruce, Mieke Koen, Connor Pritchard, Jamie Isemonger and Thomas Reid. However, Sean Gunn opted to swim for his SA club, Connor Pritchard felt he could not put in the training hours required as he is a border at Falcon College and Avalon Bruce withdrew due to injuries so we were down to 10 swimmers.

The accommodation couldn't have been at a better venue as was the closest B & B to the swimming pool, about 3km up the main road. Manor House lived up to the expectations on the internet and we found the staff very accommodating and friendly.

The gala was held at Kings Park Swimming Pool which was very poorly ventilated being an indoor pool and the humidity did not help the situation so we went through gallons of water on a daily basis to rehydrate the kids.

In general, all swimmers on this tour swam outstandingly well with most of them attaining PB's in most races. Special mention goes to our medal winners, Nicholas Burnett who got bronze medals for 100m and 200m free as well as making the finals for 50m free and 200m backstroke and Luke Isemonger who got bronze for 200m breaststroke and came 4<sup>th</sup> by splits in both the 50m and 100m breaststroke. Other finalists were Jamie Isemonger for 50m, 100m and 200m breaststroke and Sloane Marshall for 50m fly.

We did manage a bit of down time at the shops and on the beach as well as a visit on the last night to Roma Revolving Restaurant on the 32<sup>nd</sup> Floor of John Ross House by the docks. The views were amazing including receiving an education on Michael Angelo nudist art painted on the walls.

There were a lot of triumphs and heartaches amongst the team but everyone supported and comforted each other and stuck together as a team. Our medal tally does not reflect on the performance of the team as I believe they all did of their best and deserve the heartiest of congratulations.

Julie Price (Manager)

A great touring team that combined and got on very well. A pleasant experience for me and I have now many new ideas to take forward for our own swimming development. I would like to suggest that we try to travel to meets more often to give the competition swimmers of all levels more exposure. I also feel that it is time we looked to the bigger corporates to source sponsorship. In light of the fact that a meet of this magnitude (some 670 athletes), heats for some events up to 28 and only taking 5 days it is time we re-visited our own events. It does not seem logical to stretch things out as we do. We should start earlier and finisher later so that swimmers still have long enough rests in between heats and finals. We no longer even hold prelims for the 200m events, which is something we need to bring back as it swum this way in South Africa. Let us use overhead starts where necessary, let us do away with all the tea breaks and LETS SWIM!!!!

Sheelah Crause (Coach)

