

Head Coaches Report
Canterbury Bronze squad tour Southland Champs 2013

To: Swimmers, Parents, Coaches and SCWC Committee

This swimming tour was a pleasure to be part of and the 36 swimmers who represented Canterbury can be proud of achievements. A big thank you to the very skilled and committed coaching team your input was invaluable.

The key aspect of the meet for our swimmers was the chance to race 7 long course sessions heats and finals in an away environment. This is key preparation for national meets and is the type of meet no longer available in Canterbury. Swimmers did a great job with the preparations, warm ups, warm downs, resting between sessions, eating and drinking well, and racing with a plan with huge heart and commitment.

This is a key meet for this level of swimmer and will help lift our standards.

Thank you to all the coaches and Canterbury centre for the vision to support this program.

Glen Findlay
Head Coach

