

BLACK LION DEVELOPMENT GALA

Saturday 21st April 2018

What a great night of swimming last night as despite finishing 6th Hythe swimmers achieved a PB(personal best) in every individual event. In some cases smashing their previous time. That is all we can ask of any swimmer regardless of where they finish and you should all be very proud of your achievement. Most of the PB's were last achieved at the 2017 club champs so next week is a chance to improve again.

Just think what you could achieve with just a little bit more training, ie a taking up the Sunday training session even twice a month and pushing yourselves perhaps a little harder in the Club Night sessions than you do now could make you even faster. Working hard on turns and finishes as you train will also help. It would also be nice to see swimmers entering some Open Events to achieve qualifying times for the East Invicta Championships and some already have them which is a great achievement.

Hythe got 6 speeding tickets (Emma 3, Ema 2 Georgie 1) which is fantastic news but which does mean no points at the gala and we were also not able to field any swimmer in the boys 9/U individuals/ 9/U relays, so we lost more points there so where we finished was expected but the performances by the Hythe team were excellent.

There were some DQ's and the Coaches will work on these area's with those swimmers. We had several swimmers in their first gala for Hythe (Rosie,Emily, Adam and Mackenzie) so well done to them and thank you to our older swimmers for helping to look after them.

Full Results attached.