

National County Team Championships 2019

After the disappointment of missing out on promotion in 2018 by just 7 points we reviewed every aspect of the trip to see where we might make changes to help maximise performance.



Setting off on Saturday a little earlier than we have done previously gave us time to squeeze a 'loosening up' pool session en route in the Loughborough Swimming Pool. The swimmers had a photograph with Jocelyn Ulyett (British 200m Breaststroke record holder) and then hit the pool. The skills they demonstrated looked excellent as we practiced relay take over's which gave us confidence about how Race Day was going to go.

Arriving in good time at the hotel we were able to take full advantage of our private meeting/dining room. This gave us plenty of time to fully brief our team and let them enjoy a team dinner together.

Of the 24 individual events, 12 resulted in Personal Best times and every other swim was almost identical to their current PB. Every relay team went above and beyond with many swimmers finishing faster than they ever had before. There was lots of positivity right from the beginning which was impressive to see considering we were 8th overall at the half way break.

A top 4 position was needed for promotion and everyone knew this. Everyone kept their chin up and dug deep to score the team as many points as they could.

The swimmers were brilliant both in and out of the water with behavior and a team spirit from start to finish that we must all be proud of.

I can't talk about the final result because, well:

Place	Club	Points
1.	Swim Wales W	466
2.	Worcs	446
3.	Cambs	438
4.	Leics	436
5.	Sussex	435

I'd like to thank everyone involved - the swimmers, parents, all the club coaches that gave input into the team and/or prepared their swimmers ready for the event and of course the support team led County President Kerrin Cruttenden who all travelled with the team.

It was also a great pleasure to see so many parents travelling to Sheffield to add their support.

We'll do it next year, we have to!

James Nock

Lead Coach

Sussex Inter-County Team 2019