

## Friendly gala 26th April 2014

Congratulations to all the swimmers representing Scarborough swimming Club in this friendly gala.

For many of the swimmers this was their first experience at a swimming gala and it can be a daunting and nerve racking experience , especially for the younger swimmers.

The noise, the electric atmosphere, working out what race your in, standing at the start with everyone watching, remembering your stroke, remembering how to finish properly, hoping your goggles don't come off, the exhaustion of 2 hours nonstop racing..... Just some of the pressures these swimmers face.

The Scarborough Swimmers rose to the challenge with cheerful determination, the older swimmers supporting the younger ones, family and friends cheering from the balcony and coaches helping, supporting and watching proudly from poolside.

Some very useful experience was gained by all swimmers, learning their own strengths and weaknesses in their swimming and motivating them to continue with their training and work toward new Personal Best times in their next competitive event.

Well done to the team Kodi Foster, Khyarna Foster, Sam Mensah, Rhys Doubtfire, Eric Hobkinson, Emily Kelly, Megan Kelly, Alex Beeson, Chloe Holloway, Georgina Calvert, Luke Oldfield, Briony Hart, Ellie Mae Gavin, Holly Millard, Lewis Henson, Oliver Evers, Toby Taylor, Owen Hobkinson, Noah Mummert, Evie Henshaw, Jamie Dennis, Josh Coats, Emily McDiarmid, Thomas Macdonald, Cameron, Charlie, Sapphia, Emma, Ben, Isaac, Grace, Lucy, Daniel K, Ivan, Oliver, Dasha, Ashton, Frazer, Daniel S and Noelia.

Huge thanks to coaches Sarah Harvey, Hamish Hobkinson, Zak Doubtfire, Matty Harvey, Jake Mensah and Anne Marie Doubtfire for their help on poolside and to all the parents and helpers giving up their Saturday nights for free to make these galas possible.