

To all parents and swimmers.

We are proposing to hold a "meet the coach" gathering with CoStA's Head Coach Wayne Ridden on Wednesday 3rd December at the High School pool in the conference room adjacent to the changing rooms at 7pm. This will be an opportunity for you to listen to Wayne's philosophy on coaching as well as an opportunity to ask questions.

I am particularly keen that parents of swimmers who are not squad swimmers attend - since they have not had the same exposure to Wayne as the squad and yet the overall philosophy is probably more relevant to our younger swimmers than those currently in the main squad. Light refreshments (hopefully mulled wine and mince pies - any assistance in this respect would be gratefully received!) will be available.

David Lightowler
Chairman, CoStA