

# National Arena Swimming League: Western Region Round 1

## Premier Division | Exeter 14<sup>th</sup> October 2017

### City of Cardiff Swimming club report

A new year brought a new city to visit, and for lots of Cardiff swimmers a new experience being part of the National Arena League.

As the seeded team, Cardiff had the choice of where to camp out, and selected the middle of the right hand 'grandstand' overlooking the pool where the team had the advantage of a balcony from which the coaches could "HUP, HUP, HUP" their charges to their hearts' content.

The swimmers soon discovered that to get to the pool, they had to go along the corridor, down the carpeted stairs, through the pool's reception, and alongside the café. Not being able to hear the announcer didn't make things any easier, and with 50 races and 40 odd swimmers, this was going to call for a monumental organisational effort, and not a little discipline.

Against all the odds, the swimming was actually turned out to be fairly well ordered, which is great credit to team managers, coaches, officials and swimmers alike. Although it has to be said that Nerys' heat sheets, much admired by other teams, maybe gave the team an unfair advantage.

Cardiff were out of the blocks like a cork out of a champagne bottle, and won almost every single one of the opening relays. It's a sign of Cardiff's fantastic strength in depth, and the writing was on the wall for the other teams.

And so it continued with win after win after win. This is not a team that takes its foot off the gas when it's out in front, even when some breathless swimmers were heading back to the blocks straight after a race. They had their competition faces on.

When people question whether swimming is a team sport, they should come to an Arena League event – any Arena League event. The camaraderie and genuine desire for team mates to do well is evident from every club at every event. There is as much cheering for a swimmer pressing hard for a fifth place as there is for a win – every point counts in these events, and everyone knows it.

Although this time there was clear blue water between Cardiff and the rest from quite an early stage.

As seems to have become a tradition in the club, the senior swimmers stepped up to the plate and helped the younger ones through. No-one missed a race and a good time was had by all.

So it was job done, and back on the coach towards and over the Severn Bridge. There was a loud cheer on the bus when news of the B team's excellent result came through.

There will certainly be tougher gigs to come for the Cardiff team, but they'll see this as one down, two to go.

#clinical

Final result (subject to official ratification) from Exeter Pyramid baths:

- |                                     |     |
|-------------------------------------|-----|
| 1. City of Cardiff SC (A Team)      | 272 |
| 2. United Bristol SC (A Team) HOSTS | 192 |
| 3. Swim Bournemouth SC              | 170 |
| 4. Street & District SC             | 152 |
| 5. West Wilts Force 5 (A team)      | 132 |
| 6. Torfaen Dolphins SC              | 129 |

# National Arena Swimming League: Western Region Round 1

## Division One | Newport 14<sup>th</sup> October 2017

### City of Cardiff Swimming club report

CCSC B team were in Newport for Round 1 of the Western Arena League. No bus journey to complicate things meant that the team arrived feeling quite relaxed after only travelling no more than 30 minutes to the venue. A quick team talk from Coach David and the swimmers headed off to warm up.

Competition was soon underway and it quickly became evident that Mount Kelly College were going to dominate the proceedings. They had clearly brought a very strong team (they were new to the league in 2016 so are making their way through the divisions). Cardiff B put up a very valiant effort with a very young team and there were some outstanding swims.

Quite a few swimmers swam up an age group and that resulted in a few having just minutes in between their races. They handled all of this with good humour and a great team spirit which gave coaches David, Ben and Andy, plenty to smile about.

Cardiff provided the hosting facilities and Paul Boalch and David Childs managed to sweeten the blow of paying to get in by snaffling one of the raffle prizes (the chocolates, not the wine) to offer to supporters.

The relays were hugely exciting and Cardiff B had some outstanding performances. The team managed to come 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in 33/50 events. All bodes well for round 2!

Final result (subject to official ratification) were as follows:

Mount Kelly College	336				
City of Cardiff SC B	234				
RCT Performance	226				
City of Swansea B	191				
West Dorset SC	153	Seagulls	139	Dawlish	117

