

Mid Beds Swim Squad (MBSS)

Gala Feedback for Press Releases 2016 – 2017

Meet Information	East Region Short Course Championships 4 th , 5 th and 6 th November
MBSS Swimmers	Aaron Hird, James McFarland, George Hart, Cameron Manley, Jack Wears, Harry Wears, Chris Murphy, Georgina Curtis, Lauren Grice, Lauren Thomas, Gemma Trott, Katie Shoobert, , Lauren Goodyer, Rebecca Grogan, Charlotte O’Dell, (15 in total)
MBSS Coaches	Tom McManus
MBSS Team Managers	n/a
Number of Races	57
Number of PB’s	26
PB Success Rate	46%
Medals / Finals	3 Finals Cameron Manley (50Breaststroke 5 th , 100Breaststroke 7 th 50Fly 7 th ,)
Coach Comments	<i>“Yet again a fantastic team performance and another sign of our progression. Two years ago we had 3 qualifiers with only 4 races between them; this year to have 15 qualifiers with multiple swims and finalists is testament to the swimmers, coaches and parents hard work to take MBSS forwards. From the first swim to the last each swimmer gave their best efforts and raced very well under fatigue at a high level competition in the midst of a tough competitive swimming calendar. The swimmers are displaying much improved racing skills and are holding good racing patterns and pacing strategies. I am delighted with the progress and now we are pushing hard with our endurance phase to prepare us for meets in late December. Well done to all teams in the East Region for some excellent races.”</i> Tom McManus Head Coach MBSS.
MBSS Website	www.midbedsswimsquad.org
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