SWIMMING CLUB 2016/2017

The Swimming Club have had an excellent year, growing from strength to strength. After a large sign up at the sports fayre, the club had over 70 members compared to last year’s 50. The introduction of the Development Squad has played a significant role in developing and accommodating this larger club, the development squad provides 3 sessions a week coached by either Eilidh (President), Giselle (Women’s Captain) or Xander (Men’s Captain). The Development Squad has been a huge success with many swimmers showing a great deal of commitment and in return improving their swimming. As a result we held trials for semester two to allow an opportunity for the Development swimmers to try out for the competitive team. We were pleased to be able to select two new swimmers to join the team for Semester two.
The men’s and women’s competitive teams had a strong first semester with a 3-1 W-L match record, a strong indicator of the programme’s growing depth and strength. In addition, to the league matches the team also participated in the Swimming Club’s first ever Varsity match against one of the UK’s top ranked squad, Edinburgh. Although St Andrews lost, it provided an excellent opportunity to for new members of the team to gain experience. The first league match was away against Heriot-watt, this was a close match but in the end St Andrews had the upper hand and walked away with a 88-82 win.

Next was a convincing win of 104-64 away to Abertay. A week later was to be our toughest meet of the season, against last year’s league winners Dundee. In the end Dundee took the win, but this year’s result was one of the closest margins between the two teams in many years with a result of 89-79 to Dundee. The boys relay team had a ‘standout’ performance against Dundee winning both their relays, the 4x50m medley relays and the 4x50m freestyle relay. This showed the potential and depth of the team against the best in the league.

The final meet of Semester one was a home match against Glasgow Caledonian, which topped off the semester with a convincing win of 110-58 to St Andrews. In addition, to the 4 league matches, we had several swimmers compete in BUCS Short Course Championships and Stirling sprints, achieving individual best times and making finals.
Our final league match was in Semester two against Strathclyde, this was to be a final decider as to where we finished in the league. Unfortunately, we lost by a close margin of 88-80, this resulted in us finishing third in the League. The results of this year’s SSS league matches show promise and strength for next year, as those lost were very close with only a couple of points in them and the wins were won confidently.

Next the team travelled down to Sheffield to compete in the spring BUCS National long course meet, where the team performed well, competing against top name British Universities and the British National Team. Over the course of three days the team achieved over 65% personal bests. At BUCS the team also achieved a massive overhaul of its overall record board. It was also a great team bonding opportunity and an opportunity to watch and learn from some of the top British swimmers.

Following his swims at long course BUCS, Angus Waugh was selected to represent Scottish Student Sport at the Celtic Nations Tournament in Belfast. At the competition Angus finished first in the 200m Freestyle, second in the 50 Freestyle and Men’s 4x50 freestyle relay and was in the winning team for the Canon relay.

Although our competitions season is over, we are still training hard and getting ready for a great upcoming season in September.