

# Kingston Royals Swimming Club



Annual Report 2023

[www.kingstonroyals.co.uk](http://www.kingstonroyals.co.uk)

**ANNUAL GENERAL MEETING**  
**SUNDAY, 17th MARCH 2024 at 5:30 p.m.**  
**The Malden Centre, New Malden, Surrey**

**AGENDA**

1. Apologies for Absence
2. Move to Approve Minutes of the Annual General Meeting of 26<sup>th</sup> March 2023
3. Matters Arising
4. Financial Statement
5. Annual Report
6. Constitution Amendment/s
7. Election of Executive, non-Executive Officers and Welfare Officer
8. Election of President
9. Appointment of Examining Accountant
10. Any other business

**Please Note:**

The Guidance Note to the ASA Code of Ethics states “any member wishing to make any direct overt-criticism of an official or other member of the club in a general meeting must advise the Chairman in good time to enable the Chairman to advise such person in advance of the meeting in order that he is able to prepare himself for such criticism”

## Chair's Report

This is my first chair's report having taken over from Greg McCall in March 2023. You will see the theme of "rebuilding" in head coach, Paul Hurley's report which has been our focus, following the challenges of recent years, most notably the loss of pool time due to the closure of Kingfisher as well as the departure of most of our senior swimmers who left post the Covid pandemic.

I'm pleased to report the rebuilding is progressing well with overall membership in 2023 increasing from 630 to 880. Our success is underpinned by a healthy financial position and a strong reputation as a club among the UK swimming community. This has been achieved by the dedication of our coaches and teachers, the hard work of our committee and club officers as well as the support from numerous of you who volunteer at our galas and other events. And of course, our swimmers and water polo players who have produced some impressive results in 2023 and are great ambassadors for Kingston Royals. Thank you all for your continued support and efforts on behalf of the club!

At grassroots level, through our partnership with Claygate Primary School and the valuable pool time it provides, we have managed to increase the size of our cadet section from 295 to 530 in the last year. As well as giving more youngsters their first taste of swimming, this is also growing our pipeline of squad swimmers for the future. Within cadets, we have introduced cadet galas each term to introduce them to competitive swimming. We are contributing to Claygate school and the local community by providing coaches to meet the school's national curriculum requirement and lifeguards to support their community swimming. I would like to thank Helen Wardell, who runs our cadet section with energy and enthusiasm. Together with Paul Hurley, Helen has worked tirelessly to get the Claygate school partnership off to a flying start. Special thanks also to coach Sarah Long, part of Helen's team, whose knowledge and experience of school swimming teaching has been invaluable to us. As many of you will know, we have had some challenges with Claygate, particularly around water conditions, and I thank parents for their forbearance as we continue to work with the school to resolve these issues.

Swimming at Claygate school has also filled the gap in squad pool time created by the loss of Kingfisher. Regarding the replacement pool, we are closely engaged with the development team at Kingston Borough Council. I am delighted to report that the council has confirmed, when the pool opens in 2027, Kingston Royals will be, as in the past, the resident club. This should guarantee sufficient pool time to match the growth of our club to well over 1,000 members.

I am very grateful to be supported by an excellent team of committee members, Ceri Eastwood, Kevin Joyce, Louise Pasquill, Martin Eales, Sally-Anne Hawley, Oonagh Davies, Toby Makepeace and Veronica Russell. Particular thanks to our Vice Chair Veronica, whose mix of resolving day to day issues with good humour whilst contemplating the club's future plans has been tremendous support to me as Chair. I'm also very grateful to our club officers and volunteers, without whom we would have no club. One of the biggest risks to our club going forward is having insufficient people prepared to step forward as volunteers to help us with the management of KRSC. So, if you have not yet volunteered, we have a range of posts to fill and I urge you to come and join the team!

I would also like to extend my thanks to our coaches and teachers, ably led by Paul Hurley. As head coach, Paul puts his heart and soul into all aspects and we are very fortunate to have someone so dedicated to the club.

The club's finances remain in a strong position and my thanks to our new treasurer, Martin Eales, who only took on the role towards the end of the year but worked determinedly to produce the year end accounts and, in a short space of time, has got a firm grip on club financial matters. As in all successful teams, behind the scenes there are unsung heroes and one of those is Andy Russell who steps down after four years as financial secretary. I would like to thank Andy for all his efforts in making sure our bills get paid on time and producing the monthly accounts. Also welcome to Anna Egorova who has taken over as financial secretary. And remaining on the theme of unsung heroes, special thanks to Doreen Seal who you will have seen running the desk at galas and the club shop. It would be rude of me to mention Doreen's age so I will just say I am glad we are keeping you young Doreen!

You will see from Paul Hurley's report that our swimmers have achieved some impressive results at galas during 2023, which is due to the hard work of Paul and his coaching team. For the detail of our successes, can I draw your attention to Sally-Anne Hawley's sumptuous report. As a club, we are well known for the popularity and success of our New Year and Autumn meets and, again, we hosted successful events in 2023. We were also pleased to add a new event to our calendar - the start of season, invitational gala to provide younger swimmers with a taste of the highs and lows of competition! The success of our galas generates profit which we use to keep our squad fees competitive. This success is, in large part, due to the efforts of Sally-Anne Hawley. I would like to thank her, not only for her contribution to galas but also for her wider role as competitions and open meets secretaries.

One of our plans coming out of Covid was to re-establish training camps for our senior and junior swimmers which we have achieved with a successful camp in Cyprus in February 2024, memorably described by one of our swimmers as eat - swim – sleep – repeat! The junior camp is imminent and both of these will feature in our training calendar every year. We also introduced stroke clinics in half terms for our academy & junior squads which have proved very popular.

Our water polo section is thriving and you will see from Mark Everett and Steve Luff's senior and junior reports that membership has grown with both sets of players achieving some notable successes. Our senior players were undefeated in Division 3 of the London Winter League and finished third in Surrey Division 2. We have developed a strong relationship with Surrey University both in terms of joint training sessions, KRWP coaching the university team to promotion from Surrey Division 3 and arranging a women's tournament at Guildford with 3 visiting teams. Our junior players have continued their successes from last season with representation in the winter league at U18, U16, U14 and U18 women. In the summer league U13 won their division and U15 finished 2nd in Division 2. We have a number of players, both boys and girls, representing the club at both county and regional levels, for Surrey, the South East, and now around 3 players representing the club in the National Talent Centre Scheme. My thanks to coaches Mark, Steve and team manager Toby for their enthusiasm and determination in driving water polo forwards.

Our Masters swimmers continue to train well and fly the KRSC flag at county, regional and national events with some impressive performances in 2023.

We also retained our SwimMark accreditation from Swim England in 2023 and I'd like to thank Kevin Joyce for his hard work and thoroughness in ensuring this was achieved so smoothly. One of the things the accreditation mandates is a working plan for the future of the club, which we actively manage as a committee. Our headline goals for the future are:

- Use some of our financial reserves to support specific initiatives - including a financial support scheme for those for whom swimming is unaffordable;
- Further develop our para and disability swimming activities;
- Strengthen the coaching team to support our planned growth targets;
- Become a registered charity;
- Ensure our club structure continues to support the aspirations of our swimmers;

Finally, there is a group of people I have not mentioned who deserve applause for their efforts on behalf of our swimmers and water polo players. Thanks to the parents, guardians and supporters who get up early, drive hundreds of miles, watch for hours and encourage our swimmers to be their best swimmer!

Mark Trevor  
KRSC Chair

## Head Coach Report

The last year has been a fun and exciting time for KRSC. We have worked hard to bring together a number of initiatives including more exposure of competitions to our younger swimmers and supported by a new lead coach, the re-establishment of home and abroad training camps and starting up a large section of the club at Claygate primary school. In addition to this we have continued to advance swimmers at Championships.

In just over two weeks from the time of the AGM we will look to take a team of around 40 to Mount Kelly College to run a Junior Training Camp. This is the first time that we have done this since 2016 and I hope it becomes an annual feature in our calendar. We have also returned from our first overseas training camp since 2020. We took a team of 30 to Coral Bay in Cyprus for an 8 day intensive course. The Cyprus camp was an outstanding success with a number of swimmers not wanting to return to the UK! They must have enjoyed the training and warm weather. A big thank you to all staff and chaperones supporting the camps and getting us up to speed to meet all the requirements.

From a Championship perspective we had a successful haul of medals at Surrey County and it was very pleasing that medalists came from Juniors, County and Regional squads. At the London Regional Championships we also had three of our five medallists winning their first medals at this championship level. This is something that is very encouraging as we continue to rebuild. At the National Championships we had one qualifier who made both British and English Nationals.

With the focus on rebuilding we have set up a number of initiatives for inspiring younger swimmers. These include running an early Start of Season Meet for the first time this season. A big thank you to all those that supported us in getting this up and running, it allowed our younger swimmers the opportunity to swim and post times at the start of the season, with the meet allowing some of our youngest swimmers the opportunity to swim their first meet. Our Cadets have been running gala nights and specialist training sessions such as dive practice to prepare swimmers for these events. In addition to this the club has employed a Junior Lead to help bring together our large Junior section.

As mentioned in my previous AGM report we have secured a large amount of pool time at Claygate Primary School and their new Community Pool. This has allowed us to nearly double our Cadets numbers, to provide us with more training times and to be able to extend geographically our reach for new swimmers. With all new projects there are always teething problems and I would like to thank everyone for sticking with the project. We look to be coming out of the other side now and beginning to show the benefits for KRSC.

Our Masters section continues to train well and represent the club at competitions. The Surrey Counties in June saw a host of swimmers winning medals at individual and relays. A group of swimmers competed at the South East Open Winters Championships in October. Finally, huge congratulations to Dave Pethers who competed at the National Masters.

I would like to thank the coaching team of Paul, Nora, Sarvesh, Julian, Pete, Amy and Jenna. Alongside the teaching team led by Helen with Sarah massively supporting the new cadets programme at Claygate. A big thank you to all the committee members for working their unsung and difficult roles. Mark and Veronica have supported me and worked hard on all aspects of the club. Martin, thank you for organising all the team events and logistics of the Cyprus camp and then taking on the role as Treasurer. Louise, with your hard work on taking on the Mount Kelly Camp. Sally for organising all the competitions and our Open Meets that supports the club in both competitions and financially. Oonagh,

for all your communications to the club membership and organising all the trials to keep KRSC numbers high. Also to so many more that helps KRSC become an important part of so many people's lives.

I am looking forward to our next year and to continue the great work from this season.

Paul Hurley  
KRSC Head Coach

## **Competition Report**

### **The Royals New Year Meet 2023**

The Royals New Year meet took place over the weekend of 14th/15th January and provided swimmers with a last chance to secure Surrey Championship qualifying times before the Closing Date of 18th January 2023. The demand for the meet remained very high and was heavily oversubscribed. Kingston had 116 swimmers who entered a total of 583 events. A number of swimmers gained additional Surrey qualifying times.

The meet ran to time and yielded a healthy profit.

A huge thank you to all the referees and officials and to all those parents who put themselves forward to help at this event, we could not have done it without you.

### **Surrey Championships 2023**

Following the Coaches Forum in March, Surrey changed the format of the County Championships for 2023. Whilst it was agreed to there would continue to be an individual County Championship in January/February to comply with Swim England directives it was decided the Relay section of the Surrey Championships would be moved to 10 September 2023 as a “beginning of the season” event and early practice for any Arena league teams.

As a result, the Surrey Age Group Championships took place across two weekends 21st/22nd January and 4<sup>th</sup>/5<sup>th</sup> February at the Surrey Sports Park in Guildford.

Kingston fielded a team of 35 swimmers who entered a total of 142 races across the competition.

Kingston swimmers came away with a total of 5 Gold, 6 Silver and 10 Bronze medals putting us in 11<sup>th</sup> place in the Men & Ladies Combined medal table.

**Tinlin Trophy** – The Surrey Championships awards points to swimmers from each club where they are placed 1st-8th in any event. These points are then used to create a Team Rankings placing for each club - Kingston were placed 9<sup>th</sup> overall.

Pip Cinpoes also won the Centenary Trophy which is awarded to the fastest swimmer in the Mens and Open Mens 1500m Freestyle.

A special mention should go to Emma Hill who came second overall in the 12 Year Old Girls Age Group Individual Rankings (BAGCATs) and to Caitlin Trevor who gained 6 Golds in the Multi-Class Competition.

In addition, two swimmers were also placed 7<sup>th</sup> and 8<sup>th</sup> in the BAGCATs for their age group. Xavier Cia's was placed 7<sup>th</sup> in the 14 Old Boys Age Group Individual Rankings and Emilia Russell in the Girls 13 Year Old Age Group.



Huge congratulations to Emma Hill, Lucia Williams and Nathan Han who were selected for the County Development Programme 2023 for the second year running. The programme is the first phase of the Swim England talent pathway.

The criteria for selection were that the selected swimmers had to be 12 years of age on 31st December 2023. Up to 36 swimmers were selected (18 open/male and 18 female) based on each swimmer's 200m Individual Medley Rankings (per county) selected from 200m Individual Medley Swim England National Rankings and these times had to be achieved between 1st January 2023 and 6th August 2023 (end of swimming season).

### **British Championships April 2023**

No swimmers qualified to take part in the April British Championships 2023. However, **Pip Cinpoes** travelled to Romania for the April Romanian Long Course Nationals where he competed in the 200m Individual Medley (finishing in 7<sup>th</sup> place), 100m Freestyle, 400m Freestyle and 100m Butterfly.

### **London Regional Championships 2023**

Unlike previous years, 2023 saw the Age Group and Youth competitors taking part in the same competition. Thankfully this meant there was a much more sensible break between Surreys and Age Group Regionals as the year before there was only a two week gap between the two competitions.

### **London Regional Age Group and Youth Championships 2023 (including Relays)**

As in recent years, there were two level of entry times offered. Qualifying Times and Consideration Times. All those with Qualifying Times were guaranteed acceptance whilst only the fastest swimmers with Consideration Times were accepted until each event reached capacity. Kingston fielded a team of 19 swimmers competing in a total of 71 events. We also entered teams into 6 relay events.

**Week 1** of the Swim England Regional Summer Championships took place over the weekend of 23rd-24th April at the K2 Leisure Centre in Crawley. Kingston came away with 1 medal across the weekend with Nathan Han achieving a Silver medal in the Boys 11-12 Years 200m Freestyle.

**Week 2** of Regionals took place over the Bank Holiday weekend of 29th April-1st<sup>st</sup> May at the London Aquatics Centre in Stratford.

Saturday's racing saw Pip Cinpoes achieve a Gold medal in the Boys 16 Years 1500m Freestyle, Millie Mulcahy achieve a Bronze medal in the Girls 14 Years 50m Backstroke and Emma Hill achieve a Bronze medal in the Girls 11-12 Years 50m Freestyle.

Sunday's racing saw the medal trail continue with Nathan Han bagging his second medal of the Championships with a Silver medal in the Boys 11-12 Years 100m Freestyle and Jessica Wright securing a Bronze medal in the Girls 14 Years 200m Breaststroke.

Kingston came away with a total of 6 medals across the whole competition which saw them placed 22nd in the medals table.

In the combined team scores, Kingston were placed in 21<sup>st</sup> out of the 36 London clubs competing.

Well done everyone!

### **British Summer Championships 2023**

**Pip Cinpoes** qualified for the 1500m Freestyle but did not swim at this event.

### **Swim England National Summer Meet 2023**

**Pip Cinpoes** qualified for the 200m Freestyle and 400m Freestyle but again, decided not to take part in this event.

### **Surrey Championship Relays 2023**

Following the Coaches Forum in March 2022, Surrey changed the format of the County Championships for 2023. They ran the individual County Championship in January/February to comply with Swim England directives but moved the Relay gala to 10th September 2023 as a “beginning of the season” event and early practice for any Arena league teams. The selected venue for this event was the K2 Leisure Centre in Crawley.

Kingston entered fielded 2 teams across 14 relay events, giving us a total of 28 relays entered (although only 26 were swum on the day). All relays were swum as HDW. No medals were achieved but the following teams were placed in the top 8.

Boys 12-13 4 x 50m Medley Relay A Team – 5<sup>th</sup> place

Boys 12-13 4 x 50m Freestyle Relay A Team – 5<sup>th</sup> place

Girls 12-13 4 x 50m Freestyle Relay A Team - 6<sup>th</sup> place

Girls Under 16 4 x 100m Freestyle Relay A Team – 8<sup>th</sup> place

Girls 10-11 4 x 50m Medley Relay A Team – 7<sup>th</sup> place

Girls 12-13 4 x 50m Medley Relay A Team - 6<sup>th</sup> place

Boys 10 x 11 4 x 50m Freestyle Relay A Team – 7<sup>th</sup> place

Girls Under 16 4 x 100m Medley Relay A Team – 8<sup>th</sup> place

### **The Royals Start of Season Invitational Gala 2023**

This was the first time we ran this one day gala. The aim of introducing this gala was to allow the club’s younger swimmers to experience competitive racing for the first time in a **predominantly home environment** and to obtain licensed times at the start of the season to enter future open meets. In addition, the coaches also felt it would be useful for the older swimmers to enter as it would allow the coaches to gauge the fitness of swimmers after the Summer break.

The plan was to invite 2 external clubs to offer some external competition without it being too overwhelming for the younger swimmers. Epsom and Leander were both invited and accepted the

invitation. However, Epsom later withdrew at short notice so we ran the gala with just Leander as it was too late to invite other clubs who had committed to other competitions. Despite this the gala was still a success and ran at a profit. As a result, the plan is to continue with this gala next year.

### **London Winter Champs 2023**

There are only two age group categories for London Winter Champs – Juniors (Age 10-16 inclusive) and Seniors (Age 17 & Over)

10 Kingston swimmers qualified to swim at this event and entered a total of 20 events across the competition. Unfortunately, there were no medal winners or finalists at this competition.

### **The Royals Autumn Open Meet 2023**

This meet took place over the weekend of 17th/18th November and ran at capacity.

All swimmers from Kingston aged 9 and over from Academy up to and including Regionals were invited to swim at this event as this meet doubles-up as our Club Championships. A total of 127 Kingston swimmers entered a total of 747 events which was down from the numbers entered in 2022 which saw 159 Kingston swimmers enter a total of 975 events.

There were 12 new Club Championship records broken at this event compared with 3 in 2022, 12 in 2021 and 18 in 2019. A special mention to **Emmeline Eales** who broke 7 of the records in the 10 year old age group.

The meet ran to time and yielded a healthy profit.

Once again, the Club would like to thank all the officials and parent volunteers without whom this meet just would not have been possible.

### **Swim England National Winter Championships 2023**

No Kingston swimmers qualified to swim at this event.

### **Club Championships Long Distance Events 2023**

The logistics of getting the usual clubs together yet again proved extremely challenging but it was decided clubs would prefer to hold this event towards the end of the season rather than in December.

Due to the on-going issue of clubs not being able to commit to 3 days in the calendar to hold this event, it was decided to cover all the Long Distance events in one day.

This event was held on the afternoon/evening of Saturday, 10<sup>th</sup> June 2023 at the Xcel Leisure Centre in Walton and the attending clubs were Kingston, Woking and Elmbridge (Leander is hoping to join us in 2024).

All four long distance events were on the programme and the event was a success despite the heavy schedule. 5 Kingston swimmers achieved 7 Long Distance Surrey Qualifying Times.

## **Junior Swimming League 2023**

Round 1 saw Kingston swimmers travel to Sapphire Ice & Leisure in Romford where they competed against Rochford, NUEL, Chelsea & Westminster, Harlow, Halstead and Greenwich Royals. Kingston performed consistently well throughout the competition but were let down by the fact they had Out of Age swimmers in both the 9 year old Girls and Boys Individual Medley and Freestyle Relay competitions, meaning they could not secure any points in these events. Despite this setback, Kingston still managed to finish Round 1 of the competition in third place overall with 232 points.

Round 2 saw a change of venue to Braintree (Freeport) Leisure Centre in Essex. Round 2's competitors were Rochford, Hillingdon, NUEL, RTW Monsoon, Thurrock and Chelsea & Westminster. Despite finishing 1<sup>st</sup> and 2<sup>nd</sup> in a number of events, Kingston were up against some stiff competition which saw them placed 3<sup>rd</sup> overall with 233 points just behind RTW Monsoon who placed 2<sup>nd</sup> with 238 points and Chelsea & Westminster who were 1<sup>st</sup> with 262 points.

Round 3 saw the fastest 6 clubs travel to Southbury Leisure Centre for the final round of the competition. Round 3's competitors were Chelsea & Westminster, RTW Monsoon, Halstead SC, Greenwich Royals and Enfield Swim Club. Despite a few good swims, Kingston struggled to find their form and finished in 6<sup>th</sup> place.

## **National Arena League 2023**

Again, the Coaches felt that competing in this event with a severely depleted team (even if we re-entered the competition in Division 2) would have a negative impact on the morale of the swimmers. Instead, they felt it was sensible to pull out of the competition and concentrate on rebuilding the team with a view to rejoining the league in 2024.

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## **PARA SWIMMING**

### **Caitlin Trevor**

2023 saw Caitlin continued to compete in a mixture of KRSC club meets, national level events and represent the USA in the SUDS European DSISO (Down syndrome) Championships. She won 4 Gold medals in Surrey Counties; made the finals and achieved some PBs at the Citi Para World series/British Para Nationals in March. In June, she set 2 new Americas Region DS records and then won several medals at the Len Badcock Memorial Para Swimming Meet. In July she travelled to the USA and won 8 Gold medals and set 4 new Move United National records. She also won (and competed as the first person with Down Syndrome) in the Senior Division of the Super Sprint Triathlon in Birmingham, Alabama.

In September, her US/RSA team came second in the 4 x 200m Freestyle race at the SUDS European DSISO Championships. She achieved 2 PBs and also set a new Americas Region record in the 200m Breaststroke. In October, she trained in Orlando with the US National DS team and was named to the 2024 US National DS team. The following month, at the British DS Swimming Championships held at the K2 in Crawley, she won Silver in 200m IM and 50m Freestyle with 3 PBs overall. She returned to Orlando in December to compete in the US Paralympic Swimming Championships where she placed 8th

in the 200m Freestyle, achieved a PB in the 200m IM and won a Bronze medal in the 4 x 200m Mixed Freestyle Relay event.

Caitlin continues to train with London Disability Swimming Club, a pan London hub club for para swimmers, as well as the KRSC Regional Squad. She has completed her Level 2 qualification with the Institute of Swimming and is also completing her DofE Gold Award as a Poolside helper at the Malden Centre.

### **Conor Macauley-Conway**

Conor was very proud to be selected for the Down Syndrome Swimming GB team to compete in the European Championships which were held in Padua, Italy in September. Conor swam in the 100m, 200m, 400m, 800m and 1500m Freestyle events. He achieved long course PBs in the 100m, 200m and 1500m and received a Bronze medal for his age group for the 1500m Freestyle. The GB team were the overall champions so a fantastic trip!

In November the 2nd British Down Syndrome Championships were held at the K2 in Crawley. Conor had a great meet with 5 PBs as well as winning the Silver medal in the 1500m Freestyle and Bronze medals in the 800m and 400m Freestyle. He has qualified for the World Championships in Türkiye which are in March 2024 and is training hard for this now.

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I would like to extend the Club's thanks to the Executive Committee, Coaches, Officials and Parent Helpers for all their support over the last year.

Sally-Anne Hawley  
KRSC Competition Secretary

## Kingston Water Polo Report 2023

### Senior Water Polo

Last year saw some continual changes within the water polo section. With some success in and out of the water. A new era this year and coming years has seen changes to the way we manage things and structure to the section.

Over the last year we have had a further session on Monday nights, this session is a competitive session, we have regular attendance by most of the 1<sup>st</sup> team squad and those able to keep up with the session and aspiring to compete at a higher level. This session is an invitational session and we have a maximum of 20 players.

This session has proved to be valuable over the winter period as for the first time this year we entered the London winter league. We played in Division 3, the travel was a challenge but we managed to fulfil all our fixtures and out of the 8 games played in the league we won all 8, and had a far superior goal difference over the other clubs.

#	Team	Pl	HW	HD	HL	AW	AD	AL	W	D	L	F	A	Diff	Pts
1.	Kingston	8	4	0	0	4	0	0	8	0	0	138	70	68	24
2.	Barnet	8	3	0	1	2	0	2	5	0	3	79	69	10	18
3.	Enfield II	7	3	0	1	0	0	3	3	0	4	59	83	-24	13
4.	South London Leeches	7	1	0	2	0	1	3	1	1	5	71	83	-12	10
5.	Eastern Otters	8	1	1	2	0	0	4	1	1	6	58	100	-42	9

In the Surrey division 2 last year, having won it the year before 22/23 and electing to stay in division 2 we came 3<sup>rd</sup> in the league. We won 3 and lost 3 games. This league is a far more competitive league and we only just lost out in the last games of the season. It was very close at the top. In the Surrey league division 3 we came 2<sup>nd</sup>, winning 4 and losing 4, coming second only to Surrey University the other club we entered in to the league and we coach as well.

We have continued to support and cultivate a positive relationship with Surrey University, this has allowed us to take players to Guildford to train and play training games, and had even for the 1<sup>st</sup> time arranged a ladies tournament at Guildford with 3 visiting teams. This was a great success and we hope to move this on again this year with similar events.

These results have been a big boost to the club, and having 2 nights a week to train and play has allowed us to be more competitive as a team and the section goes from strength to strength. Having 2 nights has also allowed us to arrange games on both Monday and Thursday nights, so if we have a game on Monday our Thursday club night and training can still go ahead for the rest of the players/members.

We have already started the summer season of games, played 3 games, won 2 and drawn 1, this puts us in a strong position at the start of the season. We have had 11 consecutive wins to date, which is a

record for our club in recent memory. This has had a positive effect on training and attendance and availability for games.

Our players have benefited from playing against and with players from the Surrey University, and with both George and myself coaching the Uni teams, we have access to an all deep water pool with added time. Coaching the Uni team and entering them in the Surrey division 3 last year, they won the league and got promoted. This has proved to be a big benefit for KRWP, in both water time and having a bigger group of players to select teams from. Our membership is still healthy, we have had new members and have had to decline some enquiries and players as we are saturated with our current sessions.

A very positive year and we are grateful to the club in their continual support.

Mark Everett  
Senior Water Polo Coach  
Kingston Royals Water Polo

# Kingston Water Polo Report 2023

## Junior Water Polo

We have continued on our successes from 22/23 into 23/24 and have a number of Kingston players both boys and girls representing the club at both county and regional levels, for Surrey, the South East and now around 3 players are representing the club in the National Talent Centre schema.

As usual, we move our older players up from the Juniors to the Seniors and this has proven to be a good move for a number of the players, now included in both the men's first and second teams. We have expanded the number of both girls and ladies in the club, and it has been the first year we have been able to enter the London Water Polo League with a ladies/girls team. The team ranges in age from 14 up to 18, and the younger girls have been an absolute credit, playing against girls of 16/17 with years of experience and holding their own.

With the moving up from the junior to the seniors for a number of players, we currently hold about 34 juniors on the books and are regularly adding to the number from the feed programme we run in conjunction with Aquademy Sports, run by Steve Luff a senior player and head of the junior programme.

Kingston Water Polo has always considered itself as a fully inclusive club, where anyone can join and come and play, but for the Juniors now with only a single session on Friday evening, we are having to be selective on the new members due to the limit on numbers we can safely run in the pool. This is both a great position to be in, but also disappointing to see us turning people away from the sport.

We are very lucky to be supported by Aquademy Sports for the younger players that are not strong enough to be part of the Kingston setup, this allows us to send them down to Parkside in Cobham to learn the basics, and improve their swimming skills and strength to then come back to the club. This has proven very successful over the past year, with the fact the junior lead coach George also works at Aquademy Sports for their water polo skills. He has been able to spot the right time to move the player between the 2 setups with great success.

On successes, for the last year we had teams in both the summer and winter leagues. The summer league saw our U13 win the division and our U15 come second in Div 2. In the winter league, we had teams in the U18, U16, U14, and U18 women. This meant a number of players played up to make sure we had enough players, with 3-4 of the U14 playing in the U16 and most of the U16 also playing in the U18. This proved hard work for a number of players where the competition was being held on the same day, and some players were involved 4-5 games in the different competitions over a period of 8 hours.

We continue to have good strong relationships with a number of other clubs, which has allowed us to have some friendly games for the more inexperienced juniors against the likes of Sutton and Cheam and Drench Water Polo.

A mention needs to go out to William M, who at the Age of 15 has been supporting a number of other clubs at the National Level, last year playing with Worthing at the U17 NAGS, helping them come second,



including saving 3 goals in the penalty shootout to get into the final, and so far this year playing for Croydon at the U19 NAGS play-offs, and Worthing again in the U17 NAGS team.

We continue to proudly say we are producing talent at regional and national level.

Steve Luff  
Head of Junior Water Polo

Toby Makepeace  
Team Manager / Administrator