



Patron: Sharron Davies MBE

**Aqua Sulis Swimming Club**  
**AGM 2015**  
**Coaches Report**

Last years report started off highlighting that AS would be without their main pool at the University for the majority of the season. Many would have seen this as a huge negative and allowed this to influence the season that followed.

Thankfully, this wasn't the case for AS and we found adequate pool time to sustain the training needs of the squads throughout the closure. Recognition for this should be made to Anne and Mark Lawton for tirelessly approaching all the pools we eventually used, also to Emma Head for brokering the land training space we used at Ralph Allen School, which enabled AS to launch its new land training programme. Additional thanks must go to John Watson (Bath NTC) for devising the plan and to Mellissa Hardern, George Buckney and Mike Muckelt for the delivery of this programme in assisting the swimmers development.

Where a reduction in pool time may have proved a disaster for some programmes, we supplemented these hours with the land training and had tremendous success in the competition arena. Aqua Sulis had 6 swimmers qualify for the British Champs, with 5 competing. We had 3 swimmers make Junior finals with 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> place finishes, all in pb times, a tremendous set of achievements.

This carried through the Regional and National/Home Nation Champs as well. Aqua Sulis was well represented on the medal podium and in final placings. It's worth noting that from the summer competitions we achieved a British, Scottish, English, Welsh and New Zealand national champions!!

We also broke new ground towards the end of last season in employing Suzi Bowen as our new Assistant Head Coach. Suzi comes to us with a wealth of knowledge and a proven track record with in age group swimming. Suzi will take charge of the Junior Performance and Development squads, where she will be assisted by another new member of staff in Liam Willcox.

Results summary:

- 3 Medals at British Summer Champs – 1 gold, 1 Silver, 1 Bronze
- 5 Medals at English Home Nation Champs – 1 Gold, 2 Silver, 2 Bronze
- 1 Medal at Scottish Home Nation Champs – 1 Gold
- 10 Medals at Welsh Home Nation Champs – 3 Gold, 4 Silver, 4 Bronze
- 3 Medals at New Zealand National Champs – 2 Gold, 1 Silver
- 3 British Champs Junior finalist
- British Summer Champs finalists
- English Home Nation Champs finalists
- Scottish Home Nation Champs finalists
- Welsh Home Nation Champs finalists
- 1 selection for England Talent Programme
- 2 selections for AASE Programme

In addition, I have recently been selected for the England Programmes Talent camps. We also have 1 assistant coach who has completed the UKCC Level 3, 2 other assistants currently on the course, as well as 1 assistant completing their UKCC Level 2 and another about to complete the same course.

### **Special mentions and thanks**

A large amount of recognition needs to go to all the coaches that provide cover either in my absence or as part of our volunteer network. Thanks to Andrew Turner, Richie Lamb, Chrissie Lamb, Jamie Forrest, Matt Puddy, Jonny Carlisle, Susie Hann, Liam Willcox, Helen Ward, Gina Curry, Charlotte Stubbs and Sylvia Sinclair.

Continued huge thanks to the Aquae Sulis Committee and recognise the tireless work by Mark Lawton, Anne Lawton, Emma Head, Amanda Turner, Liz Metcalfe, Nick Press, Karen Bowen, Jo Dixon, Sylvia Sinclair, Jamie McNeil, Jenny Foster, Kyp Harrison, Sean Grothier, Rebecca Marshall, Wendy Hood, Nat Gordon, Tracy Curry, Steph McFarlane and Chris & Caroline Walker. Without their hard work, we wouldn't have pools to train in, competitions wouldn't run and we would have no income from fundraising, sponsorship or grants.

I would also like to thank all our volunteer officials and parental helpers at all meets we run and attend.

I would like to thank Bath University for their support and use of facilities, to Lindsay Dunn and Emily Taylor at the ASA for their support and guidance and to all the Network Clubs and Coaches for their continued support.

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