

Newsletter: Issue 18: May 2016

AQUAE SULIS

Performance Swimming Club

ASA Club of the Year 2015



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SWIM 21 Network Accreditation renewal—Well Done!

In April the Aquae Sulis network was informed by Jackie Hilleard, the SW Regional Development Co-ordinator, that our network has retained its SWIM21 network status for its second year. The national panel approved the accreditation for the coming year to March 2017.

We would like to thank Sylvia Sinclair, Emily Taylor, the SW Regional Club Development Officer, John Dougall, and all the network clubs for their contributions and support.

SWIM21 network is important to our clubs as it shows that we can work together to deliver swimmer's pathways in our area, ensuring that athletes meet their potential and are retained in the sport.

We work towards the following objectives:

- To retain and increase ASA club members
- To retain and increase volunteers, teachers, coaches and officials
- To raise the standards of performance across appropriate aquatic disciplines

The individual clubs already have their own swim21 essential accreditation which is the ASA's quality mark recognising effective, ethical and sustainable affiliated clubs. Congratulations to our network clubs that have retained their SWIM21 essential status at this year's panel - Bath Dolphin, Chippenham, Keynsham, Norton Radstock and Westbury.

ASPSC would like to add special thanks to Karen Bowen, who worked tirelessly to pull our submissions together for this important recognition.



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IMPORTANT — Parent & Swimmer Meeting!!!

The committee would like to invite you to attend a Parent / Swimmer information evening on; 1st June, 2016 at 18.30p.m. at Lansdown Golf Club, BA1 9BT.

At this meeting, John Dougall and Susie Hann will present the New Club Structure to all attendees. This structure has been agreed in principle by the Committee and Network Committee of Aqua Sulis Swimming Club and the evening will be your opportunity to ask any questions on the structure itself and the around the process for implementing it into the club. The structure acknowledges the ASA Long Term Athlete Development Plan for swimmers and the Network club's desire for ASPSC to provide a performance model pathway for its participants of the programme and has been developed with the support of the ASA.

FUND RAISING

Please email Wendy Hood if you have any queries - fundraising@aquaesulisswimming.org.uk

Cash In the Hat!!!!

Here is our next fundraising idea which we would like to kick-start over the half term week and for everyone to join in with. **CASH IN THE HAT** is a fun, easy challenge which all swimmers and their families can take part in.

Here are the instructions!!!

1. Dig out an old swimming hat from the dark depths of your under stairs cupboard.
2. Place it in a prominent position in the home, preferably near where your family leaves their loose change.
3. Fill the hat up with loose change, old holiday coins and any currency you have lying about.
4. Your collection can be handed to me or any member of the fundraising team as soon as you have collected as much as you think you can and there will be a gift for the first 3 kids to hand theirs in (no, it won't be a new swimming hat!)

I'll set a hand in date towards the end of the season but in the meantime good luck and start collecting! As usual we would like to say a huge thank you to you all for supporting the club's fundraising activities.

Bag Pack at Sainsbury's (please keep the date free)

Many of your swimmers took part in the Sainsbury's Bag Pack last year and it was a great success, both in raising funds for the club, being great fun and giving Aqua Sulis an opportunity to show the public what a great bunch of kids we have. Sainsbury's commented on how helpful and enjoyable it was to have us.

So, the good news is they would love to have us back again this year for a Bag Pack on **Saturday 3rd September 2016** so please put this date in your diary. I will arrange a rota nearer the time to fit around Saturday swimming training but just want to notify you all at this stage that we would like as many swimmers as possible to take part so please keep the date free.





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AQUAE SULIS

www.aquaesulisswimming.co.uk

LEVEL 3 LONG COURSE

SUMMER SPLASH OPEN MEET

Saturday 2nd & Sunday 3rd July 2016

At

Millfield Senior School Pool

Street, Somerset BA16 0YD

50 Metre, 8 Lane Pool

Swim Down Pool, Electronic Timing, Seating for 400+, Free Parking

Boys & Girls from 9 years (ages as at 3rd July 2016)

Medals up to 6th place up to 13 years & 3rd 14 & Over

Under ASA Laws and Regulations and ASA Technical Rules of Racing

For meet entry pack, either email: chairaspsc@gmail.com

or

Visit the Aqua Sulis Web Site Open Meet Page

At

www.aquaesulisswimming.co.uk

Closing Date for Entries Midnight 5th June 2016





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Aquae Sulis Special General Meeting held on 21st April 2016

Main items on the agenda were to agree changes to the club’s constitution and to vote in a new Management Committee.

Constitution

Jamie McNeil (Acting Chair) confirmed that it was the key principles of the changes that required agreement to move forward from the membership and these key principles are:

- Squad sizes and structure – as this may have an impact on the network clubs
- The implementation of a new Specialist adviser role that will have voting rights be independent from the club and there to give a sense check on the decision making of the committees
- Division of responsibilities between the network club committee and the Management Committee

The proposed changes were passed by majority vote. The revised constitution has been published on the club’s web site.

New Committee

With standing room only the following new committee members were voted in by majority:

Susie Hann (Club Chair), Chrissie Lamb (Secretary), Julia Barton (Treasurer), Matt Lawman (Communications Manager), Wendy Hood (Fundraising Manager), Karen Bowen (Training and Development Officer).

Resigning/Retiring from roles were:

Jamie McNeil (Chair), Sean Grothier (Open Meet Manager), Mark Lawton (Treasurer), Liz Metcalfe (Welfare Officer), Guy Roberts (Assistant Welfare Officer)

Why not follow us on twitter [@aspsc](https://twitter.com/aspsc)



It’s often the first place to find the most

up to date club news including meet results and general information. We now have 365 followers!





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ASPSC Management Committee and Volunteers

Here is a full list of Management Committee members and volunteers, including those people who have kindly stepped up since the SGM.

Importantly, all current vacancies are shown. If anyone is interested in stepping-up into any of the roles please contact Susie Hann in the first instance. 'Volunteering is fun!'

Management Committee

Club Chair - Susie Hann

Secretary - Chrissie Lamb

Treasurer - Julia Barton

Welfare Officer - TBD

Membership Secretary - Rachel Ashworth

Communications Manager - Matt Lawman

Fundraising Manager - Wendy Hood

Swim 21 Co-ordinator - TBD

Training and Development Officer - Karen Bowen

Open Meet Promoter - TBD

Coach Liaison - Dave Wordley

Competition Secretary - Nick Bown

Voluntary roles (that aren't part of the Management Committee)

Sponsorship Manager - Suzanne Pritchard

Volunteer Co-ordinator - Natalie Gordon

Officials Co-ordinator - TBD

Club Kit Officer - Mitchie & Simon Lyne

Webmaster - Chris Hardick

Facilities Booking Coordinator - Debbie Wylde

Photographer - Toby Young





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Course Updates

16 complete the Level 1 Coaching Swimming qualification

The ASPSC network would like to thank Emily Taylor for organising a Level 1 Coaching Swimming qualification for the Aquae Sulis network. This was done through blended learning with the face to face sessions completed at the University of Bath 50m pool with the ASPSC swimmers and pool time in March. Wendy Dalton, the tutor returned to Bath after running a Level 2 course last year. She would like to thank Head Coach, John Dougall, Sylvia Sinclair and Liam Willcox for their assistance.



Successful course - 14 new Team Manager 2 qualifications for the SW

ASPSC would like to thank Dennis Yeoman for coming the Bath on 13th March to present the Team Manager 2 module in the Sport Training Village at Bath University.

The course was available to the Aquae Sulis network and clubs from Somerset, Wiltshire and Gloucestershire. Volunteers are essential for any club to take part in away meet and away camps and this was a valuable course to gain from the experience and knowledge that Dennis had accumulated.

Safeguarding and Protecting Children Course

Fourteen stepped forward to complete the Safeguarding and Protecting Children course on 20th March. Joy Retter the presenter from Sportscoach UK praised the attendees saying 'they were a nice group who participated fully'. The course was reduced price of £18 per place due to the final allocation of the Red Cup Cheer money from Starbucks.

Future Course - Level 2 Coaching Swimming - SOLD OUT

During the first 2 weekends in July, there will be coaches from the network at our pool sessions completing the face to face training and assessments as part of their Level 2 Coaching Course. This is part of the South West and AS networks commitment to develop and provide training for its volunteers and coaches. Thank you to Emily Taylor, SW Club Development Officer for organising this for the network.





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Aqua Sulis at the British Championships, Glasgow 2016



Although not advertised as such, the meet was being used to select the athletes to represent TeamGB at the summer Olympics in Rio. A great experience for any swimmer to be a part of, seeing how some of the best in the sport cope with the pressure in the pursuit of delivering results. Aqua Sulis were represented by Laura McNab, Ben Lawton, Daniella Whiting and Tom Sinclair at the British Championships held at Tollcross International Pool in Glasgow.

Laura, Ben and Daniella all competed on the first day in their respective events, posting times just shy of their best with great experience gained.

Tom was next to compete with one swim per day for the remainder of the Champs. He opened his account with a solid heat swim in the 100 free, gaining him a place in the final that evening. The final of the 100 free saw Tom post a faster time from his heat and a new pb.

This was also the case in his 100 fly the following day where he moved his time on from heat to final, improving a place in the process too and improving one place from the heats.

He did save the best for last however in his 200 free where he qualified in 8th place for the final. In producing his best swim of the week, in a great race, he finished in 3rd place, setting a new pb in doing so.





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Coaching Reports

Following on from some very successful racing at the Exeter and Taunton Deane Open Meets, we had three weekends of racing at the Regionals which produced some brilliant swims from both Youth and Age Group swimmers alike.

I was hugely impressed with the attitude of a lot of the swimmers in their approach to the meet and their races. This led to many swimmers swimming best times in heats, allowing them to swim again in finals, where they generally grasped the opportunity and stepped up again, to post even quicker times!!!

The medal haul speaks for itself in the sheer number attained but the number of finalists (top 10 finishes) was equally impressive at both levels.

A big thank you to Sylvia Sinclair, Susie Hann, Karen Saunders, Jamie Forrest and Liam Willcox for their support through the meets on poolside (also to Sarah Cozens for calling in to see how we were getting on).

ASA South West Youth Regionals Report

The early May Bank Holiday weekend saw 20 Aqua Sulis swimmers head down to Plymouth for the South West Regional Youth Championships. Over the 3 day event the AS swimmers, 9 boys and 11 girls, swam in 119 individual races across all strokes and distances, plus 6 Free-style and Medley relay events.

As our swimmers took to the pool it was evident that all the hard work in training was paying off as their underwater skills stood out from many of their competition.

Strong heat performances across the weekend lead to numerous personal bests being clocked up, 45 final places secured and 12 Top 10 places claimed in the 400m heat declared winner events.

Competitive swims from the 14/16 girls relay team: Laura McNab, Rhiannon Bowen, Amy Gordon and Honey Owen, resulted in them winning Silver in the 4x100m freestyle relay and Bronze in the 4x200m freestyle relay.

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Aquae Sulis also featured heavily in the individual medal tally with the following swimmers picking up top 3 places.

Daniella Whiting: Gold 400IM, Silver 100m and 200m breaststroke, 100m butterfly and 200IM and Bronze in the 50 m butterfly.

Henry Dixon: Silver 200m butterfly and 400m freestyle.

Dylan Hood: Silver in the 200m breaststroke.

Stella Cookson: Gold in the 200m breaststroke and Bronze in the 100m and 50m breaststroke.

Thomas Sinclair: Silver in the 50m and 100m butterfly.

Laura McNab: Gold in the 50m and 200m freestyle, Silver in the 100m, 400m and 800m freestyle, plus the 200m butterfly and Bronze in the 100m butterfly.

It was a long but great weekend of racing against the Region's best, including an appearance from Ben Proud in the Men's 50m freestyle!

Head Coach John Dougall summed up the weekend saying, "I was very impressed with the performances of the team in Plymouth at the Regional Youths. For some it was their first year at these champs, moving up from age groups. I was especially encouraged with the number of finalists and medallists, as well as, how the majority of final performances posted quicker times than the heats."

International Meet in Croatia

I'm extremely happy to report that **Laura McNab** (swimming) and **Liam Willcox** (coaching) have been selected to represent South West England at the International Meet in Croatia at the end of June.

This will be a tremendous experience and opportunity for both and should give them an insight into what a genuine International Meet looks like.

I should also point out the **Tom Sinclair** was also selected, but had to decline due to his A Level exam timetable.





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ASA South West Regional Age Groups

I would like to recognise the attitude and efforts of the Aqua Sulis swimmers during the Regional Age Groups over two weekends at Hengrove and Millfield.

For some, it was their first Regionals, for others, their second or third, but nonetheless, the team support and positive approach to the competition was excellent!!!

The results speak for themselves. Well done All !!!!!!! John Dougall, Head Coach

Age Group Medallists

Caitlyn Fry (2nd 200 fly),

Ella Veakins (3rd 200 fly, 50 fly),

Alice Barton (1st 200 free, 2nd 400 free, 200IM, 400IM, 100 free, 200 back, 3rd 100 back, 50 fly, 800 free),

Matthew Hardick (3rd 100 breast),

Sam Adams (1st 50 back, 100 back, 2nd 200 back),

Jayden Wordley (2nd 200 fly, 400IM, 3rd 400 free, 1500 free),

Ethan McNeil (3rd 200 fly, 200 breast),

Evie-Rose Young (2nd 100 breast).

Age Group Finalists (non-medallists including top-8 HDWs)

Oliver Saunders (x3), Oliver Watts (x3), Jayden Wordley (x3), Ethan McNeil (x3), Alice Barton (x3), Liliana Cookson, Florence Ball (x4), Ella Veakins (x3), Evie-Rose Young, Alexander Sharmarman, Caitlyn Fry (x2), Maxwell Adams, Niamh Ward, Matthew Hardick, Frederick Lyne, Lucas Lawman, Maia Crudgington.

