

Newsletter: Issue 19: July 2016

AQUAE SULIS

Performance Swimming Club

ASA Club of the Year 2015

Good luck to all of our swimmers who are heading off to Summer Nationals!!!

Have a relaxing summer, and see you in September.

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twitter

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!



swim21
Network



Patron: Sharron Davies MBE



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PARENT/SWIMMER MEETING, 1 JUNE 2016 AT THE LANSDOWN GOLF CLUB

The meeting opened with an introduction from Susie Hann (Chair) giving the background and options open to the club for the future. She explained the support from the Network Clubs was there for a Performance Based model and that is what the club would aim to deliver.

Susie said the Network would need to pull together. Swimmers would have a pathway to and from Aquae Sulis, where they would have the opportunity to achieve their potential and move on to National Programmes or University, or alternatively have the choice to move back to club swimming.

Susie then handed the floor to Jemma Lowe, Double Olympian Butterfly swimmer based at Bath ITC to talk about her swimming journey from club to Olympics.

Highlights of Jemma's talk were:

- The commitment level required to get to the top – examples given were
- Missing out on social life at school
- Having to get taxis to training as Mum didn't drive
- Being in the call room for a 200fly race instead of at her School Prom

The personal dedication and ownership of her own training:

- Selection for a meet in Australia in her GCSE year meaning 8 weeks away from school. Others told her she would fail her GCSEs, but she took her school work with her and proved everyone wrong by getting 10 GCSEs grade A* to C.
- She decided she needed to do more if she was to achieve a higher level so started running before morning training and doing extra Gym sessions.

The support around her:

- Parents were important in getting her to training and competition and paying for it
- Coach and swimmer relationship is important, but she didn't always see eye to eye with her coach. She was told she was a fly swimmer, but insisted she was a backstroker. Coach was right!
- Advice on Nutrition important as she got older, but as a young swimmer she just ate loads.

She said she was extremely proud of her achievements especially being the only female British swimmer to make a 200fly final at the Olympics and coming 6th was amazing. She said the focus is always on the medal winners, but to make the final was a great result and something to be proud of.

She was asked if she had kept a log book. She said yes she had to as part of the programme she was in and it was good to look back to see what she had done.

She also answered another question to say she had no regrets about the path she had chosen and that you have to go for it if you want to succeed.

Jemma was thanked and said she would answer any further questions so if anyone has anything they would like to know about swimming at the top level please submit your question to Susie and she will ask Jemma.

John then introduced the New Structure and Criteria, stating that the document was **aspirational** for Aquae Sulis at the present time. The squad structure has been published along with Q&As (elsewhere).





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HEAD COACH REPORT, JULY 2016

On my final report for Aqua Sulis before we head off to Sheffield and Swansea for Summer Nationals, I'm happy to report the success of the McNeil boys, Hugo and Ethan at the recent Scottish Summer Meet in Aberdeen to kick off our end of season competitions.

3 gold and 2 bronze medals already in the bag and let's hope for plenty more from next week.

Beyond the champs, I wish the swimmers continued success on their journey and to compliment them on their progress to date.

I'd like to thank everyone that stuck by me and championed the cause during my time at the club.

Good luck for the future

John

GOOD LUCK WITH PASTURES NEW, JOHN DOUGALL!

As was recently announced, John Dougall, Head Coach, Aqua Sulis Performance Swimming Club, has decided to move on to pastures new at the end of the 2015/2016 season.

John has committed to the club until the end of the season and will support the swimmers at British and English Summer Nationals as planned, before moving to become Wyre Forest's Head Coach.

John has guided the swimmers and squads over the past three years, focusing on their fitness and skills, and has most recently proposed a new squad structure, which aspires to take the club to the next level of performance swimming.

We are sure everyone in and around the club would like to thank John for his services over the past three years and wish him success in his new role at Wyre Forest.





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FUND RAISING

Firstly I would like to say a big thank you to everyone who donated items for the Summer Splash raffle and tombola. Everyone at the gala enjoyed taking part and we raised nearly £200.00. The lolly game was particularly well received so thanks to Ann and Toby C for organising it. It will now be a staple fundraising event at all our future galas!



Well done to some swimmers who have already returned their Cash in the Hat proceeds - Amy, Rhiannon and Tom. I'm sure everyone else is slowly filling theirs up at home but please bring them up to the Uni as soon as possible before the summer break – there's no pressure to fill them right up!

Finally, I need everyone's commitment to help at the Sainsbury's Bag Pack on Saturday 3rd September at Green Park, Bath. Thank you to those of you who have already volunteered themselves and their child/children but we need many more. Parents and siblings are very welcome to take part too – it is really good fun and it will be a good opportunity for the kids to reunite after the summer break. We are aiming to pack from 10am – 6pm in several groups of two hour stints or longer.

Please email Wendy Hood at fundraising@aquaesulisswimming.org.uk to let her know what stints you can do.

Thank you,

The Fundraising Team





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COURSE UPDATES

More Volunteers access Team Manager 1 module training

Twelve volunteers attended the free Team manager 1 module training held at Bath University on 18th June. We would like to thank Fiona Bowen from Somerset ASA and Chris Metcalfe from Keynsham ASC for presenting the course. Chris was delivering the course for the first time and has successfully qualified as a presenter. The course was available to the Aqua Sulis network clubs and all clubs in Somerset.

Coaching qualifications training

Seven coaches have been attending face-to-face assessments as part of their ASA Level 2 Coaching Swimming Course at the Sport Training Village. This was organised by Emily Taylor, SW Regional Club Development Officer and ASPSC. The coaches had already completed an online part of their qualification and were then assessed coaching.

Silver squad members from Keynsham volunteered to attend on 3rd July. None of the 10 swimmers had ever been asked to do a 2 hour session in a 50m pool before and were fantastic. Keynsham coach Lynne and volunteer Chris Metcalfe helped organise this free session for county and near county level swimmers. They were joined by members of the Development and Junior Performance Squads who had rushed back from the Summer Splash. On 9th and 10th July all our squads' swimmers were utilised during their sessions. ASPSC would also like to thank the presenter Michelle Jones.

Swimming Coach Development Workshop

The SW Region held a butterfly workshop for coaches run by Lindsay Dunn, ASA England Programmes Officer at the University pool on 9th July. She was assisted by Antony James, Commonwealth medallist and London 2012 Olympian. 14 coaches attended and 6 swimmers from ASPSC were able to take part.

Keeping Safe in Sport Course: Safeguarding for 13 - 17yr Officials / Coaches / Volunteers

Keynsham are running this course on Tuesday 20th September from 6pm to 8pm at the Riversuite, Keynsham Leisure Centre. If you want to book a place please contact Charlotte Foley cfoley@chewvalleyschool.co.uk The cost per attendee is £22.

Course Content: This workshop provides young coaches, officials, volunteers and sports leaders, with age-appropriate safeguarding information. It's the ideal environment for you to develop your confidence in how to identify what abuse of a child in sport may look like, how you should take action appropriate to your age and status, and how to keep yourself safe in sport.

Courses for next season

Over the next week each Network Club will be sent a questionnaire about the training it needs for next season. This will include Team Manager 1 and module courses, Safeguarding and Protecting Children courses and Coaching courses. If you are interested in volunteering or training please contact your home club or ASPSC members can contact workforce@aquaesulisswimming.org.uk





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SUMMER SPLASH REPORT



Saturday 2nd & Sunday 3rd July 2016

The Summer Splash Open Meet was declared a success! Following a lot of hiccups along the way, the Open Meet and Fundraising Teams pulled together and everything ran without a hitch. We trained new people in new jobs and the swimmers got involved both in and out of the water by swimming, marshalling, running errands, team managing, dishing out medals and keeping the officials supplied with sweets and water - at least we think some of the sweets got to the officials!

Mary's fantastic afternoon tea on Saturday and lunch on Sunday were extremely well received by the officials and with all the paperwork completed, files sent to rankings and approved by the Wednesday after the meet I am pleased to report that the Level 2 license for November has been recommended for approval!

Thanks go to all the wonderful volunteers who helped out before, during and after the meet and to the Officials who gave up their time to ensure the meet could go ahead, too many to mention by name, but you all know who you are!!

We still need to run the September Meet in the same way so onwards to the next one!

The September Sprint Meet is on 24th September, licensed Level 3 at Hen-grove with all 50s, 100IM and team relays. All swimmers take part with their home clubs and are available for selection for their home club relays. We hope that all Network Clubs will support this meet as an early season chance for a "Splash and Dash" to get back into competitive swimming for the season ahead.





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GOLDEN BEAR INTERNATIONAL MEET 2016

Our own Laura McNab and Liam Willcox were selected to represent South West England at this International Meet in Croatia that took place at the end of June.

It was a tremendous experience and opportunity for both, giving them an insight into what a genuine International Meet looks like.

Tom Sinclair was also selected, but had to decline due to his A-Level exam timetable.

Laura's results were:

- on day one, 6th in the 50m Freestyle A-final, 1st in the 200m Freestyle B-final
- on day two, 7th in the 400m Freestyle

ASA Reports

Golden Bear International Meet 2016 Day 1—see [here](#)

Golden Bear International Meet 2016 Day 1—see [here](#)



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QUALIFIERS FOR NATIONALS 2016

Scottish National Open Swimming Championships

30 Jun-3 Jul, Tollcross, Glasgow

Ethan McNeil 200m breaststroke, 400m IM

Scottish Summer Meet 2016 15-17 July, Aberdeen

Hugo McNeil 200m butterfly

Ethan McNeil 50m breaststroke, 100m breaststroke, 200m breaststroke, 200m backstroke, 100m butterfly, 200m butterfly, 200IM, 400m IM



British Summer Championships 26-31 July Sheffield

Henry Dixon 200m freestyle, 400m freestyle, 200m butterfly, 400m IM

Thomas Sinclair 50m freestyle, 100m freestyle, 200m freestyle, 50m butterfly, 100m butterfly

Laura McNab 50m freestyle, 100m freestyle, 200m freestyle, 400m freestyle

Alice Barton 200m freestyle

Ethan McNeil 200m breaststroke,

Stella Cookson 50m breaststroke

Daniella Whiting (not in photo) 100m breaststroke, 200m breaststroke, 200m IM, 400m IM



Relays: Girls 14-16 4x100m freestyle, 4x200m freestyle, 4x100m IM

Amy
Rhiannon
Stella
Laura
Florence Ball
(not in photo)





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QUALIFIERS FOR NATIONALS 2016

ASA English Summer Meet

1-5 August Sheffield

Charlie Head 100m breaststroke, 200m breaststroke, 200m IM

Henry Dixon 1500m freestyle, 100m butterfly, 200m IM

Dylan Hood 200m breaststroke

Stella Cookson 100m breaststroke, 200m breaststroke

Ella Veakins 50m butterfly, 100m butterfly, 200m butterfly

Laura McNab 800m freestyle, 100m butterfly, 200m butterfly

Ben Lawton 50m breaststroke, 100m breaststroke

Michael Dorsman 50m breaststroke, 200m breaststroke

Rhiannon Bowen 50m freestyle, 200m freestyle, 400m freestyle, 50m butterfly, 200m butterfly, 200m IM

Alice Barton 100m freestyle, 400m freestyle, 500m backstroke, 100m backstroke, 200m backstroke, 200m butterfly, 200m IM, 400m IM

(the following swimmers are not in the photo)

Florence Ball 50m freestyle

Matthew Hardick 100m breaststroke

Daniella Whiting 50m butterfly, 100m butterfly



Swim Wales Summer Nationals

1-7 August Swansea

Amy Gordon, Samantha Hammond, Alexander Sharman, Jude Roberts, Hannah Croker, Maia Crudginton,

Charlie Hemmens, Isaac Grothier, Megan Rose





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SCOTTISH SUMMER NATIONALS

Storming performance by the McNeils

Ethan and Hugo McNeil returned with a haul of medals from the Scottish Summer National Swimming Championships in Aberdeen, which took place this past weekend, 15-17 July 2016. The boys were two of the youngest competitors there, which reinforces a splendid achievement.

Ethan swam in 6 events and Hugo McNeil swam in 1 event. Ethan won 3 GOLD medals securing 1st place in the 50m Breaststroke (34.26), the 100m Breaststroke (1:12.50) and the 400m Individual Medley (4:57:74). He also bagged a Bronze medal in the 200m Individual Medley (2:23.72). Ethan also finished 6th in the 100m Fly (1:06.81) and 10th in the 200m Backstroke. Hugo, who entered this competition for the first time this year, secured a Bronze Medal in the 200m Fly (2:35.85).

Both boys achieved huge personal best times in all events and Head Coach, John Dougall, remarked: "I am extremely proud of Hugo and Ethan in their achievements at the Scottish Summer Champs; Ethan following on from last year's success and Hugo in his first National level swim!!"





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OTHER OPEN MEETS

Plymouth Youth Swimmers Away Meet, 27th-29th May



Here are the results for those making finals (or top 10 HDW for 400m races) on Saturday and Sunday morning. Curiously, the results for the remainder of Sunday's races have not been published online or on Meet Mobile.

Girls 15 & Over 200 LC Meter Free-style: Laura 7th 2:09.16

Boys 15 & Over 200 LC Meter Breaststroke: Charlie 8th 2:32.60, Mikey 9th 2:32.68

Girls 15 & Over 100 LC Meter Breaststroke: Stella 9th 1:17.47

Girls 10-14 50 LC Meter Butterfly: Ella 5th 30.60

Girls 15 & Over 100 LC Meter Butterfly: Laura 9th 1:07.84

Scottish National Open Champs, 1-3 July 2016

Ethan McNeil ventured North to gain some race practice before the Scottish Summer Nationals. Ethan delivered some storming PBs: 200m breast 2:35.13 and 400IM 5:00.41 winning him two 1st places in the 16U category.

ASA SW Fast 5 Regional Sprints, 3 July 2016

After some time out with injury, Alex Sharman stepped back into fine form with a wins at this highly competitive meet in the 14yr 50 Fly 29.22. He also achieved 1st in the 50 back 30.25, 5th in the 50 free 27.56 and 2nd in the 100IM 1:08.86. Meanwhile Imogen Rafferty achieved a 2nd in the 50 breast 37.65.





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RECENT CLUB RECORDS



Well done to the following swimmers



Daniella Whiting, girls 17 & over LC 200 IM, 2:21.03,
Taunton Deane & Millfield 24th April at Millfield

Laura McNab, girls 14 & under LC 100 Free, 57.86,
South West Youth Regional Championships, 30th April at Plymouth

Laura McNab, girls 14 & under LC 400 Free, 4:31.09,
South West Youth Regional Championships, 30th April at Plymouth

Laura McNab, girls 14 & under LC 50 Free, 26.77,
South West Youth Regional Championships, 1st May at Plymouth

Laura McNab, girls 14 & under LC 200 Fly, 2:26.57,
South West Youth Regional Championships, 1st May at Plymouth

Tom Sinclair, boys 17 years and over LC 200 Fly 2:06.77,
AS summer splash on the 3rd July at Millfield

