

Laura Selected for European Juniors

Laura McNab has once again been selected to represent Great Britain at the European Junior Championships, taking place in Helsinki, Finland from July 4-8.

This will be Laura's third opportunity to represent her country, with her selection following success at the British Championships in Edinburgh where Laura won the Junior 200m freestyle title and made the Senior 100m freestyle final, finishing an impressive sixth against the fastest swimmers in the country.



"I am delighted to have been selected again for the European Juniors," said Laura. "I learnt so much at last year's Championships in Israel as it was my first international meeting and I can now put that into practice in Helsinki.

"It has been great working with my coach Chris Alderton and

team-mates over the past 12 months. We have such a positive feel now at Team Bath AS that anything seems possible and I am sure this has helped me reach this goal."

Team Bath AS Coach Chris Alderton said: "It is absolutely fantastic that Laura has been selected to be part of such a strong British team, she will certainly be in great company out there and will relish the challenge to step up to the next level. "It is amazing to see the support Laura has received from her team-mates and members of the Club. It is truly inspiring to be a part of this Team Bath AS program and I hope that Laura's achievements inspire all our swimmers to strive for their own success, both in sport and in life."

In this issue:-

Laura to line up for Team GB for a third time

Inspirational swimmer selected for European Juniors

#Snowmaggodon

The full stories from British Championships Week..

Coffee with....

Sylvia on sport today. Plus, pearls of wisdom from our former Olympian & Commonwealth Gold Medalist

and lots, lots more.

Our Next Meet

**Team Bath AS
Pre-National
Summer Special L1**

June 30-July 1 2018

**Hengrove Park Leisure Centre,
Bristol**

**Volunteers and Officials Needed
Please**

volunteers@teambathas.co.uk
officials@teambathas.co.uk

Adverse Weather Didn't Stop Some Blistering Performances at British Championships

Four Team Bath AS swimmers rose to the challenge of competing on the international stage despite the adverse weather as they competed in the British Swimming Championships at the Edinburgh International Swimming Meet in Scotland.



Day 1 kicked off with Laura McNab in the 200 Freestyle heats swimming 2:04.42 which qualified her as the sixth fastest Junior for the evening Final. Laura got off to a flying start, going on to win the C Final in a time 2:02.98. Session 2 saw Alice Barton and Rhiannon Bowen in action. Rhiannon swimming 200 Freestyle (2:08.90) and 100 Fly (1:04:51), with Alice making her meet debut in the 50 Backstroke heats in a time of 31:67.

Meanwhile in Carlisle, a frustrated Mark Edmundson watched his empty lane in his scheduled 50 Backstroke heat - following the premature abandonment of his train journey to Edinburgh due to the snow.

The snow also took the toll on our swimmers for Day 2 with Misty Marshall-Welling (800 Free), Amy Gordon (50 Free), Ethan McNeil and Dylan Hood (200 Breast) all becoming the victims of airport closures. Meanwhile steely determination from Mark Edmundson and his dad Martin meant they were on their way by land from Carlisle to Edinburgh arriving in time for Mark's 100 Backstroke heat, which was well worth the effort as Mark achieved a new personal best swimming 1:00:17.



Alice and Rhiannon were up again on Day 2 swimming in their heats 200 IM (Rhiannon 2:24:57), 200 Back (Alice 2:26:81) with Laura stepping up for the 50 Freestyle heats and quickly earning herself a place in the evenings B Final where she came second in a time of 26.25.

On Day 3 Alice swam in two events 400 Free (4:38:05) and 100 Backstroke (1:08:69) with Rhiannon also featuring in the 50 Butterfly (29:25).

The final day of racing focused on Laura's 100 Freestyle and Rhiannon who was scheduled to swim in both the 100 Freestyle and 200 Butterfly heats.

In the morning session Laura produced a blistering 100 Free heat (56:71) earning herself a place in the evenings A final. In session 11, after swimming a joint 58.35 in her heat, Rhiannon found herself in the position of a swim off for the 1st reserve place in the Junior 100 Free finals. The decision was quickly taken to sacrifice Rhiannon's 200 Fly heat to focus on her evening 100 Free performance.



As excitement among the Team built in Bath and Edinburgh, Rhiannon coolly stepped up to open the evening finals with her swim-off and produced a signature gutsy swim. As Somerset ASA reported 'the Team Bath AS swimmer enjoyed a comfortable victory in the spotlight'.

The excitement wasn't over with Laura lining up with the fastest in the 100 Freestyle Open Final. While her team mates interrupted training to watch pool-side at Bath University, Laura produced a stunning performance in the Finals, taking more time off her heat swim and achieving 6th place overall in a time of 56.66.



INFORMATION SESSION: TRAINING & COMPETITION PROCESS

STV Lecture Room – Monday 9 April

Room available from 6.30PM, Start 6.45 UNTIL 7.30PM

WHAT IS IT ABOUT: Why Target Specific Meets? The Shifting Goals that Surround Different Meets Throughout the Year

WHO IS IT FOR? Transition Squad: Parent/Carer with Swimmer: Potential Squad: Parent/Carer only

The Team Bath AS Sport Relief #DreamTeam Fundraiser

Team Bath AS raised the roof on Friday March 23 as coaches, parents, swimmers, friends and families united to stage the #DreamTeam Relay to raise over £700 for Sport Relief.



The Dream Team was made up of Head Coach Chris Alderton, Former GB Swimmer Tilly Gray and the Team's Strength and Conditioning Coach Mike Muckelt. For the event one squad swimmer was also recruited for the Dream Team via a draw. The lucky swimmer on the night was Performance Squad member, Ethan McNeil.

The Team Bath AS Squad Swimmers then stepped up to challenge the Dream Team in the 4x50m Medley Relay– with swimmers again being drawn at random from the squad. The four names out of the hat were Lydia Crawford (13), Arthur Bown-Mazzoni (15), Miles Farrington (15) and Laura McNab (16). With the selected team having only minutes between finishing training and deciding on strokes and tactics for their race, they stepped up stoically to face the challenge to the rousing support of their team mates and the assembled crowd.



However, the build up to the event didn't stop there. As our swimmers completed their Friday night training before the race – the gauntlet was thrown down to Team Bath AS parents on social media to compete in the Relay too. After rapid phone calls, kit sharing and speedy trips to the pool a Parent Team - Helen Ward, Guy Roberts, Mike Wood and Jamie McNeil - assembled poolside just minutes before the start to the amazement of both coaches and swimmers.



As training finished and the spectators increased, the team of Team Bath AS volunteer officials (*left*) assembled poolside to officiate proceedings and the excitement began.

As donations poured in, the race got underway. The Dream Team were victorious in a time of 2:05:37 with the Squad Swimmers coming in a close second in 2:08:87. The Parents team then swam home to the biggest cheer of the night in a time of 2:39:40.



The Dream Team Relay was organised by Team Bath AS volunteers to raise funds for Sport Relief. There's still time to donate and support the event and Comic Relief via the Team Bath AS Giving Page here <http://bit.ly/2GLiwXL>

At the time of writing Team Bath AS total donations to Sport Relief stood at an amazing £720 – over twice the original target. You can still show your support by donating whatever you can. Thank you



Above & Left: Two of our favourite (& most liked) pics from the event – cheers and amazement as our Strength and Conditioning Coach Mike Muckelt experienced every swimmers nightmare – loss of goggles!

Well Done Tommy

We're all super proud of Tommy Criddle who competed in The Deaf Swimming National Gala in Loughborough in March and came away with an amazing 7 Gold Medals and achieved 5 new PBs. Congratulations Tommy!



Swimmers Take Part in Team Bath Futures



Some of our younger swimmers attending the Physiotherapy and Psychology Lecture at the Team Bath Futures Day earlier this year.



Steph Wins SW Para Swimmer of the Year

Huge congratulations to Stephanie Millward for winning the South West Para Swimmer of the Year Award. Thank you to Swim England South West President, Paul Robbins, for visiting us at training to present the Presidents Trophy to Steph.

The Power of Volunteering

Thanks to our #HiddenDiamonds

We would like to say a great BIG "Thank you" to everyone who gives up their valuable time to help our Club. Our ongoing volunteer recruitment campaign has produced new volunteers offering their help to ensure the Club runs smoothly while also helping us to provide opportunities for competitive swimmers through our Open Meets.

At our February Meet, under the management of new Volunteer Co-ordinator Mark Birkett, we had many new volunteers trying roles for the first time. In total there were

- 29 volunteers plus some non-competing swimmers.
- 39 officials in total over the whole weekend 10 of which were from our Club

In addition, we now have some people in assistant committee roles and new committee members too.

Join In is part of the Sport and Recreation Alliance, a group of partners that continue to build on the legacy of sports volunteering.

Join In fact 1: 7 out of 10 clubs need more volunteers and, at a time when working hours are the longest they have ever been, the pressure on people's time is growing.

Join In fact 2: One volunteer creates the capacity for at least 8.5 more people to take part in sport.

The latest valuation techniques in the economics of wellbeing reveal that one volunteer in sport creates wellbeing worth £16,032, for themselves and for those they help play sport - so thank you to all our #HiddenDiamonds

If you would like to recognise any of our volunteers please feel free to nominate them for the South West Regional Volunteer of the Month Award by contacting Jackie Hilleard or by using the form on this link

<https://bit.ly/2GfntKA>





More Muscle for the S&C Team

Welcome to Josh and Ciaran who have joined Mike Muckelt's Strength and Conditioning (S&C) Team.

Josh and Ciaran have both been volunteering and helping to run our Land Training sessions and are both currently studying in their final year of Sport and Exercise Science MSci at the University of Bath. Ciaran (left) has previous experience coaching youth Kayaking and working on placement with professional Rugby, delivering rehab and S&C sessions. Josh (right) comes with a L2 S&C qualification and spent his placement year working as a sport science intern with the Welsh Rugby Union. Welcome to the Team Guys!

Chris Alderton Selected to Coach at National Talent Camp



Congratulations to Chris Alderton who has been selected to be part of the coaching team on the Swim England Phase 3 Talent Camp in Marseilles at the beginning of April.



Double Gold For Stella



Huge congratulations to Stella Cookson who produced a stunning performance at the Swim Wales Long Course Championships 2018 over the Easter Weekend.

Stella won Gold Medals for both the 50 (33.20) and 100 (1.14.06) Breaststroke and took a third Bronze Medal in the 200 Breaststroke on the final day.

Race Right... In the run up to Regionals and the Summer National Meets, we asked the parents of some of our older swimmers for their Top Tips to make things run as smoothly as possible when racing away.

The Complete Guide from Martin Edmundson (Dad of Mark)



1. Book accommodation early and use a 'flexible' booking & include any 'meal deals' available.
2. Try to be 'not more' than 15 minutes from the venue (see following advice).
3. Spend as little time at the venue as possible, ie. warm up, race/s, swim down. Get as much rest as possible between sessions, preferably at the accommodation.
4. Have the post codes of your accommodation and venue recorded separately in your vehicle. Keep them accessible in event of diversions.
5. Be aware of other routes/methods if using public transport and not your own vehicle.
6. Swim Bag! Do not 'trust' the swimmer, personally ensure all costumes and kit are packed along with spares of each.
7. Enjoy the event, you deserve it! Revel in the achievements of your swimmer, socialize and get to know the other parents too.

"Use hotel towels! It's a great and cheeky idea so you don't have to take even more things with you. Less luggage, less hassle! Remember to return them though."

**Karen Bowen
(Mum of Rhiannon)**



From Rebecca Marshall (Mum of Misty)

1. Plenty of alcohol (for parents)!!
2. Try for Airbnb rather than a hotel as you can take home cooked meals and lots of fresh food (saves on having to eat out and also constantly buying food).
3. Try to arrange to stay near other swimmers - much more social
4. Car share!!

"Invest in a plug in cool box. If traveling by car it can plug into the cigarette lighter, then in the wall in your hotel room. Taking milk and all your little gems & usual snacks means they won't have to try new things on race day, you won't have to track down the local supermarket and breakfast cereal can be consumed in the room; all of which also helps keep the cost down!" **Nat Gordon (Mum of Amy)**



The Team McNeil – Top 10



1. Book accommodation within 10-15 mins walking distance of the pool so you don't have to rely on traffic, taxis, public transport, weather or other people.
2. Ensure the hotel or B&B do an early breakfast and provide the type of food that your swimmer wants before you book.
3. Arrive at least 24 hours before the first race and walk to the pool so that you know the route.
4. Have the swimmers do a short session in the pool the day before so that they know where everything is and so they get used to the pool.
5. Plan where you are going to eat the night before and at a time and place that suits your swimmer (don't do it at a time or place that suits other people) and book if necessary.
6. The swimmer(s) needs come first. Make sure other family members are in a separate room and are completely self sufficient.
7. Use wax ear plugs in the B&B/Hotel to ensure a good night's sleep.
8. Get up early on race day.
9. While your swimmer is in the pool, plan the day and buy what you need so that you are not dragging them around shops/ town.
10. After a race get them back to the hotel ASAP to rest/recover.



Lucky Dip for Molly

Molly Watts had the Hottest Ticket in Town at our February Open Meet – winning an exclusive Framed Team Bath AS Hat signed by a host of Bath’s Olympic Swimmers.
Well Done Molly!

Training Update...

Many thanks to Steve Boocock for running an extremely successful Safeguarding Course attended by 21 delegates from 9 clubs across Somerset, Wiltshire and Gloucestershire.

Officials Training

For those who would like to start their journey wearing white – we will be running more Officials training in June. Details to follow.

Celebrating a Great Year!



Team Bath AS celebrated as March came around as it marked the conclusion of a transformative year for our Club. It was also the first anniversary of us working with our Head Coach, Chris Alderton who, to mark the occasion, was affectionately nicknamed on Twitter by Bob Ballard as our official #topbanana.

Mark Awarded Sport Scholarship Grant



Congratulations to Mark Edmundson who was one of 12 promising young Wiltshire sportspeople to receive a sports scholarship grant of £500.

The grants, which are awarded by Wiltshire Council in partnership with local businesses as part of the Funding Future Olympians and Paralympians foundation, are awarded to young people aged eight to 18, who compete at regional or national level in an Olympic/Paralympic sport, or a sport recognised by Sport England. Mark was recognised for his impressive backstroke results at the England National Summer Championships.

Instagram #swimsnack Winner



Well done Rhiannon for sending in the best #swimsnack hashtag picture – you’ll get to pull a prize from our Goodie Bag kindly donated by TYR UK.

The next hashtag challenge is **#gogglesrock**



In the Twitter-sphere...#snowmageddon

The Alternative Stories of British Champs Week

Mark's Epic Journey #fortheloveofswimming

Mark Edmundson @MarkEdmundson17 Following

A story of how we made it to the @britishswimming champs
So we came on the train from Bristol but when we got to Carlisle we were kicked off and couldn't go any further north, we had to stay the night. The next morning we stayed in Costa for 4 hours and I watched my 50 back heat.

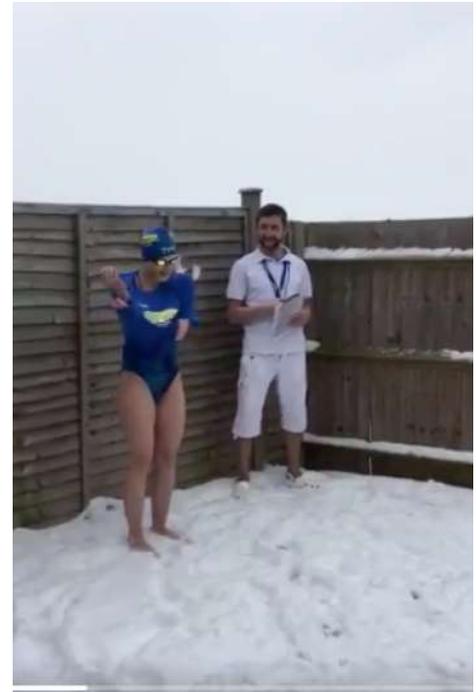
2:38 PM - 3 Mar 2018

Mark Edmundson @MarkEdmundson17 · Mar 3
My dad then went for his hourly trip to go see if the trains were running and over heard a group of people who were gonna hire a car and drive to Glasgow. These people had just met on the train and one of their companies let them hire a vehicle to get home.

Mark Edmundson @MarkEdmundson17 · Mar 3
He had hired a people carrier for 9 people but only had 7. We knew there were trains running from Glasgow to Edinburgh, so my dad asked if we could tag along. 2 hours later we were in Glasgow on a train to Edinburgh. Next day I swam in the 100 back.

Mark Edmundson @MarkEdmundson17 · Mar 3
Now we're stuck here for an extra day because of the weather. #allfortheloveofswimming

Laurent 'Makes It Official'



Isaac First to Take the Plunge!

You Retweeted

Isaac Grothier @IsaacGrothier · Mar 2
@TeamBathAS @TeamBath here's my morning training. I was first leg of the relay!!

382 views 0:07 / 0:19



Amy Joins her Heat from Home

Natalie Gordon @NatG1002 · Mar 2
Due to snow @amygordon1809 couldn't get there in person so her finger double took her place! 🤖 #EISM18 @TeamBathAS



Coffee with... The Coach

We had a coffee with Team Bath AS Coach, former Olympian, Commonwealth Gold Medalist & proud 'Kiwi' Sylvia Sinclair...



Coffee?

Flat white (a Kiwi invention... although like all of the best Kiwi inventions, the Aussies have tried to claim it as one of theirs!!)

So how did you come to Coach for Team Bath AS?

Over the years I have helped coach at the clubs where my older son Thomas trained and so when we moved to Bath, I offered to help poolside. That was quite a few years ago now and Thomas has gone off to Uni and more recently, retired, but I still enjoy working with the swimmers (and with the other coaches) at TBAS!

Having done both, what's the most testing Coach or Swimming Mum?

Definitely Swimming Mum! Swimming mum (and Swimming dad) is harder than being the actual swimmer – it's the toughest job of all sitting watching and hoping your child will be happy with their performance!

Like other sports, the world of swimming has evolved in recent years- what do you think are the biggest challenges for those competing today?

I think one of the biggest challenges for sports people, whether they are male or female, swimmer or involved in another sport, is how to balance elite sport with preparing for life afterwards. I believe it is the responsibility of sport governing bodies, and also the coaches, to encourage senior athletes to plan ahead and skill themselves so that when their time comes to retire from elite sport, they have something to move on to.

When you competed, what was your main stroke/event?

I was a good all rounder as an age group swimmer (although terrible at breaststroke!) and started to focus primarily on backstroke when I was around 15. I competed internationally in the 100m and 200m backstroke but had more success in the shorter event, winning the Gold at the Commonwealth Games in the 100m backstroke. I was fortunate to spend four years in the USA on a swimming scholarship at the University of Southern California where I did a degree in Business Administration and swam on the successful USC Women's team.

What did your pre-race preparation look like?

I always had a routine that I liked to go through before a race and a timetable for when I warmed up, when I ate, when I stretched etc. I found that having a set routine helped me especially when I was travelling and competing internationally as it gave me something to focus on and made me feel in control of my environment. I definitely also had my lucky "togs, cap and goggles" as we call the swimming kit down in NZ!

What was your favourite racing food?

Macaroni and cheese!

How did you handle your nerves when you were racing on the world stage?

I always loved competing (although I didn't always love training!) and I got a real buzz out of racing at big international meets. If I was nervous it usually meant I was going to have a good race – I always looked on pre race nerves as a signal that I was ready to go! I remember my age group coach telling me that it's ok to have butterflies in your stomach as long as they're all flying in formation!

If you could jump back now and give the competing Sylvia a pearl of wisdom – what would it be?

*Can I give you a list?? Listen to your coach – he knows what he’s talking about! You **do** need to drink water at training (drink bottles poolside were unheard of in my day!). It’s faster swimming underwater than on top (underwater fly kick was unheard of until the late 1980s!). Have fun – it’s just swimming! ...and finally, listen to your coach (or did I already mention that one!!)*

Are there life skills that you would credit to your swimming journey?

There are so many life skills that you learn from swimming. Time management, perseverance, commitment are a few that I would like to think I have taken away from the sport.

Are you still in touch with any of your former competitors? Are they still involved in swimming too?

Yes. I am still in touch with a number of my old teammates and catch up with what they are doing on Facebook! A few of them also coach and a couple compete as masters swimmers. Quite a few have their kids involved in the sport too.

If you hadn’t been a swimmer, what other sport would you have liked to have spent more time on?

While I enjoy watching other sport, I am pretty (actually very!) uncoordinated at anything that doesn’t involve water, so I guess I was lucky I found swimming! If you saw me with a tennis racket or a golf club you would see where I am coming from!

Your demonstrations to our swimmers poolside tell us you still train – is swimming still part of the mix?

I like to stay fit and I go to a small gym in Bath a couple of times a week. I am still pretty competitive and I like to set myself targets - deadlifts and chin ups are my current focus! I don’t tend to swim these days – it just results in me going home and eating a loaf of bread as swimming training makes you SO hungry!

What else do you do in your spare time away from the pool?

On the weekends my husband Robert and I are usually busy either walking our two dogs, or watching our younger son Will play rugby, or most recently, visiting lighting/plumbing/tiling shops as we are in the middle of a house renovation!

And finally, for the record...

Socks and sliders?

One word – awful!

One last thing...

Sylvia: So is Mike Muckelt up for the Coffee with... interview next time?

Me: Yes, it’s his turn next – but he doesn’t know it yet!

Sylvia: Then the readers need to know about his awful understanding of Aussies v’s Kiwis and that at our Sunday training sessions the swimmers and I have to ‘suffer’ his dreadful attempts at a Kiwi accent for hours at a time!! Chris ended his interview with further viewing, so in the run up to Mike’s interview next time, I think it’s only fair that I share a link to some educational viewing with Mike in mind... <https://youtu.be/hlb3gGNBHFE>

Competition News: Medals & Records Update

Wiltshire County Championships 2018

Max Adams Gold 1500 Free, 400 Free, 200 Free, 100 Free, 100 Back, 100 IM, 50 Free, 50 Back; Silver 200 IM, 100 Fly; Bronze 50 Fly

Madeleine Aldam-Gates Gold 50 Breast; Silver 50 Free

Florence Ball Gold 100 Free, 50 Free, 200 IM, 100 Back; Silver 100 Fly; Bronze 100 IM

Katherine Butcher Gold 200 Back, 100 Back, 50 Back

Tilly Birkett Silver 50 Free, 50 Back

Arthur Bown-Mazzoni Silver 400 Free, 200 Fly; Bronze 100 Free

Isabelle Chappell Gold 100 Fly; Bronze 400 IM

Liliana Cookson Gold 200 Fly, 100 Fly, 50 Fly; Bronze 100 Free

Lydia Crawford Gold 800 Free, 400 Free, 200 Free, 100 Free, 50 Free; Silver 200 Fly, 100 Fly, 50 Fly; Bronze 200 Breast, 400 IM, 200 IM

Mark Edmundson Gold 100 Back

Jack Everett Gold 1500 Free, 100 IM; Silver 200 Free, 100 Free; Bronze 800 Free, 50 Back, 400 Free, 50 Free

Miles Farrington Gold 200 Free, 50 Free; Silver 100 Free

(Miles & Matt 100 Free Podium)



Rue Fowler Gold 800 Free, 400 Free, 200 Back, 50 Back, 50 Fly, 200 Free, 100 Back, 50 Free; Silver 100 Free, 100 IM



(Rue, Margot & Tilly at Wiltshire Counties)

Raul Franco-Overington Gold 400 Free, 100 Free; Silver 50 Free, 100 Fly; Bronze 200 Free

Camille Gillett Silver 800 Free, 50 Free;

Matthew Hardick Gold 200 IM, 100 Breast, 50 Breast, 100 Free; Silver 50 Fly

Charlotte Lang Bronze 50 Fly, 100 IM, 200 Free; Silver 200 Breast, 50 Breast, 100 Fly, 100 Breast

Lucas Lawman Gold 400 IM

Margot Lewy-Pierre Gold 400 Free, 200 IM, 100 Free, 100 IM; Silver 200 Back, 100 Back, 200 Free; Bronze 50 Fly, 50 Back

Joseph Martindale Gold 1500 Free, 400 Free, 50 Fly, 100 Back, 100 IM, 50 Free, 50 Back; Silver 100 Breast, 50 Breast;

Ethan McNeil Gold 200 Breast

Lilly McNeil Gold 50 Fly; Bronze 100 IM

Peter Mould Gold 100 IM; Silver 200 Breast, 100 Breast, 200 IM

Imogen Rafferty Gold 200 Breast; Silver 200 IM, 100 IM, 200 Free, 200 Back, 50 Back, 50 Fly; Bronze 100 Back

Alex Sharman Gold 200 Fly, 100 Fly, 100 Back, 50 Back, 50 Fly; Silver 50 Free

Lucy Stevens Bronze 200 Back, 100 Back; 100 Free; Gold 50 Fly, 200 Fly

Eloise Sutton Gold 100 IM, 200 Free; Silver 50 Free

Ellie Wallbaum Bronze 200 Breast, 50 Breast

Molly Watts Gold 50 Back, 200 IM, 200 Back, 100 Back; Silver 100 Fly

Olly Watts Gold 100 Fly, 200 IM, 200 Breast, 100 Breast, 400 IM, 50 Breast, 200 Fly, 50 Free; Silver 400 Free, 200 Free, 100 Free, 50 Fly

Elliot Wood Silver 200 Breast, 200 Fly, 400 IM, 50 Back; Bronze 100 Breast, 200 IM, 100 Fly

**New Wiltshire County Records for:
Mark Edmundson
(17/18yr) 100 Back 59.40**

Matt Hardick
(16yr) 50 Breast 31.15
Matt Hardick
(16yr) 100 Breast 1.07.81
Ethan McNeil
(16yr) 200 Breast 2.26.52

Somerset County Championships 2018

Alice Barton Gold 200 Back, Silver 200 Free, 100 Fly; Bronze 50 Back

Amy Gordon Gold 50 Free; Silver 100 Free

Finlay Saunders Silver 1500 Free, 200 Back

Oliver Saunders Silver 1500 Free, 400 IM, 200 Back, 100 Back, 200 Breast, 200 Fly; Bronze 200 IM, 100 Free, 50 Breast, 50 Fly

Niamh Ward Silver 100 Back; Bronze 800 Free, 200 Back

**New Somerset County Record for
Alice Barton
(15yr) 200 Back 2.22.42**

Alice Barton (Keynsham) wins 200 Backstroke Jr Championship

Amy Gordon (Frome) wins 50 Free Championship



*Left: Emily Shattock
Right: Isaac Grothier, Oliver Saunders & Dylan Hood*



Team Bath AS L1 Grand Prix
17/18 February 2018

Max Adams Silver 50 Free; Bronze 100 Free, 50 Back

Maddi Aldam-Gates Gold 100 Free, 50 Free; Silver 100 Breast

Flossie Ball Silver 50 Free

Tilly Birkett Silver 200 Back, 100 Back, 50 Back

Rhiannon Bowen Gold 100 Free, 200 IM; 100 Breast; Silver 50 Free; Bronze 200 Free

Katie Butcher Silver 100 Back, 50 Back

Arthur Bown-Mazzoni Bronze 100 Fly, 100 Free

Isabelle Chappell Gold 50 Fly; Silver 200 Fly, 100 Fly, 100 Back; Bronze 200 IM

Liliana Cookson Silver 50 Fly; Bronze 100 Fly

Lydia Crawford Gold 400 Free, 200 Free, 100 Free, 50 Free; Silver 200 Fly, 100 Fly, 200 IM, 50 Fly

Maia Crudgington Bronze 100 Fly

Mark Edmundson Gold 200 Back; Bronze 100 Free

Miles Farrington Gold 100 Free; Silver 50 Free; Bronze 200 Free

Rue Fowler Gold 5 Back; Silver 100 Breast, 50 Breast, 100 Free, 50 Fly; Bronze 50 Free

Amy Gordon Silver 100 Free, 50 Fly; Bronze 200 Free

Matt Hardick Gold 200 Breast, 200 IM, 100 Breast, 50 Breast; Silver 200 Free

Dylan Hood Silver 200 Breast, 50 Breast

Lucas Lawman Gold 200 Back; Silver 200 Breast, 200 IM; Bronze 100 Back, 100 Fly

Margot Lewy-Pierre Bronze 100 Free, 100 Back

Misty Marshall-Welling Gold 400 Free; Bronze 100 Free, 50 Free

Joseph Martindale Gold 200 IM; Silver 100 Free, 50 Free, 50 Back; Bronze 100 Breast

Laura McNab Gold 50 Free

Ethan McNeil Bronze 200 Breast

Lily McNeil Silver 200 Breast, 100 Breast; Bronze 50 Free, 50 Fly

Peter Mould Silver 50 Breast; Bronze 200 IM, 200 Back

Imogen Rafferty Silver 200 Breast; Bronze 100 Breast, 50 Breast

Alex Sharman Gold 100 Fly, 50 Fly; Silver 400 IM, 100 Back

Lucy Stevens Gold 100 Back, 50 Back; Bronze 200 IM, 100 Fly

Molly Watts Gold 100 Back; Silver 100 Fly; Bronze 50 Fly

Olly Watts Gold 50 Fly



United Bristol & Bristol Henleaze Level 1 Meet 10/11 March

Tilly Birkett 50 Back
Stella Cookson Silver 100 Breast
Mark Edmundson Bronze 200 Back
Jack Everett Silver 1500 Free
Sam Hammond Gold 800 Free
Matt Hardick Gold 200 Breast, 100 Breast, 50 Breast
Oliver Saunders Silver 200 IM, Bronze 50 Fly
Alex Sharman 200 Fly
Niamh Ward Bronze 400 Free



The complete set of Breaststroke Gold Medals for Matt Hardick

Tigersharks Spring Level 2&3 Meet 17/18 March



Zoe Strickland Silver 50 Back



Tilly Birkett Gold 50 Back

Tilly Birkett Gold 50 Back
Lillie Carter Gold 50 Free; Silver 100 Fly, 100 Back, 50 Back
Jack Everett Gold 400 Free, 50 Back, 50 Free; Silver 100 Back
Ruby Galpin Gold 100 IM, 100 Breast, 50 Breast
Camille Gillett Silver 100 Free
Cara Hickey Silver 200 IM Bronze 200 Breast; Bronze 50 Breast
Charlotte Lang Bronze 100 IM, 50 Fly
Lily McNeil Bronze 200 IM
Imogen Rafferty Gold 400 IM, 200 Breast, 100 Back; Silver 200 Back; Bronze 50 Back
Molly Watts Gold 200 Breast, 200 Back, 50 Back; Bronze 100 Free, 100 Back, 50 Free
Olly Watts Gold 200 Free, 50 Fly, Silver 100 Breast; Bronze 50 Breast



IoS
Institute of Swimming

Course:
Swim England ASA Swimming Coach
"BLENDED LEARNING"

Venue:
University of Bath, Claverton Down Rd,
Combe Down, Bath BA2 7AY

Dates and Times:
E-learning to start 02nd August,
Face to face dates
Saturday 15th September
09:00 – 18:00
Sunday 16th September
10:00 – 19:00
Saturday 22nd September
09:00 – 18:00
Sunday 23rd September
10:00 – 19:00

Cost:
£660
N.B a special club offer rate is available
for learners associated with Swim
England affiliated clubs. Please contact
Chris.vickery@swimming.org
for further information

Closing Date:
19th July 2018

NEW
**ASA Coaching
Programme**

Developed with expert coaches, helping you get the most out of your athletes.

Information & Bookings
Visit www.theiosonline.com
for further course information
and to book a place now.

Questions?
Call our customer service team
on **01509 640 640** or email
iosadmin@swimming.org



IoS
Institute of Swimming

Course:
Level 1 Swimming
Assistant (Coaching)
BLENDED LEARNING

Venue:
University of Bath,
Claverton Down Rd, Bath,
North East Somerset,
BA2 7AY

E-Learning to Start:
01st June 2018

**Face to Face Dates and
times:**
Saturday 16th June
09:00 – 18:00
Sunday 17th June
10:00 – 19:00

Cost:
£350
N.B a special club offer rate is
available for learners
associated with Swim
England affiliated clubs.
Please contact
Chris.vickery@swimming.org
for further information

Closing Date:
31st May 2018

NEW
**ASA Coaching
Programme**

Developed with expert coaches, helping you get the most out of your athletes.

Information & Bookings
Visit www.theiosonline.com
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Questions?
Call our customer service team
on **01509 640 640** or email
iosadmin@swimming.org



TEAM BATH AS
Pre-National Summer Special Level 1 Meet
June 30 & July 1 2018
at Hengrove Leisure Centre, Bristol

50 Metre | 10 Lane Pool | Electronic Timing | Spectator Seating for 400
Entry: £3 per session or £10 for all weekend | Café on site
Standard event: £7 per entry | Long distance: £10 per entry

Age on the 1 July 2018
Closing date for entries: 31 May 2018
For more information visit the Open Meets tab at:
www.teambathas.co.uk

This newsletter is created by Team Bath AS.
All press enquiries to communications@teambathas.co.uk