

**Newsletter: Issue 17: February 2016**

# **AQUAE SULIS**

**Performance Swimming Club**

**ASA Club of the Year 2015**

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Matt Lawman (Ed.)

A lot has happened since the last newsletter in 2015 and this one brings us up to date in advance of the forthcoming February 2016 Aquae Sulis Grand Prix. Talking of which, please can everyone make sure they have registered with Nat Gordon their offers of assistance at the Grand Prix. As mentioned inside, running a successful event is a huge undertaking and many hands do make light(er) work. Good luck to all of our swimmers in the first long course meet of the season. Swim fast!!



Patron: Sharron Davies MBE





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# TRAINING COURSES TO TEAM MANAGERS AND VOLUNTEERS

## Team Manager Module 2 Training Overnight Stays & Travel Abroad

Sunday 13th March 2016 4:15pm to 6:45pm

**This training is free and open to all clubs within the SW region**

Venue: Lecture Room, Sports Training Village, University of Bath, Claverton Down,  
Bath BA2 2ET

The workshop aims to equip a Team Manager to manage a team staying overnight or travelling abroad. You will learn about what to do on arrival at a hotel and airport, transport and flight arrangements, how to ensure dietary requirements are met and discuss scenarios that may occur during trips away with swimmers.

Attendees for the Module 2 training **MUST** have already completed the ASA Team Manager Module 1 course before attending and be over 18.

**We have a limited number of 20 places available on a first come first served basis.**

If you are part of a club that is likely to enter open meets out of your area or plan camps either in Britain or abroad then it is important that we have volunteers that have this qualification.

Please provide the following details when applying:

Name and home club

ASA membership number

Date of your Team Manager module 1 qualification

Contact email and a contact number for the day of the course

**For bookings or if you have any queries please contact  
Karen at [workforce@aquaesulisswimming.org.uk](mailto:workforce@aquaesulisswimming.org.uk)**





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## TRAINING COURSES TO TEAM MANAGERS AND VOLUNTEERS

### Safeguarding and Protecting Children Course

Sunday 20th March 4pm to 7pm

**This course is for Aqua Sulis Network Clubs. We only have 20 places available at a cost of only £18 each. The price is reduced due to the money we have received from Starbucks through Red Cup Cheer.**

Venue: Lecture Room, Sports Training Village,  
University of Bath, Claverton Down, Bath BA2 2ET

The course is for the following volunteers:

Team Managers (holding the Team Manager module 1 qualification or planning to do their team manager course shortly).

Committee members including: Chairman, Treasurer, Secretary, Welfare officer, Communications Manager, Membership Secretary.

Coaching staff and poolside helpers who have not done a Safeguarding course before.

Payment is due from your home club once your place is confirmed. Please provide the following details when applying:

- Name
- Contact number
- ASA number (if you have one)
- Role in your club

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!



**For bookings or if you have any queries please contact Karen at [workforce@aquaesulisswimming.org.uk](mailto:workforce@aquaesulisswimming.org.uk)**





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## Aqua Sulis Grand Prix 21st & 22nd November 2015

### Meet Director's Report

November saw Aqua Sulis biggest and most successful Grand Prix ever. The statistics speak for themselves:

- 645 Swimmers
- 49 Individual Clubs Represented
- 3985 Entries (with 2796 actual swims following scratches over 6 sessions)
- 61 Officials

With Aqua Sulis as a club showing the following statistics:

- 79 Swimmers
- 48 female (294 swims) and 31 male (226 swims)

Girls achieved 178 improved times

Boys achieved 178 improved times

As a club the above statistics showed a 68% improvement overall on entered times - great work from all the swimmers.

As a meet things seemed to go well and we had had positive feedback from many of the clubs that attended, who showed good interest in attending future meets.



Some constructive feedback included:

- A more regular supply of refreshments for officials during the sessions
- Detailed information to the volunteers with regard to their roles
- Clear timings for sending heats to be in position (to avoid late arrivals and overcrowding around the officials),
- Thought required for swimmer seating areas
- Refining policies for the warm down pool.

But, overall, without question what a great job everyone did, and it shows that in this case many hands do make light work!





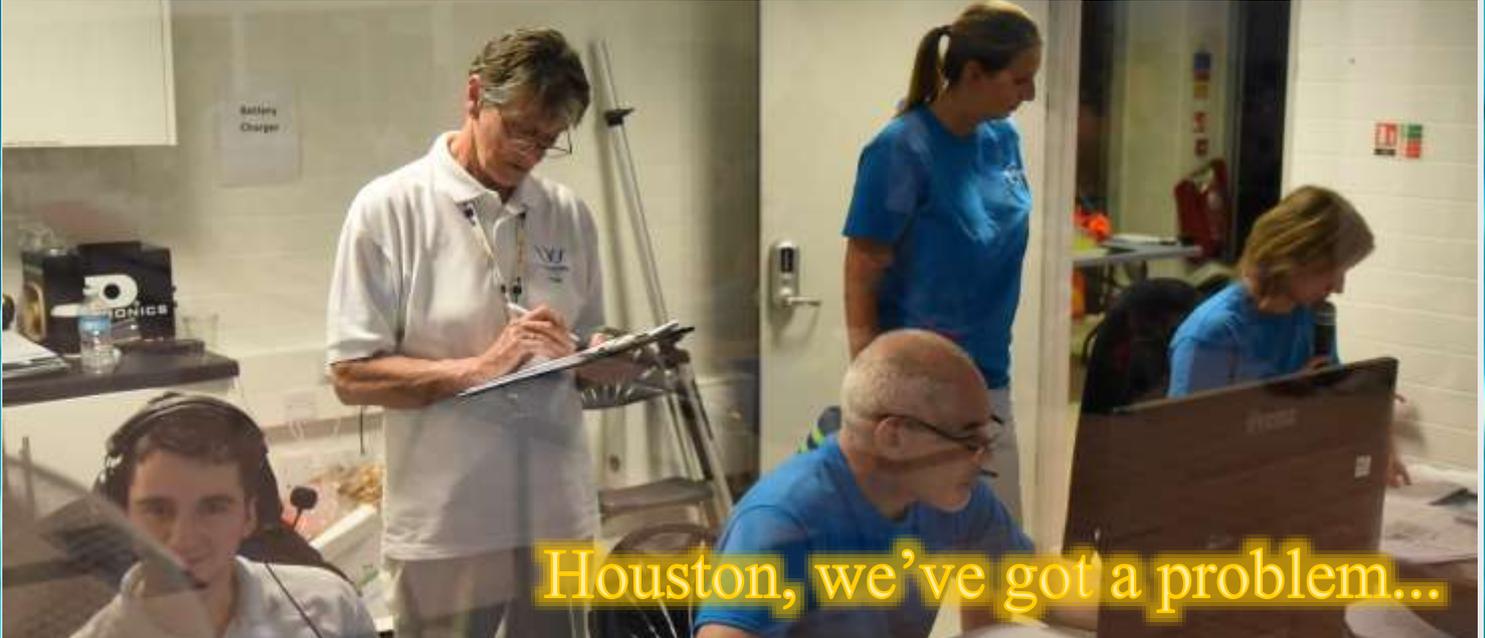
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## Aquae Sulis Grand Prix, Nov 2015. Helpers, thank you!!



Houston, we've got a problem...



More cake, Sir?



Here's what you could have won



How many raffle tickets!?





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## Helping at an Aquae Sulis Grand Prix....

....grows big muscles...



.....is where you will (Open) Meet your next BFF



.....makes you happy



...makes you look like Brad Pitt

...allows ample time for chilling with old pals





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### Aqua Sulis Grand Prix, 21st & 22nd November 2015 Coaches' Reports

The Aqua Sulis Grand Prix in November was once again a very successful meet for the Junior Performance and Development Squad swimmers. The motto for the meet was 'skills at speed'; working on progressing on the skill emphasis from the Millfield/Taunton and Frome meets earlier in the season with a particular focus on accelerating into walls/through underwater phases/into break outs and through to finishes. Again keeping the emphasis on skills and process, swimmers were aiming to improve on their times from the previous meets with even better skills which on the whole they did very well.

There were PB's in almost every race, a number of Regional QTs as a result and the squad on the whole stepped up to the mark progressing their skills showing good distances off the walls throughout their races. Notable swims came from Hugo McNeil with a great 100 FC showing commitment to his skills accelerating through his start and turns, Georgia Gussey with a strong controlled 200m Brst maintaining her stroke throughout the race and Jude Roberts for showing her strength underwater on 100m BK. Max Adams also showed impressive progression from the Frome meet earlier in the season with a far more mature and skilful approach to his races. Swim of the weekend went to Alice Barton 400m FC not only for an incredibly gutsy swim, but in showing that committing to breath control and underwater distance even over a longer event is the way to go.

Well done all!

Suzi Bowen, Assistant Head Coach

With the change to the swimming season, implemented by British Swimming, to make the early months a short course season, we took the decision to change our November Grand Prix to this format.

We were very fortunate with the timing of the meet as it was one of the last chances to qualify for the National Short Course Champs held at Sheffield in December.

This reflected in the high number of entries for the meet, leaving us full in every event and with a healthy reserve list should anyone withdraw. Feedback from a lot of coaches was extremely positive about how well the meet was run, as well as requests to keep running it in future years.

The results for Aqua Sulis swimmers were equally if not more positive. Off the back of the warm weather camp at Torremolinos in October, the swimmers who attended registered a high rate of PB swims throughout the meet, with some very skilful swimming.

A special mention goes to Michael Dorsman, who achieved his first individual National Qualifying Time at the meet, where he joined Tom Sinclair, Daniella Whiting, Jessie Foster, Laura McNab, Georgia Keen, Stella Cookson, Henry Dixon and Rhiannon Bowen in representing Aqua Sulis at the National Short Course.

These meets simply cannot function without the team of volunteers and committee, along with the officials that dedicate their time to ensuring everything goes off without a hitch.

A massively amount of thanks goes to all from me personally and to all the swimmers, clubs, coaches and TM's that help me and support us in the running of our open meets.

Well done to all concerned on a highly successful competition!!!!!!

John Dougall, Head Coach





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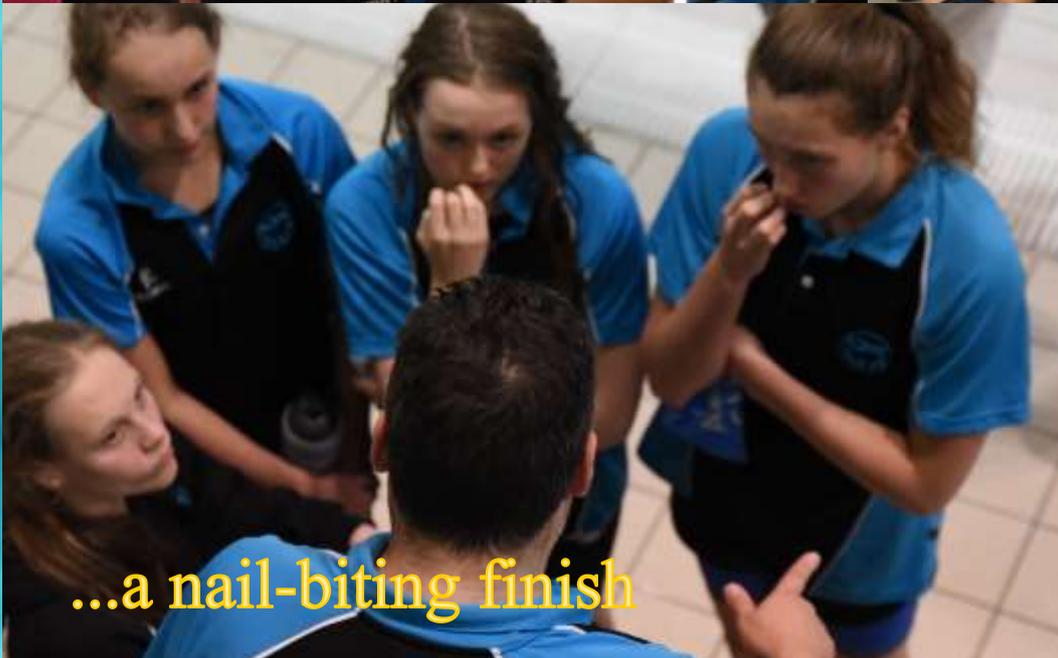
## High performance swimming demands...



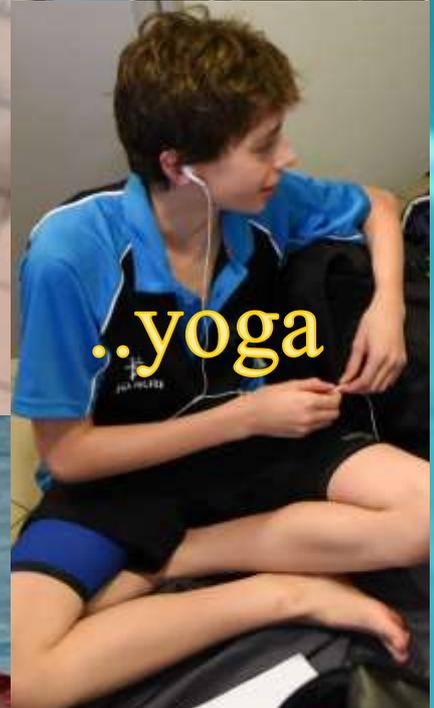
...bananas



....a proper warm-up



...a nail-biting finish



..yoga



...plenty of sleep





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## Aquae Sulis Christmas Party Disco Hog Roast...



The family Christmas Party went ahead on Saturday 28<sup>th</sup> November in St Luke's Church Hall in Bear Flat. The Hog Roast and Disco format proved popular, and most of the swimmers and some intrepid parents bust some moves on the dance floor. A number of the senior swimmers were occasionally spotted near the dance floor but, it seems, spent a lot of time outside.....who knows where and who knows why. Frankly it was far too cold for any adult to venture out to determine the reason. Anyway, special thanks for their entertaining turns on stage go to Sean Grothier and Julia Barton, who ably led the 'Boat Song'. I have some video footage of that spectacle and would be willing to release it for a fee (though, you'd have to better the price Julia has paid me for not publishing it – and we are talking four figures!). Hopefully the photos recreate the atmosphere....





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## Aquae Sulis Christmas Party Disco Hog Roast...





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## Red Cup Cheer!! Thanks again!

'Thanks for being part of Red Cup Cheer! It was great to see so much energy and activity across social channels. We hope you enjoyed it and that it helped to raise awareness of the fantastic cause that you're supporting.

We were awarded a £1,000 donation from Starbucks UK. The results were calculated from a combination of supporter activity across Twitter and neighbourly.com.'

We were very impressed with your tweets and will look back and think about pet pictures, cups balanced in various places, favourite foods and Christmas decorations, the ASPSC meet (especially the drinks tom-bola) and Christmas Hog Roast.

We had many supporters for our cause including the network clubs, the City of Bristol network, Somerset ASA, visiting clubs to our meet and lots more.



Karen would like to say a special thankyou to Becki, the manager of the Avon Street branch of Starbucks in Bath. They advertised our cause and wore badges for the whole period and kindly donated the cups and the wonderful hamper for the Aquae Sulis meet.





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# ASA National SC Winter Meet 17 - 20 December 2015, Ponds Forge

Well done to the team, Georgia Keen, Rhiannon Bowen, Laura McNab, Dani Whiting, Jessie Foster, Stella Cookson, Mikey Dorsman, Henry Dixon and Tom Sinclair all competed over the 4 day ASA National Winter meet at Ponds Forge. Again they demonstrated their ability to cope in less than optimal circumstances at a major event, swimming on and under their PB's and gaining invaluable experience at a top level British meet. Finalists came from:

Tom Sinclair; 2<sup>nd</sup> 100 Fly B Final, 10<sup>th</sup> 100 IM A Final, 9<sup>th</sup> 50 Fly A Final,

Dani Whiting; 9<sup>th</sup> 100 IM A Final

Jessie Foster; 2<sup>nd</sup> 100 IM B Final

A special thanks to Bath University's Mark Skimming for looking after our swimmers and Sylvia Sinclair for keeping us all updated back at home!

## City Of Bristol Xmas Open Meet, Dec 2015

Well what a weekend at the City of Bristol Open meet. After a rocky couple of weeks the team showed admirable resilience and strength of character stepping up and performing at Hengrove this weekend. The atmosphere poolside was undoubtedly positive and the swimming in the pool seemed to go from strength to strength. Aquae Sulis dominated the top club leader board, and Sam Adams even held top boy spot for the early sessions, unfortunately he then had to swim Breaststroke..... ☺ With over half of the lanes in AS hats for a number of events (thanks for that!), it was a very busy weekend and a great way to finish 2015 and the first cycle of work. Many swimmers were asked to take responsibility of their swims, and provide their own feedback of what they did well, and areas they could improve, a concept that got better as the weekend went on and demonstrated their ability to process their swims in order to evaluate them in terms of process not just outcome. Special mentions have to go to Alice Barton, Arthur Bown-Mazzoni, Sam Lawton and Finlay Saunders for their absolute commitment to delivering on skills, something which they have demonstrated consistently in their training and have been able to draw upon in their races. Also to Maia Crudington, Olivia Galpin, Amy Gordon, Imogen Rafferty and Hannah Croker who learnt a lot about the power of the mind and importance of remaining positive. So many other top swims I couldn't possibly mention them all. Thank you to Liam Wilcox for coaching poolside on Saturday, and to Nat Gordon and Karen Saunders for team managing and keeping the team organised like a well oiled machine! With 60 swimmers over the weekend it was no easy feat but they managed admirably and made my life much easier – so thank you! As I say a very positive end to the year.....onwards and upwards into 2016.

Suzi Bowen, Assistant Head Coach





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## Nutrition & Physio

The eagerly-anticipated Andrew Shepherd seminars on 'Introduction to Sports Nutrition' and 'Immunity' took place on Saturday 9th January in the new Edge, arts and management lecture room. Many swimmers and their parents attended and feedback on the value and quality of the seminars was very positive.

Andrew, a leading sports and exercise nutritionist helped swimmers and parents understand the importance of food and hydration to a swimmers' performance and provided examples of how best to help swimmers throughout their training, recovery and competitions. He works with a number of clubs and organisations across the country providing nutritional advice and support to Junior, World, Olympic, Paralympic and Commonwealth Games athletes.



Thank you to Sainsburys at Odd Down for supporting the event by donating a 'Healthy Eating' hamper (eaten by Isaac Grothier, it seems).



We were also pleased to offer the swimmers in the Performance Squad the chance of physiotherapy screening by physiotherapist, Cian Doyle. The assessment aimed to identify and address any physical weakness, stiffness or movement control issue that a swimmer may display which can limit sporting performance or increase the chance of injury. Thirty seven swimmers participated in the screening and received feedback. The Strength and Conditioning coaches were given a report on improving the outcomes for the swimmers for the rest of the season.

