



Patron: Sharron Davies MBE

Monthly Newsletter

Issue 9: March 2014



Coaches Notes by John

Having been here a couple of months now, I'm deeply encouraged by how the swimmers have responded to my style of coaching.

There is a lot of positivity and high expectation, which is tremendous but at the same time needs managing - remember it's a marathon, not a sprint!

The Plymouth and Aquae Sulis Open meets provided some solid PB swims, as well as National qualifying times, not to mention numerous medals along the way.

Once the county programme is complete, the focus for 4 of our team (Aaron, Dani, Jessie and Stephanie) will be the British Championships in Glasgow, 10-15th April and beyond that the Youths will be looking ahead to the Regionals in May, so plenty to get our teeth into!!

I'm also extremely encouraged by the boost in numbers in the Potential Squad allowing us to promote swimmers to the Junior Elite Squad. I'd like to thank the network clubs and coaches for their support and recent nominations. I'd also like to thank Andrew Turner for his continued commitment and hard work with the Potential and Transition squads.



Potential and Transition Squads by Andy

The junior swimmers in both Transition and Potential Squads are training hard. It's fantastic to see attendance at well over 80%, and the swimmers seem to be enjoying the change to a mix of short course and long course training, as well as getting to grips with the training equipment. With the competition season now well under way, sessions will continue to focus on skills and drills, so keep up the good work!!

With County commitments, the Aquae Sulis Grand Prix and various open meets, many of the swimmers have been in action over the last few weeks, some experiencing competing for the first time. It's been great to see the swimmers continue to build on the early season training, with many PB's and Regional times being swum. Well done to Emily Shattock picking up her first ever regional time in the 200 fly at our meet at the beginning of February.



We have had quite a bit of movement in the squads recently. Welcome to the new swimmers who have recently joined from network clubs:

Also, good luck to the swimmers moving from transition to potential, and those moving up to Junior Elite. Keep training hard.

Fundraising by Emma Head

Bag4Sport

Firstly, I would like to say a huge thank you to Judy Smith for liaising with Bag4Sport and arranging collections on our behalf over the last 12 months. The latest collection raised around £90.00. Given that her child is no longer swimming in the programme Judy has decided that she would like to hand over this responsibility to someone else. It is important that we keep our relationship with Bag4Sport so that the club and individuals can apply for funding.

Anyone willing to take this on, please get in touch with me.

Bag Pack

I recently sent out an email concerning a bag pack that will be taking place on Saturday 26th April. Many thanks to those who have already responded but we still need more swimmers to help out. I am particularly short of volunteers for the afternoon. Please email me at emma.head@wessexwater.co.uk. I will also be placing a notice on the board at the pool with available slots. Please do help out if you can. Bag packs can raise a lot of money and if everyone helps out we should only have to cover a short period of time each.

Active Kids Vouchers

We are collecting Sainsburys Active Kids vouchers. Please get your friends and family on the case and pass the vouchers on to me.

As always if anyone has any ideas for fundraising or access to funding, please let me know.

Forthcoming Events

British Gas Swimming Championships 10th to 15th April, Tollcross Leisure Centre, Glasgow

City of Bristol Level 1 Open Meet 5/6th April at Hengrove Leisure Park

ASA South West Regional Youth Championships 3/5/6th May at Plymouth Life Centre

Millfield Last Chance Swim Meet 17/18th May

City of Sheffield Level 1 No Frills & Distance Meet 31st May & 1st June at Ponds Forge Sheffield



Why not follow us on twitter @aspssc

It's often the first place to find the most up to date club news including meet results and general information.





Patron: Sharron Davies MBE

Monthly Newsletter

Issue 9: March 2014



BMI Bath Clinic – Orthopaedic Mini Consultations

Have you experienced joint or back pain and wondered if anything can help?

Throughout February, March and April, Bath Clinic Orthopaedic Specialists will be offering limited free 15 minute mini consultations and open evenings.

You can learn more about the services we offer, meet our consultants and see our facilities. An open evening will be held on Wednesday 30th April 2014.

To find out more information please call 0800 096 2369 or visit www.bmihealthcare.co.uk/bath



New Website on the Way

As part of the process of becoming self-sufficient from April 1st we will shortly be introducing a new club website and management system.

Enabling the coaches and administrators to effectively communicate and manage the club, the new system will also provide online tools which will allow families to do a range of tasks from meet entries, volunteering and viewing swimmers results/times.

In order to ensure the transfer to this new system is as smooth as possible it is essential that you return your data collection forms as soon as possible.

Don't Forget the Fundraising Web Links

Why not help to raise money for the club using [easyfundraising](#), [easysearch](#) and [Proswimwear](#). A few minutes is all it takes to register as a supporter of the club with the websites and you can then help to raise money for Aqua Sulis from web-browsing as well as online shopping.

The totals on all these pages continue to grow with payments starting to appear into the club's account.

Remember this is an opportunity for us all to make a contribution at no cost.

Stephanie's Inspiring Story

My name is Stephanie Millward and I've been with Aqua Sulis since 2012. I was born and spent my early years in Saudi Arabia where swimming was a great way of cooling down. As it was very hot, I swam a lot and became pretty fast - winning a gold medal in the National Age Groups in Riyadh at the age of 8.

When we moved to the UK I joined Corsham ASC and aged 15 I swam with the Bath University Performance Team winning a gold medal at the National Age Groups with a new British Age Group record. I swam at a number of International events as part of team GB and raced in the British Nationals where I again won gold. Everything was going well, I was the fastest 100m backstroker in the country and was on track for the Sydney 2000 Olympics.

Just before Sydney I was invited to compete in Shanghai. I was seeded first for a few events but while I was in China I wasn't well and, swimming well below my best, came 8th. I returned home very unwell suffering from spells of blindness, being paralysed and not being able to stand unaided.

I was referred to an ENT specialist but finding nothing wrong with my ears, nose or throat the consultant advised me to see a neurologist (brain doctor) after spotting a flickering in my eyes. Coincidentally a neurologist was able to see me and after a quick check he booked me in for an MRI brain scan the next day. I was terrified, what on earth was wrong with my brain? The scan showed a lot of scarring and inflammation on my brain which the doctor said could have been caused by Lupus, MS or just be inflammation from an illness. I was very positive, believing it was the latter option but I just kept getting worse. I was given a course of steroids but they didn't help at all - just made me a lot fatter. I stopped training too, which didn't help with the size of my stomach!

After 6 months struggling to move I was diagnosed with Relapsing remitting Multiple Sclerosis (MS). This is an incurable autoimmune disease of the central nervous system (the brain and the spinal cord). The one drug that could help my illness needed to be injected every 2 days and learning to self inject wasn't at all easy. At this point I was struggling to walk and employed a personal trainer to re-teach me how to stand and walk again. My A levels didn't go well even though I'd been a straight A student before the illness. I had to have somebody read me the question paper as my eyesight was awful. My University dreams were never going to come true which was a shame.

Another symptom of MS is fatigue. Similar to an intense amount of tiredness, sometimes I just couldn't move without every part of my body screaming at me but I decided I wanted to go swimming again to try to lose weight. Struggling to walk on poolside I found it almost impossible to get out of the pool at the end without the help of my Mum who said she didn't want to watch me swim anymore. I kept swimming as often as I could, getting better and stronger.



Around this time a friend asked me if I could teach one of his friends to swim for a triathlon. I said yes and taught his friend Adrian how to swim. Last year I said yes to Adrian again when we got married!!

Adrian was the reason I started training as a Paralympic swimmer. He got me a coach and we worked hard getting me stronger and fitter. After 7 weeks of training I competed in Beijing 2008 gaining fourth, fifth and sixth place certificates! In London 2012 I won 4 silver and 1 bronze and last year at the World Championships in Montreal I won 4 gold and 1 silver. I now hope to win gold in Rio in 2016.

I had a dream when I was very young of winning a gold medal at the Olympics and I am still fighting for this dream. I will not let anything get in my way and hopefully I am inspiration for everyone else at Aqua Sulis to never give up. If you believe something enough it will all happen and all you have to do is trust it and stay determined!

