

CITY OF BRISTOL AQUATICS

It's that time of year again!!

Dark evenings & cold mornings when we should all be slowing down for the winter months. So what happens? The opposite of course! There's the Christmas shopping to be done and nights out burning the candle both ends. It's just as busy for our swimmers! There are lots of events to be signing up to - not least our very own Christmas Cracker of which you'll find details inside. So, before you hit the shops, why don't you take five minutes out (whilst you can!) to read this quarter's Newsletter.

Probably, the most exciting recent development is that Bristol Penguins have joined our ever expanding group of network clubs. Mike Pearce & Ben Mullen explain what this means for both our clubs.

Our Water Polo & Synchro teams are going from strength to strength and we have a great report from the recent Swift Inclusive Gala from Louise our ParaSquad coach.

On a very different note and extremely sadly, one of our swimmers, 13 year old Igor Majcher, passed away in June of this year. In his memory, City of Bristol Aquatics will shortly present a trophy to his school, St Mary Redcliffe & Temple, to be awarded annually for 'Endeavour in Swimming'.

We feel this is a fitting way a to recognise Igor's character. He will always be remembered by the coaches and swimmers at Bristol Central SC & City of Bristol as an enthusiastic, hard working and cheerful member of our club.

A message book has been set up to pass onto his parents Anna & Lucasz, if you haven't already left a note and would like to do so, then please let Sue Sharley know.



Swimming

We are delighted to advise you, with immediate effect, Bristol Penguins Olympic SC will be joining the City of Bristol Network of Swimming Clubs.

This will provide an additional opportunity to Bristol Penguins Swimmers, who meet the criteria, to move to performance swimming at COB, in addition to the current UBSC route. Bristol Penguins will be working very closely with COB to develop opportunities for its swimmers and the development of the club.

The Chairman of Bristol Penguins – Ben Mullen will be joining the City of Bristol SC Aquatics Board

This is a great step forward for the development of the City of Bristol Network of Swimming Clubs.

Mike Pearce – Chairman of COB said "We are extremely excited by the news which will facilitate many more swimmers in the Bristol area having access to our successful performance pathway. I am sure Bristol Penguins will be a valued asset to the COB Network of Swimming Clubs and we look forward to sharing future success with them as we build on last season's excellent and record breaking results".



Ben Mullen – Chairman of Bristol Penguins said "Bristol Penguin Olympic Swimming Club is delighted to join the City of Bristol Network of Swimming Clubs and the opportunity to link with this established and increasingly successful performance pathway. We very much look forward to being part of the collaborative network and the wider role to help develop swimming provision across the competitive spectrum"

Matt Puddy – Swimming Head Coach COB said "Our coaching network is delighted to welcome Bristol Penguins into the set-up. Together the City and surrounding area is stronger. Collectively our network of clubs support each other to develop strength and sustainability that will provide increased and quality opportunities for people to participate at all levels in the sport of swimming. The addition of Bristol Penguins to our network will only enhance the overall aquatics pathway in the area which is based at Hengrove's International Swimming Pool. Also ensuring further high performance results through effective athlete development and collaborative coaching"



Josh Jobbins – Bristol Penguins Head Coach said "City of Bristol Aquatics provides a strong and ever improving performance environment for which I'm sure our fastest and most dedicated swimmers will strive to be a part of. In addition to this, I know myself and the coaching team at Penguins are excited to become part of this wider network as we work to improve the provision for all club swimmers.

Welcome Bristol Penguins!...Welcome Bristol Penguins!...

Para Squad Report (Louise Johnson)

On Saturday 7th October City of Bristol Aquatics and Swift inclusive sport came together and hosted a fantastic inclusive disability gala at Horfield Leisure centre.

The excitement from the 80 swimmers who took part was obvious from the minute you went onto the poolside. There were local teams from Avon Swifts, Bristol Sharks, City of Bristol Aquatics, Level Water plus teams travelled from Plymouth, Birmingham and Swindon. The swimmers taking part all had something a bit more special than any usual gala, as they were all swimming with either physical or learning disabilities.

As the heats started, the cheers from the crowd resonated through the building, helping all the swimmers find that little bit of extra confidence and sprint down the pool with ease.

Medals were awarded after each heat and before long many swimmers were proudly wearing numerous medals around their necks. The gala reached a peak during the relay races as all the swimmers took their place in leading their teams down the pool.

Thanks has to be given to the huge number of volunteers who helped make this a huge success and firmly putting Bristol on the map as a leader in disability swimming. A number of these swimmers have already been back in the pool training hard and asking when they can do it all again...so it looks like 2018 will be even more successful.



Award winners were.....



The Amarelle Cup for Junior Male Endeavour

Kacper Siwinski
Plymouth

The Amarelle Cup for Junior Female Endeavour

Sophie York
City of Bristol Aquatics / Level Water

Ann Trotman Trophy for Senior Male Endeavour

Ashley Jenkins
Independent

Ann Trotman Trophy for Senior Female Endeavour

Cerys Poole
St Roses School

City of Bristol Aquatics Junior Queen of The Pool

Maddie Downs
Birmingham Lightening Bolts

The Roger Feneley Junior King of The Pool Cup

Andrew Rutherford
Swindon Dolphins

Kingscott Family Senior Queen of The Pool Cup

Beth Wiltshire
Bristol Sharks

Kingscott Family Senior King of The Pool Cup

Tom Jeal
Choices 4U

Head Coach Report (Matt Puddy)

Thank you everyone who took part in the [COB Early Bird L3 Meet](#). Congratulations to all swimmers on their results. **There were lots of County Times, PB's & Medals achieved this weekend.**

With the focus on early season race skills and after a week of tough endurance training, a few selected athletes took on the challenge of racing the best in the South West at Millfield School in an [October Super Series](#). Our small but resilient team battled the urge to compare race times against recent personal bests and grafted hard in each race to ensure that maximum gains can be made later in the season. This was the first October Long Course Meet for a number of years and it was a great learning curve for all swimmers, coaches and clubs.

Congratulations to all swimmers who took part and supported each other on this testing early season battlefield. The haul of medals collected by COB Aquatics was astonishing for such a small team.

We finished as Runners Up in our first junior development gala of the season, [Four Seasons](#). With a near full team, a handful of swimmers competing in higher age bands and 6 swimmers who had never swam in a gala before.

The final results were:

Burnham-On-Sea 177

COB Aquatics 165

Clevedon 147

Backwell 140

Cheddar Kingfishers 116



After great performances from members of Silver Academy through to Senior/Youth Performance, City of Bristol Aquatics won the opening meet of the season at the [Gloucester City L3](#). With over 15 local teams in attendance our City team amassed the greatest medal haul over the course of the weekend to seal top spot. Swimmers were asked to hone in on early season skills, race hard from the start of all races and enjoy the process of regaining fitness for the season ahead. The unexpected PB's clocked by many swimmers were predominantly a product of last seasons hard work and rest over the summer. For others, the October meet proved a little more of a struggle, as it was meant to.

A big well done to highest point scoring female Ellie Hollier and joint males Teilo Crow & Josh Machin.

And finally, huge success for City of Bristol Aquatics at the [Swim England National Awards](#), held in Birmingham on 11th November. Not only did our own Kate Shortman pick up [Swim England Performance Athlete of the Year - Synchro](#) (read more further on in the Synchro Section!) but City of Bristol Aquatics also received the runner up award in the category - [Swim England Club of the Year](#).

Over the last 18 months COB volunteers and coaches have merged three Clubs to form City of Bristol Aquatics and secured the pool time to provide 3 Performance pathways - Swimming, Synchronised Swimming and Waterpolo. The Club also partners with a Network of 6 Swimming Clubs - Backwell, Keynsham, Bath Dolphin, Bristol Penguins, Soundwell and Calne Alpha to share and develop best practice and provide performance training opportunities. Work is underway to develop a Pathway for Swimmers with a Disability with funding secured from local organisations. COB are very grateful for the support received from Swim England's Emily Taylor and Lindsay Dunn.



Assistant Head Coach Report (Marc Williams)

City of Bristol swimmers produced a night of superb swimming in Round 2 of the [National Arena League](#) with the A team kicking off early for their Gala at Horfield Leisure Centre while the B team had the evening slot.

The A team were up against some strong opposition facing City of Cardiff, Poole, Swim Bournemouth, West Wilts, Weston Super Mare. They had a fantastic night and were in great form with a steady stream of top 3 placings.



In the youngest age group **Anna Uren** was in the pool smashing the 50m Free, quickly followed by **Amelia Chisnall & Conor Talbot** (13/U) in 100m Free – all very outstanding swims.

Olivia Butler also showed great grit and determination getting stronger race to race with great points scored. The evening culminated in the exciting 6-man Open relay with City of Bristol bringing home a fabulous 3rd place.

The final results were:

City of Cardiff 'A' 272

Poole 'A' 204

City of Bristol 'A' 169

Weston Super Mare 155

Swim Bournemouth 148

West Wilts Force 5 'A' 102

The B Team were up against some equally strong opposition facing Devonport Royals, Backwell, Wellington, Severnside Tritons and Bristol North. Great swims from our younger boys **Josh Machin** and **Lewis Cocking** who stepped up to place well in the open age group individual events.

The B teams evening culminated in the exciting 6-man Open relay bolstered by our very own head coach **Matt Puddy** who donned his racing trunks for his 23rd year of National League racing. Together they pulled off a gutsy 5th place finish.

Congratulations to everyone involved. Well done to 1st place finishers Olivia Butler (X2 'A' Team), Anna Uren (X2 'A' Team), Connor Talbot ('A' Team), Ella Glass ('B' Team), Jo Hallett ('B' Team), Izzy Hallett ('B' Team), Will Stoodley ('B' Team) and Lewis Cocking ('B' Team). Big thanks to the staff on both teams.

We excitingly await news of which final both teams have made in their respective leagues. Swimmers – please ensure you keep Saturday 9th December 2017 free!!!



CHRISTMAS & NEW YEAR TRAINING TIMES



Date	Senior/Youth Perf	Age Perf	Senior/Youth Comp & Age Dev
Sat 23rd Dec	Last normal sessions for all squads		
Sun 24th, Mon 25th & Tues 26th	NO TRAINING		
Weds 27th Dec	19:00-21:05 Attend Gym Before	16:45-19:30	
Thurs 28th Dec	16:45-19:30	5:20-7:30 (AM) 19:00-21:15 18:00-18:45 Sports Hall	19:45-21:15
Fri 29th Dec	5:20-7:30 (AM), 16:45-19:00 19:15-20:00 Studio (Or Gym)	16:45-19:30	
Sat 30th Dec	5:50-8:30	5:50-8:00 (AM), 8:15-9:00 Sports Hall	5:50-8:00 8:15-9:00 Sports Hall
Sun 31st, Mon 1st	NO TRAINING		
Tues Jan 2nd	Normal training resumes		

Water Polo Club (Lynne Sissons)

A LOOK BACK AT SEPTEMBER/OCTOBER

We held a successful [Club Tournament](#) at Hengrove Park Leisure Centre on the 9th & 10th September. We ran age group, 2nd team and Men's team games. There were a total of 122 athletes and 22 volunteers who took part.

The [Bristol & West League](#) started back after the Summer with 5 Junior games, 3 Ladies games, 2 games for Men's Harlequins, 1 game for Men's Barbarians & 2 games for Men's 1st team.. October saw 9 Bristol & West League games: 3 Junior games, 2 Ladies games, 2 games for Men's Harlequins & 2 games for Men's Barbarians. ***** City of Bristol won all league games in October! *****

[National Age Groups](#) - In September, City of Bristol u15 boys team played a combined Welsh team in a friendly which was great experience for the team. In October they travelled to Manchester to play 4 games in one day! They did the Club and themselves proud, showing great determination and teamwork. **Well done Jackson, Scott, Ciaran, Henry, Liam, Joe, Johnny, Johnny, Wills & Aaron!**

[County Selection](#) - Congratulations to Aaron who was selected for Gloucestershire's u13 squad.

[Regional Academy Trials](#) for those born between 01' & 05' took place on the 23rd & 30th September. Out of those invited 12-15 athletes attended the trials. Several players have been selected for the South West Academy squads. **Henry, Will, Jackson, Jonathan, Max, Abi, Kiera, Well done to all!** (If any other players have been selected please just let me know)

[Regional Selection](#) - Congratulations to Joe & Jonathan have been selected for the South West u14 team.



Our Men's & Ladies teams are competing in the [British League 2017](#) at Sheffield. **Our Men's 1st team have qualified for the British League Championship 1!**

Further to their weekend in Sheffield in September they travelled to Elstree and won both their games. Then to Plymouth and played 3 games winning one, drawing one and losing one.

Our Ladies rose to 3rd place in their division with 2 very good wins in Marlborough. **They have one more weekend at the end of November to see if they make qualification for Championship 2.**

[GB Trials](#) were held in Manchester for Girls born 1999 & younger. In September, Emily attended the trials and was selected to go through to the next phase. We can now confirm that Emily has been selected for the U19 England Ladies Squad and will compete in the EU Nations in November. **Congratulations Emily!**. Nick Hume is the coach for the GB squad.

INFORMATION & CONTACTS

***Email (new address!): cityofbristolwaterpolo@yahoo.com *Website (new website!): bristolwaterpolo.co.uk**

If you know anyone who would like to come along and try Water Polo please pass contact details to them. We offer a free trial session for girls & boys from aged 7 up, Men & Ladies!

We are a Club run by volunteers. We are always looking for more volunteers to help in the running of the Club. Any time you can offer, however little, would be very much appreciated. There is a range of areas you can help with both on poolside and off, you don't even need to know anything about Water Polo there's still a job for you! Please contact Lynne to discuss cityofbristolwaterpolo@yahoo.com Thank you!

Synchro Team News (Maria Shortman)

On Saturday 16th September trials for the national GB Junior and Senior squads took place at Hengrove Leisure Centre, Bristol.

Following a day of intense trials across a number of land and pool tests 6 swimmers from City of Bristol were selected to the squad of 20 swimmers.

Selected junior and senior swimmers from all over the country will now train together most Saturdays and attend training camps in the school holidays to get the routines competition ready before the main internationals in the summer of 2018.



International competitions in 2018 include the Junior Europeans (Finland, June), the Junior Worlds (Hungary, July) and the Senior Europeans (Glasgow, August).

Swimmers from left to right: Cerys Hughes, Daniella Lloyd, Grace Cruickshank, Kate Shortman, Isabelle Thorpe, Greta Hampson



City of Bristol Aquatics are delighted that Kate Shortman has been awarded **Swim England Performance Athlete of the Year - Synchro**, at the Awards held in Birmingham University, Great Hall.

Kate was the youngest (aged 15) competitor in a 32 strong field at the World Championships in Budapest. She reached the Solo Free final finishing in 12th place.

This result sees Kate as this first British Synchronised Swimmer to qualify for a World Championship final since 2013. Kate is away training and was unable to be at the ceremony.

Her award was collected by her proud Dad, Mick.



COB Event Sign up!.....COB Event Sign up!.....COB Event Sign up!.....COB Event Sign up!.....COB Event Sign up!.....

City of Bristol L2 Christmas Cracker

16 December 2017 (08:00 AM) - 17 December 2017 (06:00 PM)
Registration Deadline
17 November 2017

This is our own Level 2 Christmas Cracker being held at Hengrove Park Leisure Centre.

All swimmers, from all squads, should enter this end of term target meet. Focus on 5+ key races.
Please review your entries with your coach before submitting.

Entry fee is £6.50 per event and this will be collected automatically by Go Cardless direct debit once entries have been accepted.

Also, look out for details of our next Open Meet

6th / 7th / 8th April – Level 1 - City of Bristol City of Bristol
International Open Meet

COB Event Sign up!.....COB Event Sign up!.....COB Event Sign up!.....COB Event Sign up!.....COB Event Sign up!.....



*****Important Message from our Financial Officer*****

As you probably already know, it was decided at the last AGM to change our method of collecting fees to Direct Debit through GoCardless. This allows better control of the club's finances so that we can ensure these remain healthy and the club can continue to run smoothly. It also cuts the time the finance officer spends processing over 200 transactions a month considerably, so a most heartfelt thanks to all of you who have supported this by signing your Direct Debit mandate!

Please also be aware that only swimmers with an active Direct Debit mandate will be entered into open meets. So if you are still among the few who have not yet signed their DD mandate, please do so asap. If you need the mandate request email to be resent to you, you can request it from our finance officer through our website's mailing system, or directly to cobscfinancialofficer@gmail.com.

A Message from the Committee

PARENTS INVOLVEMENT IN SWIMMING

PARENTS ARE GREAT FOR SWIMMING –

- ✦ **Encourage** their children to enjoy and achieve in their sport
- ✦ **Support** their children in practical ways – transport, buying kit, etc
- ✦ **Help** the club with activities
- ✦ Become coaches, officials, helpers and **volunteers** within the club
- ✦ **Help** out with things such as web sites, fund raising etc.
- ✦ **Support and motivate** their child and/or team
- ✦ **Reinforce positive aspects** of participation in swimming

PARENTS NEED TO CONSIDER –

- ✦ What do they want their child to get out of swimming? **Is it the same as what their child wants ?**
- ✦ Do they **understand what their child is trying to achieve** and what **support** they need?
- ✦ Are they being the **best role model** they can be to help their child **enjoy their sporting experience ?**
- ✦ Are they focused on their **child's development** and **enjoyment ?**

HOW A PARENT'S BEHAVIOUR EFFECTS THEIR CHILD -

Parents play a huge role within the lives of our young swimmers. Most parents – through their support, encouragement and understanding – help their children have fun and reach their potential. However, certain types of involvement and behaviour from parents can spoil a child's experience and enjoyment.

Poor spectator behaviour can have a huge impact on the performance and concentration of the young person competing. It may even affect their desire to continue with sport.

The behaviour of some parents can be challenging. They may:

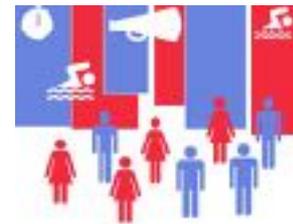
- ✦ Get carried away on the side lines – leading to **intimidating, aggressive, threatening or abusive** behaviour towards their own or other children, coaches, officials or other parents and spectators.
- ✦ Have a **'win at all costs'** approach to their child's participation.
- ✦ Have **unrealistic expectations** of their child that differ from those of the club
- ✦ Make **negative comments** about their child or other children's efforts
- ✦ **Contradict** the advice of the coach.

The coaches and welfare officers are always happy to discuss any concerns you may have about your child's swimming/competing, but this can't be done in front of other swimmers or parents. Please don't approach a coach to discuss your child while the coach is poolside with the swimmers. An email to request a meeting is the best way to discuss any concerns.

City of Bristol Aquatics has a Parents Policy which can be viewed on the club website

Volunteering

We asked for help, and our awesome parents and friends delivered! A huge thank you to every single one of you, we couldn't have run our Early Bird meet without you.



If it was the first time you've volunteered for City of Bristol or you're not yet a member of Swim England (ASA), please contact membership@cobaquatics.club for membership forms. Membership is free for our volunteers and we would encourage you to join. If you're inspired to join our army of volunteers next time, and would like to know more, please contact swimvolunteers@cobaquatics.club

And finally, please save the following dates for more volunteering:

16/17 December: Our COB L2 Christmas Cracker Open Meet at Hengrove, all weekend
#Weneedanarmytomakethiswork

Committee Vacancy - Volunteer Manager

It's with regret that I have to inform you that our Volunteer Manager, Jane Hallett has resigned from the Committee. Jane was an asset to COB Aquatics and her dedication and enthusiasm will be greatly missed. Therefore, we now have a vacancy on the Committee which needs to be urgently filled. The role of the Volunteer Manager is as follows:

- ✦ **Keeping records** of the qualifications of the qualified volunteers at the club.
- ✦ **To keep a workforce plan**, to allow for succession planning.
- ✦ **To organise in house courses** for Team Managers and J1 Officials and to **promote** these to people linked to the club (parents, grandparents, older siblings and older swimmers).
- ✦ **To identify individuals** who would like to train as coaches, & highlight local courses as they become available.
- ✦ **To apply for bursaries** to help with the cost of training & to **liaise with the club secretary and treasurer** to arrange financial support from the club.
- ✦ **To encourage** J1 officials to take further training (J2 and J2S).
- ✦ **To direct new volunteers** to the Membership Secretary (ASA and COB membership) and Welfare Officer (DBS checks and Safeguarding Training).
- ✦ **To promote** Young Volunteers and Young Coaches schemes to suitable individuals within the club.
- ✦ **Build good relationships** with the Gloucester and Somerset ASA Volunteer Manager and Lead Trainer for officials. Likewise, with volunteer managers at Network clubs, to allow joint training courses

Ideally, the candidate should have some knowledge of Coaching & Officials Qualifications. However, we would welcome any enquiry and I would be happy to answer any questions you have. Dave Beament (Sec)

Membership News

We would like to welcome the following new swimmers to City of Bristol Aquatics and look forward to them seeing taking part in galas/open meets very soon.

Lainey Denyer
Bethan Anderson
Isobel Spargo
Jonathan Harris
Abigail Phipps
Sophie Lane

Elsie Williams-Beese
Stephanie Kelly
Vinnie Williams-Beese
John Ferguson
Molly Cranch
Lilli-Ana Young
Caitlin Froom

Ryan Cheung
Seren Davies
Adam Ives
Emma Drinkwater
Christopher Kelly
Lowenna Negus



NEW YEAR PARTY!

Saturday 6th January 2018

From 7.30 pm till late

At Hengrove Athletic Football Club, Norton Lane, Whitchurch, BS14 0BT

Live Music from The Underground Frets

(Oasis cover & their own, group of students who recently left St Brendans 6th Form College)

Dress To Impress– bring out the Christmas sparkle!

Disco & Buffet

This event is being organised by the Parent/Carer's Group and is not funded through any club funds. The summer social has paid for some of the party and we will be raising funds for the next party!!

Tickets: £15 for a family of 4 or £5 each

Tickets can be purchased through Tracey Cole or Emma Channon (parents) or direct through the club as follows:

If you would prefer to pay for your tickets via your Direct Debit, please email our finance officer at cobscfinancialofficer@gmail.com and let her know the number of tickets you need. She will issue the invoice, collect payment by DD and send you your tickets by email

Tickets are limited so please get them quickly and we hope this is another successful social event, especially with a live band who are giving their time free!!