CITY OF BRISTOL

Interview with Lisa Atkinson | Events | New Starters & more .....

New Kids on the Blocks

Welcome to our New Members!

Elizabeth Dodd
Jamie Curtis
William Phillip
Jenny Keeble
Amy Johnson
Ziggy Goodwin-Duval
William Wilde
Evie Latham
Libby Stephens
Evie O'Connor
Ella Steele
Evelyn Tedaldi
Thomas O'Leary
Georgia Wright
Barney Thomas
Brandon Simmons
William Cooper
Summer Clevely
Fleur Loney
Angus Porteous
Alex Long
Elsey Keeys
Oliver Griffee-Hatcher
Emilia Allen
Isla Froom
Sam Walsh

Hengrove Pool Closures

June 29th/30th & 1st July

July 14th/15th & 28th

Say "Hello!"

To our new head coach, Lisa Atkinson.

I expect you've all seen Lisa recently on poolside or in the viewing gallery with her trusty notepad & pen. Well, I managed to catch up with her and ask a few questions about what makes our Head Coach tick….

How did you get into coaching?
I sort of fell into it. I had my Swim Teacher Qualifications, but was made Captain of the Swansea Uni Swim Team in my Second Year, and the more club focussed sessions rather than Performance sessions needed session plans and coaching. I started to write stuff and get more involved and then volunteered with the Swansea ITC which at the time had the likes of Georgia Davies and Jazz Carlin training there.

What do you consider to be your greatest achievements?

Being invited as a CPD Coach to the British Swimming Japan and Aberdeen National Junior Camps.

How would describe yourself?

Passionate and fiery but also supportive and encouraging.

Continued….

Parasquad Report

Exciting news for the para squad...next month Sascha Kindred world champion, Paralympic gold medalist and world record holder is coming to visit us!

Our swimmers will get to find out how he made it to the become one of the most successful para athletes and pick up some top tips in the pool.

The para squad has grown in numbers again this month and now has 18 amazing swimmers. We have taken a road trip to Wales to attend the Tiger Bay para swimming taster event, all our swimmers all came away with medals.

Swim England have altered the parameters again for the classification process so we are all still awaiting to find out when we can start competing in licenced meets, but in the mean time everyone is just enjoying being in the pool.

What are the best bits of the job?

The 'moment's of joy' when you and a swimmer have been working to overcome something, or to correct something, or to change a technique or race plan and it 'clicks' and all comes together. Whether that's in the pool or personally, it's definitely the best bit!!

If you weren't a Coach, you'd be.....?

I think I'd probably always have ended up coaching... possibly not swimming, I might have pursued the Strength & Conditioning side more, but I think coaching was the path I was going to end up on.

Your favourite place in the world?

A beach! It doesn't matter where, as long as I can hear the sea.

What do you like to do when you're not busy on poolside?

I love crossfit, and regularly go through the week.

Who's your inspiration and why?

Recently I think Amanda (HC City of Oxford) would be. She's a strong coach, has had countless swimmers selected for International teams, but at the same time sticks to her principles, and is a positive influence on those around her. She's open and honest with others and has been a great mentor.

Any advice to our younger members who are aspiring to be in our Performance Squad?

It's ALL about the details!! Skills and Technique. The best of the best make it look easy, their races look like they're not trying, it's usually all because they've done everything they can to better themselves in the pool before those races, and it all starts with tight streamlines, fast rotations on turns, great underwater, smooth breakouts, and the best technique possible.

We'd like to wish Lisa all the very best in her new role with COB Aquatics!

Message from our Welfare Officer

A national survey has revealed that 60% of swimmers and parents don't know who to contact in their club about welfare issues.

If you have concerns regarding the welfare and safety of our swimmers, please contact

Marion Britton
COB Club Welfare Officer
marion_britton@yahoo.co.uk
01179 770348 or
07975713254

Alternatively, you can also speak to our Assistant Welfare Officers: **Rob Smith & Sally Campbell.**

All our contact details can be found on the Club Noticeboard and Website.

COB in Training

If there's one thing that keeps this club going from strength to strength it's the generosity of our army of volunteers.

Without them our club simply wouldn't exist and we appreciate the time and hard work that they put into training our children, organising our meets and officiating.

However, we could always do with more! So if you're interested in a volunteering role with COB then please contact Marion Britton *(details opposite).*

We have several of our coaches signed up for Swim England Coaching Courses at Bath University this summer;

Simon Thorne, Martin Douglas and Neil Hopes - Level 2 Coaches course.

Olivia Tresise, Laura Barnicoat, Gareth Dixon & Jasmin Pegler - Level 1 Assistant Coaches course.

Six of our parents have agreed to attend a course for Timekeepers/J1 Officials - **Anna Dixon, Jill Baker, Jorge Arias, Rachael Carpenter, Rebekah Murray, Andy Sheldrake.** This will take place on 10 May and they will then be helping at galas and open meets to complete their log books.

Our thanks go to some of our older swimmers who have given up their time, helping our coaches as part of the **Duke of Edinburgh Award** scheme and also a big thank you to swimmer **Steph Cummins** who has been coaching our swimmers for the last year or more while still training and competing herself and will now be leaving to take up her studies.

Our thanks and best wishes to all our volunteers young & not so young!

Annual General Meeting

Tuesday 10th July from 6.30pm

This is your opportunity to hear from the Coaches and the Chairman of -
Swimming, Waterpolo and Synchronised Swimming

Please join us to learn about the successes in 2017 and the plans for the coming 12 months.

ALL WELCOME!

Synchro News

The girls looked amazing in their new club kit at the Walsall Trophy which was held in Cheltenham on 19th May.

The results were great and so was the the team spirit with all the swimmers showing support for one another.

*********GOLD*********

15-18 Senior Duet – **Cerys Hughes, Anna Sledge**

15-18 Development Duet – **Freya Sawyer, Megan Baber**

15-18 Combo Team

13-15 Combo Team competitive squad

12 and under Combo Team

County Celebrations

CITY OF BRISTOL AQUATICS CELEBRATE BEING THE TOP CLUB IN THE COUNTY !

At the last Gloucester County AGM City of Bristol Aquatics was presented with the following trophies:

Delancey Trophy - performance in Championships

Elkington Trophy - performance and participation in age group events

Ken Guy Trophy - performance in IM events

Fred Bullard Memorial Shield - Ladies Medley Relay

And congratulations to our swimmers who have been chosen to represent Gloucester County in the Three Counties Championships:

Louis Thorne
Eli Valanueva
Nathan Dicks
Connor Talbot
Alisha Plumstead
Anna Uren
Holly Brown
Amelia Chisnall
Isabel Hallet
Olivia Munden
Olivia Butler
Hazel Smith

Water Polo News

City of Bristol Water Polo has been awarded Swim 21 Performance once again!

City of Bristol Water Polo remain the only Swim 21 Performance Water Polo Club in the Country.

City of Bristol Ladies gain promotion to Division two in their first season in the British League.

Bristol City Council have established a sporting hall of fame… and there are several names you may well recognise from the Water Polo World!

Andrew Crawford, David Bush, Craig Figes, John Sissons, Jon Hutchings, Michelle Jenkins, Jez Sherman, Pete Sherman, Rhys Tamlyn, Matt Thresher, Daniel Williams, Carl Wyatt, and Lynne Sissons (Synchro). You can have a look at the website https://www.bristolactivecity.org.uk/get-involved/hall-of-fame/

Two of our Senior Men, Chris and Jack, travelled to the Czech Republic to represent Wales at the EU Nations Tournament. Well Done! Carl was also selected however having become a father just before the trip he was a little busy! Congratulations Carl!

Joe H was invited to attend an Inter-Regional Academy weekend at Northampton School. From this, he was asked to be part of the National Academy Programme. There are 30 boys in the National Academy and it consists of two weekend training camps, again in Northampton, that emulate a National Squad environment, followed by a five-day Academy at Millfield School. The training consists of long days of physically challenging work both in the pool and in the gym as well as sessions led by Nutritionists and Physiotherapists. If selected from this five-day camp players will then train monthly as part of the **National Squad and will represent England.**

Joe A travelled to Northampton for a weekend of training on the National Academy programme. He had two, 9 hour days of working hard in the gym & pool being tested both physically & mentally against a set criteria. Joe was pleased to come joint second in the bleep test but not so keen to go straight into the timed 400m swim, quite a combination!

Ella-Louise trialled for the under 19's GB squad last October & was selected for the squad to play in the European Tournament last November. Scoring several goals Ella- Louise has continued to train monthly with the squad and has just come back from a 5 day training camp in Holland. Elle-Louise will continue with monthly training and hopes to be selected for the planned up and coming overseas camps to determine the final selection for the under 18's World championships being held in Serbia in August.

Our Ladies final British League weekend took place on the 7th & 8th April in Walsall.

City of Bristol Ladies finished their first BWPL season in second place and gained promotion into Division 2! Fantastic Ladies Well Done all!

Our Men's British League squad found themselves in Gloucester for their final weekend of the season. **City of Bristol Men's will remain in Division two for next season and the youthful team will be looking to gain promotion using the valuable experience**

Swim England South West

School of Swimming Development

Residential course

Bryanston School, Blandford Forum, Dorset.

12th - 18th August 2018

For swimmers 11 years and over as at 31 December 2018 (no upper age limit)
Emphasis on technique for all strokes, the IM, starts, turns & finishes.

Team GB Swimmer will be in attendance for 2 days and work with all swimmers

Course activities & opportunities will be:

- 2 swimming sessions per day
  Specialist lectures in:
  - Psychology
  - Team building events
- Contrasting activities inc archery
- Video Film/TV,
- Making new friends
- Daily land conditioning training
- Physiology
- Group lectures
- Squash/Tennis/Badminton
- Quiz night
- Having fun
- Video analysis of technique
- Nutrition
- Swimmers lounge
- Last night disco
- Café
- Working physically & mentally hard!

The course operates an inclusive policy where ever possible & practicable to do so.

For Swim England SW Region Clubs (only) financial assistance may also be possible from the Ray Clash Memorial Fund where costs could exclude a swimmer from attending. Requests should be made separately in writing to Swim England SW Finance Officer.

Cost £400.00
Closing date for applications 25 May 2018
Notification of acceptance 18 June 2018

Application forms are available from: www.swimwest.org