

ANNUAL REPORT 2016-17

NOTTS COUNTY SWIM SQUAD

and



Swimming Club



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Report of the Swim Squad Administrator

2016-17 has been a good year for most of the Squads. The Squad arrangement in Nottingham has proved successful with A1 and A2 squads. From October Rebecca Barsby moved to coach B2 squad. She has now however, moved on to a coaching post in Peterborough and as from September we have taken on Josh Sullivan, who has been coaching at City of Sheffield while he was at University and who has moved to Nottingham to teach. Also starting in September is Dianne Mann, who has coached for some years at Bramcote SC, She will be assisting with Development squad on Monday evenings.

In October 2016 Grant Cashmore, who had been coaching the Disability Squad left and Dave Palmer, who had coached this squad previously, came back. Our thanks to Grant for all his work and an official welcome back to Dave Palmer.

The Squad arrangement with Nottingham University looks like bringing some swimmers in to our A squad this year and we are also in the process of signing a similar contract with Nottingham Trent University, which will link us with their Sports Science department.

We continue to be grateful to Nottingham City Council for their help with pool hire and their general assistance with the organisation of events and meetings. We are also grateful for the help from Southwell and Newark pools.

We are still very fortunate that the Mansfield Squad continues to be supported by Mansfield District Council and Mansfield Leisure Trust. They have been associated with this Squad since its inception and again in September 2016 their Paralympic swimmers competed with distinction. Ollie Hynd winning Gold in the 400m Freestyle and Individual medley both in World Record times and a silver in the 100m Backstroke. Charlotte Henshaw took bronze in the 100m Breaststroke.

Whilst most of the squads have continued to progress well, in November 2016 we had to discontinue the Bassetlaw squad. After some months of discussions with the clubs and with BPL who run the pools, the falling numbers on the squad made it not financially viable for us to continue. Our thanks go to Cathy Pritchard who had worked with this squad since it first started in Bassetlaw and also to Assistant coach Georgina Hobson-Corbett. We are still hopeful that eventually the sessions being organised by BPL in the Bassetlaw area will link with Nova as the competitive element at regional and national level.

The change to having separate East Midland Long Course Championships and the subsequent easing of the qualifying times has increased the number of Notts swimmers competing at this event. As a result of this the guidelines for selection for the Squads has altered and these are now on the website in the Squad Information Book which is in the About Us/About the Club section.

During the year, on a Saturday morning, the A Squad has doubled as the Beacon programme for the East Midland region. This has proved very popular and although the funding from the ASA for these programmes will finish in January 2018, it is hoped that we may find alternative support from within the East Midlands for this to continue.

There have been a number of developments on the Nova website during the year, and recently in order to control the information to the general public on where swimmers could be accessed at particular times, we have created a Members Area which can only be viewed by members who have set up a login. In light of this we have not included the names of swimmers on the Squads in this year's Annual Report.

In September we will be starting a Water Polo Squad. These junior players have been training together for some time and now wish to take part in a national competition. Sarah and Tim Dunsbee, both of whom have coached nationally, will be coaching this group.

As in previous years the cost of the venues continues to require us to find additional ways of bringing in funding. The Nova Swim Camps have continued to run at Nottingham University and the next programme of camps starting in September are currently very popular as we have changed the target group to club swimmers. Thanks again to Emma Dalley for running of these Camps during the past year - and also congratulations to her and Nathan on the birth at the end of July of their son Charlie.

Nova also ran three successful Open Meets a short course meet in October 2016 and Long course meets in March and May 2017 which significantly help the Squad finances, as well as providing access to top

competitions for our own swimmers without the cost to them of travel and accommodation. Again thanks to all those who helped with these meets particularly officials and poolside helpers. We will be needing this help again this year, so if you can, please do come forward.

Again I must make comment that none of the opportunities that we offer our swimmers through the various squads would be possible without the people who help with the administrative duties. Thanks particularly to Denise Mead for her work on the Open Meets and also all the other competition entries. In addition Denise manages most of the website. And thanks also to Wendy Coles for her advice and support.

The Director of Coaching Annual Report contains contributions from the coaches of all of the different Squads and highlights the successes during 2016-17. Our thanks go to the Head Coaches, Glenn Smith and Nathan Hilton, and to Helen Silver and Dave Palmer, together with all the assistant coaches and helpers, who take the sessions each week.

This report highlights that Notts County Swim Squad and its competitive outlet, Nova Centurion SC, is a great team and our thanks also go to Notts ASA and the Notts clubs for their support.

**Josie Grange,
Squad Administrator**

Director of Coaching AGM Annual Report

This year has again seen the Nova programme make some significant strides forward in terms of developing our overall strength & depth with the senior side of the programme also improving. As we move forwards it is becoming increasingly apparent that our partnerships with the University of Nottingham & Nottingham Trent University are significantly enhancing the top end of the programme which will further enhance our strength & depth.

Over the past 12 months the Beacon Programme has continued to work well & it is hoped that once the funding ends in December 2017 the Sports Science programme, which provides many education opportunities for swimmers and coaches alike, will still be in place for the top Nova swimmers.

This season has also seen Nova 'roll out' a comprehensive programme of Open Meets where the programme will now run 4 Open Meets per year, this along with other projects has brought some much needed financial stability to the programme.

Having said all of the above this is still a very transitional period for the whole of the Nova Centurion programme with many youngsters starting to develop at a pace and setting exceptional times during the summer meets, the development from age group to senior swimming is often a difficult transition, but I still maintain that the new crop of hard working & talented swimmers can take Nova Centurion into a new era of performance swimming.

The Squad in Mansfield have had a solid season, and have again produced swimmers competing at International & National Level. At the time of this report the squad is full, and the performances at Regional Age & Youth Championships shows there is some significant talent coming through. This does now need consolidating through regular attendance at training and exposure to relevant competition. This will be the aim for the forthcoming season, in order to condition swimmers to be prepared at Regional & National Championships.

The Disability Squad have had another good year, time has been spent working with the swimmers on improving technique as well as racing speed, it has, however, also been a time of consolidation. Eligible swimmers have competed at various events during the year including the Special Olympics, Para - Nationals, School Games, CP Nationals and County Championships. Clare Crawford and Andy Banks have been selected to swim for Downs GB at the European Championships in France later this year.

We have welcomed some new members onto the squad who have blended well with the rest of the swimmers, and this year the squad will be looking to extending themselves and their comfort zone. Thanks to Alex Rees for his help and support on poolside.

The Newark and Sherwood Development Squad saw its most successful season so far last year. The squad performed strongly at the targeted meets in Leicester, Nuneaton and Northampton and excelled at the county championships with seven swimmers finishing in the top ten. We also saw our highest number of regional qualifiers with 11 of the squad gaining regional qualifying times and two swimmers reaching

regional finals. At the end of the season we lost a number of our older swimmers. A few were able to gain places at Nottingham B2 squad but the majority, unfortunately due to logistics, returned back to their clubs.

We start the new season with a relatively young squad but are optimistic for a strong season.

International Selections

Kelsie Campbell -	Jamaican National Team – CCCAN Swimming Championships
Ollie Hynd MBE-	GB Senior Para Team—Berlin Open & IPC World Championships-Mexico
Ben Foulston-	GB Podium Potential Squad-Berlin Open

Competitive Highlights

Domestic Events:

Nova swimmers have competed at various levels of meet throughout the season. Great care and planning goes into selecting the racing opportunities for all swimmers, in order to give the best opportunities for end of season success and swimmer development.

Competition attendance over the last year has improved and this was reflected in some outstanding performances at British Summer Championships where we witnessed a 115% improvement on individuals making finals. Whilst we were competitive at this meet if we are going to have serious contenders for the medal positions then we still need to improve experience and exposure at appropriate meets throughout the season.

For the second year running it was also apparent that swimmers were swimming significantly faster at ASA Summer Championships where it is easier to make a final then move performances on in the evening. Progression swimming from heats to finals needs to be practised throughout the year to ensure that we are capable of delivering in this format at the major meets.

Midland Championships:

This meet was excellent for Nova again this year with some outstanding swims throughout the weekend, at the combined championships under 13 and 14 and over, there were 31 different clubs that achieved medals at this year's regional championships.

Overall Nova, came 3rd in the medal table, calculated by Gold medals. Nova was just piped by Northampton and Derwentio, the City of Leicester and Loughborough University came 4th and 5th respectively.

However, overall Nova won a total of 111 medals, this was the most medals out of the 31 clubs who achieved medals at this event, showing the depth of talented swimmers at all ages in the club, demonstrating the achievements and improvements seen by all squads over the course of the year.

Of the 111 medals Nova achieved, 36 Gold, 38 Silver and 37 Bronze, of which 6 medals were won in the team relays, 3 Gold, 2 Silver and 1 Bronze. This was an outstanding move forwards considering we won 94 medals in 2016 & 70 medals in 2015 and further highlights the upward trend that the programme is seeing.

ASA Summer Championships:

This ASA Summer Champs continues to offer an excellent development opportunity for the swimmers operating just under the level of British Summer Champs with Nova swimmers competing over the six-day meet in five different age groups. 23 of Nova's talented swimmers from Nottingham & Mansfield raced throughout the week in a total of 51 events; NOVA made 31 Finals or Top 10 finishes in HDW events. NOVA achieved 3 Golds, 4 silver and 3 bronze medal, and the team achieved a total of 23 PBs.

This meet is a crucial development tool and gives swimmers an excellent opportunity to experience the format of a major international meet with most swimmers progressing from heats to finals, this will be invaluable development curve for our junior swimmers as we move forward.

Overall this meet went very well with Nova seeing an increase in finals achieved from last year up to 31 from 29 and also medals won increased from 7 to 10, it is also worth noting that many of the older Nova swimmers did not attend this meet in events they had qualified for which would of only added to the success.

British Summer Championships:

This British Summer Championships again brought many memorable performances across a demanding six-day programme, with 22 of Nova's talented swimmers from Nottingham & Mansfield racing throughout the week in 70 events; Nova managed an excellent result making 27 finals where we achieved a world record, 2 golds and 1 bronze medal, and the team achieved a total of 21 PBs and 3 seasons best times.

The Summer Championships also doubled as the Para World Trials, and Ollie Hynd, broke his own S8 Category 400m Freestyle World Record, improvement of 2 seconds since his Gold Medal Winning performance in Rio 2016. He also posted a consideration time for the 2018 Commonwealth Games in the 200m Individual Medley.

Ollie was subsequently selected for the IPC World Championships in Mexico, which take place in early October 2017.

With 15 different swimmers making individual finals this was a massive improvement coming out of the 'National Qualification Window' where we only had 5 swimmers that were nationally ranked to make finals, this was also a 115% on last year's Championship finalists and shows the increased strength and depth that the Nova Centurion programme is starting to accumulate.

Medals were hard to come by during the week but with increased commitment to the training and competition programme I am sure that next year's progression will be even greater.

National Open Water:

We had Matthew Woodall in this event, Matthew swam exceptionally well finishing in a creditable 5th position.

National Championships & International Trials:

NOVA had 6 talented swimmers attend this meet and race throughout the week,

Courteney Price (18), 50m,100m & 200m Backstroke
Mollie Wright (18), 400m IM, 400m & 800m Free,
Will Gayne (18), 200m IM, 200m Free, 50m,100m & 200m Backstroke.
Katie Henderson (17), 50m, 100m & 200m Backstroke
Jade Kennerell (16), 50m Breast Stroke
Natalie Meldrum (16), 50m Breast stroke

This team of swimmers competed in a total of 15 events with 3 swimmers making British Championship Finals.

Will Gayne (18)

200m Backstroke, achieved a new PB in the under 18-year-old final, finishing 5th in an outstanding swim.

Courteney Price (18),

50m Backstroke, 18-20-year-old final, Courteney was just outside her PB and Finishing 8th in the final.
100m Backstroke, 18-20-year-old final, with PB's in the heat & final finishing 4th just outside a medal position.
200m Backstroke, Open age group final Courteney was just outside her PB that she did in the heats and Finishing 7th in the final.
Overall excellent swimming from Courteney all week, with some massive performance gains.

Mollie Wright (18),

400m IM, 18-20-year-old final, with another PB in the final Finishing 5th just outside a medal position.
400 Free 18-20-year-old final, Mollie was just outside her that she did in the heats and Finishing 5th in the final.

All of the Nova swimmers finished in the top 50 in the open age group category. As a team they achieved 8 PBs through the heats and finals and 3 seasonal best times in the 15 events swam.

It was an exciting 7 days & I am already looking forward to next year to see how these swimmers progress over the next 12 months, and we are now looking at the rest of the talented swimmers in the Nova squad, to join these swimmers next year at the 2018 British Championships, this will allow Nova to have a bigger presence in the heats and finals.

Swimmer of the Year

The Nova swimmer of the Year for the 2016-17 season is Courteney Price, for her excellent performances at British Championships where she progressed through to the 200 Backstroke senior final finishing in a creditable 7th position.

Partners

I would like to thank our key partners for their continued support over the past season - Nottinghamshire ASA and Nottinghamshire County Council, Nottingham City Council, Mansfield District Council & Mansfield Leisure Trust, University of Nottingham and Tecno. Thank you to the support of the Nottinghamshire clubs for their hard work and commitment to grass roots competitive swimming and their work in training swimmers to local and regional success. I would also like to thank the ASA for their continued support with the Beacon Programme.

A big thankyou to Josie Grange for her commitment to the running of the all Squads with tireless commitment and organisation, and to Lynn Kennerell (Secretary), Matt Earp (Treasurer), Denise Mead (Website and Meet Entries) and the Nova and Management committees. I would also like to thank all volunteers that have helped either in a coaching capacity, with our open meets or any of the other tireless tasks that go with running a thriving swimming programme.

We are fortunate to have such an experienced and skilled team of coaches in Nottingham, thanks to coaches Joe Stanford, Tom O'Reilly, Rob Broadfoot, Rebecca Barsby, and Michelle Preston and thanks to Liz Ellis who helps with Development Squad.

Thank you to Glenn Smith and Pauline Gourley at our Mansfield Squad, and to our other casual & volunteer Coaches Roy Ross, Mandy Scotney, Dave Baguley & Cathy Pritchard, as the squad in Mansfield would not run without their assistance and dedication. Also many thanks to Helen Silver for her work with our Newark & Sherwood Squad and a huge thank you to John Palmer who left this Squad at the end of the season. He has been an important part of the coaching team for the last three years. We wish him well for the future and we now welcome Paul Marlow. Thanks also go to Dave Palmer for his work with the Disability Squad and Alex Rees who has been a great help on this Squad.

Finally, congratulations to the swimmers on their achievements this season and to the coaches for their expertise and guidance. Thanks for your commitment to the programme, positive attitudes and teamwork. Thanks also to the parents for their support and commitment this season.

The future is definitely bright and the programme is in a strong position going forward both in terms of management and swimming talent. As we move into the new season we will need more volunteer support to ensure we maximise the opportunities for all of the swimmers.

Nathan Hilton
Head Coach – Nottingham

British Summer Championships (50m) Sheffield

GOLD

Ollie Hynd MC 200 IM & 400 Free (WR)

SILVER

BRONZE

Ollie Hynd MC 100 Back

FINALISTS

Katie Henderson (17), 200m Backstroke finishing 9th

Jade 200 Breast finishing 9th

Annie Pearson (15), 200m Free finishing 6th

Courtney Price (18), 100m Backstroke finishing 9th 200m Backstroke finishing 6th

Kennerell (16), 50m Breast finishing 4th, 100m Breast finishing 7th, 400m FC finishing 10th

Charly Neilson (17),

Mollie Wright (19), 400m IM finishing 6th

Dominic Bools (14), 100m Free finishing 10th

Ben Foulston (17) (S10), 50m finishing 10th, 200m Free finishing 9th, 200IM finishing 10th

Will Gayne (18), 50m Backstroke finishing 10th

Josh Harris (16), 200 Fly finishing 10th, 400m IM finishing 10th

Cole Hewitt (15), 100m Fly finishing 4th

Ollie Hynd MBE (22) (S8), 100m Back Bronze, 400 Free World Record and Gold, 200IM Gold

Joseph Kingsland (14), 200m Breast finishing 9th

Jimi Knowles (14), 1500m Free finishing 9th

Ryan Wilcox (15), 200m Breast finishing 10th, 200m IM finishing 10th, 400m IM finishing 10th.

ASA Summer Championships (50m) – Sheffield

GOLD

Jade Kennerell 200 IM

Annie Pearson 100m Free

Ryan Wilcox 100 Breast

SILVER

Cole Hewitt 200m Fly

Emma Erskine 200m Fly

Jade Kennerell 200m Free

Rhys Taylor 1500m Free

BRONZE

Dominic Bools 100m Breast

Ryan Wilcox 400m Free

Ryan Wilcox 1500M Free

FINALISTS

Hollie-Mae Dove (14), 50m 8th place, 100m Breast 10th place

Emma Erskine (13), 200m Back 9th place, 200m Fly Silver Medal

Rebecca Flisher (15), 200IM 9th place

Merewyn Jones (13), 100m Breast 8th place, 200m Breast 5th place

Jade Kennerell (16), 200m Free Silver Medal, 100m Back 7th place, 200m IM Gold Medal,
400mIM DNS

Livia Kingsland (12), 400IM 9th place

Ellis Malson (15), 200Back 9th place

Annie Pearson (15), 100m Free Gold Medal

Lauren Shipley (13), 800m Free 8th place, 400 IM 7th place

Dominic Bools (14), 100m Breast Bronze Medal, 200 Fly 4th

Andrew Hall (14), 400mIM 9th place

Cole Hewitt (15), 200m Fly Silver Medal

Joseph Kingsland (14), 200m Free 7th place

Jimi Knowles (14), 400m Free 5th place, 100m Fly 7th place,

Ross Large (17), 1500m Free HDW 9th

Kris Moodley (15), 1500m Free HDW 7th

Joshua Skinner (14), 400m Free 9th place, 400m IM 10th place

Rhys Taylor (17), 1500m Free HDW Silver Medal

Ryan Wilcox (15), 400m free Bronze Medal, 1500M Free HDW Bronze Medal, 100 Breast Gold Medal

Special Olympics

Clare Crawford, 2 Silvers and 1 Gold

Jessica Lowe, 1 Bronze

Adam Meanwell, 3 Golds

Andy Banks 1 Gold and Finalist

Para-Nationals

Ted Smiley 3 x 3rd places

Elly Blacknell 2 x 3rd places

CP Nationals

Ben Rees, finalist

Ted Smiley, finalist

Jessica Lowe

Kate Mycroft

School Games

Ted Smiley

Diary of Events 2016-2017

2016

September

October

- Nova Open Meet (25m) – Harvey Hadden
- Leicester Penguins (25m) - Leicester

November

- Midland Short Course Championships (25m) – Harvey Hadden
- Stockport Metro Meet (25m) – Stockport
- Boston Meet (25m) - Grantham

December

- ASA Winter Meet (25m) – Sheffield
- Notts ASA Festive Frenzy (25m) – Harvey Hadden
- Nova Internal Time Trial (25m) – Harvey Hadden

2017

January

- Notts County Championships (50m) – Harvey Hadden

February

- Notts County Championships (50/25m) – Harvey Hadden/Water Meadows

March

- Edinburgh International Meet (50m) – Edinburgh
- Wycombe Long Course Meet (50m) – Wycombe
- Nova March Sprint Meet (50m) – Harvey Hadden

April

- British Championships (50m) - Sheffield
- Stockport Metro (50m) – Stockport
- Sunderland Meet (50m) – Sunderland
- City of Leicester Age (25m) – Leicester
- Nuneaton & Bedworth (25m) - Nuneaton
- Midland Age Champs (50m) - Corby

May

- Nova Long Course Open Meet (50m) – Harvey Hadden
- Cardiff International Meet (50m) - Cardiff
- Midland Youth Group Champs (50m) - Sheffield

June

- City of Leeds B Grade Meet (50m) – Leeds

July – August

- Scottish Nationals (50m) – Aberdeen
- Northampton Meet (50m) - Corby
- Notts summer Gala (25m) – Harvey Hadden
- Swim Ireland Nationals (50m) - Dublin
- **British Summer Championships (50m) Sheffield**
- **ASA Summer Championships (50m) – Sheffield**

Nova Centurion SC

Secretary's Report

The Nova Executive Committee meet throughout the year to manage club affairs. Josie Grange continues as the Chairman with Matt Earp as Treasurer. Other posts are held by Jane Gayne (Welfare Officer), Denise Mead (Competitions Secretary), and Lisa Wright (Kit Manager) Wendy Coles, David Kingsland, Lynda Campbell and Helen Hynd are also invaluable to the group.

The past year has seen three Nova Open meets which have been very successful. The income from these helps to finance the running of the Swim Squad and we are grateful to Denise Mead for her significant contribution to this and also to all those who helped and officiated.

This year changes were made to the website with a new member's area, which required a password login. This was to stop any outsiders being able to find names of swimmers and which venues they would be at and when.

As a club, we are still looking for any sponsorship which could help with funding. For a second year "Techno" sponsored one of the Nottingham swimmers, which subsequently reduced the swimmer's fees and also provided an amount to the club. We obtained sponsorship for the May Nova open meet from Nottingham Building Society and they will hopefully provide sponsorship for future open meets. In July, we also obtained sponsorship from Western Power and hopefully this will be ongoing. We are very grateful to David Kingsland for his contribution on this. If any other businesses wish to help in this way if they contact us through the info@novacenturion.co.uk email address, we would be pleased to discuss this with them.

There will be a new Nova Kit coming soon which will be ordered online, which will mean no stock to hold.

From September 2017 there will be a Nova Water Polo Squad and we are currently signing up the members. This is a junior Squad and members come from a number of clubs in the East Midland Region. It will be organised by Sarah Dunsbee who is a national coach, and we are hoping that their first competition will be later this year. There will be slight amendments to the constitution to be approved at the AGM.

There are likely to be places on the Executive Committee available in 2017-18 and we would welcome any volunteers to work with us. We have a vacancy for Press Officer and we also need a volunteer from each squad to write an open meet report for the website, this is only currently being done for A1. There are about six committee meetings a year where many aspects of the club are discussed and decisions made. If you have any skills that we may find useful or just want to have your say on how the club is run, please talk to one of the existing members of the committee and ensure that you attend the AGM in September with two other people to nominate you.

Lynn Kennerell
Secretary

Treasurer's Report

Thank you to everybody who has assisted me throughout the year, in particular Denise Mead for her management of the various open meet activities.

Despite the loss of income from the Bassetlaw squad, which ceased in October 2016, we have seen a slight increase in overall squad fees following a concerted effort to increase squad numbers. However, as part of the change in policy on how we will provide Squad kit going forwards, the write off of a significant amount of stock has seen net income fall slightly when compared to the prior year.

We have managed to further reduce administrative costs, with continued focus on undertaking transactions and communications electronically. This, along with a more selective focus on the number of

open meets and a more proactive approach in booking accommodation has ensured that we have only incurred a minor overall loss for the year despite the slight fall in net income, and the club incurring a one-off exceptional consultancy cost as part of the aforementioned closure of the Bassetlaw squad.

All surplus income, totalling £24,571.35, from the four open meets undertaken throughout the financial year has been transferred to Notts ASA to assist with the cost of the squad's pool hire.

Matt Earp
Treasurer

Nova Centurion Open Meets

During the past year we have held three Open Meets and an internal time trial. These meets have generated a significant income which has paid towards the rising pool hire costs the Squad have faced, helping to limit the increase in our monthly fees. Each year we will be holding four Open Meets in March, May, October and December. These Meets cover all levels of competitor and we hope to continue building on the initial success we have seen and ensuring that we establish our meets in the competition calendar.

We need to have volunteers to help run these Meets from competitors' stewards, admission staff, raffle organisers, awards co-ordinator as well as licensed officials. If you feel that you are able to offer help in any of the above roles please contact me by email, we can arrange training where required.

Thank you for your support.

Denise Mead

Nova Centurion Competition Secretary
denise@novacenturion.co.uk