



AMERSHAM DIVING CLUB

52nd AGM November 24th 2018 DIVING HEAD COACH REPORT

2018 again has been another busy year for ASC Diving, following an eventful 2017.

The club has maintained momentum moving forward in a competitive Mode. ASC diving has Maintained its focus on its “Learn to Dive” programme and restructure to running LTD mainly on Saturdays where we the depth of coaches to onboard and progress the beginners. We have also started an LTD programme on Wednesdays.

The structure has enabled us to progress some of our learn to Dive to twice a week and are preparing some of those divers to move into the squad structure.

The club is still actively recruiting and promoting diving for everyone and runs a ‘learn to dive’ trials every month in Q1,2 & 3. This is reaping rewards in terms of numbers joining the club over the past six months and allowing those showing potential to be selected for appropriate accelerated groups at an early stage. We have also been able to extend the coaching programme to provide more diving opportunities for those who are showing commitment and progress. The goal is still to progress our divers toward Regional and National Skills and perhaps Age Group level competitions.

John McCullough is now a Level two coach which is giving the club the flexibility it required and is using his extensive experience to coach our divers.

The club has had a busy competition year:

- 4 Bill Johnston Grand Prix events
- 3 Regional Skills events
- 1 National Skills event
- Peter Waterfield Novice 2017
- Masters competition:
 - GBDF Spring Masters
 - European Master in Slovenia
 - GBDF Winter Masters

The Bill Johnston Grand Prix event is a novice competition that invites all our young divers from new to more accomplished divers, even inviting masters where possible. This is a team friendly competition that introduces competition early to our divers. A significant highlight of the 2018 Grand Prix events was at Amersham’s Chiltern Pools in October. Amersham are well paced to win the competition if they can score more than Barnet and Copthall.

Again, this year saw ASC divers attend the National Skills event Manchester. Henry Jones, Mia Tomkins and Farna Scott all dived well at the competition, but a special mention to Henry who would have finished 5th ended up 9th after a dubious judging decision.

Masters and Coaches representing the Club have attended a number of domestic and international competitions, winning medals for the club in most meets.



We report that we have encouraged some of our divers to move on to other clubs where they have more hours and dryland facilities to enhance their skills and ability. We were sorry to see Hannah & Sarah Brockie and Bronagh Elgin leave and move to other clubs. I am pleased to announce that Hannah came 3rd at National Skills and 5th at the recent Talent ID games.

The aim of the Diving section remains to grow the club towards 120 divers in preparation for the new pool being opened on 2020/21.

We would like to thank the Committee of Amersham Swimming Club for their support and including us in the relevant communication processes with the pool management and local government.

Shiraz Shamshudin
Diving Head Coach



ASC Swim School:

At Amersham SC we continue to run our own Swim School, initially started in 2003, that offers lessons to swimmers from 3 years of age and of all abilities. We have two development programs, Learn to Swim and Stroke Development, that progress swimmers to a level where our competitive club then continues their development, thus providing a great feeder system for the main club.

Our lessons are held weekdays at local schools (Heritage House and Royal Masonic) and both continue to thrive. Last season saw slight restructuring to our timetable to ensure we are financially viable as well continuing to offer the best provision for swimmers (such as multiple days and starting times to choose from). Alberto Marigo is the lead teacher at our stroke development system, providing strong consistency into our entry squads at ASC. He is assisted by our junior teachers (and ex ASC swimmers) Georgie Bradley and Amber Restall. Amber also assists at Learn to Swim with our lead teacher Carl Akers. Both programs are currently at 95%+ intake, a significant improvement to last season, with expansion for Stroke Development in our plans for January 2019.

Our Swim School continues to receive positive feedback, regarding specifically our consistency and individualised teaching which enables swimmers to improve significantly. It is hugely positive to see swimmers continue their progression from lessons to the club itself, representing ASC at galas and becoming well rounded, competitive and dedicated ASC members for years to follow.

The successful continuation of the swim school over the last 15 years has been superb and we aim to continue this success and develop further in the future. My thanks to all involved.



AMERSHAM SWIMMING CLUB

52nd AGM November 24th 2018 MASTER'S REPORT

Many Masters this year have entered Open Water Meets plus swimming and cycling events. This all helps if entering Triathlons.

Our President Guy Emerson, after a break due to health problems is back into training. He competed in the British Masters Championships in Plymouth gaining 3 golds in relays & 4th in 50 bk. In B&SB County Championships Guy won 4 golds and 3 silvers and was the best swimmer overall. In the SE Regionals he acquired 2 golds in both 50 & 100 bk and in the English Nationals Guy took 1 Bronze in a relay & 4th in 50 bk, 6th in 100 bk & 9th in the very competitive 50 fs & 15th in 50 fly. Not bad for having time out of training.

Andrew Moore an honorary ASC member now living in NW who was once our star sprinter in his youth competed in the European Masters and came 5th in 50fs[50-54 age group] in a time of 26.44 secs. This was only 0.07 secs off the bronze time! Andrew come 7th in 50fly in a time of 29.09.

Gemma Jones also competed in B&SB County Masters Open Championships and had PBS in all her races and not just in the Masters rankings. She took 3 golds and 1 silver being 100fly, 50fly, 50fs & 100 bk respectively. In all ages County Masters ranking Gemma took silver and bronze.

Charles Bagot also competed in B&SB County Champs and came away with 4 silver, 1 bronze & 1 4th place in his age group. They were respectively 50bk, 100 im, 100bk, 50fly, 100fs & 50fs. Charlie also did some open water swims. He swam in the 3rd Charity-open sea event across the Solent from the mainland to The Isle Of Wight and raised a magnificent sum of £1000 for the Island based sporting charity. He also came 3rd out of 120 swimmers in the Pier to Pier race from Sandown to Shanklin.

Sarita Coultate took part in British Masters Championships in June in Plymouth the same as Guy. Sarita came 4th in 200fly and 6th in the very competitive 50fs

Nick Hughes has been selected next May for GB team for the Standard Distance Triathlon in Weert after winning several Triathlons this year in his age group. He teamed up with Becky Mc Call to do an aquathon being part of Hillingdon triathletes aquathon open water series. Nick ran 5 k and Becky swam 1000m and they won out of 45 teams.

Becky along with husband Richard did Woburn Abbey Triathlon relay in September. Richard cycled and Becky did the run and the swim of 750m and came out of the water 13th out of 500 and both were the 5th team to finish. In this last year Becky has run 2 half marathons and cross country events. She is now in training for the London Marathon.



Alberto Marigo has done mainly open water events this past year. He did 2000m open water race at the same event as Nick and Becky at the Hillingdon triathlon aquathon open water series. In May half term Alberto competed in the Best Fest Open Water Festival in Majorca doing 1.5k/5k/7k in which he came 2nd overall in his age group [30-40] July was the Italian National Masters Open Water Champs. Alberto came 5th in the 10k, 14th in 5k & 12th in 3k, also in July he did the Lago d Orta marathon swim of 27k relay for 3 swimmers and came 3rd. In August it was the Coppa Byron - Leica- Italy 8k swim in which Alberto came 15th in his age group

Tom Quick and Celia Patterson did the tough Scilly isles swim in September. The weather was very bad but they managed to complete most of the distance.

Louise Elphick did a sprint distance triathlon at Berkhamsted on a cold wet April day. It consisted of a 400m pool swim, 12 mile cycle ride and 5 mile run. Louise did very well in her age group and came 2nd.

Louise teamed up during the year with Nicola Mc Donald, Nicola Bellamy, Troy Bennetts to do the Wheelpower Tour De vale 100k bike ride.

Katrina Lythgoe did the Traverse Du Lab d Anney again this Summer which is a 5k cycle ride and was pleased to beat her last years' time by 2mins.

Last weekend was the Masters Intercounties Meets. Guy, Andrew and Maureen Tomlinson were selected to swim for B&SB in the south east region and came 2nd out of 7 teams. I am pleased to tell you that B&SB came 5th nationally over all out of 28 county teams which was a great result.

Maureen Tomlinson



AMERSHAM SWIMMING CLUB

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Overview

The 2017-2018 season was my second season with the club and I believe the club has continued to progress in a variety of ways. Whilst there have been a few changes to our coaches over the last year, I believe we have developed a very good coaching structure and David has fitted into that structure very well. I'm very happy with how the new squad structure has developed over the last year and I believe that it has helped us perform at a higher performance level as well as providing opportunities for every level of swimmer to continue their progression and reach their individual maximum potential.

With regards to the achievements of the club last year, I was very proud of all the swimmers that helped us achieve a top 10 finish in the Premier Division of the Arena League, this started of a year of success's which included an improvement at Counties in moving up from 5th to 4th in the Overall County Points , the same number of Regional swimmers but 20% more Regional finals, 5 more Regional medals (including our 1st Youth Regional Champion since 2012) and the same number of Individual National swimmers, but an increase from 5 to 10 Swim England National Top 10s (including an increase from 1 to 5 Medals), 2 to 3 British National swimmers with an increase from 0 to 2 Top 10 finishes and finally Katie Thompson has qualified for British Champs for the 2nd year in a row. We also gained promotion to the top division in the Milton Keynes Junior League at the first time of asking.

After reviewing the performances of the last year, our goals for this year are below;

- to stay in the Premier Division of the Arena League
- to increase the number of Finals & Medals at Counties, Regionals & Nationals.
- to finish 2nd overall at the County Championships.
- to win the Thames Valley Junior League.
- to stay in the Premier Division of the Milton Keynes Junior League.
- to increase the number of swimmers at Regionals (stretch goal of 30 swimmers).
- to maintain the number of swimmers at Nationals

Some fantastic achievements by so many swimmers in the club over the last year and I am looking forward to helping them achieve their goals this year and the years to come.

Jason Keeler
Head Coach - Amersham SC