

BRISTOL CENTRAL SYNCHRONISED SWIMMING
ANNUAL MEETING
MONDAY 16 FEBRUARY 2009

WELCOME

Georgie Coombs opened the meeting by welcoming everyone.

MINUTES OF 2007 ANNUAL MEETING

Minutes were agreed as accurate.

SYNCHRO REPORT

Chris Marsh (Synchro Secretary) read her report for 2008/January 2009 detailing the Synchro sections successes attained throughout the year. (copy attached).

STRUCTURE AND SQUADS 2009.

Laura Wren spoke about the 12&under squad. This year there are sufficient swimmers for 1 Competitive team, 2 Recreational Teams & a Novice Team.

Trials will be held on the 1 March and full details have been e-mailed to all parents and posted on the website. All teams will be selected from the Trials. As our aim is to have a Competitive team we will be looking a skill levels for all swimmers and encouraging those with the required ability to attend skills days.

Coaches for this squad are: Laura Wren, Katie Wren, Helen Condon and Helen Milliner

Hayley Coles confirmed there will also be Trials for teams within the 13/14 age group. Whilst the numbers in this squad are smaller than the 12 & Unders there is still a large number of swimmers to consider. The aim is to have:
1 Competitive Team and 1 Recreational team in this age group, but this is dependant on skill levels.

The Trials will be on the 15 March. Full details will be available shortly on the website.

Coaches for this squad are: Hayley Coles, Hayley Pearce and Natalie Coles.

Karen Thorpe confirmed we will once again have two teams in the 15/17 age group, 1 Recreational and 1 Competitive.. There will also be a Senior team which will compete in the British Championships later this year.

Coaches are Karen Thorpe, Alex Marchant and Lou Collings.

Georgie Coombs will coach all teams.

Karen mentioned the FINA figures will change later this year and this will affect swimmers preparation for the National Age Groups.

FIXTURES

Katie Wren gave the meeting an update on forthcoming events and competitions.

Events

- 20 March Annual Dinner Dance. This will be held at the Novotel Hotel –
Cost £24.00 per person

Skill Assessments

- 21 February Bristol– Skills 1-5
- 8 March Portsmouth-Skills 1-5
- 28 March Rugby -skills 12&3
- 23 May area & venue still to be confirmed.
- 14 June Birmingham skill -34&5
- 20 June Bristol– Skills 1-5
- 27 June London venue still to be confirmed.
- 12 July Yateley
- 13 September Portsmouth
- 17 October Bristol-skills 1-5

Katie advised all present we are only able to send a certain number of swimmers to the Skill Assessment Days and this is linked to how many assessors are available from our club.

As we regularly have more swimmers who wish to go than spaces, we are changing the procedure for these skills days.

Throughout the year at club sessions the coaches will be monitoring all swimmers and noting who is ready for the next skills day. When the applications are available the coaches will recommend the swimmers who should be given the opportunity to attend. This will ensure those who are most likely to succeed will be sent.

Also from 1 January 2009 it was agreed that no swimmer could re take a skill level within one month of a previous failed attempt, unless they failed on retakes and this is recorded in their log books. Swimmers must produce their log books at each skills assessment or they must be refused entry.

Obviously this will restrict the number of skill days swimmers can attend and this will be taken into account.

All forms, when completed must be returned to Chris Marsh and not the address on the form as Bristol Central must submit the applications in bulk together with the Accompanying Assessors details. If forms are sent to the organiser direct they will be returned and not taken into account.

Competitions

- 22-26 April Junior Europeans Champs Glos.
- 4 July Regional Novice Figure Competition- Bristol
- TBC Club Championships.
- 10 October Multi-Regional Age Groups -Morden Park
- December NAG's & British Champs – Date and venue to be confirmed

The Venue and date for the National Age Groups and British Championships are still to be confirmed but it was stressed it is likely the venue will not be Gloucester. It is therefore likely that we will all need to travel and stay at a Hotel for possibly two nights. Parents were requested to take this into account.

SOUTH WEST SQUADS

Quantock Lodge was closed in December due to rising costs, but alternative venues have been found for all training days for the South West squads.

The squads will meet on the following dates:

- Saturday 28 March Honiton
- Sunday 17 May Marlborough
- Saturday 6 June Honiton
- Saturday 11 July Honiton

Hayley and Natalie Coles, Helen Condon and Louisa Chadwick will all help on various squad training days.

VOLUNTEERS

Georgie stressed how important it is for more volunteers to come forward, and thanked those attending her coaching sessions on Sundays. The club would welcome volunteers in various roles including admin, help with music equipment, announcer as well as coaching, assessing and as a scorer.

ARRIVAL TIMES ON MONDAYS & WEDNESDAYS FOR PARENTS.

The Bristol University Staff had voiced concerns regarding Child Protection as the 15/17 Squads regularly stretched/walked through before the sessions. This was particularly worrying they felt as the girls regularly stretched in just costumes and many parents were also on poolside at the time.

In view of this we asked parents not to go onto the poolside until 6.55pm and to ensure swimmers who were not needed for walkthroughs arrived at the pool at around 6.45 pm.

ANY OTHER BUSINESS.

None

Georgie thanked all for attending and with no further business closed the meeting.

Bristol Central Swimming Club
Synchro Secretaries Report for 2008./January 2009

In previous years our Annual General Meeting has been held in November, but we felt as our main competitions for the year are held in December it would be sensible to hold the AGM at this time, so we can give you a complete report on all competitions for 2008. In view of this I am starting this report at the National Age Groups and British Championships which were held in Gloucester in December 2007.

It was the first time that foreign entries had been allowed to compete in the National Age Groups and British Championships and we were delighted that duets from Israel and Spain attended. We were treated to spectacular displays from the Spanish duet who in July 2008 took silver in the Beijing Olympics.

For Bristol Central it was also a huge success with fantastic results:

Figures

13/14 years-Anya Tarasiuk 3rd, Alex O'Mahony 5th and Charlotte Frost 11th.

15/17 years -Lisa Marsh 3rd.

Senior Technical solo

Katie Dawkins 5th

Lisa Marsh 11th

Senior Technical & Free Duet

Katie Dawkins & Becci MacEnri 3rd

Duet

13/14 - Anya Tarasiuk & Alex O'Mahony 2nd

Recreational Teams

12 & Under A Team 1st

12&under B Team 8th

13/ 14 A Team 1st

13/14 B Team 3rd

15/17 Team 2nd

Senior Technical Team 2nd

Trials for the Junior Great Britain Squad were held initially at the National Age Groups and then at a training camp at Aldershot. From the Trials Anya Tarasiuk was selected to join the Junior Great Britain Team, and took part in the Junior Europeans in France in May. She also joined the Squad for a training camp in Scilly before competing at the Junior Worlds in Russia in July.

Louisa Chadwick who coached our winning 12 & Under A Team at the 2007 Nationals was appointed as the Junior Great Britain Assistant Coach and Team Manager and accompanied Anya and the rest of the squad during the year.

Anya was also chosen to attend a training camp in Canada last autumn, where she was able to train with one of Canada's top coaches. Finally in this very exciting year Anya travelled to Athens where the new Junior Great Britain duet of Cherry Wilson, Katie Clark and Anya Tarasiuk as reserve took silver in the Inter-American Cup.

Katie Dawkins, one of our senior swimmers who is now centralised at Aldershot with the Senior Great Britain Team, was one of four swimmers who were selected by British Swimming to travel to Macau and Beijing to experience the Olympic Games in preparation of the 2012 Olympics.

On the 15th December 2007 Trials for the National Development Squad took place at Oxford. 40 Swimmers attended and 19 girls were chosen for the 2008 Squad. Those from Bristol Central were: Emma Holloway, Samantha Wilson, Leanne Summerbee, Laveena Chana, Anastasia Bates, and Phoebe Falconer. The Squad attended two training camps last year, one at Easter the second during the School summer break and both were held at Cobham. Alex Marchant was appointed as Head Coach for the Squad for their summer camp.

The 2008 Academy, Elite and Talent ID Squads for the South West were once again dominated by swimmers from Bristol Central. The swimmers have attended regular training camps throughout the year, where they were able to try different aspects of the sport such as Pilates, gym, dance and psychology which they all seemed to enjoy. Lynne Sissons was the Head Coach for all 3 squads and Alex Marchant assistant. Selection for the 2009 squads has taken place and once again Bristol Central's swimmers make up a large part of the squads. Unfortunately Quantock Lodge had to close in December due to rising costs, but alternative venues have been arranged for the training dates this year.

The Multi-Regional Squad which takes swimmers from the South East, South West and London Regions attended two training camps last year. Once again Alex Marchant was there as Coach taking them to Aldershot for one training camp where the girls had the opportunity to train with the Senior Great Britain Squad. Those selected from Bristol were: Laveena Chana, Phoebe Falconer, Charlotte Frost, Alex O'Mahony, Leanne Summerbee, and Sam Wilson.

We had our first Multi-Regional Figures Competition last year, which was held in Bristol in July. Our swimmers did really well particularly as for some this was the first time they had ever competed in a figures competition.

Our Club Championships were held on the 27th September and all teams swam their routines in practise for the National Age Groups in December. It was a thoroughly enjoyable event and it also enabled our Novice Team to swim the routine they had been practising since January. Hopefully this made up for the disappointment they felt when the competition they were due to swim at earlier that month was cancelled at short notice.

In October we took part in the Multi-Regional Age Groups which were held in Haslemere in Surrey. Despite an eventful journey to Haslemere our teams arrived safely, all be it a little late and won every routine event entered. With these results we were extremely optimistic for the National Age Groups in December.

In December our swimmers did not disappoint. Once again at the National Age Groups and British Championships Bristol Central excelled.

BRITISH CHAMPIONSHIPS

Senior Technical Solo

Beccy MacEnri 2nd

Lisa Marsh 8th

Senior Free Solo

Beccy MacEnri 2nd

Lisa Marsh 9th

NATIONAL AGE GROUPS

Figures

15/17 years- Anya Tarasuik 4th, Isobel Collings 7th, Charlotte Frost 13th.

13/14 years- Sam Wilson 4th, Anastajia Bates 5th, Alice Dale 10th

Solo

13/14 -Sam Wilson 3rd

15/17 -Anya Tarasiuk 1st, Isobel Collings 6th

DUET

15/17 -Anya Tarasiuk & Alex O'Mahony 1st

TEAMS

12 & UNDER 'A' TEAM 1ST

12 & UNDER 'B' TEAM 7th

13/14 'A' TEAM 1ST

15/17 'A' TEAM (Competitive) 1st

15/17 'B' TEAM 2nd

Anya Tarasiuk was also awarded the Shacklock Trophy. This is awarded annually to the Junior swimmer with the highest total routine score for solo, duet and team events at the National Age Groups.

The first stage of Trials for the Junior Great Britain squad for 2009 was held at the Age Groups and we are pleased to say 3 swimmers from Bristol Central were selected. They will be joining the squad for the second stage of the Trials at a training camp later this month. The swimmers are Anya Tarasiuk, Issy Collings and Charlotte Frost. We wish them luck and hope to see them compete in the Junior Europeans in Gloucester this April. Alex Marchant has been appointed as the Development Coach/Team Manager for the Junior GB Team and will be accompanying them throughout the year.

Anya Tarasiuk was also selected by the National Performance Director of Synchronised Swimming onto the Talent Programme . This enables swimmers to participate in land training with the Senior Great Britain Squad on Saturdays as well as being invited to train alongside the Senior squad on certain occasions. Anya was one of only four swimmers to have been chosen.

The end of the year for most of us was the Christmas show which was held 14 December and we were thrilled to see so many spectators. Even a shortage of chairs did not spoil the event thanks to some very obliging parents and their garden chairs! All routines of 2008 were performed to the delight of all who attended.

On the 20 December, when most of us were thinking of Christmas, Karen Thorpe, in her role as Talent Development Officer for Synchronised Swimming for the ASA, assisted by Alex Marchant, held the National Development Squad Trials in Oxford. Approximately 50 girls took part in the Trials to gain a place in the squad of 12. Of those selected we have 3 swimmers from Bristol Central, Anastasia Bates, Alice Dale and Sam Wilson. The squad hope to compete in an International Competition later this year.

Not all our good news was from our swimmers, in the last 15 months 2 of our coaches got engaged, Katie and Alex and on the 21 January Lynne gave birth to a beautiful daughter called Natasha.

As you can see our coaches are involved with squads of all levels up to and including the Junior Great Britain Squad. These coaches together with all our helpers, scorers, judges and assessors give up their time all year to help our swimmers gain success at competitions and do this voluntarily. They all work and have their own families but continue to give their time willingly. So I would like to say a big thank you to all of them for without them the synchro section could not exist.

Christine Marsh.

Synchronised Swimming Secretary.