

Bristol Central Swimming Club
Synchro AGM

Synchro Secretary's Report for 2010 AGM.

Having been selected into the Junior Great Britain squad from Trials in December 2008 three swimmers from Bristol Central, Anya Tarasiuk, Issy Collings and Charlotte Frost attended training camps at Aldershot early in 2009 in preparation for the Junior Europeans in April. All three swimmers were chosen from the Squad to compete at the competition which was held in Gloucester. Alex Marchant was the Development Coach/Team Manager for the Junior GB Team and accompanied the girls through the busy training period and competition. Anya who suffered an injury during training at the competition was thankfully fit enough to compete in the Combination event.

A total of 3 swimmers from Bristol Central, Anastasia Bates, Alice Dale and Sam Wilson were selected into the England Talent Development Squad and attended various training camps during the year before competing in the Comen Cup, which was held in Belgrade in August. Louisa Chadwick was selected as the Squads assistant coach.

The Elite, Academy and Talent Squads for the South West were again dominated by swimmers from Bristol Central, a total of 28 swimmers in all! The swimmers attended various training camps during the year with coaches Helen Condon, Louisa Chadwick, Hayley Coles and Natalie Coles delivering some of the training sessions. Lynne Sissons helped organise all training for these squads. This was the first year the training sessions were not held at Quantock Lodge as unfortunately this had closed due to rising costs in December 2008, but other venues were booked and all seemed to be happy with the facilities they offered.

5 Bristol Central swimmers were selected into the Multi-Regionals Squad, which takes swimmers from the South East, South West and London Regions. They attended a week long training camp in Aldershot in the summer. Irene Marcoux from Canada (ex Canadian National Team swimmer and full time professional coach in Switzerland) took the group ably assisted by Helen Condon. All swimmers thoroughly enjoy the camp.

In May, our 15/17 team were invited to give a display at the re-opening of the Portishead Open Air Pool. Ty Pennington the US TV star of Extreme Makeover Home Edition and his team had spent the week renovating the pool prior to its re-opening after the pool had been chosen to feature in the reality TV show Ty's Great British Adventure. Some footage for the programme was filmed at the Bristol University pool during a normal training session. There were a few more spectators than usual that night!

In July 11 swimmers took part in the Regional Figure competition held in Bristol. For most this was their first competition of this type and we were all extremely pleased with their results.

In August 4 of our swimmers took part in the Trials for the Senior Great Britain Squad. Our congratulations go to Anya Tarasiuk, who was selected into the Squad and has now centralised to Aldershot to train in preparation for the 2012 Olympics. Anya joins Katie Dawkins, another Bristol Central swimmer, who has been a member of the Senior squad since 2007.

We gave a display at Bristol South Pool on 6 September during their open day. (We had given a display at the same event in 2008 and were "the stars of the show" according to the organiser so we were asked again this year). To the delight of the spectators our 12 & Under B team swam their routine together with our 15/17 solo and duet routines from Issy Collings and Alex O'Mahony.

The most dramatic event in September was a fire at Bristol University which meant the pool was closed and our training schedule had to be completely changed. We thank everyone for their

patience and commitment as we appreciate different days and locations caused all sorts of logistical problems for parents and coaches alike. Thankfully we managed to secure some pool time for all squads and our training continued. We were disappointed that our planned Club Championships for the 3 October had to be postponed, especially as this meant our Novice Team, who had practiced their routine for several months, were denied the opportunity to swim at that event.

In October we travelled to Morden Park for the Multi-Regional Age Groups. Luckily this year the coach journey was a lot less stressful and although it was a long day we had good results which we hoped to improve on at the National Age Groups in December.

The results were as follows:

5 swimmers in the top 10 in the figures event.

SOLO

15/17 2nd Issy Collings
3rd Alex O'Mahony

DUET

15/17 1st Issy Collings and Alex O'Mahony

TEAMS

15/17 competitive team - 1st
13/14 recreational team 2nd
12 & Under 'A' Recreational Team 2nd
12 & Under 'B' Recreational Team 5th

At the end October our elite swimmers took part in the Scottish National Age Groups and Championships in Glasgow. This was the first time for several years we had entered this competition. Everyone enjoyed the event so much so we plan to enter the competition again this year – and we brought home some medals!

Results as follows:

5 swimmers in the top 15 in the figures event

TEAM

15/17 Free Team 1st
Senior Team Combination 2nd

SOLO

15/17 2nd Issy Collings

Our main competitions for the year were the National Age Groups and British Championships which were held in Gloucester at the beginning of December. With 8 teams, 2 solos and a duet entered, it was a very busy 3 days of competition for all swimmers and coaches, but all agreed it was well worth all the hours of training throughout the year.

The results were as follows:

National Age Groups

Recreational

12 & Under 'A' Combination 1st
12&under 'B' Combination 9th
13/14 Combination 1st
15/17 Combination 3rd

Competitive

15/17 Free Team 1st
15/17 Duet 1st
15/17 Solo 2nd & 4th

British Championships

Senior Tech and Free Team 3rd
Senior Combination Team 2nd.

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) was presented to Alex O'Mahony.

This was a wonderful achievement and it was the second year in a row that this trophy was awarded to a Bristol Central swimmer.

From their performances at the National Age Groups, swimmers were selected to be included within the 2010 England Junior Talent Squad (Previously the Junior Great Britain Squad). We are extremely proud to announce 8 swimmers from Bristol Central were selected and will take part in several training camps during 2010 to improve fitness levels ready for the 2011 competitive year.

Our final event of the year was as usual the Christmas display which we held on the 13 December. This is always a very popular event with all swimmers (those new to the club and even our most senior swimmers) taking part. Our thanks go to Georgie Coombs, for her amazing choreography of the opening and closing routine which she pulled together in just 1 week! All the clubs routines for 2009 were performed (including our Novice team) with the highlight of the display being Anya Tarasiuk's performance of one of the GB Team routines.

During the year many of our swimmers have attended skill assessment days not only in Bristol throughout the U.K. These are always stressful for the swimmers and coaches alike but last year nearly half of our swimmers have improved their skill levels.

Starter courses have been run throughout the year which has increased our membership numbers considerably and continues to improve the awareness of Bristol Central's synchro section.

It's not only our swimmers who have been busy, since the beginning of the year we have had several parents working on poolside with Georgie Coombs learning the basics of Synchro and assisting at training sessions. Some of our existing volunteers have attended training courses, Hayley Coles and Louisa Chadwick passed their UKCC Synchro level 2 and Helen Milliner passed UKCC Synchro level 1. Alex Marchant is now a qualified Team Manager and Lisa Marsh passed her level 1 Teaching Aquatics. Hayley Pearce and I passed a basic judges course. Jade Cook is now a qualified lifeguard and Alice Waldock successfully renewed her lifeguard certificate.

During 2009 the Amateur Swimming Association approved funding for 6 Performance Synchronised Swimming Clubs across the UK and we are extremely proud to announce Bristol Central Synchro is one of those being considered. The funding will pay for each club to employ a full time Head Coach for a period of 3 years and after that time the clubs will be sustainable to continue at this level. The Coach's main duties will be to produce a World Class Synchronised Swimmers scheme that underpins the World Class programme at Aldershot. Additionally, these new programmes will have a key role in developing volunteers, coaches and assist with Regional development, as well as focus programmes for delivery of the Advanced Coaching Scheme, UKCC, CPD's & Coach Apprenticeship programmes. The aim is to provide a high quality environment for developing synchronised swimming, within a self-sustaining club structure, so that these programmes will be self-sufficient after the 3year period.

On another note not all of our successes were in the pool! Katie Wren, now Mrs Green, married Phil in August.

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, assessors and team managers give up their time all year to help our swimmers gain success at competitions and do this voluntarily.

Thank you to all our volunteers.

Christine Marsh.
Synchronised Swimming Secretary.