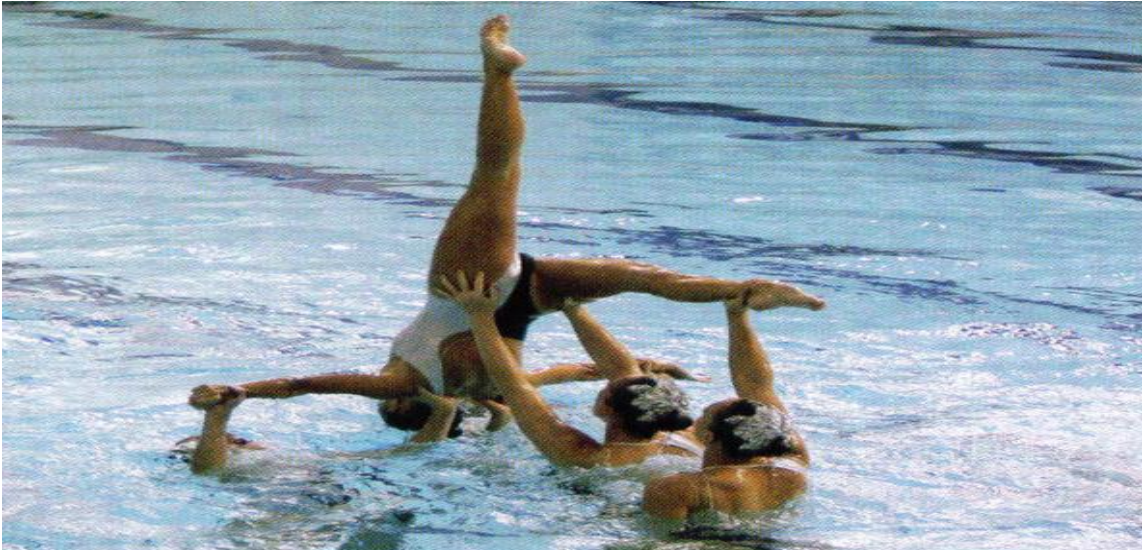


Bristol Central Synchro Newsletter



*Issue 3
May 2009*

Welcome to the Bristol Central Synchro Newsletter.

We hope to have regular Newsletters to help keep you informed about all that is happening in our Synchro section.

CONGRATULATIONS!

To Isobel Collings, Charlotte Frost and Anya Tarasiuk, who were part of the Junior Great Britain Squad at the Junior European Synchronised Swimming Championships in Gloucester during April.



All three had been selected from Trails earlier in the year and attended a training camp at the High Performance Centre at Aldershot for several weeks before taking part in the Competition.

Alex Marchant accompanied the girls during all of the training and at the competition as the Team Manager for the Great Britain Junior Squad.

Eighteen countries entered the competition including Russia, Spain, Greece and the Ukraine and all treated the audience to some wonderful routines which showed the skill, flexibility and fitness needed to compete against Europe's best!

Russia won all the events due to their amazing technical routines, but for the full results check out our website: bristolcentralsc.co.uk

NATIONAL DEVELOPMENT SQUAD 2009

The National Development Squad is busy training for their first International Competition -the Comen Cup which is being held in Belgrade 4th-9th August.



Bristol Central has three swimmers in this squad, Samantha Wilson, Anastasia Bates and Alice Dale. We will let you know how their preparations for the competition are going over the next few months.

SKILLS ASSESSMENTS

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 take their skills than spaces, we are changing the procedure for these skill assessment 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 are allocated spaces. 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 will be refused entry.

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

FUND RAISING

Calling all parents! We really need to arrange some Fund Raising this year to help with costs incurred for competitions etc. If you have any ideas and are willing to help/arrange this please let us know.

VOLUNTEER RECOGNITION.

You don't have to be involved in Synchronised Swimming very long before you appreciate how difficult things would be without our dedicated volunteers. We would therefore like to thank our many coaches, scorers, assessors, judges and our admin and poolside helpers for giving up their time so that Bristol Central Synchro section can flourish.

WEBSITE

Keep checking our website for all other news. - bristolcentralsc.co.uk

