



Bristol Central Swimming Club

**Annual General Meeting
2010**

Reports

Hon General Secretary's Annual Report

A special year for me as I put pen to paper for the last time to write this report. As I indicated last year I had decided that 2010 would be my last year in any form of officialdom (and I had been involved in some committee for over 20 years). Once again I will be happy to watch from the side and enjoy the efforts of my Grandchildren as I had my own children 30 years ago.

During the year we held 7 Committee meetings (1 had been snowed off). Committee members were Rhys Tamlyn – Alan Thorne – Rod Thompson – Janette Summerbee – Marion Britton – Chris Marsh - John Sissons – Jean Trewhitt – Nicky Booth – Diana Weare – Greg Harper - Laura Wren – Nicky Bryant – Andy Crawford and Georgie Coombs.

Once again a big thank you to our Committee members and the other volunteers who give of their own time to ensure we provide support for our members throughout the year in all 3 sections. It has been my pleasure to work with them all.

Some of the key items included trying to continue a dialogue with other Bristol Swimming clubs about combining training sessions, sharing pool time have not yet been fully achieved. There have been various suggestions but little progress but I expect to see a sensible improvement over the coming year.

However the long promised 50m pool is now being built and we are in touch with the council to ensure we gain maximum benefit for the club when it is completed.

The impact of the University fire at the pool in 2009 was fully checked by our Treasurer to make sure that our Insurance claim covered all losses to the club.

And then there was a Volcano which stranded our group of swimmers, coach and helpers in Spain for a further week and cost the club a lot of money. A special thank you to Marion for making sure that everyone got home safely.

Probably the main source of income we have, other than the monthly fee, is the income from our Swim school which takes place in Clifton High School Pool on Sundays. Diana Weare, who runs the sessions, desperately needs a qualified Teacher to assist by giving of their time. Diana is on 9687495 if you think you (or someone you know) can help.

I could go on of course but the individual reports that follow will refer to the main pool activity and our key results. We owe so much to those that give up so much of their time – not for the money because there is none but rather to see people giving their best, to see boys turning into men and girls into women, to see people supporting each other even when competing against each other and we see friends made and retained for a lifetime.

Thank you for taking the time to read this and I hope you enjoy the following annual reports. If you consider becoming a helper for Bristol Central Swimming Club I can assure you that you will be with Simply The Best!!

Rod Thompson



Synchro Secretary's Report

Our first event of the Club year was, as always our main competitions of the British Synchro calendar, the National Age Groups and British Championships. These competitions were both held in December 2009 in Gloucester. 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. Bristol Central's swimmers finished in the top 3 places in 8 of the events.

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 have taken part in several training camps during 2010. The aim of the training has been to improve fitness levels ready for the 2011 competitive year.

Our final event of 2009 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 routine (for those new to the club, Anya is one of 2 swimmers from Bristol Central currently in the Great Britain senior squad).

The first competitive event of 2010 was our Club Championships in February. Fifty swimmers took part and the results were used to select swimmers for our squads for 2010.

For the first time in 4 years the British Championships and National Age Groups are to be separate events this year. The Age Groups will be held in December as usual but the British Championships were held in April to bring the competition in line with the International calendar. This encouraged some foreign entries and we were able to compete against Great Britain, China, Beijing Water Cube and SSD Village, Italy. All spectators enjoyed the amazing routines and Bristol Central gained some very good results.

In July 25 swimmers took part in the Regional Figure competition held in Bristol. For most this was their first competition against swimmers from other clubs. We were extremely pleased with their results. Bristol Central's swimmers came 1st in five of the events

In July our senior swimmers were invited to the "turf cutting" ceremony when work began on a new £27 million Leisure Centre at Hengrove Park. They gave a "dry" demonstration of their winning Technical routine from the British Championships earlier this year and details of the display appeared on 2 local TV News Channels and in the local paper.

The Multi-Regional Age Groups were held in Gloucester on the 16 October. It was a long day particularly for our younger swimmers but we had good results. Here are the events where we finished in the top 3 places (full results are available on the website)

12 & under solo	1 st
15/17 Duet	2 nd & 3 rd
12 & under Competitive Team	2 nd
12 & under Recreational Team	2 nd
13/14 Recreational Team	2 nd
15/17 Recreational Team	2 nd
15/17 Competitive Team	1 st



At the end October our elite swimmers took part in the Scottish National Age Groups and Championships in Glasgow. Two coaches made sure we didn't miss out on the fun of Halloween much to the delight of our swimmers by "posting" creepy crawlies and treats under the doors of their rooms. Some coaches were also surprised to find a bat in their rooms! It wasn't all fun and games though as our swimmers took the competition very seriously. Two of our teams came 1st in their event and we also came 2nd in the 12 & under and 15/17 solos and also 2nd in the 15/17 duet event.

Nine swimmers from Bristol Central were selected to be in the South West Elite Training Squad. Ten in the South West Academy Training Squad and two in the South West Talent ID Squad.

This year seven of our swimmers were selected to be in the Multi-Regional Squad (swimmers for this squad are selected from the South West, South East and London regions). They attended a week's training camp at the High Performance Centre at Aldershot in the summer.

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

Perhaps the most important change for the Synchro section this year is the appointment of our full time Development Coach, Maria Shortman. This appointment was made possible as The Amateur Swimming Association had approved funding for 6 Performance Synchronised Swimming Clubs across the UK one of which was Bristol Central Synchro. Maria's started her employment on the 1st November and her main duties will be to promote Synchro in the local area, enhance the clubs programme and training plans, as well as to strive towards producing World Class Synchronised Swimmers in Bristol, that underpin the Senior GB Programme at Aldershot. This is the first of 6 appointments across the country and we are thrilled that Bristol is the first one.

Not all our news is from the pool- Engagement congratulations go to Louisa and Craig and Laura and Andy. Also best wishes go to Lynne and John who are expecting another baby early next year.

I would like to thank all the coaches, scorers, judges, assessors, team managers and all our helpers who voluntarily give up their time all year to help our swimmers enjoy the synchro sessions and gain success at competitions. They all work and have their own families but continue to give their time willingly. Thank you.

Finally all of Synchro wish to thank Rod Thompson for all his work and guidance through his time as Club Secretary.

Christine Marsh.
Synchronised Swimming Secretary.



Swimming Secretary's Annual Report

It has been yet another busy and successful year for Bristol Central speed swimmers, coaches, team managers, helpers and parents. I will try and capture the highlights in this report.

Once again we have welcomed a number of new swimmers to the club from other areas and clubs. We hope that they have settled into our sessions and enjoyed competing in league and open competitions. It is good to see a number of younger swimmers joining through our sessions at Jubilee and St Mary Redcliffe.

This year has seen an increase in the numbers of parent helpers at league competitions and open meets. We are continuing to encourage more people to undertake Team Manager, Child Protection and other relevant training to ensure they are equipped to support our swimmers. All helpers are subject to CRB checks to ensure the highest level of protection for swimmers.

A successful **Skills Development** event took place at St Mary Redcliffe involving 31 swimmers over 2 Sundays in May. Thanks to Marion for organising this and the coaches who took part.

A number of our swimmers have continued to train with **City of Bristol Squad**. These are swimmers who have achieved ASA SW regional qualifying times. This means that they will have up to 7 sessions with City but will continue to train with and compete for their host club – Bristol Central.

We continue to put results of competitions on the **website** and trying to include other information. We would like to encourage more reports and stories of events so if anybody would like to contribute a story about their experience of a competition or anything else please let me know and I will pass on to Derek Milner and Carl Johnson. We are also continuing to record all the results to provide a list of times for each swimmer.

In September we held our new look **Club Championships** which included distance events to reflect the Glos Blocks programme. This was a very successful event with some old records being broken and new ones set. Thanks to Marion for organising and for everybody who took part and supported the competition.

Swimming Competitions during the year

National (Arena) League

We took part in the final last December 2009 in Bath where we were 1st and 12th overall in League 2 - an excellent result. This is one of our most important league events of the year that often provides some exciting competition. Thanks to Richard for managing the team. This year we won the first round gala with round 2 taking place in November with the final in December. Fingers crossed for a good result!

Mini Series

Bristol Central improved their position in the league this year coming 3rd overall, an excellent result. Thanks to Karen and Lee for coordinating and managing this league and for other parents who have helped at galas.

Southern Junior League

Bristol Central finished 24th this year in the Southern Junior League – an opportunity for 9-12 year olds to take part in a high quality competition against clubs across the south of England. Thanks to Nicky Bryant and Sue Sharley and for managing this team.

Gloucester County Championships

Bristol Central had one of its best years yet at the Gloucester County championships, better known as 'Gloucester Blocks'.



A total of 32 swimmers took part in individual events – the youngest being 9 years and the oldest 20+! Bristol Central swimmers achieved a number of significant results including reaching 9 championship finals (Rachel, Finn and Alex); 9 swimmers achieved Regional Qualifying times (Rachel, Finn, Alex, Chloe, Patrick, Amber, Lauren, Steven, Christine) with Finn achieving national qualifying times.

In the bagcats age group awards Bianca Bryant was 2nd, Keira Noon 6th & Nathan Brown 2nd in the 9 years and Georgia Sharley was 4th in the 10 years. Many other swimmers achieved personal best times and numerous medals.

This year saw 14 teams, across age groups, achieve finals where our open and 17+ teams gained 2nd and 3rd places.

Many thanks to Nicky Booth for organising the entries and the rotas for each gala and for all the Team Managers and Chaperones for supporting the swimmers.

South West Regional Championships

Nine Bristol Central qualified for South West Regional Age Group and Youth Championships in May/June held at Millfield School. Congratulations to Amber Brewer, Patrick Noon, Chloe Bryant, Finn Taylor, Steven Hood, Lauren Pascoe, Alex Chklar, Rachel Curnock, Christine Howie. Finn achieved 3rd place in the 17+ 200m backstroke qualifying for the nationals. Well done Finn a well deserved result!

National Championships

Finn Taylor qualified for and competed in the 400m Freestyle & 200m Backstroke at the National Championships in Sheffield in August. Tom Shortman also represented City of Bristol in the 800m freestyle.

Open Meets

Once again Bristol Central swimmers competed in a number of Open Meets throughout the year. This gives our swimmers opportunities to compete against swimmers from across the region providing excellent competition. For some of our younger swimmers this is often a first chance to compete outside Bristol. This year our swimmers competed in the **Salisbury open meet** where we achieved several 1st, 2nd and 3rd places; **Bristol North Open meet at Hutton Moor** where our younger swimmers achieved places and swam PBs; in October **Carn Brea Open Meet**, held in Penzance, where again several medals were won with Amber and Chloe breaking competition records.

Thanks to the parents, team managers and coaches who organised entries to these events and supported the swimmers.

We look forward to another successful swimming year next year when swimmers will be competing in many of the same competitions and meets as this year. Well done to all the swimmers who train hard and enthusiastically represent Bristol Central and to all the parents and carers who support them.

Jean Trehitt

Swimming Section Secretary
November 2010



Men's Water Polo Report

We wanted to improve on our 2009 league position of 4th with a good performance in the British Championships in February earlier this year. Having not qualified for the finals in the last 3 years we knew it would be tough however, two hard fought victories against our local rivals Cheltenham (16-15) and Scottish outfit Portobello (13-11) on day 1 ensured our passage through to the finals weekend. With qualification already achieved Central played Lancaster on day 2 of the preliminary weekend and suffered a 17-10 defeat which meant we were drawn against Manchester in the semi-finals. A strong team performance would be needed for us to overcome a team that had finished ahead of us in the league and had the advantage of being cheered on by the home crowd. A strong start by Central went some way to silence the Manchester supporters and a dominant display saw us achieve a comprehensive victory 9-5. Our opponents in the final were Lancaster and we were keen to avenge our preliminary round defeat a fortnight earlier. Unfortunately we were unable to replicate our high standard of play of the previous day and ran out defeated finalists 17 - 10 and so finished with a silver medal in the British Championships, the biggest competition of our year.

The first matches of the national league started in September of this year. Our aims at the start of the season were to ensure a top 5 finish and qualification to next year's British Championships. With some impressive team displays, which saw us win 7 out of 9 games, we achieved this feat with a 3rd place position at the half way stage. It is fair to say that in the second half of the season we have risen to the challenge of playing top quality sides week in week out, and with 6 games remaining of the 2010 season we are currently top of the league by 2 points. Our final 2 matches of the season will be played at Bath University on the weekend 11/12 December and your support would be greatly appreciated to cheer us on.

The 2nd team had several good performances in the Bristol and West league especially at home where they made the University pool a fortress with just 1 defeat all season. Unfortunately they were not quite able to replicate this form on their travels but finished a highly respectable 3rd position.

Although water polo is a team sport it is also important to recognise the achievements of individuals within our club. We are proud to announce that Craig Figes is still flying the Bristol flag at the highest level as the current GB mens captain. After deciding to turn down the opportunity of playing professional polo abroad, Craig is continuing to train in Manchester with hopes of leading a team out at the Olympics in 2012. We wish him all the best in the upcoming European qualifying match which pits GB against Greece. Stuart Fennel has been a consistent member of the GB training camps held throughout the year but due to a cut in funding unfortunately there have been no opportunities for his age group to enter international tournaments. His improvement over the years has been vast and with strong performances this season for Central he will no doubt be a great player for the club over the coming years. As well as individual success in the water, it is worth mentioning the achievements of Gregory Harper who successfully gained a place on the national coaching mentor scheme. This is a 3 year scheme which will provide Greg with the training, experience and guidance to become one of the top level coaches in the country.

It is fair to say that the mens water polo section concentrates its efforts on the senior team and has been very successful in its achievements. So far our junior development has focused on specific individuals highlighted as having raw talent which we have identified and nurtured. However, we realise it is imperative that to progress as a club we must increase our number of under 18's so that we can enter a team into junior competitions. Initially this will involve the combination of junior players from neighbouring clubs in the south west entering the ASA cup in 2011. From next year it is hoped that there will be pool time available for a weekly session devoted to the development junior players which will be run by members of the senior team.

2010 started with a fantastic silver medal performance in the British Championships and with every chance of going one better in the league, it looks like being another successful year for Bristol Central water polo.

Andrew Crawford



Swim School Report

This year has been a trying year, with a change in our teaching staff, and not knowing if we had enough teachers to run each term. However we have managed to run all our lessons as planned with help from various people within the club.

We are currently running with around 45 people on our books which is well down on our capacity which is nearer 70, largely due to not being able to guarantee teachers in advance.

We have still made a profit for the club of around £2,500, and if we want to keep our competitive club fees down then we need to try to increase this figure.

This is where I need your help. Firstly by spreading the word to people that we run lessons for over 4's, and secondly in the form of qualified swim teachers to help on a 10 week basis. If you may be able to help please contact me and I will fill you in further.

Diana Weare
Swim School Coordinator



Social Events Report

This year we held the Prize Giving disco in January at Broad Plain Rugby club, This is a nice occasion for a lot of the swimmers to get together and have a good time. It is supported by the swimmers parents and coaches but I'm sure we could get more people to attend the 2011 prize giving all sections should support this event

The Dinner Dance was at the Novotel hotel this year it was nice to see it supported by some of the younger club members

Both these events are not primarily fundraisers but there was a small amount raised as a result of raffles and other games being held on the night.

It would be great to see any other social event suggestions put forward All would be considered and it's a great way for the swimmers, parents and coaches to get together away from the pool

We need to try harder to get all three disciplines to support social events within the clubs in the coming year

Thanks

Nicky Bryant
Social Secretary



Ladies Waterpolo Report

2010 has been a great year for our section.

It started in January when the ladies won National league Division 3 championship by eight points without losing a game scoring the most goals conceding the least, a remarkable turn around for a side who stayed in the division by winning their last game of the season the previous year.

From an individual point of view Andrea Holmes was voted 'Most Valuable Player' in the division and was also the top scorer in the division.

Currently after our third weekend in Division 2 we are in second place, but with two weekends to go there is a long way to go.

In the Bristol and West League (our local league) we retained the premier division once again without losing a game.

Our section had some international success this year Laura Shears (14) represented GB Under 17's at the European Championships in the Ukraine and Sophie Greener (16) was selected for the training squad in the same age group.

Its not just the players that have had a good year Greg was selected by British Swimming to be part of the 'advanced coaching programme' and has also joined the coaching staff of the National Squad in the Under 15 age group.

GREG HARPER
Coach



Hon Treasurer's Report

(The Accounts will be distributed at the AGM)

The club reported a deficit for the year of £9793 against a budgeted deficit of £5723. The increased expenditure was largely due to the Calella overspend as a result of the Icelandic volcano.

The club's funds are now £28981 but there are four reserves maintained to ensure the club can meet its future debts.

£16000 represents six months of the club's commitments under pool hire contracts, £1392 is the balance in the Synchro reserve and the training reserve remains at £6000 for training our coaches over the next year. Once these reserves are set aside, we have a healthy free float to pay for the every day running costs of the club.

Looking to 2011, the club has decided to restructure and increase fees for the coming year. We have taken into account the different sections' costs and pool time available.

A proposed summary is listed below.

	Current £	To include ASA 1 Jan 2011 £
SPEED SWIMMING		
0-9years	17	20
10 to 12years	25	28
13 years and over	33	36
University Students		20

Registration fees only- £12 per year (for non club members paying £3.50 per session)

Bristol City Council Squad Members (Bristol central swimming club element)

Performance squad	10
Development squad A Age 13+	20
Development squad B Age 10-12	21

LADIES WATERPOLO

Waterpolo & swimming	40
University Students & unemployed	20

MENS WATERPOLO

Waterpolo & swimming	45
University Students & unemployed	20

SYNCHRONISED SWIMMING

Novices (up to and including 12 & under B team)	30
!2 & under A team	35
13/14 A & B Teams	40
15/17 B Team	40
15/17 A Team & Senior Team	45
University students	20

The Club recognises the current economic situation (we did not increase fees last year), but we have to provide for increasing pool hire costs and training our volunteer coaches. When you work out cost per session I'm sure you'll agree it is great value for money.

It would be appreciated if EVERYONE changes their standing orders well before Christmas so that they are correct from 1 January 2011. Thank you.

Janette Summerbee