

South West Region

Annual Report 2022

January

Welcome to our new Finance Officer

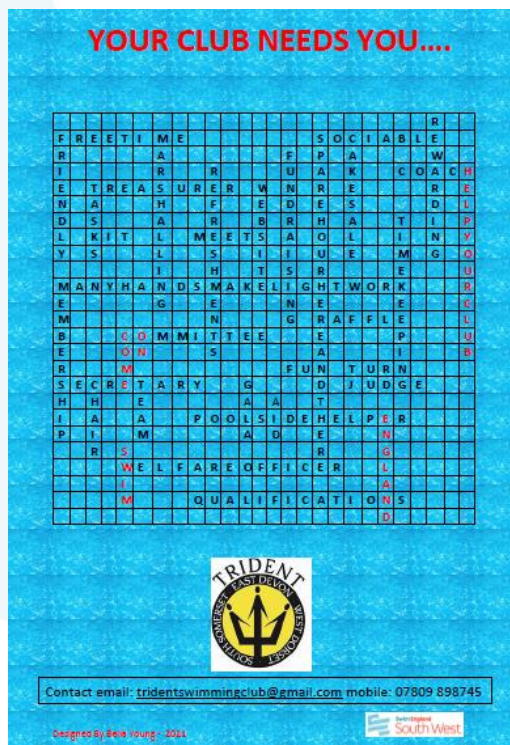
The Region have successfully recruited a new Finance Officer to replace Gerry Griffin who was previously carrying out the role.

Geoff Pearce from Wiltshire has successfully taken on the role of the Regional Finance Officer and will begin in the role shortly.

We would like to thank Gerry for all of his hard work and wish him all the best.

Geoff can be contacted via email on gnpearce@aol.com

To read Geoff's bio of experiences [please click here](#).

Young Volunteers Volunteer Recruitment Poster Competition

In January we held our first Young Volunteer competition, the competition was to design a poster to promote Volunteering.

Congratulations to Bella Young from Trident SC who was our winner of the SESW Young Volunteers Programme Volunteer Recruitment poster competition.

Bella's poster will be available for clubs to use very soon.

February

Para Swimming Regional Training Day

The Para Swimming Regional Training day was held at Taunton School on Saturday 22nd January from 12 to 430pm.

11 swimmers attended the session and were split into 4 groups which were led by the following coaches: Lead Coach James Richards (Gloucester City); Development Coach Catherine Ralph (Carrick Masters); Skills Coaches Adam Clarkson (Exeter City), Craig Skinner (Gloucester City) and Neil Hamp (Swim Bournemouth).

In the pool the swimmers had a 90 minute session which covered aquatic alignment, stroke drills and progressions with a focus on developing skills. Throughout the session the swimmers were asked to think about and feedback on their performance. The swimmers were asked 'can you feel a difference', 'how can you improve' and 'what are you learning'.

The pool session was followed by a classroom workshop on the topic of nutrition, in which the swimmers showed great interest.

The overall feedback from the swimmers was that it was a great day at a great venue. Both the facilities and access to the venue were good.

While parents/guardians were not able to attend the pool sessions, they were able to sit in on the nutrition session.

SW Officials attend the British Para Swimming International Meet.

Three SW referees were appointed for the BPSIM (incorporating the first of the 2022 World Para Swimming series), in Aberdeen.

Despite the forecasted weather warning Sue Gabriel (North Cornwall Dragons), Dave Jones (Wroughton ASC) and Nicky Vause (Norton Radstock SC) all made their flights.

This year's event attracted a reduced entry however the performances were outstanding; with British and World records tumbling.



March

Water Polo Host their First Regional Training of 2022

South West Water Polo hosted their first Regional Training session of 2022. This was a four hour session which included strength and conditioning, tactical and pool sessions.

This event was attended by over 100 players from across the Region.

During this session the selections for both the boys and girls u18 teams for the upcoming Inter Regional Competitions.

There was also a selection for the u16 teams which will be playing in the friendly tournament ahead of their Inter Regional Tournament in June and July.



St Austell Sharks Stands by Ukraine with a Charity Swim

St Austell Sharks Swimming Club wanted to pull together as a club to raise some money to donate towards the DEC Ukraine appeal.

On 22nd March all of the swimmers attempted to swim from Polkyth Leisure Centre – the club's home pool – to the Sports Palace Kyiv. This is a total of approximately 1827 miles, the swimmers completed 1m for every mile in distance.

Natasha Coon, club Chair said; 'Well done to our swimmers who completed a charity swim to raise funds for the Ukraine. We are all very proud of you.

We raised an amazing total of £1630 (including gift aid). This was fantastic and we are so grateful to everyone who contributed.

The children were all treated to 'Ukrainian' cup cakes after their mammoth effort, courtesy of one of our parent helpers'

Well done to all those involved what a great fundraising effort.



April

Swim England Launched New Inclusion Resources

Swim England have launched updates to two resources which will help to further improve inclusion within swimming.

Changes have been made to this newly named 'Certificate of Exception' as well as their swimwear guidance.

The national governing body's 'Certificate of Exception' is the first of the two resources and is an update of the previously named 'Certificate of Swimming Disability'.

Alongside the certificate, steps have also been taken to update Swim England's swimwear guidance to include reference to period wear for the first time.

This guidance is currently applicable to swimming only and Claire Coleman, Swim England head of development, was happy to support the updates.

[Click here](#) to view the updated resources and read more.

May

Commonwealth Games Prep the Pool Event - Devon Report

3 Devon club para swimmers were part of the 32 selected para swimmers across England to participate in this event.

- Abi Daly from Devonport Royal
- Alexander Hobbs from Mount Kelly
- Sebastian Williams from Mount Kelly

All 3 were in different teams and were part of a 4 person para team for their host nation. All para swimmers were competing in the 100m freestyle and 100m backstroke to test the blocks and backstroke ledges they also competed in the 4 X 100m freestyle mixed para relay and 4 X 100m para medley relay.

The event was classed as a commonwealth games Test event. So transportation to and from the athlete village (Birmingham University campus) was also tested as well as marshalling and competitor seating. The timing boards, starting blocks, backstroke ledges, announcing system, results screen and security was all tested.

For the swimmers they were all mixed ages, from different clubs with coaches and team managers they never met. For some coaches and team managers it was the first time they had coached disabled swimmers.

All 3 swimmers swam really well and coped with all the changes. They got into finals for their individual races.

Next up for Devon swimmers in June is the following

World para championships for Reece Dunn Plymouth Leander, Cameron Vearncombe Plymouth Leander and Leo Mcrea Mount Kelly along with National junior para champs for Abi Daly from Devonport Royal, Rachel Balling from Devonport Royal, Alexander Hobbs from Mount Kelly and Theo Reynolds from Barnstaple

Then Abi Daly is representing Swim England as a Baton Bearer on the South West leg of the Queens Baton Relay on Monday 4th July.

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June



National Volunteers Week 2022

Each year we celebrate Volunteers across the Region for the Annual National Volunteers week.

This year it goes without saying that volunteers have played a key role in the pandemic response. During an exceptionally difficult couple of years, people from all walks of life around the UK have taken the time to volunteer and make a huge difference to their communities – just as they do every year.

This is a time for us to come together and thank all volunteers for their invaluable contribution. Over the course of the next week we will be highlighting some key Volunteers and Groups within the Region who are the backbone of our organisation.

With the week falling over the Queens Platinum Jubilee Celebration weekend we felt that it was only right to highlight a group of volunteers from Somerset ASA who were awarded the Queens Award for Voluntary Services in 2010. To read more about their achievement please [click here](#).

We also interviewed some of our Regional Discipline Managers who gave us an insight into their Volunteering Experiences and some words of wisdom. These can be viewed via the below links:

[Day 5 – Artistic Swimming Manager, Mary Hooper](#)

[Day 6 – Water Polo Manager, Mike Coles](#)

Regional Development Programme Team Selection

The South West Regional Development Programme will run from September 2022 to August 2023. This year we will be holding two face to face camps and one online camp for 12 yr olds in the Region.

We were delighted to have received a high number, and high standard of applications which has meant that it has been a difficult decision to appoint for the roles on the programme. The Coaching and Team Managing Team has been selected and is as follows:

Head Coach - David Cousins, Bristol Penguins

Skills Coaches - Craig Skinner, Gloucester City

Carolyn Nicholls, Warminster

Christopher Neilson, Poole SC

Martin Littlefair, Seagulls SC

Ashleigh Blackhouse, Plymouth Leander

Paul Perry, Yeovil

Gavin Whitworth, Taunton Deane

Iain Chalmers, Dawlish SC

Lead Team Manager - Rebecca Smith, Bradford on Avon

Assistant Team Manager - Sarah Edmonds, Dawlish SC

Thank you for all of the applications received and well done to those selected.

July

SW Para Swimmer Becomes Queens Baton Relay Bearer



Abi Daly, Para Swimmer from Plymouth was a baton bearer for the 1st day of the Queens Baton Relay England tour.

Her segment was bringing the baton onto the Hoe promenade where she got a military guard of honour and salute as she gave the baton to royal marine veteran and triple amputee Mark Ormrod MBE.

New Independent Masters Swimming Podcast

A new, independent podcast for the masters swimming community has launched, called The Masters Swimming Podcast. Episode one is now live, and you can listen to it here: [The Masters Swimming Podcast](#)

The podcast is hosted by masters swimmer, Joe Malone, and each week he will be joined by guests from different masters clubs. The aim of the podcast is to discuss all things topical in masters swimming, and make it your go-to place for swimming content outside of the pool. It's available to listen to on Apple Podcasts, Spotify and Google Podcasts.

