

South West Region

Annual Report 2023

January

Inaugural County Governance Review and Regional strategy Weekend

The region hosted a County Governance review day with Regional Staff and volunteers supporting National Officers Claire Coleman (Head of Development) and Helen Weeks (Sport Governance and Welfare manager). The Counties were invited to look at their own governance and discuss in groups how best to review these. Many interesting and thought provoking discussions were had on the day. The Team will be looking to follow up with the Counties by meeting to discuss further.

Following the above day the Region held a Strategy day which the County representatives were able to discuss the Regional Strategy for 2024 onwards. This was followed by a presentation by George Wood (Sport Development Director) on the Swim England strategy.

February

Swimming Officials World Aquatics Rules Update

Throughout the first part of the Year Jill Beard, SW Officials Coordinator, has run a huge number of World Aquatics Rules update sessions to our Officials throughout the Region. This reached over 500 Officials from all over the South West and Jill ensured they were all kept up to date with the latest changes before they return to poolside to Officiate at events.



**WORLD
AQUATICS**

March

April

New Transgender and non-binary competition policy Published by Swim England

Swim England has published its updated transgender and non-binary competition policy which aims to make all its sports fair and accessible to everyone.

It is the first time the policy has been revised since 2015 and has been introduced in a bid to create a 'fully-inclusive, non-discriminatory competitive environment'.

All of Swim England's disciplines – swimming, artistic swimming, diving and water polo – will see a new 'open' category introduced, which will be for athletes with a birth sex of male, trans or non-binary competitors.

[Click here to read the full article and for various resources.](#)

May

South West Open Water Swimmer of the Year 2022

2022 saw the return of open water swimming to the South West and Nationally – and what a year it was for our region.

Our Open Water Swimmer of the Year is Emily Forwood (Mount Kelly). Emily not only won her age group (17/18 yr old girls) event at the SW Regional (held at Lake 86 in cool surroundings) but went on to win the National Age Group Championship held at Thrybergh Lake nr Rotherham, was on one of the hottest days of what was already a hot summer.

She not only showed great speed and endurance, but also versatility by winning wetsuit and non-wetsuit events.

This is a fantastic result as it is several years since we have had a National Champion from the region and our congratulations go to Emily.

Brian Armstrong
Chair, SE SW Open Water Committee

Additional Note.

The region had two NAG winners this year – Emily and Kaden Frampton (Millfield, Boys 12yo 2k). Kaden overturned the result from the regional event to pip Tigersharks Dominik Bartoletti by a mere 0.007 seconds at the finish board at Rotherham – they don't get much tighter than that, even at elite level. Our congratulations go to both swimmers as we look forward to their endeavours for the 2023 season.



June

South West Development Programmes End of Season Update

Regional Development Programme (RDP)



Our Regional Development Programme is just under a year in length and is for 24 female and 24 male athletes aged 12 years old. The programme consists of two pool sessions and an online education session. Upon selection athletes and home coaches are notified and we ask for commitment to all three sessions for the athletes to have the best experience on this programme.

The Coaching and Team Managing Team for the 2022/23 season were:

- **Lead Coach** – David Cousins, Bristol Penguins
- **Skills Coaches**
 - Craig Skinner – Gloucester City
 - Carolyn Nicholls – Warminster
 - Christopher Neilson – Poole SC
 - Martin Littlefair – Seagulls
 - Ashleigh Blackhouse – Plymouth Leander
 - Paul Perry – Yeovil and District
 - Gavin Whitworth – Taunton Deane
 - Iain Chalmers – Dawlish
- **Lead Team Manager** – Rebecca Smith, Bradford on Avon
- **Assistant Team Manager** – Sarah Edmonds, Exeter City

We started the 2022/2023 season with a Pool Camp held at Millfield School Street, this was on 25th September and was attended by all 48 athletes.

The day consisted of two pool sessions and a land training session. The athletes were split into 8 groups each having their own lane coach who would deliver sessions and monitor athletes on their development across the day.

In the first pool session the key areas of OADF were covered and the focus was on being a good learner and technically excellent. They focused on Butterfly and Backstroke technique, progression into IM turns.

The land Session was focused around Fundamental Movement Skills to include exercise such as a Glute Bridge and Split Squats.

The final pool session again used the same Key areas of OADF. The focus was on Backstroke and Breaststroke technique, progression onto IM turns again especially introducing and development the Back to Breast Crossover turn.

Next we held an Online Workshop which was held on 5th March 2023 via Zoom. This was attended by 40 athletes, a number of athletes were unavailable due to this workshop clashing with other sporting/academic commitments. Our Lead Coach David led this session and expressed his delight in the effectiveness and focus of those athletes attending. They were all really engaged with the content and good discussions were held throughout the session. Topics covered included Learning to fuel and self-awareness and race process goals. There was also an opportunity to split into male and female breakout rooms, the male session focused on lifestyle and recovery and the female session focused on puberty and performance.

The programme finished with a second pool camp at Millfield School on Sunday 28th May 2023. This was attended by 38 athletes, 10 were unable to attend due to illness and other commitments. This session was similar to that held back in September and was a good opportunity for the coaching team to see how the athletes had progressed over the past 8 months.

The morning pool session covered Backstroke and Breaststroke technique with progression into IM turns again, this meant they could recap on the learning from September and have another chance at developing the Back to Breast Crossover turn.

The Land training session focused on fundamental movement skills again and how best to develop the principles in order to improve performance.

The final pool session covered Breaststroke and Freestyle technique again progressing onto IM turns. As this was the final session of the Camp David also planned in some relays and fun challenges to conclude the programme.

Throughout the programme the level of engagement from the athletes was excellent with many of them taking on board the feedback from the coaches and putting this into practice throughout their training and racing when returning to their home programmes.



Regional Distance Development Programme (RDDP)



The Regional Distance Development Programme is a new programme that was introduced by the Region in 2023. Usually this programme would run alongside the RDP programme from September to June, this programme was slightly different in that we ran the sessions from January to June. This programme is for 24 male and 24 female athletes aged from 12-15 years old. This programme consists of one pool session, one online education session and one Open Water Session. Upon selection athletes and home coaches are notified and we ask for commitment to all three sessions for the athletes to have the best experience on this program, this programme was run at short notice and due to not having all of the dates at the start of the programme we couldn't ask for full commitment on this occasion. Out of the initial 48 selected athletes 28 committed to the programme for this season.

The Coaching and Team Managing Team for this season were:

- **Lead Coach** – Neil Edwards, Mount Kelly Swimming
- **Skills Coaches:**
 - John Ferguson, Bristol Penguins
 - Paddy Noon, City of Bristol
 - Craig Skinner, Gloucester City
- **Lead Team Managers:**
 - Craig Hanson (pool session), Taunton Deane
 - Sarah Edmonds (Open Water session), Exeter City
- **Team Support** – Cassandra Patten OLY supported the coaching team at the Open Water Camp.

The pool session for this camp was held at Millfield School on Sunday 16th April and was attended by 23 of the selected 28 athletes.

The objectives for the first pool session was to develop Frontcrawl turns and breakouts, develop efficiency in Frontcrawl technique and skills and develop pacing using RPE.

This was followed by a land training session which was around fundamental movement skills and how this can impact training and competition development.

The second and final pool session focused on maintaining Frontcrawl DPS and SC, performance of efficient Frontcrawl Turns, introduction to Open Water Techniques and Skills.

Following the pool session we held an online education session which was attended by 20 athletes and these sessions covered stroke mechanics and technical considerations in relation to Open Water Swimming.

The third camp was an Open Water Camp which was held at Lake 86, Cotswold Water Park and the DeVere Hotel on Saturday 3rd June 2023. This was attended by 19 athletes, 7 of which were athletes not on the programme who we offered the opportunity to attend to up the numbers at this camp due to a number of the selected athletes not being available. We also had the support from Olympian Cassandra Patten at this session whose knowledge, experience and guidance was invaluable throughout the day.

The first session in the lake covered Pack Swimming, Sighting and Turning along with an introduction to swimming in Open Water as a number of the athletes had not done this before.

After the Lake Session they worked through a presentation on how to develop race day strategies at the hotel. The athletes were able to ask questions and learn more about the technical side of Open Water Swimming.

The group then headed back to the lake for the final session of the day where they completed a race simulation session over a 750m loop.

Although the planning for this programme was late we were still able to give a valuable experience to a number of athletes of which some of them had never experienced Open Water Swimming before.



July

Regional Athlete and Coach Selections 2023

Congratulations goes out to over 20 athletes and 6 coaches from the South West who have been selected for British Swimming's squad to compete at European Juniors, LEN European Under 23 Champs and 2023 World Aquatics Champs.

European Junior Championships – Belgrade 4th to 9th July

Athletes:

- Vadim Bosc, Mount Kelly
- Rue Fowler, Team Bath AS
- Adam Graham, Millfield
- Blythe Kinsman, Mount Kelly
- Jessica Lawton, City of Bristol
- Erin Little, Mount Kelly
- Matthew Ward, Mount Kelly
- Solomon Williams, Millfield

Coaches:

- Lisa Atkinson, City of Bristol
- Greg King-Limb, Mount Kelly

LEN European Under 23 Championships – Dublin 11th to 13th August

Athletes:

- Jonathan Adam, Bath Performance Centre
- Ed Mildred, Bath Performance Centre

Coaches:

- Calum Jarvis, Bath Performance Centre

2023 World Aquatic Championships – Fukuska, Japan 23rd to 30th July

Athletes:

- Matt Richards, Millfield
- Cameron Brooker, Bath Performance Centre
- Luke Turley, Bath Performance Centre
- Brodie Williams, Bath Performance Centre
- Freya Anderson, Bath Performance Centre
- Tom Dean, Bath Performance Centre
- James Guy, Bath Performance Centre
- Emily Large, Millfield
- Jacob Peter, Bath Performance Centre
- Ben Proud, Bath University

Coaches:

- Jamie Main, Bath Performance Centre
- Ryan Livingstone, Millfield
- David McNulty, Bath Performance Centre

August

September

October

November
December

