

South West Region

Annual Report 2024

January

Installation of the 2023/2024 President

On the weekend of the 6th January 2024 we installed the 2024 Regional President, Jill Beard from Dorset County ASA.



Jill has been nominated into the role by her County and will take over Presidential duties from our outgoing President, Brian Armstrong from Gloucester County ASA (photographed left)

We also had the opportunity to present the Past Presidents from the previous 4 years with their medallions – the first opportunity we have had since COVID – pictured right are Jill Beard, Dorset ASA (2024 President), Brian Armstrong, Gloucester ASA (2023 President), Chris Elliot, Cornwall ASA (2022 President), Roger Downing, Devon ASA (2021 President), Mike Coles, Somerset ASA (2020 President).



Launch of Safeguarding and Diversity and Inclusion Action Plans

This month the Region released their Safeguarding plan for 2024 and their Diversity and Inclusion Action Plan. These plans followed and used will help the Region to shape the future of their working to ensure that they are fully inclusive and supportive. More information can be read on our website here – <https://www.swimwest.org.uk/news/article/the-region-launch-their-safeguarding-and-diversity-and-inclusion-action-plans>

Congratulations to our Young Volunteer Award Winners and Volunteers

Many athletes find that swimming becomes too much of a commitment or no longer enjoy competing, by volunteering they are able to provide support to their club/County whilst still being involved with the sport.

We were pleased to be able to present our awards to those Young Volunteers who have been nominated by their Clubs and Counties for their support through volunteering at a young age.

The nominated finalists were – Jess Duncan (Burnham on Sea SC), Benjamin Godfrey (Clevedon ASC), Bria Knight (Marlborough Penguins), Jack Haley (Marlborough Penguins), Olivia Mercer (Marlborough Penguins), Alice Widdop (Highworth Phoenix Diving Club), Calan Gilmour (Corsham ASC), Daisy Liu (Exeter Water Polo and Swimming Club), Damaris De Voeux (Corsham ASC) and Francesca Hutton (Marlborough Penguins)

Photographed right, our Regional Winners – Daisy Lui and Benjamin Godfrey.



Daisy Liu - As a player, Daisy has risen up the junior teams at Exeter Water Polo and took the opportunity 2-3 years ago to start to help at a few sessions when it became available to her (in fact, I think she even took it upon herself and asked to help!). Since then, Daisy's volunteering work for the club has grown and grown. Daisy was one of our founding assistants in the creation of our very successful mini polo squad, which is always full with approx. 20 kids, and a waiting list to attend! She is also a valuable member of our U13 coaching team, constantly on the poolside helping arrange the session, giving coaching advice to our junior kids albeit new starters or slightly more experienced kids... plus being our regular training session referee! Daisy gives up three evenings a week volunteering

Also, she is a regular on the official's table for matches across many junior and senior home fixtures and is about to start her Level 1 Water Polo coaching course! As a club, we are very proud of Daisy. Her commitment and determination in ALL she does is commendable, and she deserves to be recognised for all she does to help our club.

Benjamin Godfrey, Clevedon ASC - What shines through is how Ben's approach and impact goes beyond swimming technique, extending to helping our swimmers with their wider confidence and wellbeing. This is in large part to his approachable, modest and patient manner topped off with his infectious large smile. Ben consistently escorts our youngest swimmers to the blocks at galas, assuring and encouraging along the way. Always there to support as they exit the pool, often selflessly putting his own race preparations on hold. A particular feature of 2023 with our youngest swimmers was Ben donning his "Captain Clevedon" cape. He would swoop in, inspiring the youngest swimmers pre-race by bestowing his "swimming superpowers" on them, before zooming off with his cape flapping behind him. They absolutely love it!

Congratulations goes to all of our nominees and a special thank you to all of our Young Volunteers across the Region.

Wavepower

At the beginning of this year Swim England released a new edition of Wavepower which is their Safeguarding policy and procedures document. [This can be viewed here.](#)

Key areas which were changed and introduced were:

- Adult Safeguarding
- Safeguarding Changing Rooms
- Approved Training
- Safer Recruitment
- The Role of the Welfare Officer

Swim England are holding drop in sessions for those in key roles in clubs to help to clarify the key changes. The next one is on Sunday 11th February from 2pm to 4pm. [Click here to find out how to attend.](#)

February

On Thursday 8th February the South West Region are sending out a team of 35 athletes to compete in the 2024 Lisbon International Meeting. The athletes will be supported by our team of staff from across the Region:

- **Lead Coach** - Neil Edwards, Mount Kelly Swimming
- **Assistant Coaches** - Jon Wills, Soundwell, Glenn Currie, Exeter City, David Cousins, Bristol Penguins.
- **Lead Team Manager** - Lynn Rayment, Plymouth Leander
- **Assistant Team Manager** - Sara Palmer, Plymouth Leander

The team will compete in their strongest events over the weekend and we hope this will give them a valuable overseas experience.

Athletes Selected are:

- **Male** - Alessandro D'Onofrio, George Snow, Charlie Meek, Jamie Steadman, Roger Davis, Jack Brown, Samuel Lander, Thomas Belt, Sam Ryan, Robbie Hemmings, Elliot Woodburn, Oliver Jones, Lauchlan Parrott, Oscar Bellinger, Ivan Hart
- **Female** - Nicole De Pree, Ruby Griffiths, Evangeline Belt, Laura-Ann Marshman, Martha Sell, Eleanor Hall, Naomi Parker, Edie Price, Lacey Roberts, Emily Johnson, Beth Hall, Chloe Bown, Izzy Blackhurst, Cora Lanham.

Lisbon Results:

A 29 strong team of swimmers from across the South West were selected off last year's long course performances to represent the region at an overseas meet this February. After a 4 year hiatus since the last South West overseas trip, it was an exciting opportunity to take the team back to Lisbon for the Arena Lisbon International Meeting. Selections were made to give swimmers the opportunity to gain valuable and rewarding international racing experience. Accompanied by 4 coaches and 2 team managers, the swimmers travelled to the Portuguese City of Light and mixed in some sightseeing alongside their training and racing. An afternoon spent exploring the city was well received and sampling the local delicacies – Pastel de nata – was high on the list.

When it came to competition time, swimmers were tasked with working with unfamiliar coaches to their daily environment, challenging their communication skills and adaptability. The coaching team were suitably impressed with how engaged the swimmers were and praised their professional approach. All swimmers gained valuable mid-cycle experience in a high level racing environment which involved early morning heats and evening finals. Coming together as a team and putting in some strong performances – including relay swims – the South West team were able to bring home the Top Club trophy – an award which we previously won in 2020.

Medal winning performances from the South West team came from:

Gold

- Robbie Hemmings – 50m Backstroke
- Edie Price – 200m Butterfly
- Men's 4 x 100 Medley relay – Robbie Hemmings, Elliot Woodburn, Jack Brown, George Snow
- Women's 4 x 100 Medley relay – Laura Marshman, Cora Lanham, Edie Price, Beth Hall

Silver

- Ruby Griffiths – 800m Freestyle
- Elliot Woodburn – 50m & 100m Breaststroke
- Beth Hall – 200m Individual Medley
- Sam Lander – 1500m Freestyle
- Laura Marshman – 50m Backstroke
- Evie Belt – 1500m Freestyle
- Women's 4 x 100 Freestyle relay – Nicole De Pree, Chloe Bown, Beth Hall, Isabel Blackhurst
- Men's 4 x 100 Freestyle relay – Alex D'Onofrio, George Snow, Charlie Meek, Lauchlan Parrott

Bronze

- Cora Lanham – 50m, 100m & 200m Breaststroke
- Laura Marshman – 100m Backstroke

Swim England CEO Retires:

Proud Swim England chief executive Jane Nickerson has said an 'enormous thank you' to the bank of 'passionate and positive' volunteers as she reflects on her time working for an organisation 'which truly impacts on the lives of others'. Jane retired on Thursday 29 February following a 'memorable' 25 years with the national governing body.

March

Changes in the South West Team:

On Wednesday 17th April 2024, Stacey Millett will be starting her period of maternity leave. Whilst Stacey is off Harry Manship (started March 24) will be taking over many of her work programmes including Coaching Courses, Development Programmes and Marketing and Communications.

South West Region AGM:

The South West Region AGM was held virtually via Zoom on Sunday 24th March 2024, a number of clubs and volunteers across the region joined the meeting.

April

SW Referees at the Aquatics GB Championships 2024:

Congratulations to the three referees who represented the South West at the recent Aquatics GB Championships which served as the trials for the 2024 Paris Olympics and Paralympics. Well done all!

- Steve Meeter (Dorset)
- Nicky Vause (Somerset)
- Adrian DeCuna (Devon)



Team Bath AS Supports Discovery Day #BeTheFuture Inspiring Future Paralympians:

On April 6th, Paralympics GB hosted an empowering event for young aspiring Paralympians at the prestigious University of Bath. The Discovery Day event welcomed individuals aged 10 and above with physical impairments, offering a variety of Paralympic disciplines. Participants had the unique opportunity to engage with various National Governing Bodies, National Disability Sports Organisations, Paralympics GB representatives, and classifiers to explore their Paralympic pathways.

Proudly contributing to the event, Team Bath AS provided three swimming sessions led by the experienced para-swimming coach Kay Willcox and assistant coach Matt Hammann. The swimmers were privileged to receive personalised feedback to enhance their techniques in the world-class 50m pool. A special acknowledgement goes to team manager Sinead York for her unwavering support throughout the event. Her daughter, Sophie, an S6 swimmer with Team Bath AS said, "I learnt a lot about new sports, but it also was nice to have the opportunity to swim with other para swimmers. It was great to hear Stephanie and Jody's stories of how they trained and competed at the Paralympics." Kay said, "Empowering young para-athletes to reach their full potential goes beyond the pool - it's about building courage and determination that will last a lifetime. I had nine swimmers in the pool on Discovery Day, each with unique needs, and it was rewarding to witness their confidence blossom and grow as they developed their stroke techniques and learnt new skills."

For further details and insights, visit [Discover Your Para Potential](#).

Many thanks to Ben Quilter and Bryony Robins for orchestrating a remarkable day featuring 17 sports opportunities, including an insightful classification presentation. The day's highlight was a riveting athlete Q&A session featuring esteemed Paralympic Gold Medallists Jody Cundy MBE and Stephanie Millward MBE.

Watch this space for further details on Para-Swimming coming to Team Bath AS soon.

Photo: Paralympics GB



May

June

Swim England Launch their Online Community

The Swim England Online Community was launched to help to encourage members to 'join the conversation; around decision making.

The new member-driven Swim England Online Community will give hundreds the chance to have their say and help shape future opportunities and experiences.

It is open to all members aged 16 and over from every aquatic discipline.

They will be required to complete between one and five activities a month, ranging from live chats and discussions, creating videos, completing diaries, polls and surveys or tasks highlighting their online user journey.

A total of 500 active Swim England members will be initially selected for the community, which will always be open for recruitment.

Team Bath Aqua Sulis Announces Launch of Para-Start Squad for Para-Swimmers

With the Paralympics 2024 fast approaching, Team Bath Aqua Sulis organised a taster session for para-swimmers aged 7-16 in the local area. Nine individuals took part in a complimentary 1-hour coaching session led by Para Lead Coach Kay Wilcox. They also had the opportunity to listen to Martin Lees, Swim England Para Development Manager, discuss the para-swimming pathway.

Sophie York, a S6 swimmer from Team Bath Aqua Sulis, and the Club's only para-swimmer, was excited to guide fellow para-swimmers around the Sports Training Village at the University of Bath, expressing her desire to inspire other disabled athletes. The event garnered attention from BBC Sports Presenter Jack Killah, leading to interviews with Sophie and Martin being broadcast on BBC Radio Somerset, Bristol, and BBC Points West.

Following the positive response and feedback to the taster session, Team Bath Aqua Sulis is launching a Para-Start squad this September. "We are committed to providing opportunities for para-swimmers to excel and reach their full potential," said Kay.



July

August



Artistic Swimming Success!

Huge, huge congratulations to Kate Shortman and Izzy Thorpe who won Great Britain's first ever Olympic medal in Artistic Swimming. The City of Bristol Aquatics athletes won a sensational silver with their Rising Phoenix duet routine.

The Boys do it again...

The team of Matt Richards, Tom Dean, James Guy, Duncan Scott, Kieran Bird and Jack McMillan managed to successfully defend their 4x200m Freestyle Relay title, comfortably beating the United States into second place. This victory marks the first time Team GB have managed to retain a relay title in either swimming or athletics - a massive achievement.



SW representation was high as usual with four of the team of six having trained or currently training in the SW region.



Daley Brilliance

Plymouth's own Tom Daley won a superb silver in the 10m Synchro competition at Paris. This marks his fifth (and final) Olympic medal, won alongside Noah Williams. After Paris, Daley announced his retirement from the sport following five appearances at five separate Olympic Games. His first was when he was only 14! Well done, Tom.

Richards Wins a Stunning Silver

Matt Richards of Millfield held his own in a stacked field of world class swimmers to win a silver medal in the 200m Freestyle. He was beaten by Romania's David Popovici by just 0.02s! In an event synonymous with British success, Matt brought home the goods and did the SW proud!



September

Congratulations, Nicky!



Congratulations to Norton Radstock S.C referee, Nicky Vause, who qualified as a World Para Swimming International Technical Official in March. The course was held prior to the Italian leg of the WPS World Series which also involved observation during the event.

Nicky's journey as a Para official began in 2013 on completion of the British Swimming CPD. This ignited her passion to support Para swimming competitions and further her knowledge by completing the WPS level 1 and Level 2 courses. Nicky's competition appointment highlights have included numerous British Swimming Internationals, a European and three World Championships.

Nicky commented, "Over the years I have been fortunate to have received excellent mentoring which has driven my interest in Para officiating. The numbers of Para swimmers competing at all levels has increased. We have a duty to ensure the rules are applied fairly and

consistently to support these athletes. Thank you to Somerset ASA for their contribution towards the WPS course fee."

South West Technical Officials at National Champs

South West Region Technical officials have been on their travels this summer officiating at the various National Championships.

Congratulations to Dave Avery, Paul Robbins, Sue Gabriel and Adrian DaChuna (pictured right) who attended the Aquatics GB Championships.



Well done also to Jeff Cooper, Zahid Mahmood, Nicky Slee, Helen Chamberlain, James Wonacott (all pictured below), Michele Trevithick and Neil Edwards for their support at the Swim England Championships.



Last but by no means least, well done to Martin Walters, Dave Avery, Tracy Roberts and Paul Robbins (pictured right) for your work at the Swim Wales Summer Championships. We couldn't do it without you!!



October

Regional Awards 2024

On Saturday 28th September 2024, the South West hosted their Regional Awards Ceremony to recognise all those within the aquatics community. Thank you to everyone who attended. Please see a list below of our fantastic and deserving winners:

Development Club Coach of the Year Mark Podbury, Burnham on Sea Swimming Club	Water Polo Club of the Year Newton Abbot Water Polo Club
Swimming Club of the Year Bournemouth Collegiate Swimming Club	Development Diving Coach of the Year Tommy Davis, Plymouth Diving
Official of the Year Esther Rookes, Dinnaton SC	Development Artistic Swimming Coach of the Year Abi Jay, Seagulls SC
Artistic Swimming Club of the Year Cheltenham Artistic Swimming Club	Performance Artistic Swimming Coach of the Year Cerys Hughes, City of Bristol Aquatics
Volunteer of the Year Sarah Taylor, Soundwell SC	Performance Swimming Coach of the Year Cameron Russell, Newquay Cormorants
Young Volunteer of the Year Rosie King, Yeovil & District SC	



November

National Pause of SwimMark

Swim England is pausing the SwimMark accreditation scheme for future submissions as a new framework to support the long-term development of clubs is created – easing the administrative burden on volunteers.

The decision has been taken following insight gathered from clubs, volunteers, stakeholders and operators during a six-month review, in addition to feedback gained at the Values and Vision Roadshows and the Listening Report.

More than 600 clubs are SwimMark accredited, which was Swim England's framework to support the development of clubs.

The insight gathered, however, highlighted that the process of completing SwimMark was no longer seen as a development tool by clubs or regions.

December

Regional Training Success

The Region have run a number of workshops and forums for the members in the Region:

- 45 Safeguarding workshops offering more than 700 places for Safeguarding training, this is alongside the Swim England workshops which are arranged by Head office.
- 14 TM workshops resulting in 420 Team Managers trained in Module 1.
- 4 Chair Forums
- 2 Equality, Diversity and Inclusion Forums

Swim England Launch New Strategy



Welcome to One Swim England – our unwavering commitment to lead and serve an aquatics community to enable safe, enjoyable and successful experiences.

Our innovative strategy has been created with the help of you and embodies the culture and values everyone in the aquatics community should strive to achieve.

At its foundation are strong, guiding principles and 18 goals which set out our roadmap for the future.

By working together with the Swim England family, we can create an inclusive and welcoming environment to help people of all ages and backgrounds learn how to swim and reap the benefits of aquatic activity.

Together, we are One Swim England.

Artistic Swimming 2024 Report

Regional Squad

The SW Squad competed at the Regional Games in May 2024. Winning the regional games overall, 1st in both the relay, and figure competition and 2nd place in the individual figure results. Squad coach was Paula Brand.



Paris Olympics

Kate Shortman and Isabelle Thorpe made artistic swimming history after securing Team GB's first-ever Olympic medal in the sport with silver in Paris.



Walsall Trophy

Winners for 2023-2024: CITY OF BRISTOL

	Total Points	Final Ranking
City of Bristol	181	1
Cheltenham	162	2
Kernow	59	3
Calne Alpha 4	47	4
Team Bath	42	5
Seagulls	38	6
Taunton Deane	16	7

COB swimmers selected for National squads for 2025

- Harper Mosley-McKenzie - Youth development
- Anastasia Appleby, Hannah Gibbons, Ellie Brand - Youth
- Joséphine Phillips, Alysia Garrett, Molly Hussey - Junior Development
- Danae Boitsidis, Robyn Ashworth, Pia Lanham, Amelie Williams - Juniors
- Marie-Ange Seidfried, Pia Lanham, Amelie Williams - Seniors

Official and Coach Development

In 2024 officials and coaches were offered various courses organised by the AS regional work force team either face to face or online ready for the new Figures beginning at the start of 2025. Club coaches were also offered to attend SE webinars and WhatsApp groups, to improve their knowledge and offer support.

Evaluation of the Swim England South West Regional Training Academy 2024

by Regional Water Polo Manager, Mike Coles

Introduction

The Swim England South West Regional Training Academy plays a crucial role in the development of young water polo talent in the South West region of England. This report evaluates the effectiveness of the 2024 academy held at Millfield School Pool in Street, Somerset. The academy aimed to provide top-level coaching to male and female players aged 2007 to 2014, with the ultimate goal of raising the standard of water polo in the region and developing players for potential national team representation.

Methodology

This evaluation draws on a variety of data sources, including:

- Participant numbers and demographics: Data on the number of participants, their age, and their county of origin.
- Inter-regional competition results: Detailed results from the U18, U16, and U14 inter-regional competitions.
- Information on the Swim England Talent Pathway: Information on how the academy feeds into the Talent Centres and the national team program.

Findings

1. Participation and Reach

The academy attracted a strong cohort of young players, with 80 boys and 57 girls participating.

Participants represented all counties in the South West region: Cornwall, Devon, Dorset, Gloucestershire, Somerset, and Wiltshire. This demonstrates the academy's commitment to serving the entire region.

A total of eight sessions are held each year. Each session is divided up into two sessions for the various age groups attending. These are spread out throughout the year, but trying to avoid exam times and the holiday season. Also taken into consideration are other competitions such as NAGs and international games or training sessions. We also work closely with the Talent Centre administrator to avoid clashes, but sometimes, clashes are inevitable given the times available at Millfield School Pool.

2. Coaching Expertise

The academy boasted a highly experienced coaching staff, including former national coaches, current Great Britain and England coaches, and other leading coaches in the South West. This ensured that participants received high-quality instruction and guidance.

3. Impact on Regional Teams

The academy played a key role in preparing players for the Swim England Inter-regional competitions.

The South West teams achieved considerable success across different age groups:

U18 Boys: 4th place out of 11 teams

U18 Girls: Bronze medal out of 10 teams

U16 Boys: Silver medal

U16 Girls: Silver medal

U14 Boys: Bronze medal

U14 Girls: 7th place

These results demonstrate the academy's effectiveness in developing talented players and contributing to the success of regional teams.

4. Talent Development Pathway

The academy serves as an important stepping stone in the Swim England Talent Pathway.

Top players from the academy are encouraged to progress to the Talent Centers, where they receive further specialized training and development.

This pathway provides a clear route for talented young players to reach their full potential and potentially represent England and Great Britain at the highest levels.

5. Detailed Analysis of U16 and U14 Competitions

U16 Girls Division 1 final standings

Division 1

Team	P	W	D	L	GD	Pts		
South East	4	3	1	0	0	13	7	
South West Sharks	4	3	0	1	0	1	16	6
North West Thunder	4	2	0	2	0	2	8	4
London Sharks	4	1	1	2	2	-6	3	
Ireland	4	0	0	4	-31	0		

The South West Sharks finished in a strong second place, narrowly missing out on the top spot.

Fixtures & Results

North West Thunder	13 – 7	London Sharks
Ireland	4 – 14	South West Sharks
North West Thunder	8 – 10	South East
London Sharks	8 – 14	South West Sharks
Ireland	5 – 11	South East
London Sharks	6 – 6	South East
North West Thunder	8 – 13	South West Sharks
London Sharks	12 – 6	Ireland
South East	8 – 3	South West Sharks
North West Thunder	16 – 7	Ireland

Analysis of the fixture list shows a dominant performance with a strong goal difference.

U16 Boys:

Final Standings of the Under-16 Boys:

Division 1

Team	P	W	D	L	GD	Pts
West Midland Warriors	4	4	0	0	33	8
South West Sharks	4	2	1	1	11	5
North West Tigers	4	2	1	1	7	5
South East	4	1	0	3	-16	2
Ireland	4	0	0	4	-35	0

The South West Sharks secured a silver medal in a closely contested division.

Fixtures & Results

Ireland	4 – 21	West Midland Warriors
South East	6 – 8	North West Tigers
Ireland	8 – 14	South West Sharks
West Midland Warriors	12 – 6	North West Tigers
South East	5 – 15	South West Sharks
West Midland Warriors	12 – 7	South West Sharks
Ireland	4 – 15	North West Tigers
West Midland Warriors	10 – 5	South East
South West Sharks	14 – 14	North West Tigers
Ireland	6 – 7	South East

Analysis of the fixture list highlights their strong performance with only one loss and one draw.

U14 Boys:

Group B Team

P	W	D	L	GD	Pts	
South West Sharks	4	4	0	0	23	8
East	4	3	0	1	4	6
South East	4	2	0	2	-8	4
Scotland	4	1	0	3	-5	2
East Midlands	4	0	0	4	-14	0

Play-Off Stage

5th-8th Play-offs

Ireland	2 – 6	Scotland	
South East	3 – 10	London Sharks	
Semi Finals			
North West Tigers	6 – 4	East	FT

5th-8th Play-offs

South West Sharks 3 – 5 North East Steelers

9th-10th Play-offs

West Midland Warriors 3 – 10 East Midlands

7th-8th Play-offs

Ireland 8 – 5 South East

5th-6th Play-offs

Scotland 6 – 7 London Sharks

Bronze Medal Match

East 6 – 8 South West Sharks

Final

North West Tigers 3 – 2 North East Steelers

The South West Sharks were undefeated in the group stage and ultimately secured the bronze medal.

Analysis of their performance throughout the competition demonstrates their consistent strength and potential for future success.

U14 Girls:

Group Fixtures

Saturday Fixtures

West Midland Warriors 3 – 11 North West Thunder

Scotland 5 – 2 South West Sharks

North East Steelers 2 – 12 Ireland

London Sharks 8 – 5 South East

West Midland Warriors 6 – 12 Scotland

North West Thunder 10 – 1 South West Sharks

North East Steelers 6 – 6 London Sharks

Ireland 9 – 8 South East

West Midland Warriors 5 – 5 South West Sharks

North West Thunder 7 – 2 Scotland

North East Steelers 7 – 5 South East FT

Saturday Fixtures

Ireland 7 – 5 London Sharks FT

Group Tables

Group A Team

	P	W	D	L	GD	Pts
North West Thunder	3	3	0	0	22	6
Scotland	3	2	0	1	4	4
West Midland Warriors	3	0	1	2	-14	1
South West Sharks	3	0	1	2	-12	1

Play-Off Stage

5th-8th Play-offs

South West Sharks 1 – 4 South East FT

North East Steelers 9 – 5 West Midlands Warriors FT

Semi Finals

North West Thunder 4 – 3 London Sharks FT

Ireland 10 – 3 Scotland FT

7th-8th Play-offs

South West Sharks 11 – 4 West Midlands Warriors FT

5th-6th Play-offs

South East 9 – 5 North East Steelers FT

Bronze Medal Match

London Sharks 1 – 8 Scotland FT

Final

North West Thunder 7 – 5 Ireland FT

The U14 girls' team faced a challenging competition and finished in 7th place. While acknowledging the challenges, the report emphasizes the importance of long-term development and learning opportunities for these young players. However, the girls performance could well have been affected by Storm Darrah and the Red Weather Warning issued.

Conclusions

The Swim England South West Regional Training Academy 2024 was highly effective in achieving its goals. It provided high-quality coaching to a large cohort of young players from across the region, contributed significantly to the success of regional teams in inter-regional competitions, and served as an important stepping stone in the Swim England Talent Pathway.

Recommendations

Continue to invest in coaching expertise: Maintaining a high-calibre coaching staff is crucial to the academy's continued success.

Promote balanced participation: While the academy attracted a good number of participants, efforts should be made to encourage even greater participation, particularly among girls.

Address any geographic disparities: Analyse participation data to identify any potential imbalances in representation from different counties and develop strategies to address them.

Monitor and evaluate long-term impact: Track the progress of academy graduates through the Talent Pathway and into national teams to assess the long-term impact of the academy's training and development programs.

By continuing to build on its strengths and address areas for improvement, the Swim England South West Regional Training Academy can continue to play a vital role in the development of water polo talent in the region and contribute to the success of English water polo on the national stage.