



Swim England

South West



# Annual Report 2017

Clubs are the heart of the Region

[www.swimwest.org.uk](http://www.swimwest.org.uk)



## Welcome from Regional President Paul Robbins

Being President of Swim England South West Region has been the pinnacle of my involvement in our sport. It has been an honour & privilege to represent the Region. It has provided me with the opportunity to see how all aspects of the sport, not just swimming, are organised and to see the way in which the various disciplines undertake the running of their competitions.

The one constant that runs through all disciplines & Counties is the overwhelming need for volunteer support. This only serves to reinforce the Region's current Strategy that volunteer recruitment and retention is paramount to the continuation of our sport.

It has been particularly pleasing to present various awards that acknowledge the contribution of our unsung backroom volunteers who we don't see on the poolside, but are invaluable in the running of competitions.

I have thoroughly enjoyed my visits to the Counties and various disciplines, and it has been particularly interesting to observe the differing ways you all run your competitions, but all with one aim - that of getting all competitors to perform to the best of their ability. However, the focus is not necessarily on winning medals but achieving personal goals, personal bests etc. We all owe the volunteers a huge debt of gratitude.

Outside of the Region I have visited various national events, making new contacts and

renewing acquaintances I have not seen for years. I have taken great pleasure in watching the Region's competitors at the higher levels of competition and sharing in their success. So congratulations to them, their coaches and especially their parents, who all give up so much of their time travelling to various parts of the Country to provide the opportunity to compete.

Finally, a thank you to Wiltshire for nominating me to be Regional President, I hope I have fulfilled all your expectations. Also, a big thank you to all the Counties and disciplines that have made Linda and myself feel so welcome.



## Introduction from Chairman David Flack

During the past year, the Regional Management Board, supported by its staff and committees, has worked collectively to ensure the organisation continues to provide a high quality service to its clubs and members.

We continue to prioritise our resources, both in terms of capacity and budgets, and have provided additional financial support to our clubs. In addition, we continue to organise high quality regional competitions, to further develop our athletes, coaches and volunteers.

I have previously commented that our future success needs to be underpinned with long term financial security and planning. This has proved to be the case this past year with challenges and opportunities which have been presented to us.

We have seen two key changes nationally with a new brand name and the long awaited decision to become an Incorporated Charity.

At last year's Annual Council Meeting, the Region elected its members of the newly formed Swim England Members Forum. Those representatives, together with members from other regions, have been involved in overseeing the change from ASA to the incorporated body now known as Swim England.

The past year has been both busy and rewarding, with many successes across all disciplines. Our Regional Championships continue to provide high level competition; the organisation and running of these events

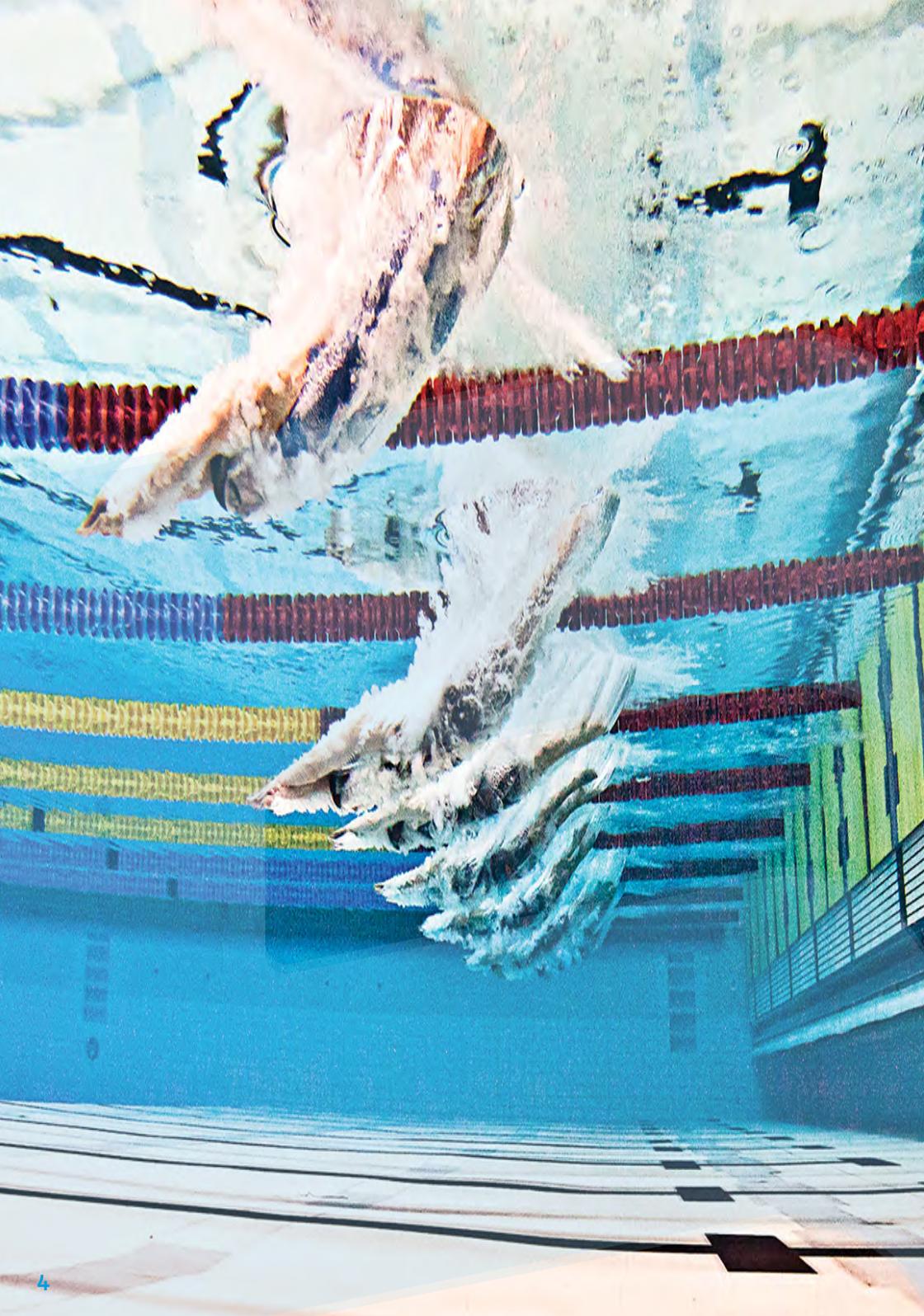
are a credit to the professionalism of our dedicated volunteers.

Our new look website has created much interest, and feedback suggests that the site is being accessed as the first go to point for the latest news and information across the Region and beyond. The introduction of the monthly regional newsletter ensures that members are regularly updated on our latest news.

Sadly the Region lost several personnel due to national reorganisation, but this change has been embraced and the Board has taken the opportunity to employ 3 members of staff, based centrally in our office in Wellington, aimed at supporting our volunteers across the Region.

This important decision forms a key part of our commitment within our new 4 year strategy. This will ensure we aid our volunteers and provide the necessary succession planning required to continue to deliver support to all disciplines. The importance of recognising the hard work of all existing volunteers is paramount, whilst also making the Region attractive to those considering volunteering in the future.

I thank everyone for their hard work, time and expertise given and also thank everyone who supports aquatics in the Region at a regional, county and club level. We simply couldn't do it without you.



## Swimming Competitions

The Region ran the usual full competitive programme during the year but the closure of Millfield's pool caused some changes of venue. Plymouth's Life Centre was host to our Summer Youth Championships and is an excellent location for our senior competition. The Summer Age Group Championships were split once again between Hengrove and Millfield.

Due to the closure of Millfield during the summer it was decided to move the September Meets to different venues, a wise move as Millfield did not reopen until October. The relay gala was moved to Plymouth but this meant that some of the usual competing teams decided against the

trip to South Devon. Fewer clubs entered, however they made up for it by bringing large numbers of swimmers. Total Boys teams – 6, Girls teams 9 and Mixed teams 6. The Masters also had to move, this time to Horfield which was an excellent venue for this competition.

Fortunately Millfield reopened in time for our Winter Championships which were held long course, which enabled swimmers to qualify for the Commonwealth Games trials. For the first time we increased the number of finals to have an Open, Junior and a 16 & over B finals. This increased the opportunity for 16 yrs swimmers who have tended to miss out in the single final programme.

COMPETITION	MALE	FEMALE	TOTAL
Youth Championships	343	277	620
Age Group Champs	323	424	747
FAST 5	141	161	302
Winter Championships	214	196	410
Para Gala	33	25	58
Masters	66	59	125

### Masters

The Region ran a Masters Training Day at Mount Kelly in June. Twenty seven swimmers participated and had a full day of pool work, land training and lectures. The new 50m pool was a big draw for this camp. Unfortunately the number of participants in our Regional competitions is still small. Despite various actions to try and raise the numbers, many master swimmers seem reluctant to participate. Without the inclusion of many competitors from other Regions, and Wales, the competition would not be viable.

### Para-Swimming

The Regional Para-swimming gala in March was held at Horfield. Prior to the competition a training session was held for the participants. Also included in the programme was a group of beginners who were being introduced to training and to competition. Their 'races' weren't timed but it gave them a taste for racing. This initiative was introduced by the Regional Para-Swimming Pathway Officer who also set up several training programmes around the Region for swimmers with disabilities. Sadly towards the end of 2017 the post was terminated although some of the programmes are still running thanks to some enthusiastic volunteers.

Para swimmers from the Region have continued to do well at National and International level although some have transferred their training to other major centres in the country whilst retaining memberships in the Region.

### Licensing

Fortunately the many problems encountered with licensing during the previous year almost disappeared in 2017 as clubs got to grips with the requirements. The exacting regulations put considerable pressure on clubs running any level of licensed meet but most now have a better understanding of what is required and manage to stay, mostly, within the regulations.

### Talent Pathway

As part of Swim England's talent pathway the Region ran 3 one day camps at Oxley Sports Centre in Sherborne in July, October and December. Thirty six 12yr olds were selected for this training. Each camp involved 2 pool sessions concentrating on starts, turns and finishes targeting different strokes plus land training and talks on nutrition, psychology and physiology.

The Regional programme followed the County pathway programme which was aimed at 11yrs and concentrated on stroke technique. In 2017 Devon, Dorset, Gloucester and Somerset participated.

### County and Regional Coaches and Team Managers conferences

The County Coaches Conference in March, aimed at level 1 coaches, was well attended as all group coaches participating in the County Talent pathway were expected to attend, plus any others who wished to participate.

The programme included talks on effective communication, principles of planning, supporting the programme culture, developing a race model and managing difficult conversations.

A Team Manager's conference took place at the same time for those involved in their county pathway programmes.

Total attendees: 57 Coaches and 11 Team Managers.

The Regional Coaches Conference took place in June and was aimed at level 2 coaches. Coaches involved in the Regional pathway attended plus a few others. However the date clashed with the Mini League and many were unable to attend.

Total attendees: 17 Coaches and 5 Team Managers.

### Overseas camp

Following the success of the 2016 trip to the Golden Bear Meet in Zagreb the Region sent another, larger team to the 2017 competition. The camp included some pool training and education as well as 2 days of competition. Swimmers made the podium on 18 occasions and all swimmers made at least one final. These camps are aimed at providing experience of competing abroad, coping with different and sometimes unusual situations. It also acts as a developmental pathway for Coaches and Team Managers.

We were very grateful for the support of SRS who provided some of the kit for the team.

### Officials

The total number of licensed officials in the Region at 31st December 2017 was 702, 103 officials attended CPD Contemporary

Issues courses in 2017. This is a compulsory unit for all licensed officials every four years and includes safeguarding and also a new section on social media. It is a compulsory module before completing a J1 qualification.

30 officials attended the CPD Para Swimming seminar on 12th March 2017.

### Volunteers

It would be impossible to run our programmes, competitions, camps etc without a huge number of volunteers.

Besides all the officials on poolside there are many, mostly unnoticed, volunteers who are essential to keeping our activities going for the benefit of the swimmers. Some may only spend an hour or so on poolside to monitor warm up or marshal swimmers for their race. Others spend the day on the microphone but there are many more who sit on committees, run or assist at camps or training officials, all of whom are unpaid and give up their time for the love of the sport, often for many years. We owe them a great deal of gratitude.

## New Qualifications Completed: January 2017 - December 2017

County	TK	J1	J2	J2s	Referee passes in 2017	Total new qualifications obtained
Cornwall	13	17	7	1	1	39
Devon	49	6	7	1	1	64
Dorset	41	20	5	4	1	71
Gloucester	41	23	13	6	1	84
Somerset	84	19	16	3	1	123
Wilts	67	16	4	6	0	93
<b>Regional Totals</b>	<b>295</b>	<b>101</b>	<b>52</b>	<b>21</b>	<b>5</b>	<b>474</b>

\* TK passes may include a few of the TK competency passes as well as TK only.

(326/2015)



# Synchronised Swimming

The new format for Synchronised was agreed by British Swimming and was designed to come into force in 2017. The changes involved revamping officials training, new format for skills, and the introduction of new competitions. Several training days have been held in the Region to try to promote new judges. These proved very popular and we now have several new Level 2 and Level 1 Judges.

The renaming of Synchronised Swimming to Artistic Swimming was passed by FINA and we await updates on this change.

We reintroduced Jenny Gray training sessions to the Region. This involved Jenny visiting 3 centres in our Region over one weekend and attracted over 200 swimmers. The event proved a great success and will be held again in 2018.

Grade Days at Burnham on Sea were well attended with over 70 swimmers each day from not only the South West but also from other regions.

The Walsall Trophy Recreational event was held in Cheltenham and was attended by 7 clubs. The overall winner was St Austell.

The Regional Figure and Routine event's were amalgamated, and the Combined event was held in Gloucester with entries from 6 clubs. Entries were down on previous events and we struggled to get sufficient officials to run the event. This year was the first time that we included Master routine events in this competition.

## National Events

Cheltenham went to Rugby to compete in this year's National Synchro Masters Competition and were successful in winning medals in the solos, duets and team events.

### British swimming squads for 2018

Ilaria Brandimarte  
(only a training member currently)

### Senior and Junior

Kate Shortman  
Isabelle Thorpe  
Greta Hampson  
Daniella Lloyd

### Junior Only

Probation until December (taking into account how they develop now-Dec, NAGs results and 2nd phase trial)  
Cerys Hughes

Probation until December (as above, and discussion around whether they are best placed with Age Groups Squad only)  
Grace Cruikshank

### National Age Groups Results

City of Bristol Medal winners  
Grace Cruikshank 3rd 13-15 figs  
Greta Hampson 2nd 15-18 figs  
Daniella Lloyd 3rd 15-18 figs  
Abbey Willcox 2nd 12 and under figs

15-18 duet gold Greta and Daniella  
15-18 solo Greta 1st, Daniella 3rd  
2nd 13-15 team  
3rd 15-18 team



Kate Shortman is in the picture above on the right receiving her 'Performance of the Year' award. This City of Bristol Swimmer has enjoyed success all year and shown her huge potential by reaching the Solo Free final on her World Championships debut in Budapest.

Kate scored 83.4667 for her routine, sealing the 12th qualification spot in the World Championships final. The 15-year-old was the youngest competitor in the 32-strong field at the competition. She showed maturity beyond her years to impress the judges with her passionate routine, beating her personal best. This result made Shortman the first British synchronised swimmer to qualify for a World Championship final since 2013.

Georgie Coombs from City of Bristol and Bath has been proposed as one of our International Judges and will join Lynn Squires for training at one of the FINA judges schools in 2018.



# Water Polo

A year of change for Water Polo has not stopped 2017/18 being another successful year for the Region.

## Regional Academy

Following the structural changes last year, the second year of running the Regional Academy has seen it grow and become more successful in both the development of its junior players and supporting the Regions teams prior to competitions. The Academy now has over 90 junior players from all over the Region training together monthly to raise player's technical skills and team play. The Regional Academy relies heavily on its volunteer coaches and the hard work of its administrator, Colin Hunt.

## Inter-Regional Championships

In the Inter-Regional events the female sides were coached by Head Coach, Simon Tomlinson from Taunton. The under 16s female Swim England South West team competed in Liverpool during July, and won Division 2 and gaining promotion to Division 1 for 2018. Most valuable player for the team was Jasmine Coleman.

The under 14s female Regional team travelled to Walsall in December and gained a creditable fifth place over some very strong competition. For many of the team this was the first time they had competed and most will still be eligible to play next year. Amber Southall, their goalkeeper, was awarded Most Valuable Player for the South West team.

The under 18s team had to travel to Blackpool to defend their title won in 2017, but they could only manage second place at the competition held in January, with their title being taken by North West Thunder.



**Amber Southall receiving her Most Valuable Player award.**

Many of the girls who have represented both their counties and the South West have now been included in the National Academy, with Poppy Elliman and Lily-May Girvin having recently been selected for the England Under-17s team. Also, Katy Cutler and Ella Louise Jones have been included in the Great Britain squad.

In the South West male teams, led by award-winning John Spicer, who has not only been presented with the Swim England South West Region's Coach of the Year; but progressed on to the national awards to pick up Swim England's award of Coach of the Year.



**John Spicer receives his Swim England South West award for Coach of the Year from Sue Dors in January.**



The under 14s boys event saw the South West finish in fifth place, with Joe Ashworth picking up the award for Most Valuable Player. Joe Ashworth, James Coleman, Josh Tomlinson and Sam Alix all received recommendations to attend the National Academy in this age group.

At the under 16s level, the South West team could only manage fourth place in Division 2. Charlie Brogan was named as the South West's Most Valuable Player, whilst he and Theo Quantick were invited to join the national squad.

In the male under 18s Inter Regional event, held at Blackpool, the South West raced to an impressive victory. Recording four wins

from four matches, South West lifted the E Harding Payne Trophy, breaking North East Steelers' two-year reign as champions! A 10-7 victory over the Steelers proved the catalyst for the title push as they handed the North East side their first defeat in this age group since the 2015 Championships.

Both Tom Manley and Tom Hunt were put forward for the National 2000 squad; and Oliver Wright, Joe Hubble, Oliver Stanley and Bob Whittaker were recommended for the 2001s National Academy.

### Inter County Competition

This year's competition had to be split away from its normal home and held over three

weekends. The most pleasing outcome was to see all six counties represented in the junior age groups.

In December the first of the 2017 inter county events was held in Plymouth Life Centre, in the 12 years and under inter-county with all counties taking part. Devon were the victors, with Gloucestershire in the runner-up spot.

The next event was held at Millfield School pool on Sunday, 14th January, when the Under 14s Mixed, Under 18s Male, Senior Females and Senior Males events were held.

Devon were victorious in the 14 and under mixed competition, with runners-up Gloucestershire, followed by Wiltshire, Dorset, Cornwall and Somerset.

Gloucestershire were the victors in the male 18 and under event, beating Devon narrowly 9-8.

In the Senior Female event three counties competed for the title, which was taken by Devon, with Gloucestershire runners-up, and third place by a Somerset team who were making a return to the competition for the first time in a number of years.

The Senior Male competition saw four counties competing. Somerset were the victors in this competition after turning over Devon in their opening game. Gloucestershire were in third place and Dorset fourth.



Victorious South West Team who won the Under 18s Inter Regional competition at Blackpool.



The most valuable player in the tournament was awarded to Tom Hunt of the South West, and he's seen in the photo receiving his award by Damien Taylor, representing Swim England.



Tom Manley received an award for the tournament's best goalkeeper, whilst Joe Hubble received the accolade of the South West's most valuable player.



Somerset Senior Men who were awarded the Jack Jones Memorial Trophy.

The final day's competition took place on Sunday, 21st January at Pyramid's Pool in Exeter, for the 16 and Under Females and 16 and Under Males. Devon were again winners of the Female event, with Gloucestershire runners-up and Cornwall in third place. In the Male event Devon were the winners over Gloucestershire in second place, third was Dorset and Cornwall were fourth.

The 2018 event is already scheduled for the weekend of 24th and 25th November, back at its regular home of Millfield School.

### Water Polo Technical Committee

After many years of hard work James Baker stood down from the Water Polo Technical Committee. Having undertaken various roles a new Secretary, Chairmen and Finance Officer were all needed as well as filling some vacant positions meant a new look to the committee. The Committee would like to thank James for all his hard work and the number of new members needed showed how much of a gap was left. The new committee is working hard on establishing closer working relationships with Swim England and the SESW Management Board.

Devon Ladies, winners of the 2017 Inter-County Event



## Open Water

### Development

As in 2016 the development course was held on two days across two separate weekends. This year the pool session was held at Wells leisure centre and the second day was at Preston beach Weymouth.

The course provided an introduction to open water swimming and gave an opportunity for swimmers between the ages of 12 -17 to develop their skills. A total of fourteen swimmers attended. The session at Wells included workshops, land training and pool work which benefited from the use of the wave machine whilst the day on Preston beach provided the swimmers with the opportunity to enhance and put into practice the skills learnt.

A Level 1 Open Water Officials course was run across the same two days with four potential officials attending.

### Regional Championships

The Open Water Regional Championships took place off Preston Beach, Weymouth on 24th June. As in previous years the Open Water County Championships for Dorset, Gloucestershire and Somerset were an integral part of the event with those presentations taking place alongside the Regional ones during the day. In addition, Wilts County and the Police Federation took the results to determine their Championships.

### Event entry statistics

Event	Male	Female	Total
5km	22	18	40
750m	13	17	30
1.5km	43	41	84
3km	25	23	48

There was a near record number of entries (199), our best for many years. This was a



58% increase, the majority from within the Region, and 51 clubs were represented.

Sadly the generally good weather in June decided to have a day off and the water temperature, which had been 19 degrees a few days before was 16.4 degrees which meant the event could take place but in line with new FINA guidelines wetsuits were mandatory.

From these Regional Championships 43 South West Region age group swimmers qualified for Nationals and of those 39 took part. There was Podium Success for:

#### Isabella Woollard

(Millfield) - 1st 12yrs female 1.5km

#### Alexandra Palotai-Avella

(Bournemouth College) - 2nd 13yrs female 1.5km

#### Imogen Moroney

(Weston-s- Mare SC) - 3rd 17-18yrs female 5km

In the 1.5km and 3km our Masters swimmers amassed five 1st places, three 2nd places and four 3rd places in the various age groups. There were special performances by Brian Armstrong and Jonathon Coe of Gloucester Masters who achieved podium places in both the 3km and the 1.5km.

SWR contributed 7 officials including Hannah Smith as Technical Director, following in Les Debenham's footsteps.

#### Officials

Anastacia Pereira and Hannah Smith remain on the FINA Officials list with Anastacia being selected to officiate at the European Junior Championships In Marseilles, France. The number of SW officials remains stable and many of them officiated at

other regional events. At the National Championships at Rother Valley 7 officials were present including Hannah Smith as Technical Director.

Sadly we lost Lynne Elliot from Cornwall. Lynne died peacefully at home on Sunday 15th October following a long illness.

#### Regional Open Water Swimmer of the Year Tony Cherrington

Tony is a member of Gloucester Masters SC. On the world stage he has been winning championships for many many years but 2017 was one of his best seasons to date. In April 2017 he travelled to New Zealand to take part in the World Masters Games where he won the 2.5k Championship in the 75-79 age group. This was a non-wetsuit swim in the sea around Auckland. He also won the 50m freestyle in the pool – go figure!

Tony backed this up with a Bronze at the World Masters Swimming Championships in Hungary in a very warm Lake Balatonfured – again non-wetsuit.

#### Other Open Water Achievements by South West Regional Swimmers

On 13 July 2017, five young swimmers from Street & District Swimming Club were part of a six swimmer team that completed the most difficult challenge in Open Water swimming with the fastest English Channel relay crossing of the year by that date – 11 hours 56 minutes and at the same time raising funds for the Make-a-Wish Foundation.

"Team Ichthyosaur" was put together by Street & District open water swim coach Kat Percival who herself has several relay crossings under her belt as an adult. The Ichthyosaurs - named after the Jurassic marine reptile found in Street which the swimming club has as its logo – comprised

Sophie (17) and Matt Chillingworth (15) from Cheddar, Bobby Clark (15) from Langport, Jessica Hudson (14) and Charlie Cook (14) from Street, and Katie Waters (14) from Shepton Mallet, who are all friends and team-mates, training together in Street.

Sharing this extraordinary journey cemented a special bond as they supported and helped each other to prepare for the biggest challenge of their young lives to date. Unfortunately, with just a few days to go, Charlie badly broke his hand in a freak school playground accident. However Robyn Dyson (15), a young open water swimmer from Sheffield, fulfilled the strict rules imposed by the Channel Swimming Association regarding substitution and was able to join the team.

The target for the fund raising was £6,000 and by the end of 2017 £4,300.00 had been raised.



# Gold Coast Commonwealth Games 2018

In February 2018 the teams representing England, Scotland and Wales for Swimming and Diving at the 2018 Commonwealth Games were announced.

This year there was a large representation of athletes and Coaches either from the South West or currently training at Performance Centres in the South West.

## Team England

Name	Hometown	Training Base	Discipline
Cameron Kurle	Glastonbury	Bath NC	Swimming
Jacob Peters	Poole	Poole SC	Swimming
Thomas Fannon	Torquay	Plymouth Leander	Swimming
Ben Proud	Plymouth	Plymouth Leander	Swimming
Siobhan-Marie O'Connor	Keynsham	Bath NC	Swimming
Jonathan Fox	St Austell	City of Manchester	Swimming
Anna Hopkin	Chorley	Bath NC	Swimming
Jessica Fullalove	Oldham	Bath NC	Swimming
James Guy	Bury	Bath NC	Swimming
Andrew Willis	Frimley	Bath NC	Swimming
Matthew Dixon	Plymouth	Plymouth Diving	Diving
Tom Daly	Plymouth	Dive London	Diving

## Team Wales

Name	Training Base	Discipline
Jazz Carlin	Bath NC	Swimming
Callum Jarvis	Bath NC	Swimming
Aidan Heslop	Plymouth Diving	Diving

## Team Scotland

Name	Training Base	Discipline
Emma Harvey	Millfield	Swimming
Michael Jamieson	Bath NC	Swimming
Isabel Jones	Millfield	Swimming
Luke Robins	Millfield	Swimming

In addition to the above, both Jo Finck and David McNulty have been selected to be part of the Team England swimming coaching team. They have both been based

in the South West for a proportion of their coaching career, coaching athletes such as James Guy and Michael Jamieson.

# National Awards

On Saturday 11th November 2017 the Swim England National Awards were held at the University of Birmingham in the Great Hall. The event recognised the great achievements and contributions from individuals and organisations from all areas of aquatics.

Jane Nickerson, Swim England CEO, said: "We have so many inspirational people involved at all levels of our sport and it is wonderful to have the opportunity to celebrate them at the Swim England National Awards.

Swim England South West would like to congratulate all of the nominations and winners from the South West – it was an outstanding year for the Region, taking home five 1st place and two runner up awards.

As a former player and now CSWPC Junior coach for many years, John has been developing and enthusing CSWPC, South West and National players for many years in the sport of Water Polo. He is attributed to having brought on the most number of Regional and National Age Group Players in the county and indeed his peers in the country. As a senior coach he not only holds classes for CSWPC players, 4 times a week, he manages the various league and tournament for 2004 to 2001 Age groups, both at local level, Midland League, and NAGS. He also acts as senior coach at national levels as part of NAGS and as their senior SW regional coach and as NAGs WP coach for selection, training and camps.

John has been instrumental in starting and running Cheltenham's After School Water Polo Sessions which allows prospective new players the experience of water polo training at a cost which is not prohibitive to any financial demographic.

## South West Winners

### SE Coach of the Year

Winner John Spicer from Cheltenham Swimming & Water Polo Club

Performance Athlete of the Year Synchro Winner Kate Shortman from City of Bristol Aquatics



Dave Beament, CoB Secretary, commented: "City of Bristol Aquatics are delighted that Kate Shortman has been awarded Swim England Performance Athlete of the Year - Synchro. Kate was the youngest (aged 15) competitor in a 32 strong field at the World Championships in Budapest. She reached the Solo Free final finishing in 12th place. This result sees Kate as this first British Synchronised Swimmer to qualify for a World Championship final since 2013. Kate is away training and was unable to be at the

ceremony. Her award was collected by her proud Dad, Mick.”

**SE Volunteer of the Year**  
**Winner Karen Bowen from Team Bath AS**



Karen is much more than Training and Development Officer for Team Bath AS. She also provides an indispensable link between Team Bath AS and our 10 local network clubs and is worth her weight in Gold. Over the last 12 months she diligently attended monthly committee meetings and quarterly Network club committee meetings.

Karen has secured vital funding for the club. In September 2016 she instigated the review into crowd funding models and fundraising initiatives. She frequently provides a myriad of facts, numbers and statistics to the sponsorship team to help them when pitching for partners. She put together Team Bath AS Development Plan, a detailed ten-page document in March 2017, which helped secure funding.

Karen commented: “I’ve been volunteering at Team Bath for about three years. I started off as a Swim21 Coordinator when someone mentioned they needed some help. Now I regularly do things every day. I always try to help out young volunteers. It’s all about recognising and rewarding volunteers so they want to keep helping out.”

**SE Young Volunteer of the Year**  
**Winner Amber Francis from Tavistock SC**



Amber is a talented, successful and highly valued member of the club. She leads by example, swimming at regional level and taking her current role as Ladies Vice-Captain very seriously. She makes useful contributions at Committee Meetings on behalf of the swimmers. Amber regularly assists our Head Coach on poolside, teaching and encouraging our younger members in training. She has a firm commitment to her academic studies at Plymouth High School for Girls where she is an active member of the school Y11 Sports Council.

Amber leads a very full, busy life, including volunteer work through her D of E Bronze and Silver Awards in Swimming and at an Animal Foundation. Amber has recently completed the Swim England Young Volunteer Programme. She gives up full days to support our Coach at competitions, locally and further afield, even when not swimming herself.

**SE Club of the Year**  
**Runner up City of Bristol Aquatics**



Dave Beament, City of Bristol Secretary commented: “Over the last 18 months CoB volunteers and coaches have merged three Clubs to form City of Bristol Aquatics and secured the pool time to provide 3 Performance pathways - Swimming, Synchronised Swimming and Water Polo. The Club also partners with a Network of 6 Swimming Clubs - Backwell, Keynsham, Bath Dolphin, Bristol Penguins, Soundwell and Calne Alpha to share and develop best practice and provide performance training opportunities.

Work is underway to develop a Pathway for Swimmers with a Disability with funding secured from local organisations. CoB are very grateful for the support received from Swim England’s Emily Taylor and Lindsay Dunn.”

**Performance Club**  
**Runner up Poole Swimming Club**

**Youth Participant Achievement Award**  
**Winner Tegan Gibson from Warminster SC**

Congratulations to all those who were nominated for awards and thank you for all of your support in the world of aquatics – without you we would not be able to provide such wonderful opportunities for everyone.

# South West Region School of Swimming Development Bryanston 2017

The course was held at Bryanston School, Blandford Forum Dorset for the 36th year. As always it is primarily designed for swimmers who are of County standard who are aspiring to Regional level. Minimum age for entry is eleven (age to be achieved as of 31st December 2017). There is no upper age limit. The course is residential and is held over six days.

Each group is staffed by a coach (minimum qualification level 3), an assistant coach and chaperone. The exception to this is where there is a male chaperone, so an extra female assistant coach is added to that group. Land training is supervised by two qualified specialists who have a competitive swimming background. Three qualified nurses provide medical back up to both swimmers and staff.

2017 saw the course attended by 61 swimmers. These were arranged into three groups, those being determined by a combination of their age, 200m freestyle and 200 I.M. times using a formula devised by swimming development officer Paul Sartain.

The course commenced on the afternoon of Sunday 13 August and was opened by Regional President Sue Dors. With the exception of Sunday, each day provides two swimming sessions, land based training and theory input in the classroom. Additionally, each group gets

the opportunity to partake in an archery session under the instruction of school staff.

This year two former British Swimmers attended the course delivering two poolside sessions to each group and a motivational talk to the course on Monday evening. Both the pool sessions and motivational talk were extremely well received by the swimmers.

Each evening there is a structured activity provided by course staff and all groups participate in this.

2017 saw the course presented with a different challenge. Bryanston were modernising their sports complex, so as a result we were unable to use the pool. This necessitated bussing the groups to the nearby school at Milton Abbey. This did present certain logistical problems, but these were overcome. Land training continued at Bryanston School as normal. Despite those factors another successful course was the result.

# Swim England South West Team Who we are and what we do



**Chris Vickery**  
Admin Support



**Stacey Millet**  
Development Officer



**Jackie Hilleard**  
Regional Development Coordinator



**Yvonne Stead**  
Development Officer

## What we do

- Provide admin support to the Regional Management Board
- Regional Programmes administration
- Volunteer training calendar
- Initial point of contact for enquiries
- Support Coach education programme
- Regional Newsletter
- Website and Social Media
- Club development support
- Support the Regional Club Development Committee
- Swim Mark accreditation process
- Young volunteer programme
- Link to national groups and programmes
- Support to Club Networks.

## Key Successes 2017

- New website :13,385 unique visitors
- Facebook 262 'likes'
- Twitter gained 1289 followers over the year
- Newsletter distribution
- Volunteer Training Calendar
- Introduction of the Regional Volunteer of the Month Award
- Swim Mark: 69 Clubs Accredited at Essential Level
- Network Swim Mark: 5 Accredited Networks
- Performance Swim Mark: 1 accredited club (Synchro and Water Polo)
- 10 Club Networks supported.

# Swim England South West Membership Comparison 2016-2018

## Club Affiliations 31st March 2016

County	No Clubs	Membership [1st Reg Club]				Total All Members
		Cat 1	Cat 2	Cat 3	Total	
Cornwall	13	853	728	240	1821	1883
Devon	30	2422	1724	979	5125	5361
Dorset	21	1390	961	508	2859	3013
Gloucester	28	1298	1784	1180	4262	4906
Somerset	28	1982	1520	746	4248	4513
Wilts	27	2490	1228	680	4398	4677
<b>Total</b>	<b>147</b>	<b>10435</b>	<b>7945</b>	<b>4333</b>	<b>22713</b>	<b>24353</b>

## Club Affiliations 31st March 2017

County	No Clubs	Membership			
		Cat 1	Cat 2	Cat 3	Total
Cornwall	12	727	767	254	1748
Devon	32	2397	2022	1005	5424
Dorset	20	1399	1062	551	3012
Gloucester	24	1397	2104	1188	4689
Somerset	30	1885	1744	811	4440
Wilts	26	2647	1379	719	4745
<b>Total</b>	<b>144</b>	<b>10452</b>	<b>9078</b>	<b>4528</b>	<b>24058</b>

## Club Affiliations 31st March 2018

County	No Clubs	Membership			
		Cat 1	Cat 2	Cat 3	Total
Cornwall	13	642	822	256	1720
Devon	33	2479	2018	1064	5561
Dorset	20	1211	1081	604	2896
Gloucester	23	1226	2050	1162	4438
Somerset	29	1656	1809	811	4276
Wilts	28	2461	1496	743	4700
<b>Total</b>	<b>146</b>	<b>9675</b>	<b>9276</b>	<b>4640</b>	<b>23591</b>



# Swim England South West Annual Report 2017

**Clubs are the heart of the Region**

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