

Synchro Report

AGM 2013 – Thurs 13th June

NOTES =

Targets from last year's AGM with comments

Targets for 2012-13

- *Hope to pass girls in their Skill Levels.
4 swimmers now Skill Level 1*
- *Would like to see an increase in the number of younger swimmers we have; will approach dance clubs, gymnastics clubs and primary schools with some posters.
Steady increase in numbers is pleasing*
- *A land session is needed if we are develop skill level and ability of the girls. We would need a dance studio / gym space for 1hr/ 2hrs once a month as a minimum to work on core stability, extension and flexibility.
Once a month session has been a great addition*
- *We have 1xLevel 2, 3x Level 1 coaches and will soon have some pool side help from swimmers, however if we are deliver better, more specific coaching we need more help from adults. Anyone with dance, gym or swimming experience would be great.
ONGOING – Hope to encourage a Parent to complete Pool Helpers / Level 1*
- *We hope to put on a Synchro Club Champs in November. The format will encourage maximum participation and will be open to all swimmers. We hope this encourages the younger swimmers and it gives the older girls a focus and goal.
Completed – fabulous day – will repeat this November.*

Report for 2012-13

The Synchronised swimming section has gone from strength to strength over the last 12 months. We have had a steady uptake in numbers, particularly in the younger age group which is pleasing and existing swimmers have all made great progress in terms of stamina, execution of figures and routine performances.

The coaching team of me (Sarah Waters), Lynn Jones, Sarah Craven and Fiona Morris have worked on stream lining our LTAD plan and after discussion and detailed planning; we have developed a progressive system that swimmers work through within training sessions. All new novice swimmers are introduced to the fundamentals of Synchro through the Ariel Aquafun course, they then move on to some basic assessments which fine tune sculling actions, eggbeater and body positions before they begin work on Novice Competition Figures alongside the Skill Levels. Parallel to the figure and skill work swimmers are introduced to routine skills, creating hybrid figures, moving to music and performing in teams.

We run a 2hr session, 5:30-6:30 for the 12 and Under swimmers and then 6:30-7:30 is for 13 and Overs. We are also fortunate to have three qualified poolside helpers who are also senior swimmers. Their role in modelling figures is a great support tool for the coaching team. This year we have also introduced a land training session once a month before our pool session. The sessions have been focused on improving stamina, core strength and flexibility. These sessions have been run by personal trainers Henry, Aron and Andy. Their circuits have been demanding but we are seeing the

benefits in the pool. I have also been delivering some extension and flexibility exercises and hope swimmers are taking these stretches home with them.

A target from last year was to move some swimmers up through the nationally recognised Skill Levels. I am pleased to say we now have 4 swimmers who have passed their Level 1. Skill Level Assessment days occur once every few months, however as they are run nationally, some dates are not viable. To attend the days swimmers must be accompanied by a qualified Skills Assessor, at present we only have me, which limits the number of swimmers we can take to an assessment. There is a training date in December that I hope my 3 Level 1 coaches will be able to attend in Leeds to complete this training.

Competitively this has been our best year to date. We are still only able to enter Novice level events and this will be the case until enough swimmers have passed the required Skill Level to meet the entry requirements for many Regional and National Competitions.

In September we entered the Birmingham Novice Competition. The 13 and Over Team had won the event in 2012 and 2011. We were therefore thrilled to win for the 3rd year running! We also took 7 duets to this competition and won the bronze, silver and gold in the duet event! This September we will be entering again, hoping to make it a 4th year for the 13 and Over Team. We will also enter a 12 and Under Team and have plans to take 9 duets and a 13 and Over B Team.

Last weekend we entered the Reading Novice Competition for the first time. This was the first time the 12 and Under Team had competed and we were all delighted that they came home with the bronze medal. The 13 and Over Team did not disappoint and won their age group! It was a super day and could have only been possible with all of the help from parents acting as officials on the day.

In November of last year we held our first Club Champs. The competition was split into a figure section and all swimmers had the option of entering a solo that they had choreographed themselves. Again, thanks must go to the parents and friends who held official the day. We saw most of the club swimmers enter the figures and those that swam a solo did a fantastic job. I am very much looking forward to this year's competition that we plan to combine with a demonstration so that the teams and duets can also showcase their work.

Finally in October I am hoping to take the senior 13 and Over Team to compete in the Midland Championships. Sadly they are not eligible to enter the figures or duet sections but the competition has a 19 and Under Team event that would put the swimmers against some of the best swimmers in the region. Fingers crossed!

I would like to thank my coaching team for their on-going time and commitment and thank parents for their continued support. I am immensely proud of the achievements our girls have made this year and believe the rest of this season will bring us even more silverware!

Targets for 2013-14

- Continue working towards Skill Levels and taking as many swimmers as possible to assessment days
- Coach training – put coaches on Skills Assessor course
- Possible additional Level 1 / parent poolside helper
- Poolside Helpers (swimmers) to be given responsibility of Duet Manager for a younger duet. Act as mentor, help with technique and land training
- Introduce a display into the Club Champs format to showcase routines
- Attend as spectators / view of competing next year in National Age Groups for 19 and Under Free Combo team
- Incorporate video playback more regularly into training sessions once we have access to camera and laptop. Body awareness and positioning can be shown and corrected quickly and easily with this technology

Sarah Waters – Head Coach