

Annual Report January 2012 - December 2012

Developing aquatics...Creating excellence



Welcome from Regional President Simon Veale

Firstly I would like to again thank Devon County for nominating me to be President of the SWR. Something I never imagined I would do but it has given me the opportunity to have an insight into back room running of aquatics in the South West Region which I have enjoyed. I have always been based in the competition side of swimming, as a young swimmer then Coach and Masters swimmer, but I have enjoyed continuing to swim in our county age group championships where I swam this year in the 50m fly and 50m back, but missed my swims in the 100m fly and 100m back due to Presidential duties.

I do hope swimmers and parents appreciate the amount of work done by the few dedicated volunteers that keep our sport alive, from the administration staff to the officials that run galas.

At the Olympics a lot was made of the games makers or volunteers and many came forward to help, well that spirit is needed in the everyday running of swimming events for all facets.

I have enjoyed attending county events in the region with my wife. It was interesting to see the different ways each county runs their championships and we have attended some very nice dinners where it has been enjoyable to socialise away from the swimming pool.

On the sad side we attended the funeral of Keith Pring who passed away during my term. I have known Keith for many years, first when he was an official and I was a young swimmer and then with him as Devon County Swimming Secretary for many years, especially when I was Devon County President in 2000, where he kept me well informed and in line. He kept working on swimming's behalf up to the very end of his life, some achievement, well done Keith.

We were invited to the British Diving Championships at the Life Centre Plymouth where we saw the womens 3m spring board and mens 10m platform. The most stunning thing to me was the number of spectators - more than seats available, down to one young man, Tom Daley a very pleasant approachable young man. I hope he has continued success and diving benefits

Meetings are a very important part in the organization of swimming in the SW Region and I didn't know it was possible to go to as many as I have. It has been very interesting to see what goes on behind the scenes. Sue Dors has done a huge amount of work as Regional Chair Person and has helped me during my time in office. She will be standing down from her post after two terms in office so I would like to take this opportunity to thank her for all the work put in on behalf of the SW Region and to congratulate David Flack on his appointment to the post, which begins in September.

Also, may I take this opportunity to wish all swimmers, water polo players, divers and synchro swimmers every success in future events.



Simon Veale
President ASA South West Region

Report from Regional Chair

This is my last report as Chair of the Regional Management Board (RMB) and I was hoping that for once I would be able to state that it had been a period of stability. However this has not been the case and a complete restructure of the Get People Swimming (GPS) team will significantly change the role of the RMB going forward. Fortunately by the last quarter of 2012 the Board had already commenced a consultation process with its members to ascertain what should be the Region's main priorities for its strategy leading up to 2017. All counties provided opportunities for Management Board and ASA South West team members to meet, talk with and listen to clubs to ensure their views and ideas would contribute to this strategy. A further meeting then took place with representatives of disciplines and Counties coming together to provide their feedback. The restructure of the GPS team took longer than expected so the production of the strategy was delayed so that the implications of these changes could be considered however it will be launched at our Regional Annual Council Meeting.

This Annual Report again highlights the hard work, achievements and success of our members throughout the Sport – from grass roots to elite. As a Regional chair I have had the opportunity to compare the South West with other Regions and without doubt we are one of the best. A large factor in this is our robust County structure however during the strategy consultation process it became apparent that Counties are finding it increasingly difficult to source and retain help especially on the administration side – this is something the RMB will be looking at to see how it can help but in the meantime if anyone is reading this and would like to offer their support then please contact your County Secretary. Another factor is the hard work put in by the members of our standing committees. Their expertise and dedication to their specific area is second to none however over the past couple of years there has been frustration at the lack of opportunity for Regional input. Let us hope that this is rectified with the introduction of the Sport Governing Board. I would also like to thank my fellow members of the RMB for their support and commitment again something which is not mirrored in all Regions.

Another benefit to the Region has been our partnership with the CSPs in the Region. We have been fortunate to have had the services of Jackie Hilleard from Wesport as Regional Development Co-ordinator for a number of years with funding coming from Central Funds. Unfortunately this funding was not going to continue into this current financial year but with the uncertainty regarding the level of staffing within the Regional team on-going the RMB took the decision in May to use Regional Funds to enable her to continue in her role as main contact and support for clubs. Surprisingly it is coming up to two years since the Regional Office relocated to the SASP offices in Wellington. This has proved very successful not only for the various meetings we hold there but it also provides a central base in the Region for our Regional staff team and enables them to meet with staff from other sports. The RMB has agreed to put funds aside to enable us to continue to use this facility.

The fact that the Region is now in a position to look at funding a part-time post and renting office space is something four years ago would not have been possible so in that respect we have come a long way. However I am aware we have not delivered on the handbook and the website is far from finished.

The work with our Young Volunteers continues to develop and this year there will be a Young Volunteers Forum running alongside the ACM. My thanks to those Counties who have participated in the scheme and contributed financially.

As stated at the beginning of this report it is my last. I wish my successor Dave Flack and the RMB all the best for the future which no doubt will have its challenges but there is the opportunity by working in partnership with the ASA South West Staff Team and external agencies to take the Region to a new level. I just sincerely hope the ASA at Loughborough has listened to the request of the Regional Chairs Group that the Regions need a long period of stability to see the benefit of their hard work and Sport England funding to the NGB is secured for a the remaining three years.

Sue Dors, Chair, ASA South West Regional Management Board

Report from Regional Director

2012 was an exciting year, capped with the most amazing celebration of sport we have ever seen with the London 2012 Olympic Games. I think everyone is inspired and proud of what all the athletes achieved and committed to continuing to make swimming happen in our region. I was delighted to attend the opening of the Plymouth Life Centre after years of planning and work by many, to finally see the pool open felt like a huge achievement for the City. The partnership we have created with the Operator and Council is unique and fills me with confidence that we will continue to work together for the benefit of aquatics in the area.

The regional team were refocused to concentrate on getting more people swimming and the Regional Board are now

challenged to look at their offer to the membership and as necessary utilise the skills and time of the Regional staff as and where they need this. This is a fundamental change to the way we work, but the Regional team and the Management Board are committed to continuing the excellent partnership they have as professionals and volunteers to work as one team to develop swimming.

Despite our challenges the Regional team and our volunteers all want the best for swimming as a sport and I hope that we can continue to work together and respect each other to continue the tradition of South West leading the way.

Alison Usher, Regional Director

Learn to Swim



Key objectives:

The ASA SW team are committed to increasing the number of pools utilising the British Gas ASA Learn to Swim Pathway and working in partnership with the ASA.

Cornwall:	20 pools delivering NPTS / British Gas ASA Learn to Swim Pathway
Devon:	30 pools delivering NPTS / British Gas ASA Learn to Swim Pathway
Dorset:	14 pools delivering NPTS / British Gas ASA Learn to Swim Pathway
Gloucestershire:	16 pools delivering NPTS / British Gas ASA Learn to Swim Pathway
Somerset:	13 pools delivering NPTS / British Gas ASA Learn to Swim Pathway
Wiltshire:	20 pools delivering NPTS / British Gas ASA Learn to Swim Pathway

Already the most successful sports programme of its kind, the British Gas ASA Learn to Swim Pathway is a refreshed version of the National Plan for Teaching Swimming (NPTS).

The Pathway is an all-inclusive programme which takes the non swimmer from his or her first splash to developing confidence and competence in the water.

The British Gas ASA Learn to Swim Pathway consists of four frameworks:

- ASA Foundation Framework: Early years water confidence
- ASA Learn to Swim Framework (stages 1-7): Fundamental movement skills
- ASA Aquatic Skills Framework (stages 8-10): Fundamental sports skills, in competitive, diving, synchro, water polo and lifesaving
- ASA Adult Swimming Framework: Offering opportunities on becoming a swimmer, being a better swimmer and being a great swimmer

The ASA SW Team are working with Learn to Swim providers across the Region to help programmes retain learners by using the “Swimmer Journey” which is a simple tool to reward and retain learners by splitting the Journey (through the Learn to Swim and Aquatic Skills Framework) into 25 stepping stones to swimming success using the current ASA Awards programme. The Swimmer Journey rewards achievements that are already built into the programme helping to alter parents' perceptions.

There have been a number of successes throughout the year regarding Learn to Swim. Over the past 12 months Wiltshire Council have continued to develop their Learn to Swim programme, incorporating their 50 week rolling programme of continuous assessment with the Swimmer Journey has seen them increase their numbers by over 500 learners and an increase in award sales.

There are currently in excess of 20 facilities committed to running the new Adult Swimming Framework from January 2013.



Learn to Swim

Swim21 Learn to Swim

There are currently 9 facilities that have achieved Swim21 Learn to Swim accreditation, one of those being Dursley Swimming Pool in Stroud, Gloucestershire.



Councillor June Cordwell, executive member for community services, said:

'I'm delighted for the staff at Dursley Pool who deserve credit for making it the first pool in Gloucestershire to achieve this standard, which shows their dedication to providing a high quality Learn to Swim programme.'

Angela Gillingham, general manager of the Stroud District Council run pool said:

'We pride ourselves on the quality of teaching at the centre and spend a lot of time and energy training our instructors to deliver the highest quality of lessons to people of all ages and abilities. Swim 21 is not just a badge of honour but a guarantee that your child will receive high quality swimming lessons delivered by qualified teachers in a safe environment.'

The centre follows the ASA National Teaching Plan and regularly has over 1,100 children on its Learn to Swim programme.



The dedicated staff of Dursley Swimming Pool

Lifelong Participation



Getting People Swimming

In September 2012 the new Swimfit programme was launched focusing on delivering a fitness workout in the water led by inspirational instructors. 11 sites have undergone training in the new programme, with their Level 2 swimming or fitness instructors and are now delivering sessions across the region, with up to 20 other sites due to introduce the programme by the end of March 2013. The regional team are continuing to support these sites in the delivery of these sessions and will be monitoring attendances at the twice weekly sessions.

Active Workplaces

Aquaterra in partnership with ASA SW and Bath & North East Somerset council ran an Active Workplace project aimed at encouraging council employees into their local pool. 100 people responded to a swimming survey placed on the council intranet with 65 people taking up 7 day free passes and 35 taking up 10 free swimming lessons. The survey allowed Aquaterra to make intelligent pool programming decisions and now have an additional 24 swimmers attending structured lunch time sessions and a further 8 booked on adult swimming lessons. There was also a 16% conversion rate from 7 day free passes to centre membership.

Across the county Swimathon, the world's biggest fundraising swim got even bigger in 2012 by joining forces with British Swimming's and BBC's Big Splash; Marie Curie Cancer Care; and Sport Relief. David Hill, Kate Grey and Stacey Tadd helped launch the Big Splash campaign in the South West on 5th January at Bath Sports Centre. A coached session was run by Martin Mosey (head coach of Aquae Sulis) and the ASA South West team encouraged local residents to make Big Splash pledges for the year ahead.



Wiltshire Council have undergone a full programme review during the last 6 months of 2012 to bring consistency and structure to their programmes across all 7 wet sites which include ;

- Devizes Leisure Centre
- Tidworth Sports Centre
- Marlborough Leisure Centre
- Pewsey Sports Centre
- Durrington Sports Centre
- Five Rivers Leisure Centre, Salisbury
- Springfield Leisure Centre, Corsham

The New Life Centre in Plymouth opened in March 2012, with a fantastic opening ceremony and have continued this exciting launch with consistently high levels of activity, which up to January 2013 has had over 1 million visits along with:

- Casual Swimming – over 209,000 swims in the first 9 months (April to December 2012) – average of over 23,000 per month
- Diving Programme has doubled in this same period
- Swim Lessons – 2600 on the lesson programme with 800 taking up diving

Athlete Development

Swimming

The region in partnership with the ASA delivers the talent programme. Level 1 of the talent programme is delivered within the region targeting age group athletes who have attained the highest 3 Regional scores at National Age Groups, in each of the age bandings 12+.

England Talent Programme Level 2 is delivered on a multi regional level incorporating: south west, south east and London. This targets athletes of a youth level who have achieved the highest 30 placings at National Championships.

The Daily Beacon programme at Plymouth selects athletes based upon National criteria to receive support with their development.

The Regional Beacon programme at Plymouth targets athletes to attend additional training and sports science opportunities on a Wednesday and Saturday, these sessions are coached by the Beacon Coach Jon Rudd.

The ASA have also created a northern regional beacon session which will operate on a Saturday morning out of the Hengrove 50m facility in Bristol. This is to cater for the geographical spread of the south west, and this session is coached on a rotational basis by the Coaches of our Club networks in the north of the region (Aqua Sulis, Taunton Deane).

Activity	Number attending
England Talent Level 1 Programme Millfield School 29th September 2012	28 swimmers
England Talent Level 1 Programme Millfield School 23rd December 2012	28 swimmers
England Talent Level 2 Programme South Zone 5th, 6th & 7th October	21 selected, 17 accepted a place
England Talent Level 2 Programme South Zone 4th, 5th & 6th January 2013	17 to attend from previous camp, however, due to sickness 14 attended.
Daily Training programme – Plymouth Beacon	26 swimmers
Regional Beacon Programme – Plymouth	37 swimmers for the full programme and 7 that attend on a swim only basis
Regional Beacon Programme – Bristol	30 swimmers

The region have supported the established club networks with funding to develop their athletes based upon their submitted development plans. This has included activity such as:

- Starts and turns clinic for club – regional level swimmers
- Master classes which are stroke specific

The Regional Age Groups and Championships were held at Millfield and the Youth events in May used our new facility the Plymouth Life Centre. The Region were thankful for the support of Plymouth City Council and SLM as the pool operator in the hosting of these events.

Across 2012, 1754 entries in Regional events (including Masters swimming), and in our Team Meets 130 teams took part, with over 450 appointments for the Officials and Volunteers.



Athlete Development

ASA South West School of Swimming

Bryanston

2012 was another successful year and “thank you” to all the staff members involved as without their dedication, sterling effort, team working and voluntary help this would not have been possible.

The course had 2 specialists attending which were most beneficial:

- **Grant Turner**, *London 2012 Olympian & Commonwealth Medalist.*
This is the 8th time a GB swimmer has attended and has proven (again) invaluable for enforcing the development and swimming skills emphasis of the course to the swimmers.
- **Sarah Fenwick**, *CPsychol, AFBPsS, AC Accred, MSCP.*
Sarah worked with all groups over two days on mental toughness including the inner Chimp! As an accomplished sportswoman in many sports (including swimming, 3 x world recorder holder & World, European champion in paragliding) the swimmers were able to directly relate to the personal examples she gave as a “back up” to the theory.

As normal, all swimmers were issued and took home a “pack” which included the Camp Handbook and additional information specific to their Group – training programmes, test results, lecture handouts etc.

The course aims to work with the region to identify new staff members for 2013 and mentor young volunteers to gain additional experience within the programme. The course also would like to be able to award CPD points to the coaching staff to reflect & recognise the learning & development experience this course provides them and this will be looked into with the ASA nationally.



Disability Swimming

Athlete Development

2012 was an excellent year for disability swimming in the South West.

The region now has a very established pathway for swimmers with a disability, and opportunities for disabled swimmers to participate at all levels. Including, learn to swim programmes, disability specific link sessions, inclusive clubs, and numerous competition opportunities; including disability specific competitions, as well as mainstream events.

The Paralympic Games had an excellent impact across the UK, and swimmers from the South West yielded some incredible results. Specific mention needs to be made to Aaron Moores, (S14, Trowbridge ASC), who, in his debut games, won a silver medal in 100m Backstroke with a time of 1:04.80. Aaron was initially identified at a Development Day back in 2009, one of the first disability specific interventions in the South West, thus demonstrating how successful these events can be.

Playground to Podium

2012 was a difficult year for Playground to Podium delivery, due to funding cuts, and changes within school sport structures. This meant not all Counties held County Athlete Assessment Days, and led to a decrease in the number of swimmers attending.

2012: Total – 65

- Swimmers identified as fast track – 3
- Swimmers identified as club – 20
- Swimmers identified as participation – 42

Despite the decrease, some counties had the most successful year of P2P yet, with excellent events being held in Cornwall and WESPORT CSPs, showing that the programme is developing, and with continued work events can continue to be a success.



Hub Clubs

A key project for 2012 has been the creation of Disability Hub Clubs. Hub Clubs are in place to provide assessment opportunities for new disabled swimmers, and provide support and guidance to help swimmers get further involved in the pathway. Hub Clubs are a key focus to ensuring a sustainable method of talent identification.

Current Hub Clubs in the region are:

- City of Gloucester SC
- South West Disability Squad
- Swindon Dolphin SC
- Trowbridge ASC
- Clevedon ASC
- Taunton Deane SC
- West Dorset Warriors
- Plymouth Life Centre
- Cornwall County Disability Development Training



Different counties and clubs work slightly differently but each club, centre or session provide a 'talent identification assessment' then will suggest appropriate further opportunities to ensure the swimmer can participate at a level appropriate to their ability.

Disability Swimming

Talent ID Campaign

Following the Paralympic Games British Swimming ran a National Talent ID Campaign consisting of 10 talent assessment sessions held across the UK over the same weekend. During this campaign two events were held in the region. One in Swindon, and the other in Plymouth.

From these events a total 26 swimmers attended across both venues. 5 swimmers were identified as fast track, 12 swimmers were identified as club level swimmers, and the remaining 9 were identified as participation. These events were heavily support by local swimming clubs, and specific mention and thanks need to go to Swindon Dolphin SC and Tavistock SC for providing coaches to support the event.



Competitions

The DSE Junior and Youth Championships in 2012 saw a drop in attendance from the SW region, as a number of swimmers were focussing on the Paralympic Trials later in the year.

The South West Region had a brilliant representation at both rounds of Paralympic Trials. 12 Swimmers from the region entered the British Gas Swimming Championships held at the London 2012 Aquatic Centre and 15 entered the DSE British International Disability Swimming Championships held at Ponds Forge.

5 Swimmers from the region went on to represent Paralympics GB at the London 2012 Paralympic Games.

October saw the region host the regional disability swimming championships with a total of 47 swimmers entering the championships – the highest number of entries to date!

Synchronised Swimming

Athlete Development

Development Age Group Squad with all clubs being represented aged 8-16 on single days held during first half of the year using all specialists recommended by LTAD. 70 people attended.

Further club development days held covering the grass roots ensuring that all clubs and swimmers have the opportunity to improve their land strength and flexibility. 40 people attended.

We have held 3 skill assessment days spread out during the year with a total of 128 passing in the region. 210 people took part.

Officials Training

All national courses are being updated and new resource packs are being made available during 2012. This has severely reduced the number of courses that we could run in the south west during this year as most of the material was not available until the beginning of 2013. 8 people attended.

A Basic Assessor course was held in February and an Assessor course was held at the same time. 2 people attended.

Coaches Development

Club coaches have been involved in the squads and the club development days but because of the national changes, no specific training has been given.

In 2013 Jenny Gray will be coming to our squad training and leading the water sessions in order to give coaches additional training and all club coaches will be given advanced itinerary so that, at a very little cost, they can attend the training sessions. There will be 60 places available.

Competition

The Novice figure competition was held at the new Hengrove Park facility in Bristol in June and the results were spread across the clubs, with Chippenham achieving the most 1st places. Winner to mention is Jess Smith of Chippenham 9/10 years who finished a full 3 marks ahead of the second place swimmer.

In 2012 at National Age Groups, competitive swimmers were split from recreational and this therefore meant that we held a regional recreational team competition at the new facility at Plymouth for the first time, which was very successful. More teams were encouraged to take part and the 1st places were split between Bristol Central and Chippenham.

At National Age Groups in December held at GLI the recreational strand competed on the Friday night and Bristol Central won the 19&u Free Combination.

On the same weekend, in the competitive section, Kate Shortman of Bristol Central won 12&u figures and then Kate partnered Isabelle Thorpe from Bristol Central finished 1st and 2nd in the solos and finally partnering each other they won the duet beating the 2nd place swimmers by more than 7 marks. In the 18/19 Duet Emily Holloway and Charlotte Frost of Bristol Central took gold and the 12&u team cleaned up that age group with a brilliant gold medal.

Well done to Bristol Central.



Isabelle Thorpe and Kate Shortman of Bristol Central, gold duet winners in 12 & under at National Age Groups in December.

Water Polo

Athlete Development

Cheltenham Swimming & Water Polo Club took the 2012 Title of the UK's premier Water Polo Competition – the British Water Polo League's 'Super Five's Title. There are 5 Divisions in the BWWPL each with 9 Teams.

Cheltenham last won the title some 42 years ago, and what is unusual about the victory is that the vast majority of the team were born or raised in Cheltenham itself – testament to the youth development policy of the Club and county of Gloucestershire. Of important note, the SW's Bristol Central came third overall, meaning that the Region can boast two of the top 3 teams in the whole of the UK. The Region also has Exeter having competed in Division 2 and University of Bristol in Division 4, and Bristol Central in the Ladies League..

The two-year investment in 8 centres of excellence for the discipline is starting to pay dividends within the Region. A joint bid by Cheltenham and Bristol was successful and Cheltenham has forged links with local schools to raise the profile and numbers of players within Gloucestershire.

Within Bristol Olympian Craig Figes leads a team of coaches who have set up a youth side to the Bristol Central Club which has traditionally comprised just Senior Mens and Ladies Teams. This is a most welcome addition to the discipline within the Region.

The other successful bid in Plymouth has seen the Devonport Club increase its membership, enter a Men's Senior Team within the Bristol & West Water Polo League for 2013 and in December 2012 saw the Club / city take its first Devon County KO Cup Title.

Workforce Development

A Water Polo Level 1 Course ran at Exeter in 2012, providing a much needed local opportunity to upskill and qualify our local volunteers.



Open Water

Athlete Development Activity

The swimmers development camp at Weymouth was not held this year as the facilities were unavailable due to the build up to the Olympic events.

Officials Training

- 3 June 2012 Open Water officials Level I course at Henleaze, Lake Bristol. 9 officials & 3 trainers attended.
- 1 Jul 2012 Open Water championships provided the opportunity for practical training for 21 trainee officials at all levels. 21 officials attended.
- 24 Nov 2012 Open Water officials Level I course at Wellington. 8 officials & 3 trainers attended.

Volunteer / Administrator Development

RYA Maritime VHF Radio training. 6 people attended.

Competition

The championships were held on Sunday 1 July at a new venue north of Bristol in a lake at Bradley Stoke. There were a total of 139 swimmers, of which 133 were from the South West region. The weather was kind throughout and being a small lake, there was far less concern over water conditions than we normally get in the sea at Weymouth. 48 volunteers attended.

ASA National Age Group and Youths Open Water at Rother Valley. 5 SWR OW officials selected to officiate.



Diving

Athlete Development

Junior National Camp, Plymouth, Easter 2012. 4 people attended.

England Talent Camp, Southend, October 2012. 3 people attended.

Officials Training

Safeguarding and Protecting Children, Autumn 2012. 4 people attended.

Coaches Development

Flip n Fun Workshop, Spring 2012. 12 people attended.

Competition

British Gas Junior Elite Diving Competitions, Plymouth Life Centre, April 2012. 7 people attended.

- Two Plymouth divers gained three gold medals at the Championships, Shanice Lobb and Matthew Dixon
- Two divers qualifying for Dresden International. One gold medal winner in Dresden, Shanice Lobb

South West Regional Age Group Championships, Plymouth Life Centre, May 2012. 20 people attended.

- Plymouth and West Wiltshire divers competing as preparation for the ASA National Age Group Championships

South West Regional Skills, Trowbridge, March 2012.

- Divers from clubs around the South West came together at Trowbridge for preparation for the ASA National Skills finals



Excellence

Members of South West clubs during 2012 who have represented their Country.

LONDON 2012 REPRESENTATION

Swimming	Stacey Tadd	Bath University	GB	Olympic Games
Swimming	Ruta Meilutyte	Plymouth Leander	Lithuania	Olympic Games
Swimming	Michael Jamieson	Bath ITC	GB	Olympic Games
Swimming	Andrew Willis	Bath ITC	GB	Olympic Games
Swimming	Chris Walker-Hebborn	Bath ITC	GB	Olympic Games
Swimming	Siobhan-Marie O'Connor	Bath ITC	GB	Olympic Games
Swimming	Stacey Tadd	Bath Uni	GB	Olympic Games
Swimming	Antony James	Plymouth Leander	GB	Olympic Games
Swimming	James Disney-May	Millfield	GB	Olympic Games
Swimming	Jamila Lunkuse	Plymouth Leander	Uganda	Olympic Games
Swimming	Jade Howard	Plymouth Leander	Zambia	Olympic Games
Swimming	Hazel Sarikaya	Plymouth Leander	Turkey	Olympic Games
Synchro	Katie Dawkins	Bristol Central	GB	Olympic Games
Swimming	Morgyn Peters	Millfield	GB	Paralympic Games
Swimming	Hannah Russell	Kelly College	GB	Paralympic Games
Swimming	Liz Johnson	Bath University	GB	Paralympic Games
Swimming	Stephanie Millward	Corsham	GB	Paralympic Games
Swimming	Chloe Davis	Trowbridge	GB	Paralympic Games
Swimming	Aaron Moores	Trowbridge	GB	Paralympic Games
Swimming	Jonathan Fox	Newquay Cormorants	GB	Paralympic Games
Swimming	Benjamin Proctor	Newquay Cormorants	GB	Paralympic Games
Swimming	Anthony Stephens	Swansea HPC		
		Swansea Performance		
		Bridgwater	GB	Paralympic Games
Swimming	Matthew Wherwood	Swansea HPC		
		Swansea Performance		
		Newquay Cormorants	GB	Paralympic Games
Diving	Thomas Daley	Plymouth Diving	GB	Olympic Games
Diving	Tonia Couch	Plymouth Diving	GB	Olympic Games
Water Polo	Craig Figes	Bristol Central	GB	Olympic Games
Water Polo	Rob Parker	Cheltenham S&WPC	GB	Olympic Games

OTHER INTERNATIONAL REPRESENTATION

Swimming	Rob Holderness	Millfield	Wales	US Open Championships
Swimming	Matthew Courtis	Kelly College	Barbados	Aruba National Championships
Swimming	Joel Knight	Millfield	GB	European Juniors
Swimming	James Guy	Millfield	GB	European Juniors
Swimming	Jack Smith	Millfield	England	W.I.S.E International
Swimming	Daniella Whiting	Aquae Sulis	England	English Games
Swimming	Jazmin Carling	Tighersharks	GB	World S/C Championships
Swimming	Anastasia Christoforou	Bath University	Cyprus	European L/C Championships
Swimming	Omiros Zagkas	Bath University	Cyprus	World S/C Championships
Swimming	Garce Vertigans	Plymouth Leander	GB	European Juniors
Swimming	Ben Proud	Plymouth Leander	GB	European Juniors
Swimming	Jo Patching	Plymouth Leander	GB	European Juniors
Synchro	Katie Dawkins	Bristol Central	GB	Snr Europeans
Synchro	Anya Tarasiuk	Bristol Central	GB	Snr Europeans
Synchro	Samantha Wilson	Bristol Central	GB	Europeans & Jnr Europeans
Synchro	Anastasija Bates	Bristol Central	GB	Jnr Europeans
Diving	Thomas Daley	Plymouth Diving	GB	World Cup, European Championships (gold) Junior World Championships (double gold) FINA World Series
Diving	Tonia Couch	Plymouth Diving	GB	European Championships (gold), FINA World Series
Diving	Shanice Lobb	Plymouth Diving	GB	Dresden Youth International (gold) Junior European Championships (bronze) Junior World Championships
Diving	Matthew Dixon	Plymouth Diving	GB	Dresden Youth International

Workforce Development

The Region runs a comprehensive Young Volunteers programme, aimed at all young people who are members of ASA clubs aged 14-25 years. The young people gain qualifications in team management, event organisation and officiating. As well as completing volunteering hours within their home club setting. The programme has been very successful over recent years and continues to develop and retain young people in our clubs.

114 Young volunteers were registered for the 2011/12 programme from the following Counties:- Devon, Dorset, Gloucestershire, Somerset and Wiltshire. All from clubs who are swim21 accredited or, working towards accreditation.

The following clubs were involved in the programme:- Bere Regis, Bridport Barracudas, Seagulls, North Dorset Turbo's, Swim Bournemouth, Tornadoes of South Dorset, Chard, Clevedon, Norton Radstock, Taunton Deane, Keynsham, West Dorset Warriors, Newton Abbott, Torquay Leander, Oddicombe, CREDITON, Exeter City, Swindon Dolphins, Corsham, Chippenham Synchro, West Wilts Diving, Swindon ASC, Gloucester City, Cinderford, Salisbury, Marlborough, Malmesbury.

Young Aquatic Organisers and Team Managers courses were most popular, there were many opportunities for the YV's to assist at County and Regional events.

Swim 21

As at December 2012 the following clubs were accredited –

Aquae Sulis Performance SC	Kingsbridge Kingfishers SC
Barnstaple SC	Melksham SC
Bath Dolphin SC	Newton Abbot SC
Bere Regis SC	North Dorset Turbos SC
Bishopsworth SC	Norton Radstock SC
Bradford on Avon ASC	Okehampton Otters SC
Bridgwater ASC	Paignton SC
Bridport Barracudas	Plymouth Diving
Bristol Central SC	Plymouth Leander SC
Bristol Central Synchro	Plymouth RN/RM
Bristol Henleaze SC	Poole SC
Bristol North SC	Portishead SC
Bristol Penguin Olympic SC	Salisbury SC
Caradon SC	Seagulls SC
Carn Brea SC	Sevenside Tritons SC
Chard SC	Soundwell SC
Cheddar Marlins SC	Southwold SC
Cheltenham	Stroud Masters SC
Cheltenham S&WPC	SW Disability Squad
Chippenham SC	Swim Bournemouth
Cinderford & District SC	Swindon ASC
Clevedon SC	Swindon Dolphin ASC
CREDITON & District SC	Taunton Deane SC
Dawlish S & LSA	Tavistock SC
Devonport RSA	Tigersharks
Dinnaton SC	Tiverton SC
East Dorset Open Water SC	Tornadoes of South Dorset
Exeter City SC	Torquay Leander S & LSS
Exeter Synchro	Trowbridge ASC
Exeter Water Polo	Wellington SC
Exmouth S & LSS	Westbury SC
Frome SC	West Dorset Warriors
Gloucester City SC	West Wiltshire Diving
Heron Childrens SC	Yeovil & District SC
Kelly College SC	
Keynsham SC	

Courses run between January 2012 – December 2012

Level 1 Coaching Swimming: 7
 Level 2 Coaching Swimming: 3
 Level 1 Teaching Aquatics: 34
 Level 2 Teaching Aquatics: 21
 Combined Level 1 and Level 2 Teaching Aquatics: 1

Regional Bursaries

Total amount of bursaries awarded - £2400

Cornwall - £0

Devon - £600

- Level 1 Teaching Aquatics - £200
- Level 2 Teaching Aquatics - £300
- Level 2 Coaching Water Polo - £100

Dorset - £50

- Level 1 Teaching Aquatics - £50

Gloucester - £500

- Level 1 Teaching Aquatics - £200
- Level 2 Teaching Aquatics - £300

Somerset - £300

- Level 1 Coaching Swimming - £100
- Level 2 Coaching Swimming - £200

Wiltshire - £950

- Level 1 Teaching Aquatics - £650
- Level 2 Teaching Aquatics - £300

British Gas Club Grants awarded:

July 2012

Clevedon – Website/ promotion website - £678

Gloucester City – Land Training - £1000

South West Disability Swimming – Land Training - £900

December 2012

Okehampton Otters – dvd & tv for video analysis - £1000

Yeovil – Talent Lane - £1000

Volunteering

Swimming

Judge 1 199

Judge 2 52

Judge 2s 6

Young Volunteers J1 77

CPD seminars

Mentoring - 3 (Gloucs; Dorset & Regional)

New Contemporary Issues – 1 Regional

Disability Contexts & mentored practice - 1 Regional

Also FINA Rules updates as required



Synchronised Swimming

10 Team Managers have been trained in this period.

Open Water Officials

Hannah Smith Appointed as Referee at World Masters Open Water Event, Italy June 2012.

Hannah Smith officiated at the Olympic 10km Open Water Event.

6 Officials volunteered during the Olympic Games, and provided their services to Aquatics and Modern Pentathlon.



Swimmer of the Year 2012

Ruta Meilutyte

Club: Plymouth Leander

Ruta produced the most sensational swimming result of the London Olympics to become the 100m Breaststroke Champion.

Ranked 10th ahead of the games she set a personal best in the heats to go fastest into the semi finals where she again improved her time to go through as fastest qualifier for the final.

At just 15 years of age she won with a time of 1.47

Since the Olympics Ruta won gold in the 50m and 100m breaststroke, and bronze in the 100m IM at the FINA World Cup in Stockholm.

She went one better in the World Short Course Championships in Istanbul taking silver in the 100m IM as well as winning gold in the 50m and 100m breaststroke, both in Championship records.

She now holds the European long course 100m breaststroke record as well as the European short course records in both the 50m and 100m breaststroke.





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