

South West Region Annual Report 2021



January

Welcome back!

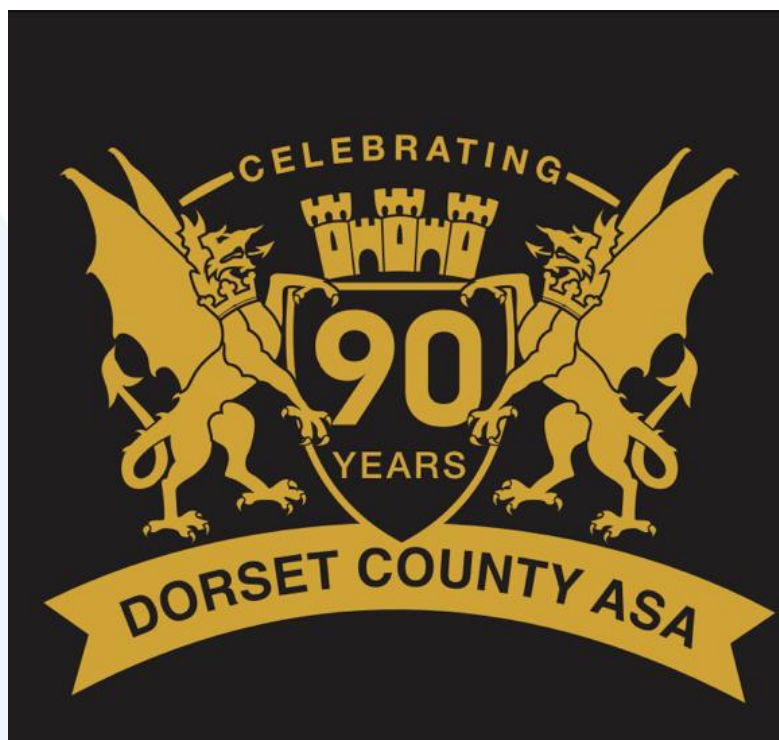
Welcome back to all our clubs, congratulations to all those clubs who achieved or retained SwimMark and/or Stronger Affiliation in 2020. Keep up the good work with the governance procedures for 2021.

Clubs are reminded if they are struggling with any elements of Stronger Affiliation or SwimMark, including Constitutions or running AGMs, the Regional team can be contacted on swimsouthwest@swimming.org.

February

March

Dorset ASA Celebrated their 90th Anniversary



Congratulations to Dorset ASA on their 90th Anniversary.

The Inaugural Meeting of Dorset County ASA was held at the Junction Hotel in Dorchester on 28 March 1931 and attended by President of the Western Counties ASA, Captain George de Vere Welchman, together with the Regional Treasurer Mr E W Jordan and Secretary Mr R A Colwill. An English diving champion from Sherborne, H E K (Keith) Sawtell, represented the Amateur Diving Association and having helped to bring the various swimming interests in the county together, was elected as the first President of the Dorset County ASA. Also present at the Inaugural Meeting were representatives of

swimming clubs from Bridport, Dorchester, Lyme Regis, Wareham, Wimborne and Weymouth, while Poole SC affiliated in June 1931.

Read more on the Dorset ASA website by following this link: [Dorset ASA Website](#)

April

Regional Water Polo Academies Return



The Water Polo Regional Academies returned to Millfield School on 17th April. Over 100 players attended the three hour session which was open to Water Polo players from across the Region.

May

Officials Represent the SW at the British Para-Swimming International Meet

Over the weekend of 8-11 April 2021 this meet was held at Ponds Forge International Sports Centre in Sheffield. The event incorporated the opening event of the World Para Swimming World Series and Britain's Paralympic trial meet.

Sue Gabriel a qualified Referee from North Cornwall Dragons Swimming Club reports:

On being selected to go to the BPSIM at Sheffield Ponds Forge I was initially a little cautious to how things would go with COVID precautions, I had probably the same fears that most of us have had about going back to poolside for the first time in over 12 months.



I must say that everything had a very positive vibe and all the precautions were adhered to, from the lateral test done 72 hrs prior to arrival at the event and the same again on arrival.

We had already joined a webinar where we were guided as to the one way system that would be used around the poolside, changing rooms etc so felt comfortable when going onto the deck.

On arrival at Sheffield and following another test we booked into our hotels and went straight to our rooms which was where we would have to be anytime we were not at meals or the pool, breakfast was collected and had to be eaten in your room, no one else was allowed into your room at anytime, lunch and dinner was at individual tables socially distanced. Temperature was taken every time we left to go to the pool and a sticker given attached to your accreditation, if this was not complied with you were not allowed to enter the venue.

On poolside everything was a little different to normal having to make sure that we all remained socially distanced and especially around the athletes as they are quite vulnerable. Sanitising of blocks, athletes chairs etc between each race was done routinely.

During finals there was none of the usual razzmatazz and there were no awards distributed, as officials the set up was different to previous times I have attended and we stayed in our usual positions around the pool etc instead of each corner of the pool (maintaining our social distances).social distancing was conformed to during March on and off poolside, masks were worn at all times in the venue and in the hotel unless eating or in your own room.

The number of swimmers during this event has been lower than previous and of course there were no spectators so all seemed very quiet compared to pre-COVID events, we were very lucky to have the international element here with us.

All in all I would say I have had a positive experience here in Sheffield and can now see that with planning, communication and commitment we may be able to see our way back onto deck without too much trepidation. Although bringing this approach down to club level may be quite difficult to do.

Our Officials Secretary Reports on her time at the British Swimming Selection Trials



Nicky Vause our South West Officials Secretary reports on her time Officiating recently at the British Swimming Selection Trails which were held on 14th to 18th April 2021 at the London Aquatics Centre.

I felt privileged to be appointed as a Technical Official for the British Time Trials; held at the London Aquatics Centre from 14 – 18 April. With so little opportunities to race this was a pivotal event for British swimmers aiming for Olympic selection.

Despite Covid measures in place: pre event testing, testing on arrival, daily temperature tests, living in a strict event bubble, (eating all meals in your room) and sanitizing the equipment between races it was business as usual. However, I will confess that I had first day nerves; after a break of over a year would I be able to officiate to the required standard, pleased to say they quickly disappeared, and I cracked on.

In addition to witnessing some amazing swimming the highlight was seeing the enjoyment gained by the athletes from competing. Looking forward to the Tokyo Olympics the athletes renewed love of the sport will surely spur them on to podium places.

As Covid restrictions ease and we look towards the planned Summer Festival of Swimming event I look forward to officiating with friends and colleagues in the South West.

June

National Volunteers Week



From the 1st to 6th June National Volunteers week runs each year. This year we decided to highlight some of our amazing volunteers throughout the week. Each volunteer provided a short report on their experiences in volunteering and these can all be read through the following links to our news stories.

Day 1 – Regional President, Roger Downing. [Click here to read his experiences](#)

Day 2 – Youth Advisory Panel Members, Angharad Laraman and Emma Moore. [Click here to read what they have to report.](#)

Day 3 – Volunteer Champion, Sue Dors. [Click here to read about Sue's involvement in aquatics.](#)

Day 4 – Long serving Volunteer, Robert Margetts. [Click here to read his 'Swimming Story'](#)

We would like to thank all of our Volunteers in the Region for the time and valuable knowledge they share with us. Without volunteers many of our events and workshops would not happen.

To find out more about volunteering in the Region and see where you can help email swimsouthwest@swimming.org

Regional Agreement has the Final Sign Off

Over the past few months the Region have been working with Swim England to produce a Regional Agreement which outlines all of the projects and plans to be delivered across the disciplines throughout the year. This agreement was signed off by the Board in early June and we all are looking forward to continue working with Swim England.

Regional Pathway Programme Stays Virtual

We ran our first pathway camp of the year virtually due to some restrictions still being in place. This was attended by 46 12 year olds who signed up to learn and develop their swimming.

The day started with gender specific groups talking about a particular topic, the girls learned about puberty and performance and the boys learned about training through growth periods. Other topics on the day included presentations on medley turns and transitions and Building Confidence and Resilience Brick by Brick. There was also a talk from two inspirational speakers, Joe Litchfield and Abbi Wood, along with a fun quiz to see what the athletes had learned throughout the day.

The camp was delivered by our Lead Coach Emily Dart (Truro SC) supported by 6 Skills Coaches; Neil Edwards (Mount Kelly), David Cousins (Bristol Penguins), Paddy Noon (City of Bristol), Christopher Lee (Plymouth Leander), Paul Harnden (Trowbridge ASC) and Mark Podbury (Burnham on Sea SC).

July

Success at the Regional Festival of Swimming



Well done to all who attended our Regional Festival of Swimming, it was a great weekend of racing and lovely to be back in the pool.

We would like to thank all the volunteers, Officials, Coaches, Team Managers and athletes for coming along.

A special thank you goes to Team Bath AS and Plymouth Leander for organising the events on behalf of the Region.

For full results please visit our website on www.swimwest.org.uk/results

Supported Judge 1 Training online is extended



Following the success of the SW Pilot of the **J1 online** the Region has been generously fully funding SW candidates through their J1 training since January 2020. There is a SW closed version of the National Course and despite the pandemic over 88 vouchers have been issued.

This month a second SW fully funded closed course, **J1 online without Timekeeper**, has been launched for eligible candidates who have recently studied to become a timekeeper.

To read about the scheme and to apply for your voucher please follow the guidelines found on the website by [clicking here](#) and scrolling down the page to the Officials section.

Questions on any aspect of Officials Training can be directed to Jill Beard The Regional Officials Training and Development Coordinator on beardfamilyuk@icloud.com

August

September

Water Polo Appoint a New Girls Squad Head Coach



The SE SW R Water Polo Committee has appointed Nick Hume to the position of Head Coach of the South West Girls Squads, and his first duty will be attending and coaching at the Regional Training Academy on Saturday, 11th September, 5pm-9pm. Having grown up in West London and playing for Hammersmith Penguins, at the age of nineteen Nick went off to the University at California Berkeley on a water polo scholarship. Whilst there he won two National Championships beating Stanford and UCLA in the finals. He combined this with returning home to play for the GB National senior team at the European Championship and World Student Games. After leaving the US, Nick travelled down to Australia, playing for Sydney University and then the Balmain Tigers in the national league. Whilst there he was encouraged to get his Australian citizenship, which he did, and he ended up playing for the Australian national team.

During his playing career Nick got involved in coaching, first at school level, then club level before moving on to become the New South Wales State coach and assistant to the Women's Australian National team.

Returning to the UK in 2003 Nick was appointed as Britain's first National Performance Director, which he combined with coaching the women's national senior team. Since that time Nick has been involved with coaching many of the national Senior and Junior teams, highlights of which include finishing eighth at the World Junior Championships and 6th at the Junior European Championships.



A New Swim England Report Released Shows a Worrying Future for our Swimming Pools



Swim England's new report A Decade of Decline shows a worrying future for our swimming pools. At current rates, by the end of the decade almost 2,000 swimming pools could be lost forever, threatening the future of our aquatic sports and leaving millions shut out of the activities they love.

Swim England are calling for the government to invest £1 billion into public leisure to enable local councils to build the new pools and refurbish existing ones to ensure we have the pools we need for the future.

[Click here](#) to view the full article with information on what you can do to help.

October

SW Para-Swimming Coaches

SESW Para-Swimming have appointed 6 new coaches to lead our termly Regional Training Days for Para-Swimmers.

They are:

Lead Coach	James Richards (Gloucester City)
Skills Coach	Adam Clarkson (Exeter City)
Skills Coach	Neil Hamp (Swim Bournemouth)
Skills Coach	Craig Skinner (Gloucester City)
Development Coach	Catherine Ralph (Carrick Masters and TR1)
Development Coach	Sharon Abley (Swim Bournemouth)

The Regional Training Days are the first step of the Talent Pathway for Para-Swimming in England, and provide a supportive, engaging and accessible opportunity within the region for swimmers with an eligible impairment to be involved. This is in addition to their home programme. The date and venue of our Autumn Term Regional Training Day will be announced shortly, along with details of how to book a place.

Regional Award Winners



Congratulations to all nominees for the Regional Awards 2021 which fed into the Swim England National Awards this year.

We received a number of nominations and are pleased to announce the following winners of their categories:

- SE Engagement Innovation Award - Emma Dodd, Soundwell SC
- SE Inspirational Volunteer Award - Ben Mullen, Bristol Penguin Olympic
- SE Inspirational Young Volunteer Award - Micah Partridge, Tiverton SC
- Inspirational Coach/Teacher Award - Sally Freeman, Plymouth Diving
- Inspirational Athlete Award - Suzanna Hext, Swindon ASC

A further congratulations must go to Sally Freeman from Plymouth Diving who went on to receive the National Inspirational Coach/Teacher Award.

A huge well done to all who were nominated for these awards.

Exeter City SC – Start Para-Swimming Centre

We are very pleased to announce that Exeter City SC has become our latest Start Para-Swimming Centre, joining City of Bristol SC and Plymouth Life Centre. Start Para-Swimming Centres are those clubs with facilities that help young people with disabilities to take up swimming, and provide them with additional opportunities to develop and enhance their skills so that they can work towards the standards for classification.

November

Masters Intercounty Championship

On 14th November 2021 the SW hosted the annual Masters Intercounty Championship held at Millfield School, Street.

Teams from Cornwall, Devon, Wiltshire, Somerset and Gloucestershire all sent team to compete in this prestigious event.

As a region we did really well to have five out of our six counties competing on the day, so a big thank you must go to those who organised their county teams to enable them to get to onto the starting blocks.

The afternoon provided some very exciting racing and at one stage there was only one point dividing the two leading teams.

However, after the final event, Devon had managed to creep ahead of Gloucestershire and so reclaim the regional shield

The final scores were:

Devon	283
Gloucestershire	277
Somerset	209
Cornwall	151
Wiltshire	121

It will be interesting to see, when all the results are collated, how each of the counties in our region have fared in the national competition.

Thank you to all the officials who helped run the event smoothly and efficiently.

Sue Haigh

Points can be found on the [Results page of our website](#).

Winter Championships



On 5th, 6th and 7th November we held our Annual Winter Championships at Millfield School, Street.

This was a well-attended closed meet which a number of clubs from across the Region attended.

We would like to thank all of those who helped to organise this event, this includes all the Officials, Volunteers, Coaches, Team Managers and all other support staff which ensured this was a safe and fun event.

The athletes were able to compete to achieve times which could qualify them to enter the Swim England National Winter Championships which will be held later in the year.

[Click here to visit the website and view all of the results from this event.](#)

December

Presentations to Regional Award Winners

Over the past few months the SW President, Roger Downing, has been travelling across the Region to present the awards to our South West Award winners.

Pictured right is Roger with Ben Mullen from Bristol Penguins who won the Inspirational Volunteer Award.



Pictured left is Roger with Suzanna Hext from Swindon ASC who won the Inspirational Athlete Award.

Pictured right is Roger Downing with Micah Partrige from Tiverton SC who won the Inspirational Young Volunteer Award and Ben Broomfield, also from Tiverton SC who won the Youth Champion Award.



Roger also presented some additional awards whilst he was visiting.

Pictured left are the Tiverton SC Swimmers who have achieved their Aquatic Helper award.