

Head Coach

Ed Sinclair

Coach Report - AGM 2014

I would like to thank you all for coming to this year's AGM. I hope you find my report inspirational-interesting and exciting. As you will see in my report I have tried to cover all the major areas of competition success.

2013/4 season:

I just wanted to start by saying what a fantastic year we have had at TSC, it has been an action packed year with many great results coming for all areas of the club. It is very clear we are going into uncharted waters in terms of the results and it is a hugely exiting time for all involved in the club from the LTS all the way up t the Masters

One of the keys aims and objectives for this season was to increase performance in all areas an get more and n more swimmers competing to there postentional, I feel this year has been a great success maininly down to the tiamsome work put in daily by the swimmers Coaches Comittees and folntees

From a personal point this year has been extremely exiting to try and raise the bar evening higher having set it high in the prevous 2/3 years which was always beena chalannge but I believing we are still pushing hard to become one of the top clubs in London and the UK

I would like to make a brief summary of the results hopefully I will not leave anyone out I have try to the spectrum as broasrd as possible

Now turning to the main club highlights for the 2013/14 swimming season in the pool and at competitions.

- Milton Keynes Junior League 2012:

The final results were:

Hillingdon 'A' 248

Teddington 211

Milton Keynes Junior League Final 2013

Milton Keynes Junior League Final 2013

Hillingdon A 202

Staines 144

Teddington 131

Wycombe 129

Ealing 120

This result gives Teddington an overall 4th place in the Junior League behind Hillingdon, Staines and Wycombe.

Roud 1 took Place we took second place behind Hillingdon

- National Arena Swimming League 2012

Teddington have made club history by qualifying for the 'A' Final of London Division One for two years running. There was fierce competition for every point. Teddington finished in 8th place overall with the final point standings as follow:

Hatfield	327
Ealing	270
teamipswich	231
Chelsea & Westminster	213
Camden Swiss Cottage	209
Romford Town	196
City of Norwich	183
Teddington	172

Teddington on 303. To their credit the strong Teddington team held off Camden Swiss who twice finished ahead of them last season.

- 1st Ealing
- 2nd Teddington
- 3rd Camden Swiss Cottage
- 4th Colchester
- 5th Enfield 'A'
- 6th Hoddesdon
- 7th Greenwich Royals 'A'
- 8th Hemel Hempstead

By the end of the night a mere 5 points separated the two clubs. Such a close second place was a tremendous achievement for the Teddington swimmers and ranks as a best ever result against a formidable opponent.

The second round positions and point totals on the night were:

- 1st Hatfield 316
- 2nd Teddington 311
- 3rd Chelsea & Westminster 296
- 4th Hoddesdon 201
- 5th City of St Albans 197
- 6th Colchester 195
- 7th Watford 169
- 8th Hemel Hempstead 105

Teddington bagged twenty top three places on the night; eight first, six second and six third places.

Team	Gala Points R1	Gala Points R2	Gala Points R3	Gala Points Total	League Points R3	League Points Total
Hatfield	334	316	309	959	16	52
teamipswich	308	318	260	886	14	49
Ealing	310	301	247	858	12	47
Teddington	302	311	233	846	8	42

- **Middlesex Short Course**
- Teddington Swimming Club returned with a mammoth medal haul from the Middlesex Short Course Championship held at Northolt Pool at the weekend. Many of the swimmers set new best times to claim a total of forty four medals; fourteen gold, sixteen silver and fourteen bronze.
- **Club Champ summary:**

Club Champs 247 entries 1,571 swims, 5% club champs records set, 50% improved times run over 6 days

CCs will be starting earlier this year and be run over 5 days - fingers crossed it fits! The first events are the weekend of 29th and 30th June, where we start with the 100m and 200m events.

Entry level for the 100's & 200's is similar to 2012 levels.

- **Southern Region Zonal Meet 2013**

9 swimmers travelled to Crawley for this year the British Gas ASA South Zonal Championship in January, which was held at the 'K2' pool.

- **Zonal Meet 2014**

Teddington fielded a squad of 13 swimmers at Millfield, the largest number of Teddington swimmers to have achieved the tough entry qualifying standards for this high level meet. Between them they made thirteen finals and came away with a bronze and silver medal.

- Middlesex County Champs Enfield March 2013

The 2013 Middlesex Swimming Championships in Enfield produced a treasure trove of medals and awards for TSC.

The overall medal haul at this Championships was 78 medals - 28 gold, 24 silver and 26 bronze medals. Chasing the club best target of 92 medal achieved in 2012

- **Middlesex County Championships 2014**

- Middlesex Swimming This brings the overall medal total at this year's Middlesex Championships to seventy three; 25 gold, 23 silver and 25 bronze medals and put Teddington in 4th position overall – proving that we punch well above our weight.

Jacob P Wilkinson Sword 3rd year in a row Top BAGCAT

Eddie Hunt 2rd BAGCATS

THALIA P 2rd BAGCATS

JECICA Mayer 2rd BAGCATS

- **Medal Success in the Middlesex Development meet**

This week saw the first stage of the Middlesex Spring Development Meet take place at Southbury Road Leisure Centre in Enfield.

Teddington Swimming Club entered a squad of 20 and came away with a haul

of medals and PBs for most of the swimmers.

TSC Development Coach, Jan Shepherd said “This is a great event for our young swimmers, for many it is their first time competing in an open meet giving them good experience and confidence for future competitive events.”

Open meets through the year:

The club has sent a team of swimmers to the following open meets that have taken place all around the country:

- Black Swan July At the Black Swan Open Meet Teddington came away with 11 gold, 19 silver and 14 bronze medals.
 - Hillingdon LC, The new Hillingdon pool, December 2012: 8 medals won
 - London Secondary School Championships: 6 swimmers 8 medals
 - Basingstoke Blue Fins,
 - Rushmore Royals open meet 2014 April
 - Ealing Development Meet, and Ealing Open meet:
 - Beckenham International LC Meet, Crystal Palace, May 2014
 - Crystal Place Last chance Meet May
 - Guilford Open Meet, Spectrum, April 2013:
 - Novice Gala/Inter House Gala 2014 Once again this was a great success with many swimmers taking part in their first competitive gala.
 - Middlesex LC MEET Surrey Sports Park

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• **National Youth Teddington Swimmers May weekend**

Exams ☺☺☺ Talented Teddington Swimmers achieved major successes at the recent London Youth Championships held at Queen Elizabeth Olympic Park Aquatics Centre. A record breaking 20 swimmers achieved the tough qualifying times to compete in this years’ regional championship and an impressive 17 reached the finals. 9 medals 6 National times

• **London Regional Age groups Swimming Championships**

Over the last two weekends June 40 teams from across the region converged at the London Aquatic Centre to compete in the London Regional Swimming champs.

26 Teddington Swimmers achieved the tough qualifying times required to take part in the championships.

20 Medals 38 finalist ???NQTS

Jacob P Top Bagcats award Anna Smail 3 rd

- **London Youth Games swimming 33 London boroughs:**

We are looking forward to London Youth Games 2014 in the next few weeks and once again TSC will be providing many swimmers for the Richmond team. We wish them all luck.

- **2013 Mini Youth Games TSC swimmers:**

Amelia Mackie Eden Harlty Jecsica Mayer

- **Main Games TSC swimmers:**

12-14: Girls Thali P, Sophie Fussel Alice P, Elin J Anna Smail

12-14 Boys Oskar J, Oskar A, Toby T,

Boys 15+: Daniel Edmiston. Brandon Sayers James Petchey

Girls 15+: Zoe Bozzard Hill, Emma Uren, Matlida Harper BRynoy
Jonson Josie Svil

Other notable team selections special Achiements

- **Record Breaker Sophie Fussel 11 years 50 Breastroke Age group Record 35.2**
- England Talent Selection Four youngsters from Teddington Swimming Club have been identified to take part in the England National Programme for talent development in swimming.

Mollie Allen (15yrs), Sophie Johnson, Thalia Poaros and Toby Tolson (all 12yrs) have been chosen by England Talent on the back of their recent performances at the National Age Group Championships in July this year.potential to achieve future success at senior international level.A database of up to 400 swimmer profiles will be established during Phase One.

- MIDDLESEX COUNTY DEVELOPMENT CAMP

Congratulations to six young Teddington swimmers who were selected to attend a Middlesex County Development Camp this weekend at Northolt Pool, Northolt. They are Jacob Patterson (11), Anna Smail (11), Sophie Fussell (11), Thalia Poaros (12), Tanya Ferguson (12), and Mayako Uchio(12), all of Teddington Swimming Club.

- **Alistair Wakeling Gb 19U WATER POLO TEAM SELCTION**

- **7th July Eliza Cottington of Teddington Swimming Club** donned a GBR vest for the first time having qualified to represent GB at the ITU (International Triathlon Union) European Cup Race in Athlone, Ireland. Competing in her first international triathlon Eliza covered the circuit in 1 hour 8 minutes 21 seconds to finish in a fantastic 4th position ahead of many of her junior European rivals.

- **Racing Abroad James Adams Thalia P race in Luxembourg**

talented swimmers Thalia Poaros (12yrs) and James Adams (20yrs) had their first taste of international competition when they represented Middlesex County swimming last weekend at the top level international 'Euromet 2014' in Luxembourg.

- National Age Group and Youth Championships, Ponds Forge, Sheffield 2013

Teddington Swimming Club fielded a total of nine swimmers at the recent UK National Championships: four at National Age Group and five at National Youth.

Racing at the National Age Group Championships were Thalia Poaros, Sophie Johnson and Toby Tolson (all 12 yrs) and Mollie Allen (14yrs).

The five Teddington swimmers who qualified to swim at the National Youth Championships were James Stanhope (18), Molly Savill (17), Zoe Bozzard-Hill (16), Eliza Cottington (17) and Teddington Coach and ex GB international swimmer Gina Heyn (28).

National Qualifiers 2013 9 swimmers 17 National times

National Youth Qualifiers 2013 5 swimmers/ National Age Qualifiers 2013 3 swimmers:

National Qualifiers 2014 12 swimmers : achieving 26 National Times

National Youth Qualifiers 2014 5 swimmers---National Age Qualifiers 2013 7 swimmers:

Gina H	100&50FR	100&50BRST
Clara	50BK	50FLY
Elisa	50BK	
James Adams	100 & 50FR	
Zoe BH	50FR	



DREAM BELIEVE ACHIEVE

Sophie Fussel	100&200BRST			
Thalia P	800FR	400FR		2
Anna Smail	100/200/400 & 800FR			400IM
Toby Tolson	200IM	400IM		2
Alice Smail	100FLY			
Alice Patterson				
Gracie Mackie	Open water	4 x 100 IM RELAY		

Saying Farewell and Good Luck to:

Tanisha Eliza Imogen Mollie Savills

I wish the best of luck to al the swimmers continuing to compete in meets up until the end of the season and for the second round JR League – Club Champs – Regional open water event Surrey London Sprints – Staines Black Swan- Nationals

I would also like to say a sincere thank you to all the coaches, teaches, helpers, officials, parents and committee members, and to Richmond Borough and all the staff and lifeguards Officials at the pools we use, for the help and support we have had this year.

Well done to everyone involved in the club which I am extremely proud to be part of.

Dream Believe Achieve

Ed Sinclair
Head Coach
June 2014