

Teddington Swimming Club AGM, June 2015 – Head Coaches Report

This report covers the clubs results at all levels from June 2014 to date.

As you will see, in the last 12 months we have had another astonishing year. We have achieved success across the board and the signs are that this is set to continue in the coming year, with many swimmers achieving great improvements and breaking through to new levels.

In this report I have tried to cover all the major areas of competition success. I would have loved the opportunity to speak to you all and tell you my plans and goals for the future answer any questions you have so you can see that I am as motivated and committed as ever. Hopefully, we can arrange some squad meetings quite soon so that I get the opportunity to do this in person.

To summarise, this year has been very exiting with some outstanding achievements throughout the club. I hope you find my synopsis inspirational, interesting and encouraging and that you will join me in congratulating all our swimmers on their achievements.

As always, at the end of the summer we must also say goodbye to some of our older swimmers as they move on to the next phase of their adult lives. I would like to wish them all continued success and hope that many of them will maintain links with the club and maybe continue to support us in our team competitions when possible.

From a personal point of view, this year has been extremely exciting for me. I was recently selected to be part of the London Coaches Forum. This forum is designed to help advise on competitive swimming in London with the aim of sharing ideas and experience and helping to bring on the standard of swimmers and coaches in London. I have also become a coach on the England Talent Programme. This program is designed to aid development of the young talented swimmers in England so that they have the best chance of achieving their potential. I am very proud to have been asked to be involved in this initiative and pleased to say that two of our young swimmers have been selected to take part.

To round off, I believe the club is in a very positive place at the moment and the results in the pool support this. We have a strong and committed coaching team which I am looking to add to by securing a new assistant head coach in the coming months. A new assistant head coach will aid the stability and consistency in the coaching we deliver and help us achieve new goals as a club. It is still my intention to make TSC the number one club in London and the UK; a target I am convinced we can reach.

Below you will find information on specific events and meets; it all makes very good reading and I hope it inspires you☺

Head Coach, Ed Sinclair

Main club highlights for the 2014/15 swimming season

2014 June to December

A. Milton Keynes Junior League

After the amazing first two rounds TSC emerged with one of our top results in the final. The league table below shows the final positions. I would like to say a huge well done to Jan and the team for preparing and supporting the squad so well and for the swimmers for executing the races so brilliantly: The team for this season was superbly captained by Anna Smail and Jacob Paterson.

League Pos	Club	Round1	Round2	Round3	Total
1	Guildford City	280	268	245	793
2	Hillingdon 'A'	237	250	210	697
3	Teddington	218	212	158	588
4	Oxford A	215	188	155	558
5	Ealing	187	160	147	494
6	Bicester Bluefins	189	156	113	458
7	Windsor	208	152	216	576
8	Staines 'A'	190	127	246	563
9	Chalfont Otters	188	156	186	530
10	Brompton	164	131	227	522
11	Wycombe District	147	230	190	567
12	Borough of Harrow	169	119	171	459
13	Hillingdon 'B'	157	124	167	448
14	Maxwell	146	208	172	526
15	Witney District	105	189	157	451
16	Wellingborough	110	141	103	354
17	Modernian	86	137	124	347
18	Oxford B	75	110	83	268

B. National Arena Swimming League 2014

Teddington had a very successful run in the National Arena League competition in 2014. The club created history by qualifying for the 'A' Final in the London Premier Division for the third year running. The final was hotly contested and Teddington finished with our all-time best ever result coming a close third to Ealing, just a very small margin off qualifying for the National final.

The team was enthusiastically captained by Zoe Bozzard-Hill and Oliver Hall. The table below shows the round results and final positions of all the teams in the London Premier Division. Fingers crossed for 2015!

PREMIER DIVISION									
Team	Gala Points R1	Gala Points R2	Gala Points R3	Gala Points Total	League Points R1	League Points R2	Bonus League Points	League Points R3	Total League Points
Hatfield	332	317	293	942	8	8	20	16	52
Ealing	286	291	273	850	7	7	20	14	48
Teddington	290	297	232	819	7	7	20	10	44
Chelsea & Westminster	243	272	235	750	5	6	20	12	43

Camden Swiss Cottage	242	274	217	733	5	6	20	8	39
teamipswich	318	317	162	797	8	8	20	2	38
Romford Town	257	247	192	696	6	5	20	6	37
Bishops Stortford	252	224	177	653	6	5	20	4	35
Colchester	222	199	264	685	4	4		16	24
City of St Albans	211	205	263	679	4	4		12	20
Enfield Swim Squad A	199	202	263	664	3	3		14	20
Hoddesdon	151	182	233	566	2	3		10	15
Watford	120	149	217	486	1	2		8	11
Shiverers	187	159	202	548	3	2		4	9
Wandsworth	160	125	214	499	2	1		6	9
Borough of Harrow	108	128	140	376	1	1		2	4

C. Middlesex Open Water Swim July 2014

Teddington Swimming Club entered swimmers in this open water event at Surrey Quays and achieved some great results in our first county open water event.

D. Middlesex Autumn Development Meet October 2014

Teddington Swimming Club entered swimmers in this meet held at Southbury Road Leisure Centre in Enfield. We achieved some great results with several swimmers making the count qualifying times for 2015.

E. London Region Winter Championship's, November 2014

This event was swum over a weekend at the London Aquatic Centre and for 2014 it was swum short course. The bouncy boom helped many of our swimmers to new best times and the club achieved some very pleasing results. Qualification for this championship is pretty tough and London Region select their international squad from swimmers who compete in this championships.

It was due to his outstanding performance in this championships that James Adams was selected to represent London at the international in France in May.

We had 21 finalists and bagged 15 medals which shows how strong we were in finals!! . Medalist were:

Junior medals

Sophie Fussell 100m breast - 1st + 200m breast 1st

Open medals

Clara Nutting 100 back 2nd

James Adams 50m + 200m free 2nd, 100m free 1st

Hannah Rogers 50m free 1st, 100m free + 100 fly 2nd

Gina Heyn 50m free + 100 free 3rd, 100m breast 1st

Sophie Fussell 100 breast 2nd + 200 breast 3rd

4x50 Mixed free relay 1st

F. Club Championships

Club Champs was held over 5 sessions from June to December. In June we held two sessions over a weekend: 100's & 200's (which 131 swimmers entered and 124 swimmers attended – with 275 swims on Saturday and 301 swims on Sunday)

In October we held the 800m & 1500m competition. Entries exceeded time available and had to be reduced, with 41 swimmers taking part.

In November we had the 400m, 100m and 200m IM's and time trials for 200m. 138 swimmers entered these events and 115 swimmers attended (on Saturday we had 180 swims and on Sunday we had 235 swims). We also ran time trials for the 200m.

In December we held a Development Competition over two sessions covering 200m freestyle, 100m IM and 25m & 50m events for all four strokes. 151 swimmers entered and 134 swimmers attended. On Sunday we had 344 swims and on Saturday we had 269 swims.

Over the course of the championship's we had a total of 1,646 swims which is remarkable with the pool time we have available. Well done to all who took part. There were 42 new records set with over 30% of the Club Champs records being broken. 740 improved times were posted by swimmers and 424 swims were times recorded by swimmers for the first time. Overall there was a 70% improvement on PBs.

G. Hillingdon Open, December

Teddington won a total of 27 medals and finished as 4th best club of the weekend behind the likes of Guildford, Hillingdon and Beckenham.

2015 January to date

1. Milton Keynes Junior League Round 1

The Club finished in a fantastic first place in round. The results are shown in the table below. This bodes well for the next two rounds where we hope for continued success and a place in the final. Captains this Year are Eddie Hunt and Jessica Mayer.

Teddington	221
Staines	214
Windsor	175
Chalfont Otters	174
Hillingdon B	126
Witney and District	105

2. Middlesex County Championships 2015:

This championship took place over three weekends in Barnet Cophall pool and Southbury Road Leisure Centre in Enfield.

This was the first country championships swum under the new swimming pathway introduced in 2014 which meant our swimmers were in action considerably earlier in the year than we have been used to. Nevertheless, we acquitted ourselves well and gained lots more medals and trophies for the cabinet. In total 87 swimmers had made the qualifying times and competed for the club.

Weekend 1: We got off to a great start with a large haul of 20 medals - 2 gold, 11 silver and 7 bronze plus a phenomenal further 41 top 8 places.

Weekend 2: Teddington amassed more silverware taking home an additional 4 trophies and 22 medals

including 5 Golds, 10 Silvers and 7 Bronzes with 58 top eight places.

Weekend 3: We accumulated a further 3 trophies and 28 medals including 6 golds, 10 silver and 12 bronze medals, bringing the overall total for the three weekends to 70 medals, 13 gold, 31 silver and 26 bronze medals!

3. South England Zonal Championships

This is a high quality meet with national and international swimmers taking part. It was hosted by London this year and took place over two days on the last weekend in January at the London Aquatic Centre. Twelve swimmers from TSC achieved the tough qualifying time to enter these championships. The stand out performance was from Sophie Fussell who swam fast to win the ladies 50m breaststroke in a new British Record time of 32.90 seconds. Teddington came away with 22 top ten finishes and 6 medals.

4. Richmond Primary Schools Swimming Gala: March:

In March over 40 primary schools took part in the Richmond Primary Schools Swimming Gala held at Pools on the Park. Teddington Swimming Club was well represented in both the swimming and the official's categories. Across the borough the club has swimmers at most of the schools who competed and club swimmers broke two borough records and claimed 21 individual medals this year, including 8 gold, 6 silver and 7 bronzes. All events are swum over one length of the pool and this is a fantastic completion and the biggest primary school swimming gala in the country. Well done to all those that were selected by their schools.

5. Middlesex Spring Development meet, March:

Teddington Swimming Club competed over 3 days (two weekends) of the Middlesex Spring Development meet for swimmers who have not yet achieved the qualifying times for the main Country Championships.

A team of 43 swimmers aged between 9 and 16 went to Enfield and all swimmers performed exceptionally well to come home with a huge 28 speeding tickets (which means they now have the county QT for that event), 27 medals and many personal best times.

6. British Championship Trials

Teddington Swimming Club youngsters Anna Smail (13), Sophie Fussell (13) and Thalia Poaros (13) along with their coach Gina Heyn (31) swam at the Olympic Pool in Stratford in the British Championships, brushing shoulders with Britain's top swimmers like Adam Peaty and Francesca Halsal. The swimmers involved came away with a great experience and lots of memories of a great event.

7. London Region Summer Championships

This event was also the first regional competition to be held under the new swimmer pathway model and again it meant most of our swimmers were competing a month earlier than they would have done in previous years.

The championships were held over 6 days at Crystal Palace and the London Aquatic Centre. In another change to the usual format, the old Youth and Age Groups divide was discarded in favour of a single combined championship event.

Weekend 1:

TSC made a phenomenal start to our campaign over the long bank holiday weekend held at Crystal Palace National Sports Centre by securing 12 medals – 4 golds, 7 silver and 1 bronze - with a further 30 finalists.

Weekend 2:

The second weekend was at the London Aquatic Centre. TSC amassed a further 9 medals – 2 gold's, 2 silvers and 5 bronze - with a further 16 finalists.

Weekend 3:

This was the final day of the championships and was a very long day of sprints and relays. The club returned home with 13 medals - 5 gold, 3 silver and 5 bronze. Competition was fierce against the fastest swimmers over one length of the pool from all clubs across London where medals were won and lost by hundredths of seconds.

8. London Youth Games

33 London boroughs come together to do battle over an action packed swim program. The competition is split into 3 parts, Minis, Junior and Senior (segregated by school year). TSC have always provided most of the swimmers and we have a very strong history in this event. :

We are looking forward to 2015 London Youth Games in the next few weeks and once again TSC will be providing many swimmers for the Richmond team as set out below. We wish them all luck.

2015 TSC swimmers:

Seniors	Lucie	Bozzard-Hill
	Mika	Vennema-Osborne
	Anna	Uren
	Anna	Hunt
	Brandon	Sayers
	James	Petchey
	Alex	Fernandez-Buckley
	Oscar	Aydin
	George	Aydin

Juniors	Sophie	Johnson
	Emma	Green
	Alice	Smail
	Thalia	Poaros
	Freya	Shaw
	Sophie	Fussell
	Anna	Smail
	Matty	Cheesbrough
	Teo	Bainbridge
	Jacob	Patterson
	Max	Johnson

Minis	Eden	Hartley
	Eden	Hartley
	Rhea	Poaros
	Rhys	Johnson

Open Meets:

The club has sent a many swimmers to open meets. These meets take place all around the country and swimmers qualify by making the entry times published. Please see below for a brief summary:

- Staines Black Swan Xcel, to take place in July – good luck to all that have entered.
- LSSA (London Schools Swimming Association) meet, Crystal Palace march 2015: 6 swimmers 8 medals
- Ealing Development Meet, and Ealing Open meet: 20 medals
- Beckenham International Long Course Open Meet, Crystal Palace, May 2015 13 Medals
- London Swimming Last chance Meet May 2015 (no frills – time only , no medals))
- Guilford Open Meet, Spectrum, April 2015: 9 medals
- Novice Gala/Inter House Gala October 2014. Once again this was a great success with many swimmers taking part in their first competitive gala.
- Middlesex Long Course Open meet, Luton, May 2015. 24 medals
- The Kingston Royals Open Meet to be held at the Xcel Leisure Centre – good luck to all that have entered.

Notable team selections or special achievements:

- Sophie Fussell (12 years) British Age group Record 50m breaststroke 32.90
- James Adams was selected to represent London Region in the Golden League Series in Armiers France in May; James swam in six individual events plus two relays.
- Tom Baxter (21) of Teddington Swimming Club has been selected to represent Great Britain in the World Deaf Swimming Championships to be held in San Antonio, Texas in August this year. This is the 6th time Tom has been selected to represent Great Britain in the last six years making him the most experienced swimmer on the British team.
- Alice Smail and Sophie Fussell were selected for Middlesex to compete in the Inter-counties national team championships held at Sheffield on Sunday 19th October 2014
- London in ESSA Championships: Teo Bainbridge, Sophie Fussell and Anna Smail selected to represent London in ESSA Championships which will take place in Liverpool in June.
- Anna Smail, Thalia Poaros and Sophie Fussell have been selected by England Talent Selection to take part in the England National Program for talent development in swimming,

Anna Smail and Sophie Fussell both recently attended stage one training camps. Anna attended the freestyle camp in Liverpool Aquatic Centre and Sophie attended the breaststroke camp at Millfield School, This is an outstanding achievement as only 6 swimmers across the country have been selected for each of the four strokes in the 12 and 13 combined age category.

- International honors for Sophie Fussell and Anna Smail who travelled to Italy to compete on the 9th and 10th May in their first international meet representing England. They competed in the Energy Standard Four Nations Cup. The girls were two of the youngest members of a team of 40 swimmers selected as part of the England Talent program to compete against the national teams from Italy, Russia and Germany. Points after the weekend were:

1 st Italy	1576
2 nd Great Britain	1376
3 rd Russia	1335
4 th Germany	1259

- MIDDLESEX COUNTY DEVELOPMENT CAMP:

Congratulations to 5 young Teddington swimmers who were selected to attend a Middlesex County Development Camp at Barnet. They are Jessica Mayer, Amelia D'Castro, Rachel Foreman and Amelia Mackie.

- Saad Ul Haq travelled to Dubai to race in the Dubai International Aquatics Championships then travelled on to Pakistan where he picked up Gold in the 50m freestyle and Bronze in the 4x100m freestyle relay in the Pakistan National Championships.
- Alistair Wakeling has been selected for GB Water Polo 18/U for the second year in a row
- International Triathlon: selection for Glenn Olding, ex TSC Club Captain for the World Triathlon championships in Chicago in December
- Alice Patterson who is achieving fantastic results in Triathlon

Summary of swimmers who have qualified for Nationals 2015

GB Nationals and English Nationals 2015 :17 Qualifiers

British Summer Nationals:

Zoe Bozzard-Hill, Gina Heyn, James Adams, Ollie Hall, Sophie Johnson, Alice Smail, Thalia Poaros, Sophie Fussell, Anna Smail

English Summer Nationals:

Zoe Bozzard Hill, Clara Nutting, Sophie Johnson, Alice Smail, Oscar Aydin, Freya Shaw, Thalia Poaros, Sophie Fussell, Anna Smail

17+ Boys 800m relay - James Petchey, Brandon Sayers, Oliver Hall, Daniel Edmiston

British Summer Championships swimmers events:

19+ Age Group

Zoe Bozzard Hill (19)	50m freestyle
Gina Heyn (31)	50m freestyle, 50m breast, 100m breast
James Adams (28)	50m breast

17/18 Age Group

Ollie Hall (18)	50m breast
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15 year old Age Group

Sophie Johnson (15)	50m freestyle, 50m fly
Alice Smail (15)	50m fly

13/14 year old Age Group

Thalia Poaros (14)	200m freestyle, 400m freestyle, 100m fly, 200m fly
Sophie Fussell (13)	50m breast, 100m breast, 200m breast
Anna Smail (13)	50m freestyle, 100m freestyle, 200m freestyle

English Summer Championships

18+ Age Group

Zoe Bozzard Hill (19)	100m freestyle
Clara Nutting (21)	50m freestyle, 50m back

15 year old Age Group

Sophie Johnson (15)	50m back, 100m fly, 200m medley
Alice Smail (15)	100m fly
Oscar Aydin (15)	200m breast

14 year old Age Group

Thalia Poaros (14)	100m free, 800m freestyle, 50m fly
Freya Shaw (14)	50m fly, 100m fly, 200m fly

12/13 year old Age Group

Anna Smail (13)	50m fly, 100m fly, 200m medley, 400m freestyle
Sophie Fussell (13)	50m fly

17+ Boys 800m relay team Brandon, Ollie Hall, Daniel Edmiston and James Adams

Results from the 2014 Nationals

National Age Group Results

After swimming in 17 individual and two relay events swam over the five days, Teddington Swimming Club were placed 19th nationally and achieved one National Record, two silver medals and made five finals. In addition there were three open water swimmers all finishing in the top 10 places:

Medals and National Records

Sophie Fussell	12 year old Girls national record 50M Breaststroke in 34.03
	Silver in 12 year old Girls 100m Breaststroke in 1:13.79
	Silver in 12 year old Girls 200m Breaststroke in 2:40.93

Finalists

Anna Smail	4 th in 12 year old Girls 200m Freestyle in 2:11.37
	5 th in 12 year old Girls 100m Freestyle in 1:00.85
Thalia Poaros	8 th in 13 year old Girls 200m fly in 2:28.90

Other Results

Alice Smail	12 th in 13 year old Girls 100m fly in 1:07.72
Toby Tolson	21 st in 13 year old Boys 200m Individual Medley in 2:25.05
	23 rd in 13 year old Boys 400m Individual Medley in 5:09.82
	33 rd in 13 year old Boys 200m Backstroke in 2:26.44
	35 th in 13 year old Boys 100m Backstroke in 1:07.84

Anna Smail	21 st in 12 year old Girls 200m Individual Medley 2:34.59
	26 th in 12 year old Girls 400m Freestyle 4:49.61
	31 st in 12 year old Girls 400m Individual Medley 5:35.48
	31 st in 12 year old Girls 800m Freestyle 10:07.83

Thalia Poaros 22nd in 13 year old Girls 800m Freestyle 9:42.04
23rd in 13 year old Girls 400m Freestyle 4:41.08

Relays

400m Medley 25th in 11-14 Girls in 4:38.59 (Thalia Poaros, Sophie Fussell, Alice Smail, Gracie Mackie)

800m Free relay 31st in 11-14 Girls in 9:05.40 (Anna Smail, Thalia Poaros, Alice Patterson, Alice Smail)

Open Water:

Gracie Mackie 6th 14 year old Girls 1.5km swim

Anna Smail 7th 12 year old Girls 1.5km swim

Alice Patterson 8th 13 year old Girls 1.5km swim

National Youths 2014 Results

Out of the ten individual events swam, Teddington Swimming Club made 4 finals and one semi final:

Finalists

Gina Heyn 4th in Open Female 100m Breaststroke in 1:11.12

5th in Open Female 50m Breaststroke in 32.44

5th In Open Female 50m Freestyle in 26.27

10th in Open Female 100m Freestyle in 58.09

Semi-finalists

Zoe Bozzard Hill 14th in 17/18 year old Female 50m Freestyle in 27.37

Other Results

James Adams 14th in Open Male 100m Freestyle in 52.48

31st in Open Male 50m Freestyle in 24.53

Sophie Fussell 34th in Open Female 50m Breaststroke in 34.03

Clara Nutting 80th in Open Female 50m Butterfly in 29.92

87th in Open Female 50m Backstroke in 31.74

Junior Open Water

Glenn Olding 12th in Open Male 3km swim

Saying Farewell and Good Luck:

Heading to university and beyond some of these swimmers have been at the club for many years and have contributed a huge amount to the success of the club over the years and the club wishes them all the best with the next chapter in their lives Daniel Edmiston, Zoe Bozzard Hill, Ollie Hall, Hallam Child, Harvey Paul, Timor Aydin...

I wish the best of luck to all the swimmers continuing to compete in meets up until the end of the season and for the second round JR League round 2 and Final in September – Club Champs – Regional open water event Surrey, London Sprints – Staines Black Swan- Nationals – National open water

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 without these people working together the club would be as no where near as successful.

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

Dream Believe Achieve

Ed Sinclair
Head Coach
June 2015