



Teddington Swimming Club

Dream Believe Achieve

## **Teddington Swimming Club AGM, June 2016– Head Coach Report**

A big thank you to everyone for coming to this year's AGM. I want to try and summarise as best I can the major highlights of the 2015/16 season as *yet again* the club has had some really positive results throughout the year.

My report will focus on the main achievements of the club whilst being very aware there has been some fantastic swimming throughout the club including the development squads and the recent masters success at the Europeans Masters Championships held in London.

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

I would like to say how pleased I am and welcome the appointment of our two new coaches, Dani and Natasha who have so much to offer to the club and the swimmers. I look forward to mentoring and watching them develop in the club.

I believe TSC still 'punches well above its weight' given the limited pool time and facilities in the Borough. I think the next chapter for the club is to work towards providing or championing new training facilities to maximise the swimming potential that we have in the area of Richmond and Teddington. Ambitious yes, but I believe it's the way to make a difference for both the community and club.

We are definitely continuing to develop talent at TSC, producing potential future stars, and with a proven track record at Nationals with finalists and medalling. Our focus is to try and secure better pool times and facilities to help look after and maximise our future talent.

Now is the time for the club to decide the next path perhaps with a business development person we will be able to lobby local communities and the ASA and other bodies.

We are looking FORWARD TO A VERY EXCITING SUMMER AHEAD, with Junior League, London Youth Games, Black Swan Open Water and then to Nationals and of course the Rio Olympics!

I would also like to say a sincere thank you to all the coaches, swimming teachers, volunteer helpers, officials, parents and committee members. I also would like to thank Richmond Borough Council their staff and lifeguards at the pools we use, for the help and

support we have had this year. Without these people working together the club would not be as successful as it is.

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

Dream Believe Achieve

Ed Sinclair

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

## **Main club highlights for the 2015/16 swimming season**

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### **Milton Keens Jr league results 2015**

**As you aware this is going on at the moment the first round has just been swam**

1	Guildford City	267	276	257	800
2	Hillingdon 'A'	247	223	182	652
3	Teddington	221	172	153	546
4	Oxford A	189	169	154	512
5	Ealing	201	205	147	553
6	Staines 'A'	214	179	128	521
7	Barnes	202	149	216	565
8	Windsor	175	162	223	560
9	Leander	161	151	186	498

### **Arena League Premier Division Finals**

The final took place on Saturday 12<sup>th</sup> December in Watford finished 8<sup>th</sup> overall. We had an extremely difficult pathway through the Arena league but we still managed to finish in the top 8 reaching the final for the 4<sup>th</sup> year in a row

2011 6  
2012 8  
2013 4  
2014 3  
2015 8

<b>PREMIER DIVISION</b>		
<b>Gala 1 - Woodside, Watford</b>		
	<b>Pts</b>	<b>PI</b>
Hillingdon	271	1
Hatfield	270	2
Team Ipswich	260	3
Ealing	253	4
Chelsea & Westminster	221	5
Basildon & Phoenix	180	6
Camden Swiss Cottage	179	7
Teddington	167	8

### **London winter Regionals**

SC Teddington Swimming Club completed their London Region campaign with an exciting final day of sprints and relays at the Olympic Pool in Stratford over the weekend returning 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.

### **6 TSC Swimmers make the ASA Winter Nationals**

James Adams (23) – 100 Freestyle

Oskar Ayden (15) – 100 and 200 Breaststroke

Sophie Fussell (13) – 100 and 200 Breaststroke

Gina Heyn (31) – 50, 100 Freestyle, 50, 100, 200 Breaststroke, 100 Individual Medley

Thalia Poaros (15) - 200 Fly

Sophie Johnson (15) – 50 Freestyle, 50 and 100 Backstroke, 50 and 100 Butterfly and 100 Individual Medley

### **Hillingdon Meet Dec 2015 finished with great success**

### **Tom Baxter secures 3 gold's in National Para Swimming Champs**

Winning Golds in 50, 100 and 400m Freestyle and Silver in 200m IM

## Middlesex County 2016 SC Barnet

2015 - 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!

2016 - Gold 12 silver 25 Bronze 23

Extra Trophies: WON Brandon, Sophie F, Sophie j, Oscar

## London Regional Swimming Championships April first weekend LAC

James Adams (24) Gold 100 Freestyle, Silver 50 Breast

Brandon Sayers (17) Silver 1500m

Sophie Johnson (16) Gold 50 Freestyle Silver 50 Back and 50 Fly

Oscar Aydin (16) Gold 200 Breast

Freya Shaw (15) Silver in 200 IM and Bronze in 100 Fly

Eddie hunt (13) Bronze 1500m

## Age Group London Regional Swimming Championships CP

Medals and Final Positions: 9medals

Yasmine Hamerlaine (12) – Gold 50 Back, Silver 50 Free, 100 and 200 Back, 5th 50 Fly

Jessica Mayer (13) – Silver 100 and 200 Breast, 8th 50 Free

Sophie Fussell (14) – Gold 50 and 100 Breast, 4th 50 Fly

Madeleine Payne (14) – Silver 100 Breast

Tom Park (14) – Bronze 400 IM, 5th 200 IM, 7th 200 Breast, 8th 200 Back,

Eli Zawada (14) – 6th 50 Breast

Suki Griffiths (13) – 7th 100 and 200 Fly

Astrid Hannah (12) – 7th 50 Free

Rhea Poaros (12) – 7th 100 Free

Eddie Hunt (13) – 7th 50 Back, 7th 200 IM

Issy Tilzey (12) – 8th 200 Breast

## Openwater

### The London Region Open Water Championships

Held on 12th July at Surrey Quays. The team came away with one gold, two silvers and a bronze medal and Teddington now have two swimmers who have qualified for the National Open Water Championships to be held in Sheffield in August.

## GB: National Qualifiers 2016

Oscar Aydin: 200 Breast

Sophie Fussell :50&100 Breast

Yasmine Hamerlaine: 50Back

Freya Shaw: 200 Fly  
Sophie Johnson: 50Free-50 back and 50 fly  
Hannah Rogers : 50 free  
Oskar Jone – 50 Free

## **English Nationals Qualifiers 2016**

Max Johnson - 50 free  
Oscar Aydin- 100 breast  
James Adams 100 Free, 50 breast,  
Brandon Sayers 1500 free.  
Yasmine Hamerlaine 50 free, 100 back, 200 back,  
Jessica Mayer- 50 breast,  
Sophie Fussell 50 fly,  
Freya Shaw 100 fly, 200im , 400IM  
Sophie Johnson 100 fly,

## **Notable team selections or special achievements:**

### **Sophie Johnson (15) (Orleans School), Sophie Fussell (14) (LEH)**

Travelled to Lyon in France as part of the Middlesex Squad where they raced against 29 teams from France, Romania, Switzerland and Italy.

Johnson:

50 Free – 27.94  
50 Back – 31.61, 3rd in final  
50 Fly – 29.34, 4th in final  
100 Fly – 1.07.52  
100 Free – 1.02.30, 8th in final

Fussell:

50 Free – 30.55  
50 Breast – 35.46, 5th in final  
100 Breast – 1.17.55, 7th in final  
200 Breast – 2.46.58 , 3rd in final

### **James Adams represents London in Amiens**

## **Swimmers Selected for England Talent Development Programme**

Sophie Fussell & Yasmine Hamerlaine