

ANDOVER SWIMMING AND WATER POLO CLUB
HONORARY SWIMMING TEACHER'S REPORT
FOR THE AGM 23rd Jan 09

This report covers the period from 24 Nov 07 to 23 Jan 09 due to the change of date of the AGM. Andover Swimming and Water Polo Club provide structured swimming lessons for young people typically between 6 and 15 years old. Lessons are based on the National Plan for Teaching Swimming but modified to meet the needs of a competitive swimming club. The swim school has exclusive use of both pools at Andover Leisure Centre on Monday evenings and has additional lanes allocated during Senior Squad sessions. The swim school currently has 169 members against a maximum loading of 168 places, with 1 waiting to try out.

The Junior Competitive (Development) Squad is also part of the swim school and requires a steady flow of technically competent swimmers to progress to competition standard. This requirement continues to be satisfied by swimmers moving up from Barracudas which is normally the lowest group providing swimmers for competition. A number of small tweaks to the training schedule has improved the training ethos of both Barracudas and the Development Squad. The ASA Long Term Athlete Development Plan has been incorporated into the annual training plan resulting in more challenging sets asking far more from the athletes than was previous the case. This has resulted in a steady increase in the number of PB recorded and the number of short and long course records broken by the current swimmers.

Progression to Barracudas is accompanied by an invitation to attend the first hour on Sunday Mornings this stretches to the second hour as soon as the swimmers stamina allows. This is the core training and swimmers will only be invited to attend on Thursday Evening when they move into the County Development Squad. From this year the committee have kindly agreed to let the Development Squad have a lane on Tuesday evenings although this will be reserved for swimmers who have qualified for the County Championships or who are chasing a qualifying time. If you are in any doubt about the fitness or technical abilities needed to cope with the Thursday session please ask and you are very welcome to stay and watch just how hard the swimmers work. It is not a choice between Sunday and Thursday it is one session preparing you for the rigors of the other. If you work hard on Sundays, learn the etiquette needed for lane swimming you will be selected as soon as you are ready as it is in our interest to have as many swimmers as possible at the top of their game ready to represent the club in competition.

The performance development programme for 9 and 10 year olds continues within Barracudas and this squad forms the nucleus of our junior competitive squad. Two special sessions were run for the Competitive Start Award and these were well attended and well received, and although not all swimmers achieved the award all benefited from the training and should achieve the required standard in the near future.

Three swimmers were selected to attend the County Development training weekend and benefited from the opportunity to train with the best coaches and swimmers in the County. The committee set me a number of performance targets and I am pleased to announce that these were met or exceeded, 24 swimmers qualified for the County Development Competition in 2008 and eight subsequently qualified the 2009 County Championships.

During the summer break we again provided swimmers for two ASA teacher training courses run by the Roslyn Swimming Academy. This was a wonderful opportunity for young swimmers to train under expert teacher tuition provided by Mrs Rosa Gallop, ASA Performance Development Officer and Mrs Lynda Flinn in her capacity as an ASA Level 1 Tutor. Not only did the swimmers find this valuable but Monica Dewey joined the teaching team after qualifying at Level 1. Well done Monica. Financial assistance was again provided by Hampshire County Council, this assistance enables the club to train our volunteers and we are very grateful for this support and recognise that without it, we would find it impossible to continue within the current pricing structure.

I am fortunate indeed to have this pool of dedicated volunteers providing teaching support. I currently have eight Level 2 teachers and three Level 1 teachers. We continue to receive details of Continuous Professional Development (CPD) training courses provided by the Institute of Swimming (IoS) and these are well received by teachers who attend in order to keep their teaching methods and qualifications current. All teaching, coaching and poolside staff have a current Child Protection Disclosure in place and all are encouraged to license with the ASA as soon as practicable. Please feel free to discuss any aspect of child protection or welfare with me in my capacity as Child Protection Officer or any member of the Executive committee.

I am pleased to report that our Swim 21 submission is with the ASA and I have received feedback on the quality of the evidence provided. Achieving Swim 21 accreditation is vitally important to the future of both the swim school and the club. I would like to take this opportunity to thank every one who helped with this process. To make a swim school work takes a great deal of effort on the part of a good many people, to anyone who helps, in what ever capacity, please accept this as a genuine vote of thanks for everything you do for ASC and our athletes.

(Copy of signature held on original)

C A Sherwood (Mrs) FIOS
Hon Swimming Teacher.
ASC