

CITY OF LIVERPOOL SWIMMING CLUB

(Affiliated to the Swim North West A.S.A.)

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Chief Coach - Mike Roberts

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City of Liverpool SC AGM 2013 Chief Coach Report By Mike Roberts

Dear Committee and Members,

I'm delighted to say that the last twelve months have been successful, not only for the club but for many of the individual members who have achieved lots of lifetime best performances as well as being selected for many different events, open meets, championships, teams and programs including the England Talent and GB programs and we should be extremely proud of all of the members and all their achievements. Our success has been measured in a number of different ways and not only on PB times but also on a number of factors such as:

1. The number of swimmers qualifying for Open Meets, Regional and National Championships.
2. The number of individuals reaching semi-finals and finals in all events.
3. Successful selections for major championships and teams.
4. Successful team results.

One of our biggest achievements of the year as a team was once again qualifying for the National "A" Final in the Arena National Swimming League, which was held in Cardiff after winning the North West Premier Division in December 2012.

On an individual basis, to have two swimmers representing Great Britain in the World Championships was a highlight with Michael Rock swimming in the FINA Senior Championships in Barcelona and Georgina Evans swimming in Dubai in the FINA Junior Championships. This was an outstanding achievement by both swimmers and they have set a fine example to the rest of our membership, that if you work hard enough and focus, anything is possible.

This also reflects on the excellent work and partnership with the Liverpool City Council "Swim Liverpool" program, which is the City of Liverpool SC training arm, as without all the hard work and dedication of both the swimmers and coaches on a daily basis, and the support of the Swimming Development Section and its members who do so much behind the scenes to support the club and all its activities, that it then enables the club and committee to focus on its aims, objectives and ambitions. This is demonstrated by the partnership to regain our Swim 21 accreditation as without the coaches provided by the council and the water time, links and lessons, including the schools program that is going on across the whole of Liverpool through the support of the council, this has enabled the club to easily surpass all elements of the basic Swim 21 accreditation by providing the links and development pathways including the partnership of local swimming club network that we link into and embrace and all our partners who we work with on a daily basis.

We are facing new and different challenges every day due to the cutbacks in funding at a national level on GB programs and also locally through council reviews and restructures but we are always putting the swimmers first and we will continue to do this, and with the support of the club, committee, swimmers and parents, we can see the club growing and going from strength to strength in the future with the new and exciting links we have developed with the universities especially Liverpool John Moores University and the different departments that we are working with, who are helping to keep the club at the forefront of development and information from across the world.

I'm looking forward to the future and I would like to wish everyone the very best for the next twelve months, its a challenge but it's also an exciting time.

Mike Roberts

ASA North West Regional Age Group & Youth Championships

	<u>Name</u>	<u>Surname</u>	<u>Name</u>	<u>Surname</u>	<u>Name</u>	<u>Surname</u>
	Liam	Carlin	Lois	Martin	Grace	Houghton
	Sam	Caton	Rochanne	Mellor	Hannah	Kelsall
	Sean	Davies	Leah	Morrow	Phoebe	Lloyd Hazlegreaves
British Gas A.S.A.	Callum	Graham	Annabel	Nazer	Hannah	Marshall
North West	Jamie	Grayson	Mattea Jay	Oliver	Rebecca	Quinn
Championship	Matthew	Johnson	Eleanor	Platt	Gemma	Sanders
Qualifiers -	Connor	Lewis	Hannah	Barton Cooke	Emily	Spencer
Age Group	Harvey	Martin	Gabriella	Benbow	Charlotte	Stackpoole
Championships	James	Pettener	Hannah	Caton	Bethan	Strange
	Matthew	Pomford	Athena	Clayson	Poppy	Yip
	Sean	Quinn	Anna	Duncan	Ryan	Warriner
	Ethan	Skeggs	India	Gould	Aisling	Power
	Ben	Smith	Megan	Graves		

	<u>Name</u>	<u>Surname</u>	<u>Name</u>	<u>Surname</u>	<u>Name</u>	<u>Surname</u>
ASA North West	Jordan	Barlow	Jack	Lewis	Emma	Grayson
Championship	Tom	Barton	Michael	Rock	Georgia	Hevey
Qualifiers - Youth	Cole	Charnock	Ross	Rutherford	Kate	O'Brien
Championships	Jake	Connor	Anthony	West	Lydia	Paris Davies
	Robert	Hilton	Sam	West	Hannah	Platt
	Elliot	Jones	Lucy	Doherty	Robert	Weighill
	Craig	Langley	Georgina	Evans		

ASA National Age Group, Youth and Senior Championships

	<u>Name</u>	<u>Surname</u>	<u>Events</u>	<u>Events</u>	<u>Events</u>
British Gas A.S.A.	Athena	Clayson	200m Bk/s		
National Age Group	Callum	Graham	100m Bk/s	200m Bk/s	
Championship	Hannah	Kelsall	100m Bk/s	200m Bk/s	200m IM
Qualifiers			100m Fly	100m Bk/s	200m Bk/s
	Mattea Jay	Oliver	200m Fr/s	400m Fr/s	800m Fr/s
			200m IM	400m IM	
Relay Team	Liam	Carlin		Hannah Barton Cooke	
Members	Connor	Lewis		Emily Spencer	
	Sean	Quinn		Poppy Yip	
	Ryan	Warriner			

	<u>Name</u>	<u>Surname</u>	<u>Events</u>	<u>Events</u>	<u>Events</u>
	Jordan	Barlow	100m Fr/s	200m Fr/s	400m Fr/s
	Tom	Barton	50m Fr/s	100m Fr/s	200m Fr/s
	Jake	Connor	100m Fly	200m IM	
British Gas	Lucy	Doherty	400m Fr/s		
A.S.A.	Georgina	Evans	50m Bk/s	100m Bk/s	
National Youth	Emma	Grayson	100m Br/s	200m Br/s	
Championship	Elliot	Jones	100m Bk/s	200m Bk/s	200m Fr/s
Qualifiers	Craig	Langley		Not swimming, been away with University	
	Jack	Lewis	100m Br/s	200m Br/s	
	Lydia	Paris Davies	100m Br/s		
	Michael	Rock		Not swimming, selected for World Championships	
	Hannah	Platt		Relay Team Members	
	Robert	Weighill		Relay Team Members	

2013 A.S.A. National Championship Team Staff

Mike Roberts, Peter Barton & Emma Neary - Youth Champ Ian Ingman & Emma Neary - Age Group Champ

British Championships & Olympic Trial 2013 incorporating the World Senior & Junior Championship Trials

<u>Name</u>	<u>Surname</u>	<u>Events</u>	<u>Events</u>	<u>Events</u>
Tom	Barton	200m Fr/s	200m IM	
Georgina	Evans	50m Br/s	100m Br/s	200m Br/s
Francesca	Halsall	50m Fr/s	100m Fr/s	50m Fly
Michael	Rock	100m Fly	200m Fly	

FINA World Senior Championship

<u>Name</u>	<u>Surname</u>	<u>Events</u>	<u>Events</u>
Francesca	Halsall	50m Fly	50m Fr/s
Michael	Rock	100m Fly	

FINA World Junior Championship

<u>Name</u>	<u>Surname</u>	<u>Events</u>	<u>Events</u>	<u>Events</u>	<u>Events</u>
Georgina	Evans	50m Br/s	100m Br/s	4 x 100m Mixed Medley Relay	Girls 4 x 100m Medley Relay

English Talent Development Squad

Following on from the National Championships, we had a number of swimmers selected on to the English Talent Development Squads, which we were delighted about. Mattea Jay Oliver for Phase 1 Camp, Emma Grayson, Jack Lewis and Lucy Doherty onto the AASE program and Georgina Evans and Michael Rock were selected to the GB Podium Potential Squad but unfortunately due to the cutbacks from Sport England to the ASA the squad has been reduced in size and both Georgina and Michael have had their funding taken away.

2013 Flanders Meet

Georgina Evans was selected to swim for GB in the 2013 Flanders Meet in Belgium during January 2013 but unfortunately due to bad weather was able to fly out and take part.

City of Liverpool SC Junior League

I would like to congratulate all the swimmers and team managers who did so well in this year's Liverpool Area Final of the Junior League, held at Everton Park in September. We just got piped to 1st place by Stockport Metro SC who beat us by only 3 points. A great effort by everyone and we are looking forward to renew the challenge in 2014 as the Junior League has been a great development competition for our swimmers over many years and it has enabled the young talented swimmers the opportunity to come together and represent the city in high class competition, which again we have an outstanding track record in, winning the national title 8 times, more than any other club in the competitions history. On top of this, we have taken part in the final and been placed in the top three clubs a number of times over the years. This has also helped the club to develop a strong and competitive team through the age group who have gone on to compete in the Arena National Swimming League, and both of these competitions have formed an important part of our competition development strategy over the years.

<u>Year</u>	<u>Swimming Club</u>	<u>Year</u>	<u>Swimming Club</u>
1979	Luton & Vauxhall Swimming Club	1996	City of Liverpool Swimming Club
1980	Luton & Vauxhall Swimming Club	1997	Kingston Upon Hull Swimming Club
1981	City of Coventry Swimming Club	1998	City of Liverpool Swimming Club
1982	Luton & Vauxhall Swimming Club	1999	City of Liverpool Swimming Club
1983	Liverpool Penguin Swimming Club	2000	Kingston Upon Hull Swimming Club
1984	London Borough of Ealing Swimming Club	2001	City of Liverpool Swimming Club
1985	Luton Swimming Club	2002	City of Coventry Swimming Club
1986	Radford Swimming Club (Nottingham)	2003	City of Coventry Swimming Club
1987	Runnymede Swimming Club	2004	Lincoln Vulcans Swimming Club
1988	Runnymede Swimming Club	2005	Borough of Kirklees Swimming Club
1989	Eckington Swimming Club	2006	Borough of Kirklees Swimming Club
1990	Eckington Swimming Club	2007	Borough of Kirklees Swimming Club
1991	Rotherham Metro Swimming Club	2008	Southport SC
1992	City of Liverpool Swimming Club	2009	Southport SC
1993	City of Liverpool Swimming Club	2010	City of Leeds SC
1994	City of Liverpool Swimming Club	2011	City of Leeds SC
1995	City of Liverpool Swimming Club	2012	City of Leeds SC
		2013	City of Leeds SC

Arena National Swimming League - North West Final 2012

We achieved an outstanding win the 2012 North West Premier Division Final and this now means that Liverpool have the best performance record since the league began in 1971, winning the North West title 11 times and bearing in mind that we only entered the league in 1992, winning the Division 2 title in the first year, the Division 1 title in 1993 and then the first of our Premier Division Titles in 1994, an outstanding achievement for any club especially when you consider the other teams and squads that we are competing against.

Premier Division

1971	Everton	1985	Stockport Metropolitan	1999	City of Liverpool
1972	COSACSS	1986	Stockport Metropolitan	2000	City of Liverpool
1973	COSACSS	1987	Warriors of Warrington	2001	City of Liverpool
1974	COSACSS	1988	Stockport Metropolitan	2002	City of Salford

1975 COSACSS	1989 Man Utd Salford	2003 City of Salford
1976 Warriors of Warrington	1990 Warriors of Warrington	2004 City of Salford
1977 Warriors of Warrington	1991 Warriors of Warrington	2005 City of Salford
1978 Wythenshawe	1992 Man Utd Salford	2006 Stockport Metropolitan
1979 COSACSS	1993 City of Chester	2007 Stockport Metropolitan
1980 Stockport Metropolitan	1994 City of Liverpool	2008 City of Liverpool
1981 Stockport Metropolitan	1995 City of Liverpool	2009 City of Liverpool
1982 Fleetwood	1996 City of Liverpool	2010 Stockport Metropolitan
1983 Stockport Metropolitan	1997 City of Liverpool	2011 City of Liverpool
1984 Stockport Metropolitan	1998 City of Salford	2012 City of Liverpool

Arena National Swimming League Final - Cardiff 2013

Following its success at the North West Regional Arena Championships, the team went forward to represent the North West League in the National Arena Swimming League "A" Final in Cardiff during April 2013. This level of competition is always extremely tough, with many national champions, International representatives and this year, Olympians from London taking part. The squad performed extremely well and finished 7th overall, a magnificent achievement when we couldn't call upon the services of Francesca Halsall or Michael Rock and when you consider that Liverpool were the only North West based club to make it through to the National "A" Final, another outstanding success.

Arena National Swimming League - North West Final 2013

We have once again qualified for the 2013 North West Regional Final, which this year will be held at the Manchester Aquatics Centre on the 15th December. Best of luck to everyone involved.

Liverpool / Merseyside Sports Personality

I'm delighted to announce that Georgina Evans and Jennifer Leigh were awarded the Liverpool Sports personalities in the following categories, Georgina - Young Sports personality of the Year and Jennifer in the Young Volunteer of the Year.

Georgina then went on to be awarded the Merseyside Sports Personality of the Year for her excellent performances throughout 2013 and particularly for her performances in Dubai at the World Junior Championships.

City of Liverpool SC Training Camp 2013 - The City of Liverpool SC organised another very successful training in October 2013 at the Best Training Camp in Majorca. Thanks and well done to everyone who helped with this project.

Swim Liverpool Partnership

Developing New Teachers and Coaches

Through the partnership with the Liverpool City Council Swimming Development Section, we have over a number of years, developed an in-house development pathway for senior swimmers to embark on a teaching and coaching career via encouraging them, and mentoring them on the poolside. We are delighted to see a growing number of our senior swimmers making the transition from talented swimmer to talented teacher / coach and working in the council learn to swim and schools program as well as becoming part of our coaching team. Within the six stages of the A.S.A. LTAD Framework developed by Dr. Istvan Balyi, one of the world greatest experts in Child Development, his final stage is retirement and refocus into an activity for life, and the teaching / coaching route is an ideal strand of this pyramid. Within the council's schools swimming program, we have around 5,500 children enrolled onto lessons each week at five sites across the city, one of the biggest schools programmes in any authority across the country and from this, Liverpool City Council have been recognised as one of the top five councils in England.

Ages	Ages	Stage 6	Retirement / Refocus	-	Active for Life
Male: 18 + yrs	Female: 16 + yrs	Stage 5	Training to Win	-	Maximising the engine
Male: 15 - 18 yrs	Female: 14 - 16 yrs	Stage 4	Training to Compete	-	Optimising the engine
Male: 12 - 15 yrs	Female: 11 - 14 yrs	Stage 3	Training to Train	-	Building the engine
Male: 9 - 12 yrs	Female: 8 - 11 yrs	Stage 2	Swim Skills	-	Building technique
Male: 6 - 9 yrs	Female: 5 - 8 yrs	Stage 1	Fundamental	-	Basic movement literacy



It is essential for all clubs and organisations to retain and manage skills, knowledge, expertise and potential for the future in as many ways as possible and an ideal group of future talented team managers, teachers, coaches, executive committee members and poolside or ASA officials are ex, retired swimmers who have been through many different learning experiences as part of their own swimming career from learning to swim, to an elite

competitor, why let this talent pool disappear after training with the club for many years, all clubs are looking to retain this group of individuals and develop their skills in as many different ways as possible.

Adult Masters, Open Water & Tri-athlete Sessions

As part of the Swimming development program, we run adult masters, open water and tri-athlete sessions, three times a week at the LAC on a Monday, Wednesday and Friday between 8.30 - 10.00 pm which have given many individuals a stepping stone back into the sport and it is helping many people to both stay fit and have the opportunity to step back into competitions in a range of aquatic sports, as once you can swim, you have the ability to transfer your skills to other events and so, when some people have stopped training for competitive swimming either at a younger age or older they have for example gone into open water competitions or even tri-athlete events as through the endurance and aerobic fitness built up via swimming training, many people can adapt to running and cycling very easily and we have seen a number of our swimmers change track and do extremely well in the sport of triathlon, biathlon and biathle, all of these involve either swimming and running in many different formats, distances and orders. Through the council masters sessions, we have also assisted many adults from other clubs to get involved with the National Championships and even win medals at the highest level, so the support that we offer is not only benefitting the ex Liverpool swimmers but anyone who is interested and we have swimmers travelling from across the region to train at the LAC of an evening.

We have also forged a partnership with Mersey Tri and they send their members to the sessions as they have seen the benefits of joining the program and improving their skills in the water. We have also attracted a number of students to the program who have been competitive swimmers but due to their studies can't commit to a full time training program and are looking to still either keep fit or train for events such as Nicola Fraser who successfully crossed the English Channel this year, as a solo swimmer following in the footsteps of Jimmy Tinsley who also successfully crossed the channel a number of years ago. Katie Birchall who also was a successful age group, youth and senior swimmer with the club over a number of years, successfully crossed the channel this year as part of a relay team and set a world record for a two way crossing. A great example to one and all. So parents, if you have the urge to get out and get fit with your children, here is your chance, come along to the LAC and join in with the masters.

I must end this year's report by once again, thanking everyone for their time, help, support and dedication both on poolside and off it throughout the year, but especially pay tribute to the dedicated coaches from the Liverpool City Council "Swim Liverpool" Squad Program who without their hard work and daily efforts, the club would not be as successful as it is and also mention all the dedicated coaches within the local swimming club network who also work so hard to develop the swimmers in partnership with the city program, but most of all, I would like to thank the swimmers and their parents for their support and hard work as without you, we wouldn't have a successful swimming club. It is great to see so many of you reaching and fulfilling your potential in the sport of swimming and I do truly believe that the program is working and we are producing even more talented swimmers and developing strength in depth throughout all the age group and into the senior program, which a number of years ago, we always had a strong age group program but through focussing on LTAD, Long Term Athletic Development throughout our squad program and the right training program and emphasis of different key skills at the right development stages, swimmers are staying in the sport for longer and achieving more. I'm very excited for the future.



In a moment of reflection, many of you may not be aware of one of the clubs best moments at the National Championships and that is when three of our members achieved 1st, 2nd and 3rd in the Girls 12 years 100m Butterfly at the A.S.A. National Age Group Championships in 2002, which is something to be very proud of and something that doesn't happen very often.

1st - Hannah Madden
2nd - Francesca Halsall
3rd - Catherine Osler