

Issue 19 - September 09

WELCOME

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ASA National Age Groups and British Championships entry forms

We are trying to encourage the clubs to use the website as their main source for information therefore this entry pack is not being sent out to clubs direct.

Copies can be obtained from the website as follows:

www.britishswimming.org

Look to the right hand side of the homepage where you will see blue boxes.

The fourth box down says: British Gas Synchro Champs & ASA NAG'S 2009 Entry Pack



It can also be found on the calendar on the homepage under Synchro.

GB Success in Rome!

The British Synchro Squad have recently returned from their most successful World Championships in many years. It was the first time that Great Britain had entered a team since 1994 when there were only three routines to perform but also a group of six figures that took two days to complete at the competition! The sport has changed significantly since then. Gone are the figures for senior swimmers and the technical routines arrived in 1995.



Great Britain showed the world what significant progress has been made since the squad centralised in 2007. They exceeded all targets and finalled in 6 out of the seven events, with just the Technical Team not making the top 12.

The duet and solo which finished 20th in 2007, were expecting to make finals after their 14th placing in the duet at the Olympics last year. They showed that they were still the ones to watch finishing 8th and 9th in the solo events and 10th and 11th in the duet events.



The team's targets was to finish in the top 15 and finished a very credible 10th in the free team and moved up to 7th in the combination event which was a fantastic result on the world scene.

Even FINA mentioned in their press release about the rapid rise of the British team and many coaches and athletes are constantly asking what Great Britain are doing to achieve such vast improvements.

New British Squad Announced.

Helen Morris and Louise Woolley retired from the Senior GB Squad after the recent World Championships which left the doorway wide open for new athletes to make an impression on the coaches at the Senior Trails in August .

Katie Clark and Anya Tarasiuk have been promoted from the Talent Satellite Athlete programme into the Senior squad and join Junior team mate Cherry Wilson in Aldershot. Fellow Junior athlete Yvette Baker also made the cut.

Following on from a successful World Championships and with less than three years until the Olympic Games, the squad who are centralised at the High Performance Centre have increased their training hours to 40 hours a week. The first competition for this group will be the FINA World Trophy in Montreal in November.

The squad are as follows:

Olivia Allison	Rushmoor
Yvette Baker	City of Birmingham
Katie Clark	Reading Royals
Katie Dawkins	Bristol Central
Victoria Lucass	Rushmoor
Asha Randall	Rushmoor
Jenna Randall	Rushmoor
Katie Skelton	Reading Royals
Lauren Smith	Rushmoor
Jazmine Stansbury	Reading
Anya Tarasiuk	Bristol Central
Cherry Wilson	Rushmoor

Performance Clubs – the way forward

The ASA have approved funding for six Performance Synchronised Swimming Clubs across the UK. The funding will pay for each club to employ a full time Head Coach for a period of 3 years and after that time the clubs will be sustainable to continue at this level. The Coach's main duties will be to produce a World Class Synchronised Swimmers scheme that underpins the World Class programme at Aldershot. Additionally, these new programmes will have a key role in developing volunteers, coaches and assist with regional development, as well as focus programmes for delivery of the Advanced Coaching Scheme, UKCC, CPD's & Coach Apprenticeship programmes.

The aim is to provide a high quality environment for developing synchronised swimming, within a self-sustaining club structure, so that these programmes will be self-sufficient after the three year period.

We are currently discussing the feasibility of developing these programmes at:

Bristol
Birmingham
Leeds
Reading
Rushmoor
Trafford/Manchester

England Talent Squad at the Comen Cup

The England Talent Synchro squad recently took part in the Comen Cup held in Belgrade, Serbia.

The event, which took place from 5th-9th August, was open to competitors aged 13-15 and saw the English side compete in all three events: Solo, Duet and Team.

The squad are a development squad that underpins the British Synchro World Class programmes and the athletes were selected from Trials held in December 2008.

The girls attended regular training camps, which included an eight-day training camp in Aldershot and a three day training camp in Belgrade leading into the competition.

The squad performed exceptionally well in the Team event finishing 11th in the final.

The England Talent Synchro Squad consisted of:

Katie Clark - Reading
Robyn Bignell - Rushmoor
Anastasija Bates - Bristol Central
Hannah Green - Witney & District
Rebecca King - Reading
Emily Randall - Rushmoor
Lucy Ridge - City of Birmingham
Samantha Wilson - Bristol Central/
Cheltenham
Emma Bowes - Trafford
Alice Dale - Bristol Central
Jessica Ranson - Gateshead

Congratulations!

Maria Ramos was recently promoted by FINA from a category B Judge to category A

Well Done Maria.

Skill Levels are changing

Revised skill levels will be introduced in January 2010. Full details in the next issue!

Have you any news items you wish to be included in any future issues. We are very interested in club news or competitions, but can only include those items with your help.

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