



Staffordshire's Most Improved Club  
**2012**  
 Junior League Division 2 winners 2012  
 Arena League Division 2 winners 2012  
 STAFFORDSHIRE Swimming League  
 Champions 2012

**TOP ATTENDERS – JUN  
 PERFORMANCE – JULY 2013**

- 1<sup>ST</sup> Matthew Harris
- 2<sup>nd</sup>: Leah Arthurs
- 3<sup>rd</sup> Luke Amos

# SEPTEMBER UPDATE

**TOP 5 ATTENDERS: SEN PERFORMANCE –  
 JULY 2013**

- 1<sup>st</sup> Samuel Harris
- 2<sup>nd</sup> Harry Richards, Megan Colley, Sophie Clayton
- 3<sup>rd</sup> Callum Giles

**PERFORMANCE TARGET REVIEW OF THE 2012/13 & 2013/14 SEASON TARGETS**

**Performance Targets 2012/13**

- To finish 3<sup>rd</sup> or better in the Staffordshire Swimming League – **won this league for 2<sup>nd</sup> time in club's history and first time since 1993, B team also won their final**
- To finish in the top 10 in the Arena Swimming League Division 2 – **Won the division and promoted**
- To maintain division 1 status in the Junior League **easily maintained status and finished 7th**
- To take 50 swimmers to the Staffordshire County Championships and aim to win 'most improved club' award for the second year running. In addition, aim to finish in the top 3 clubs overall at the meet. **More than 60 swimmers attended, we won most improved club again and finished 2<sup>nd</sup> overall at the meet**
- 13 members to attain Midland Qualifying times – **14 members attained times**
- 3 members to attain National Qualifying Times – **target not achieved**

**Performance Targets 2013/14**

- To win the Staffordshire Swimming League
- To maintain our status in the premier division of the Arena Swimming League
- To attain a top 10 finish in the Nuneaton Junior Swimming League
- To take at least 50 swimmers to the Staffordshire County Championships and aim to be in top three club clubs overall at the meet
- 16 members to attain Midland Qualifying times
- At least one swimmer to qualify for the National Age or Youth Championships in July 2014

**HEAD COACH STATEMENT**

I hope everyone has enjoyed the summer holiday and is feeling refreshed for the season ahead. The club has enjoyed three years of growth and we are now a premier division club at both junior and senior level. In addition, the swimschool has been expanded and club membership is exceptionally high. I am delighted that the club has been able to train 12 members on a level 1 swimming teaching course and the club is actively seeking opportunities to further upskill our existing coaches in this coming season. This year, the club will be celebrating it's 50<sup>th</sup> anniversary and it is fantastic that the club celebrates its 50<sup>th</sup> year in such good health. As a club, we will continue to enter the Junior league, Mercian league, Staffs league(2 teams) and the Arena league and we will enter friendly galas when the opportunity arises. In addition the club will continue to support a range of level 1,2 & 3 open meets to cater for swimmers of all abilities and I look forward to our club championships where we shall showcase some of the brilliant young talent that the club has to offer. Long course training for our performance swimmers at Loughborough/Coventry will continue and the first three dates are on the website now. Thanks for the positive feedback regarding the club's new website. We have a small team of volunteers that are committed to ensuring that it is regularly updated and in the near future, all attendance data for the junior development squad will begin to be inputted for swimmers to see. I hope that people have found the emails have helped communication and complement the text messaging which continues as normal. If you do not wish to receive emails then please let me know and I will delete you from the mailing list. It was a pleasure to update logbooks and I am pleased that swimmers are taking the time to record information in them – to the coaching staff, filling in a logbook is a sign of the swimmers commitment. I would like to remind our younger swimmers that if you are of competitive age and swim three times per week then please ask Pauline or myself for a logbook and we will get one for you. One of the changes for this coming season will be the introduction of morning training for the senior performance swimmers. This will start with one weekday morning session per week and hopefully progress to two which will then mean the club offers more than 16 hrs of pool time per week in addition to two land training sessions. The aim here is simple – to try and convert our growing number of regional swimmers into national level swimmers in the years ahead. A further initiative that the club and I will be supporting is a warm weather training camp abroad for Easter 2015. Ideas are currently being gathered about fundraising activities that can be organised to subsidise the cost of the trip and these will be shared in the coming weeks and months. Finally, I would like to thank the club's committee who have worked tirelessly over the past 12 months and it should be remembered that as the club has grown this has created an increased workload and they have taken it in their stride. In addition, our committee always puts the interests of the club at the heart of it's decisions and I sincerely thank them for this and for their support over the past 3 years.

**BEHAVIOUR IN CHANGING ROOMS**

Swimmers are reminded that inappropriate language, use of electronic devices, swinging from cubicles, swirring shampoo/shower gel, banging doors, hiding in lockers, sharing showers and ignoring lifeguard directions are not permitted in the changing village. The club was disappointed to receive a formal complaint from the centre regarding the conduct of our members. From now on, the centre will forward the names of offenders to the club committee who will take action accordingly.