**Head Coach Report – City of Leeds SSC**

**Sunday 23rd June 2019**

I would like to thank the Committee for their support over my transition year. It has been hard work for all coaches’ swimmers and parents with us running 2 competition seasons back to back. I feel as a club we are building our membership slowly each year and without the support of the coaches’ committee/volunteers we would not have been able to achieve all the massive achievements that we have achieved in the past year. All efforts are continuously valued.

**Main Focuses for 2019 - Grassroots**

**TID**

One area that myself and Sue have worked hard on this year is creating a 10 & U squad also known as the TID’s. We have fast tracked 10 girls from Lessons/E-squads with the potential to get the correct grade for their age to compete competitively at 12 & U within the next 2 years. This has increased membership and will fill up our 12 & U squads in the future. We plan on replicating this each year to have the continuous progress of 12 & U. This will run alongside our development squads which will also feed into our 12 & U squad.

**Lessons**

Lessons at Kippax, Wetherby, Pudsey and Aireborough (when reopens) we have added lessons to JCCS and are potentially looking at Armley & Holt Park. I have recently gained my Swim England CPD Presenters License. Deanne & LCC to arrange a CPD for Level 2 swim teachers for all sites. This will help us target more sites and swimmers for lessons.

**Notable achievements from the past 12 months**

* **Beacon Games 2018**: Tilly Budd 3rd Figures.
* **New level 1 coaches in the club**: Jasmine Stainsby, Saskia Seddon, Isobel Davies & Ross Alan.
* **7 athletes in England Talent Squads 2018/2019**: Emma Laycock, Tilly Budd, Isobel Davies, Olivia Burton, Greta Hampson, Daisy Rushton & Millicent Costello.
* **Scottish National Age Group success 2018:** Millicent Costello 2nd Tech Solo, Daisy Rushton 2nd Solo & Elements. Isobel Davies 3rd Solo & Elements. Millicent Costello & Daisy Rushton 1st Tech Duet. 3rd JR Free Duet. Freya Taylor & Marriella Shuttleworth 19 & U Re Duet 1st. Tilly Budd 3rd 13/15 Solo. Tilly Budd & Eleanor Crabtree 3rd 13/15 Duet. 12 & U Team 2nd. 13/15 Team 2nd. JR Free Team 3rd. Open Age Combo 2nd.
* **National Age Group success 2018:** Millicent Costello & Daisy Rushton – 2nd & JR Free Duet, Junior Free Team – 3rd. Tilly Budd & Emma Laycock invite letters to England Talent Age Group squads.
* **GB International Success**- Millicent Costello, Daisy Rushton & Greta Hampson – Silver Medal FINA World Series in Paris in February 2019.
* **Leeds Sports Awards**: Chair Stephen Putticks nomination letter from 2018’s achievements, gained the club its first spot as a finalist at the 2019 Leeds Sports Awards, putting Synchro in Leeds on the map!!!
* **National Championship 2019 success**: 11 medals in total. 3 in Technical Solo, 2 in Free Solo 1 in Technical Duet – 2 in Free Duet. 1 in Combo, 1 in Free Team & 1 in Tech Team. Millicent Costello highest overall scores and points for Holland Trophy 2nd year running. 1 of only 2 clubs in a position to enter 2 competitive JR free teams/combo’s in the whole championships.
* **Yorkshire Spring Comp**: Madeline Fish 10&U Figures 1st, Anna Whitaker 12&U Figures 2nd, Elle Ann Broadbent 1st Figures, Amy Forster 15/18 1st Figures, Megan Wright level 2 15/18 2nd Figures and 2 duet medals in level 1 & 2.
* **International Age Group Selections:** Emma Laycock & Tilly Budd – selected to compete at first ever Age Group Worlds in August 2019 – Slovakia.
* **Scottish National Age Group success 2019:** Darcy Irwin 1st Figures & Solo, Sophie Robinson 3rd Figures & 2nd Solo. Sophie Robinson & Zoe Boulter 1st 13/15 Free Duet. Pru Hubbard 1st Tech Solo (Feeder Club – Gateshead) & 3rd JR Free Solo. 19&U Duet – Lola Bowker & Georgina Hayes 3rd. 12 & U Team 3rd. 13/15 Team 2nd.
* **Deanne Hopkins** – Selected for 2019 Coaches Pilot Project for Club Development.
* **Sarah Robinson** – England Talent Age Group Development Coach.
* **Rosie Barrington** – Swim England Synchro Coach for 2019 World Series in Barcelona – Head Coaching Senior GB Free Team. Assistant Coach JR Europeans Prague June 2019 & Physio.
* **Multiple entries for Combo Cup 2019** – 7 events entered (some double entries)

**Areas in need of support/work**

**Selection Policy:**

National Squad Selection Policy has been revamped this year. After the introduction of the Club fitness tests I think this has improved the level of swimmers we have at Leeds across all Competitive Age groups. Moving forwards the Head Coach would like to release a statement regarding the selection policy and how the coaching staff should not feel threatened to select swimmers based on Swimmers/Parents reactions. As the competitive nature of our sport can make selections extremely challenging and difficult to understand. This will be released and publicised after the Summer Break in line with the new season for 2020.

**Fitness throughout whole scheme/club:** We will be looking at the session structure for the development strand to improve fitness and to push how important this side of Synchro is. *All swimmers need to understand the importance of basic skills/drills and fitness when working towards grades.* Historically swimmers will gain grades but cannot keep up with the routine level of fitness therefore myself and Sue will be looking at how we can maximise pool time on the development strand to produce all round athletes when moving across to the National Squads.

**Volunteer Support:**

One area of concern for me is the level of criticism and stress certain committee members are given when in a *Volunteer Role*. I feel WE DO need more volunteers to enable committee members to delegate more and make some of our committee roles more manageable. All members of the Scheme/Club need some boundaries or a code of conduct to follow when communicating with committee members in order to avoid conflict and personal attack. These people are volunteers, doing their best to manage a very large successful club around their work and family commitments and we need to acknowledge that they are doing a great job in often difficult circumstances. Judges also feeling criticized for marks given at comps, interrogated by parents and swimmers.

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