



Swim Wales Nofio Cymru Annual Report 2009 - 2010

A couple of points

Of the many positive steps taken by Welsh Swimming in the last year, two stand out as particularly significant for the future of the sport - the major sponsorship from British Gas and The Chairpersons Conference held in Llandrindod Wells in May of this year.

British Gas is evidence that another major blue chip Company can see the benefit of an association with our sport and we have already hosted a British Gas GB International (Great Britain versus Germany) in Swansea in June thus bringing world class swimming into the heart of the nation.

But British Gas interests are not only confined to the elite; they are also supporting free recreational swimming across these isles. We obviously have other ideas to encourage all of our sponsors to support the sport, particularly at grass roots, particularly at a time when public sector investment in sport and leisure may shrink significantly.

This brings me on neatly to the Chairpersons Conference, an important step for the directors and staff to get a feel for the issues and challenges faced by our club network across the country. We did listen carefully to your views and concerns and will be following up with a series of Regional Chair

meetings early in 2011. We want to identify the key local issues and broker a series of workshops with those organisations or individuals best placed to tackle and resolve the issues.

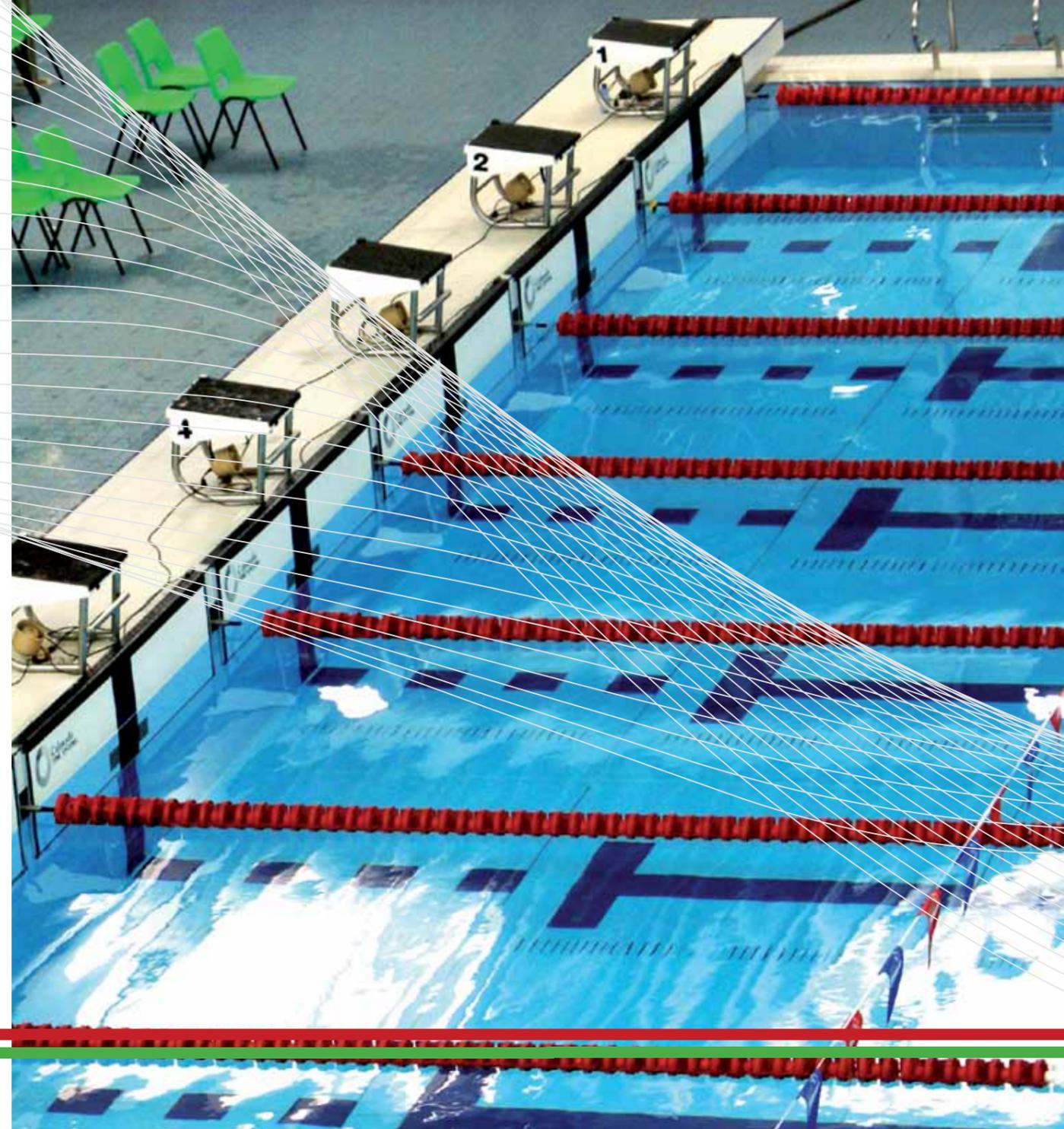
The forecasted reductions in public sector spending will have an impact on our sport and developing strong working relationships with, particularly, the pool owners will be an absolute priority for us all in the coming months. The Regional Chairpersons meetings will be a way of developing our strategy to retain an attractive sport for the present and future generations of swimmers.

Results in Delhi will have an impact on the national profile of the sport and, at the time of writing this contribution, the Commonwealth Games have yet to take place.

In the meantime the directors continue to lobby hard on behalf of the sport and it is our intention to work closely with the clubs to develop the sport in all its facets.

Roger Eady

CHAIRMAN



The road to success

It is with a certain amount of trepidation that I write this report as by the time it is read the Commonwealth Games in Delhi will have happened and the outcomes known.

I hope that the results obtained in Delhi will mirror the outstanding if not great year Welsh Swimming has seen this year.

We must all also contemplate the challenges ahead. The final countdown to London's Olympic Games of 2012 is high in our minds and we are already into our planning stages for beyond 2012 in terms of performance and our strategy for the international events programme.

We are pressing on with this in what must be the most turbulent economic period we have ever experienced.

Our performances over the past eighteen months are the best we have ever achieved in my time, if not the very best ever, in our history. We have seen 18 swimmers, both disabled and non-disabled, in our programmes representing British teams; this has been achieved by Martyn, Billy, Huw and our coaches working hard to prepare our swimmers in the very best possible way.

It doesn't stop there and we must encourage them all to maintain and improve with more training and more competitions as we prepare our swimmers and

build up for our ultimate challenges in London in 2012 and Glasgow in 2014. I believe these two events will be the greatest Games ever in the history of Welsh and British Swimming.

Our responsibility is to do our best in providing our swimmers with adequate resources during the present economic turmoil and allow them to focus on their jobs - swimming!

Our swimmers are already attending training camps in Doha, Qatar and will soon be on their way into Delhi to challenge the best of the UK and the Commonwealth. This will be a great challenge not only in the competition but also the conditions. I am sure that our competitors from around the Commonwealth will ensure we swim at our best to achieve our targets.

Martyn Woodroffe has provided 'The Best Prepared Welsh Swimming Team Ever!' and I know our swimmers will ensure they all rise to the occasion. We wish them all well.

The Board introduced a new approach to the development of our strategic programmes this year. We held a Chairpersons Conference in Llandrindod Wells in the summer; this was an excellent day with some very good ideas and recommendations coming out of it.

Our strategies of 100,000 members and 'Every child in Wales to be swimming by the age of eleven' were discussed and although both of these will require a large commitment, it was agreed that we should be aiming to be the best and most professional sport in Wales.

These strategies will ensure we will be very close to this achievement. We intend, in the early part of next year, to extend this to a regional version which will bring all of our ideas together for a further National Conference in the late spring or early summer. This will act as a magnificent springboard for the future for all of us who are involved with swimming.

We have, as you will see from the Education Report, embarked into an initiative with the Welsh Assembly Government and Sport Wales (formerly Sports Council Wales) to enhance the teaching and coaching of swimming within Wales by expediting a new initiative on up-skilling Local Authority poolside coaches, teachers and staff.

This scheme was founded as part of the Assembly's Free Swim Initiative and will lead to well over 3,600 course places over the two year project. This also allows us to enhance the supply of specialists in our other disciplines of Water Polo and Diving to date, the uptake in both disciplines has been very encouraging with our Senior Welsh Water Polo team winning the inaugural Celtic Tri Nations Water Polo Competition held in Stirling, Scotland.

The introduction of the new Water Dragon Aqua Passport scheme now gives us a seamless pathway from Mother and Baby through Learn to Swim to membership of our

Clubs. This scheme, which has been piloted in Rhondda Cynon Taff and Torfaen, will ensure that our clubs are able to capture all of the swimmers who qualify at Key Stage 7 level. This should assist our clubs in linking with a major potential new membership intake and I recommend that all of our clubs work more closely with our Local Authorities in promoting our seamless pathway in swimming.

Our Millennium Volunteers programme continues to advance and introduces our young people into volunteering at Club, Region and National Levels. We have been commended by British Swimming for the achievements these volunteers have made. Full statistics can be seen in the Volunteer Coordinator's Report.

These volunteers have combined with our new Events Team in producing some excellent competitions this year culminating in the much -praised Great Britain v Germany Meet at Swansea.

I want to thank all our staff, volunteers and partners for the tremendous contributions you have all made this year and I invite you all to join with the Board and me, in the next year, to make significantly more achievements and do even more and, as with our swimmers, continue on our pathway of achievement, advancement and commitment to our sport.

We are definitely GOOD but still must aim to be GREAT!

Robert James

CHIEF EXECUTIVE



Performance

The last twelve months has again been successful at the National and International Level with the following notable performances from our swimmers

| | |
|---------------------|--|
| David Davies | Selected for Great Britain European Open Water Championships |
| Jemma Lowe | Selected for Great Britain European Championships |
| Jazz Carlin | Selected for Great Britain European Championships – Bronze Medal 4 x 200 Freestyle Relay |
| Sara Lougher | Selected for Great Britain at European Junior Championships Silver Medal 4 x 100 Medley Relay and Bronze Medal 50 Breaststroke |
| Tom Allen | Selected for Great Britain at European Championships and World Open Water Championships |
| Calum Jarvis | Selected for Great Britain at European Junior Championships |
| Ieuan Lloyd | Selected for Great Britain at European Junior Championships Silver Medal 200 Individual Medley |

Welsh Swimmers have continued to rewrite the Welsh Records at both Junior and Senior Level. There have been many other notable performances with good improvements across all age bands and all levels particularly Welsh Swimmers competing consistently at British Age Group, Youth and Senior Levels.

Currently the Senior National Team is preparing for the Commonwealth Games and I would like to extend congratulations to the following swimmers and coaches on their selection to the 2010 Commonwealth Games

| | |
|---------------------------|--------------------------|
| Jazz Carlin | Lowri Tynan |
| Georgia Davies | David Davies |
| Georgia Holderness | Tom Haffield |
| Sara Lougher | Robert Holderness |
| Jemma Lowe | Ieuan Lloyd |
| Sian Morgan | Marco Loughran |
| Jenny Oldham | David Roberts |
| Danielle Stirrat | David Haller |
| Alys Thomas | Bud McAllister |
| Stuart McNarry | Jenny Shaw |

A high percentage of this year's National Team Plan has been focused around Commonwealth Games preparations. Working with British Swimming and the Commonwealth Games Council for Wales along with Sport Wales I am confident that the 2010 Games Team is the best ever prepared team and the most professional group of Swimmers and Staff we have ever had.

We have also continued with developing our National Squad Structure and I am pleased to report that whilst over the past twelve months we have improved the qualifying standards for Squads we still have more swimmers qualifying for the Squads. It is also noticeable that as standards have been improved swimmers qualifying for Regional Squads and above are now coming mainly from our identified Performance Clubs.

The past twelve months has proved exceptionally busy with training camps and competitions being arranged for each developmental level. We have also added into the Swim Wales National Team Plan several new activities. We hosted Great Britain v Germany "duel in the pool" and combined this with the opportunity for over 100 of our Regional Level Swimmers to compete in our own version of a "dual meet". The meet was widely recognised by both British and German Swimming as being an outstanding success both in terms of the

competition and also the organisation. Our Events Team and Volunteers can be proud of their efforts and in the future we will be building of this to host other major events in Wales.

We also have become involved in the organisation and planning of the Wales Ireland Scotland England (WISE Schools International). We have established a working partnership with the Welsh Schools Swimming Association and whilst we have agreed to continue with WISE in 2011 we will not guarantee our involvement post 2011 much will depend on new proposals coming from joint meetings with the Home Country Associations and the Schools Associations.

We have also become involved with the UK Schools Games and whilst there is some concern amongst coaches about this event particularly the date of the competition from a Welsh prospective it is proving a useful competition for our Swimmers at National Youth Squad and Regional Squad Level and also provides young swimmers with their first insight into a Multi Sport Event and the village type life surrounding a Games situation.

We have also restructured the Welsh Teams for the ASA Inter County Competition dividing Wales East and West rather than North and South. This should make both of our teams stronger however it does have an impact on North Wales as they will have a smaller number of swimmers selected. 2010 will be the first year in this format which I would like to continue until 2012 and then we can review the situation and if it is felt that this format has not pushed up standards across all of Wales

then we may need to revert to the North and South formula or look at other alternatives.

We have continued with the basic National Team Plan of sending the Senior Elite Swimmers to off shore camps and high level overseas meets and the Youth Swimmers competing in Europe with the older Regional Swimmers competing in a development level European Meet and the younger Regional Swimmers competing in the UK. On most occasions we have run training camps or skills clinics as a precursor to the competition programme.

Next year's programme will be as equally demanding and it is apparent that we need more Team Managers and Chaperones to help with the number of teams we are now running.

I would like to take this opportunity to thanks all of the volunteer team staff both coaches and team managers who have worked hard during the past twelve months to ensure that we have professional and well organised National Team Plan.

We have continued with the professionalization of coaching with our performance club structure. I am pleased to report that two new programmes with Unitary Authority support have been started City of Newport and Conwy. The other performance club programmes are now being consolidated however we still have a long way to go in terms of the feeder clubs working in harmony with the performance clubs. It must also be recognised that as a sport we are still not working effectively with Unitary Authorities to ensure that we have a greater transfer of swimmers from Learn to Swim Programmes and Pool Timetable

Planning to enable us to increase pool time as our clubs grow their memberships.

The next twelve will be building on the successes in the last two or three years. We now have a Major Events Strategy that is support by both Sport Wales and the Welsh Assembly Government. We have an ambition to host major events along the following lines

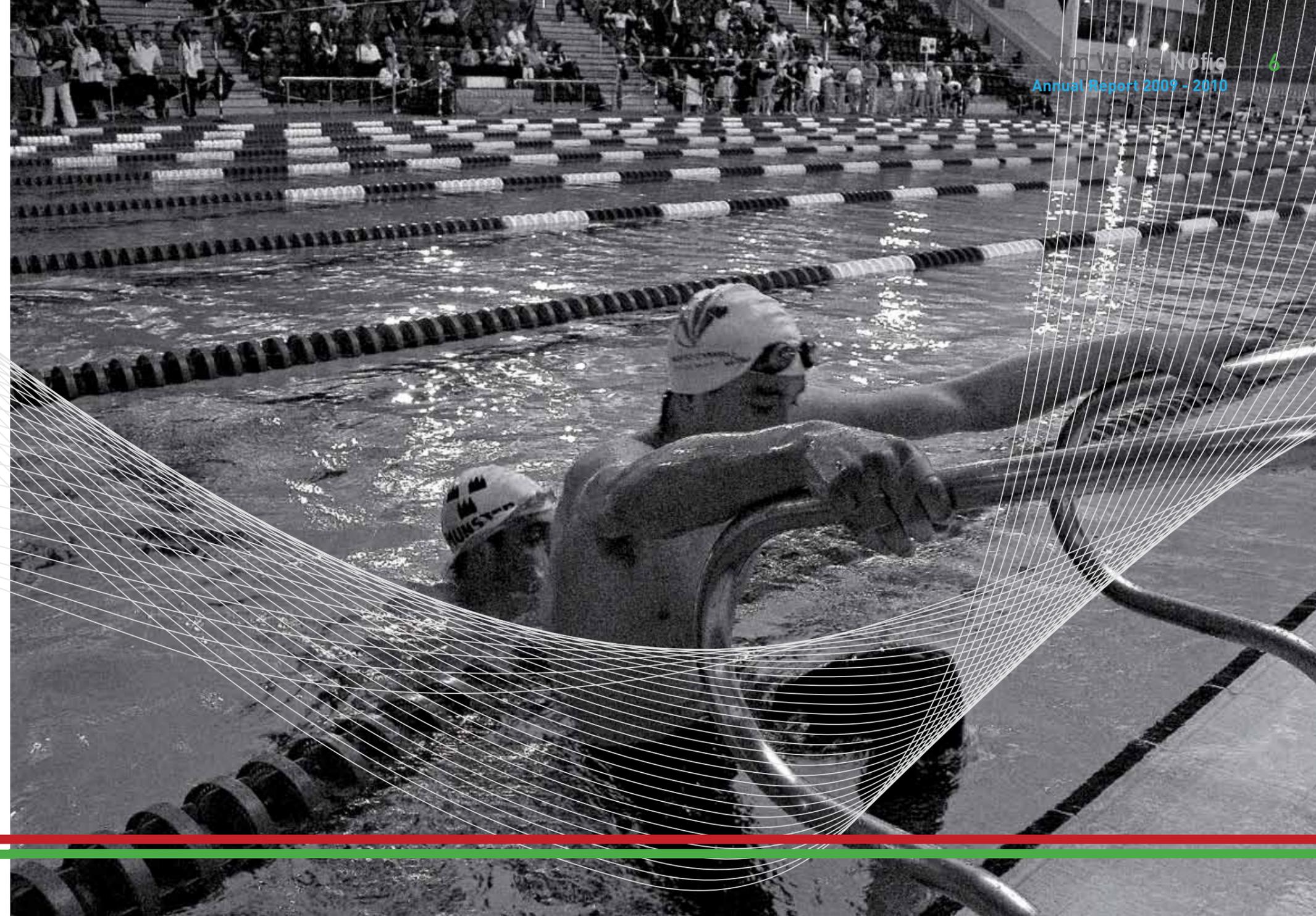
- 2011 Celtic Tri Nations
- 2012 Great Britain v Germany
- 2013 Europe v USA and the World Disability Short Course Championships
- 2014 British Universities Championships
- 2015 European Junior Championships

Alongside these events we are also hoping to stage the Great Welsh Swim – open water elite and mass participation event each year again culminating in 2015 with the European Junior Open Water Championships running alongside the pool event. As the 2014 Commonwealth Games will also include Open Water it is important that we develop an open water competition and squad training strategy.

Finally can I take this opportunity to thank my Swim Wales colleagues for the help and support they have given me over the past twelve months and also my thanks to the many professional and volunteer coaches, team managers and technical officials who helped with the National Team Plan and the many competitions that are held throughout the year.

Martyn Woodroffe

NATIONAL PERFORMANCE DIRECTOR



Disability Swimming

This has been our first full year with a dedicated Disability Development Officer with significant developments in a number of areas.

Performance:

For our Performance squads, we have implemented a new structure establishing 3 National squads and 1 skills squad.

Our Swim Wales Elite Squad now has 12 swimmers while the Development Squad has 4, the Potential Squad has 3 and there are 7 swimmers currently in our Skills Squad.

We have also now set clearly-defined criteria for all the squads and these have been distributed to clubs, coaches and swimmers:

Wales currently has 5 swimmers on a World Class Podium – David Roberts, Rhiannon Henry, Liz Johnson, Nyree Lewis and Gareth Duke

We also have 2 Swimmers on World Class Development – Morgyn Peters and Jack Thomas – with Isaac Heafer and Jonathan Eke selected for the World Class Talent Programme.

There has also been significant success at the European and World Championships, of which more from Billy Pye later in this report

A squad of 7 swimmers attended a training camp at the National Aquatics Centre, Dublin, in the run up to the summer nationals. The camp was an intensive week of training designed to prepare the swimmers for the Swim Wales and ASA Nationals. 6 Swimmers posted Personal bests over the two meets.

Six new swimmers have been placed onto British Swimming Tracker Database and are awaiting classification.

We have also applied for IPC classification training to take place at the Disability LC and SC meets in 2011 and I have already identified 2 candidates for Medical Classifier training

UK School Games

We attended the 2010 UK School Games in Newcastle/ Gateshead with our strongest collection of disability swimmers. Within the MD events Wales collected:

2 Silvers – Jack Thomas

4 Fourth Places – Bethan Roberts, Ffion Butler, Jonathan Eke and Isaac Heafer

Although representing the England South, Morgyn Peters also collected a Gold in the 100m Backstroke

Integration

The 2010 Swim Wales Summer Nationals offered an integrated programme for the first time. It attracted swimmers from both Wales and England, with the same programme being included into the New Year Dragon Meet in January 2011

In partnership with Kellogg's and the Federation for Disability Sport Wales (FDSW), Penny and I have been developing Disability Inclusion training (DIT) designed to cater for coaches and teachers involved with aquatics. A pilot is being arranged for the end of September with roll out hoped for October/November

Aquatic Festivals:

Aquatic Festivals are being planned and finalised for all 3 regions. The festivals will be designed to offer an introduction to Diving, Water Polo and swimming for

primary school children with disabilities. The days will offer the opportunity for participants to be posted to lessons, clubs and Talent ID days.

The festivals are being planned in partnership with Kellogg's and will be named the "Kellogg's Splash, Crackle and Flop" festivals.

Club Membership:

There are currently 5 disability clubs affiliated to Swim Wales. One new club has joined in the past 12 months, Cardiff Active Aquatics

In order to improve the membership of disability clubs to Swim Wales, a project has been introduced where the clubs will be offered their 1st year "free".

Money from Kellogg's will be used to subsidise clubs initial year's membership. Myself and the 3 RDO's will then work with the clubs to direct them down Dragon Mark. When successful, the dragon mark reward will be put back into the Kellogg's fund for further development investment.

This is designed to attract clubs to move from the Halliwick Association into the conventional swimming pathway. At present there are 20 Halliwick clubs in Wales that are not affiliated to the NGB.

Individual swimmers will need to pay their affiliation fees

Areas to work on for the next 12 months:

- Improve identification of lower classification and Visual Impairment swimmers
- Form better partnership work with national swimming bodies to improve signposting for swimmers moving into Swim Wales
- Improve identification of female swimmers
- More involvement in schools swimming to improve swimming opportunities to pupils with disabilities
- Further develop inclusive swimming CPD and roll out to all LA's and Clubs
- Additional 2 swimmers onto a World Class Programme
- 10 New Swimmers classified for competition
- 3 Disability Swimming Clubs to have attained Dragon Mark

Huw Griffiths

DISABILITY DEVELOPMENT OFFICER

World Class Programme:

At the high performance centre we have 7 swimmers based here on a full time basis, with 1 extra quite likely being brought in after the world class criteria comes out over the next few weeks:

| | |
|------------------|--------------------|
| Graham Edmunds | Anthony Stephens |
| Gareth Duke | Matthew Whorwood |
| Sam Hynd | Stephanie Millward |
| Eleanor Simmonds | Fran O'Connor |

Jack Thomas (Pending world class programmes criteria)

Overview:

Over the last 12 months we have been involved in 3 major competitions:

- European Championships in Reykjavik, Iceland, October 2009
- World short course Championships in Rio De Janeiro, Brazil, December 2009
- World long course Championships in Eindhoven, Netherlands, July 2010

**European Championships:
(Full list in the table opposite)**

We gained 14 gold, 8 silver and 3 bronze medals with 3 world, 7 European & 14 British records along the way.

**World short course Championships:
(Full list in the table opposite)**

We gained 11 gold, 5 silver & 4 bronze medals amassing 9 world, 13 European & 26 British records.

**World long course Championships:
(Full list in the table below)**

We gained 4 gold, 9 silver & 3 bronze medals with 3 world, 5 European & 9 British records.

The total number of records achieved over the 3 primary events are: 15 world, 25 European & 49 British records. There were other notable amounts of medals in secondary events over the last 12 months gaining world, European & British records.

The next 12 months will see us at the performance centre building into the European Championships in Berlin, Germany next July which is the Primary meet for 2011, and then building in to London 2012.

Billy Pye

BRITISH DISABILITY SWIMMING SWANSEA HPC

IPC European Championships (50m), Reykjavik 18th - 24th Oct 2009

| Athlete | Classification | Event | Medal |
|--------------------|----------------|--------------------|--------|
| Eleanor Simmonds | S6 | 400 Free | Gold |
| Stephanie Millward | S9 | 100 Fly | Gold |
| Anthony Stephens | S5 | 50 Fly | Gold |
| Sam Hynd | S8 | 400 Free | Gold |
| Eleanor Simmonds | S6 | 50 Free | Gold |
| Anthony Stephens | S5 | 50 Back | Gold |
| Stephanie Millward | S9 | 400 Free | Gold |
| Eleanor Simmonds | SM6 | 200 IM | Gold |
| Eleanor Simmonds | S6 | 100 Free | Gold |
| Stephanie Millward | S9 | 100 Back | Gold |
| Sam Hynd | SM8 | 200 IM | Gold |
| Stephanie Millward | 34pts | 4*100 Free Relay | Gold |
| Eleanor Simmonds | 34pts | 4*100 Free Relay | Gold |
| Graham Edmunds | 34pts | 4*100 Free Relay | Gold |
| Anthony Stephens | S5 | 50 Free | Silver |
| Sam Hynd | 34pts | 4*100 Medley Relay | Silver |
| Stephanie Millward | 34pts | 4*100 Medley Relay | Silver |
| Graham Edmunds | S10 | 50 Free | Silver |
| Anthony Stephens | 20pts | 4*50 Medley Relay | Silver |
| Anthony Stephens | S5 | 100 Free | Silver |
| Stephanie Millward | S9 | 100 Free | Silver |
| Anthony Stephens | S5 | 200 Free | Silver |
| Matthew Whorwood | S6 | 400 Free | Bronze |
| Matthew Whorwood | SB6 | 100 Breast | Bronze |
| Matthew Whorwood | SM6 | 200 IM | Bronze |

IPC World SC Championships (25m), Rio de Janeiro 29th - 5th Dec 2009

| | | | |
|--------------------|-----|----------|------|
| Eleanor Simmonds | S6 | 400 Free | Gold |
| Stephanie Millward | SM9 | 200 IM | Gold |
| Sam Hynd | S8 | 400 Free | Gold |

| | | | |
|--------------------|-------|--------------------|--------|
| Eleanor Simmonds | SM6 | 200 IM | Gold |
| Stephanie Millward | 34pts | 4*100 Free Relay | Gold |
| Eleanor Simmonds | 34pts | 4*100 Free Relay | Gold |
| Eleanor Simmonds | S6 | 50 Free | Gold |
| Eleanor Simmonds | S6 | 100 Free | Gold |
| Stephanie Millward | S9 | 100 Free | Gold |
| Stephanie Millward | 34pts | 4*100 Medley Relay | Gold |
| Eleanor Simmonds | 34pts | 4*100 Medley Relay | Gold |
| Eleanor Simmonds | SM6 | 100 IM | Silver |
| Stephanie Millward | S9 | 400 Free | Silver |
| Stephanie Millward | SM9 | 200 IM | Silver |
| Stephanie Millward | S9 | 100 Back | Silver |
| Sam Hynd | SM8 | 200 IM | Silver |
| Stephanie Millward | S9 | 100 Fly | Bronze |
| Sam Hynd | SM8 | 100 IM | Bronze |
| Sam Hynd | 34pts | 4*100 Free Relay | Bronze |
| Graham Edmunds | 34pts | 4*100 Free Relay | Bronze |

IPC World Swimming Championships (50m), Eindhoven 2010

| | | | |
|--------------------|-------|-------------------|--------|
| Eleanor Simmonds | S6 | 400 Free | Gold |
| Eleanor Simmonds | S6 | 50 Free | Gold |
| Eleanor Simmonds | SM6 | 200 IM | Gold |
| Eleanor Simmonds | S6 | 100 Free | Gold |
| Matthew Whorwood | S6 | 400 Free | Silver |
| Stephanie Millward | 34pts | 4*100 Free Relay | Silver |
| Eleanor Simmonds | 34pts | 4*100 Free Relay | Silver |
| Fran O'Connor | 34pts | 4*100 Free Relay | Silver |
| Stephanie Millward | S9 | 100 Free | Silver |
| Stephanie Millward | S9 | 400 Free | Silver |
| Stephanie Millward | S9 | 100 Back | Silver |
| Stephanie Millward | 34pts | 4*100 Med Relay | Silver |
| Eleanor Simmonds | 34pts | 4*100 Med Relay | Silver |
| Stephanie Millward | S9 | 100 Fly | Bronze |
| Graham Edmunds | 34pts | 4*100 Free Relay | Bronze |
| Eleanor Simmonds | 20pts | 4*50 Medley Relay | Bronze |

Diving Report

More than 60 young people in the Rhondda Cynon Taff area have taken up diving as part of the Swim Wales / Kellogg's Swim Active programme this year. The funding has allowed diving activity to restart in Wales after more than 10 years without any structured activity and has allowed Swim Wales to employ the services of a professional coach to lead and develop the sport further within Wales.

The main aim of the programme is to reintroduce diving as a sport as an alternative aquatic exercise. Regular classes are held at Aberdare for beginners, improvers and advanced divers and links with the free swim initiative allows those who have not tried diving before to have free taster sessions during the school holidays at pools across the Rhondda Cynon Taff administrative area.

A lot of progress has been made in a very short period of time which is encouraging. The next stages of the programme include coach education to train more people to deliver the sport and ensure activity can continue for a number of years alongside designing and delivering a talent identification programme to signpost those young people with a potential into the sport from a young age. It is hoped that a national programme and competitive events will be integrated into the programme in the next year.

Catrin Devonald

NATIONAL DEVELOPMENT DIRECTOR



Development

As is usual for development, the past year has seen a number of changes within both the team and additional products and services available for ongoing aquatic development. Swim Wales development department has grown in line with its growing responsibilities as follows:

New posts have been created to support the growth and development of underrepresented disciplines of Water polo and diving. Both areas are seeing early success in the number of people taking part in these sports across the principality.

A new National director for the department was appointed in June to lead the strategic direction for the team and to support the officers in working towards the overall aim of increasing the number of people participating in aquatics activity to 100,000 Swim Wales members.

All three 8-regional officer posts have been reappointed following the retirement and career progression of the previous team, Rhys Mullan (South East), Chris Weller (West) and Benjamin Evans (North) are the new team out in the regions supporting the clubs and LA's with aquatic development.

Dragon Mark club awards go from strength to strength with an additional handful of clubs having achieved the award and reaccredited. The scheme is due to be

updated and the administration simplified over the next year to enable additional clubs to benefit from this club development tool.

The Aqua Passport scheme has been launched which offers an attractive membership package to young people learning to Swim as well as providing support to the teachers and local authorities delivering learn to swim schemes, now more than 2,200 additional learnt to swim members are benefiting from the scheme. Despite the economic downturn club membership has remained constant.

Kellogg's our funding partners have been generous again in their sponsorship allowing us to concentrate on volunteering, disabilities, water polo and diving in the upcoming years activities. A highly successful scheme for women and girls from ethnic backgrounds in Swansea was delivered with this year's Kellogg's sponsorship, attracting more than 360 participants and trained an additional 10 lifeguards and female coaches to continue the sessions.

Over 50 young volunteers were trained in the North using Kellogg's funding to support the delivery of water polo local festivals in Flintshire, which attracted more than 2,000 participants.

A new diving programme has been launched operating from Aberdare Pool in Rhondda Cynon Taff, and coaches it is anticipated that coaches and volunteers will be trained over the coming year to support the programme.

We aim to grow and continue to support these programmes in the upcoming year constantly striving to increase opportunities for people to be involved in all aquatic disciplines and to improve the quality of the delivery.

Catrin Devonald

NATIONAL DEVELOPMENT DIRECTOR



Education & Training

The Education & Training unit has continued to be busy in 2009/10 with over 170 training events taking place as either UKCC courses or CPD seminars throughout Wales. Many of the courses have been linked with the Welsh Assembly Government Free Swimming Initiative Upskilling programme for teachers and coaches which is a two year programme of education and training which will continue until March 2011.

We are keen to build on the feedback from the Swim Wales Chairpersons Conference and wish to work much more closely with clubs in the future and hope that clubs will come forward to act as hosts for education & training events such as courses or CPD seminars. This can be achieved quite easily if several clubs in close proximity work together to develop an education & training plan which meets the needs of the clubs and ensures that potential candidates do not have to travel too far to access training.

We are also very excited at the prospect of developing an Education week in each of the three regions and will be working with the Regional Development Officers to help identify the needs within each region and hope to be able to offer opportunities to train new coaches, Team Managers and Technical Officials as well as appropriate CPD's for existing coaches.

We face new challenges in the coming months with changes to the UKCC qualification and will monitor these changes closely to ensure that our tutor and assessor workforce are able to continue to deliver high quality courses for our candidates.

We have seen a slight reduction in the number of Technical Officiating courses taking place and have taken steps to address this with the formation of a Technical Officials Group made up of representatives from each region, who will act as regional contacts for all courses and will liaise directly with Swim Wales. It is planned that the representatives will also take responsibility for the appointment of regional mentors for newly qualified technical officials and we hope that this will aid the process of completion of the technical official's qualifications.

Penny John-Pearse

EDUCATION AND TRAINING CO-ORDINATOR

Volunteer Activity

This year has seen an increase in volunteer activity and opportunity within Swim Wales.

We now have 25 young people on the Young Officials Programme who are regularly supporting national and regional events. 12 of these young people have signed up to the British Swimming Volunteer Programme that is designed to give them the opportunity to gain relevant event experience over the coming two years to support their application to volunteer in London. Good luck to all those involved.

Swim Wales national events has seen an increase in volunteers taking on supporting roles such as marshalling, presentation co-ordination and control room tasks. This has helped to make a significant difference in the delivery and presentation of our national events. New roles have been developed to provide a greater opportunity for parents and ex-swimmers to become involved and to ensure the quality and enjoyment for all.

This year has also focused on developing the pathways for volunteers which has included chaperone opportunities being added to the Team Management Pathway. This has allowed volunteers who have an interest in this role to shadow and support a Team

Manager on team camps to get a feel for the Team Manager role and to see the development potential. This has been successful and we are looking to roll this opportunity out further during the coming year.

The recognition of volunteers has also been a highlight this year with the development of an on-line recognition system (Hour Bank) that values the time and commitment volunteers give to the organisation. This system was launched in August this year and has seen 50 volunteers sign up in the first month. We are also running the Swim Wales Volunteer Recognition Awards 2010 in November which will celebrate those who have made an outstanding voluntary contribution to their club and aquatics.

Swim Wales Volunteer Programme is looking to build on these successes in 2011 and would like to thank all those people who give up their time to help us provide the high quality services and opportunities we do today.

Leisa Forrest

VOLUNTEER CO-ORDINATOR



Masters and Senior Age Group Panel

Swimming is one of the few life long inclusive sports. The Panel aims to take over when swimmers leave the age groups and help them to continue with their chosen sport and fitness regimen. This aim supports the Welsh Assembly Government's objectives in Wales: A Better Country for a "fairer, more prosperous, healthier and better educated country". One of the five national targets in Health Challenge Wales is, "to increase the rate of moderate to vigorous exercise undertaken by people aged 50 to 65 to 30 minutes on 5 days a week by 2012".

In Wales there is much inequality, as identified by the Welsh Index of Multiple Deprivation (WIMD). This identifies issues scattered throughout Wales, but focussing much interest on the South Wales valleys, Neath Port Talbot, Bridgend and selected areas within Cardiff, Swansea and Newport. It is interesting that participation rates in sport and recreation are lower in these areas than the rest of Wales.

Master and Age Group swimming participation for those aged up to 49 shows there are proportionally more registered to Swim Wales than for those of older ages. We must also consider the free swimming for those over 60. This scheme is likely to affect the attitude of more mature swimmers, especially pensioners, to joining a fee paying local club. Since 2004-05 to 2009-10

the numbers in Wales aged 60 and over, attending the free public and structured swims, has increased from 172,500 to 709,000 a phenomenal increase. This means that it is essential for clubs to offer swimmers an attractive addition to the free activities now on offer.

Swim Wales provides two major galas for Masters each year, one short course, the other long in Swansea. There are also club organised events. Between July 2009 and June 2010 registered Welsh swimmers set 127 Welsh records. Yet again Welsh swimmers, at their own expense, attended the FINA World Masters Championships, held in Goteborg and Borås in Sweden during July and August 2010. During the World Championships the 5 Welsh swimmers competed in 8 events with 4 world top 10 finishes. At the European Championships in Cadiz during November 2009 Welsh swimmers set 3 records. They set records in competitions at Barnett Coptall, Gloucester, Guernsey, Glasgow, Millfield, Shrewsbury, Sheffield, Weston-super-Mare, Wolverhampton, as well as Bangor, Cardiff, Newport and Swansea. It was particularly pleasing to see world best times set in the Capital Masters event in Cardiff, where 4 world and 7 European and British best times were set, showing the level of competition in Wales. This was reflected in the BG Masters

Championship in Glasgow where Welsh Masters won 14 gold, 15 silver and 8 bronze medals.

The following swimmers broke multiple Welsh records:

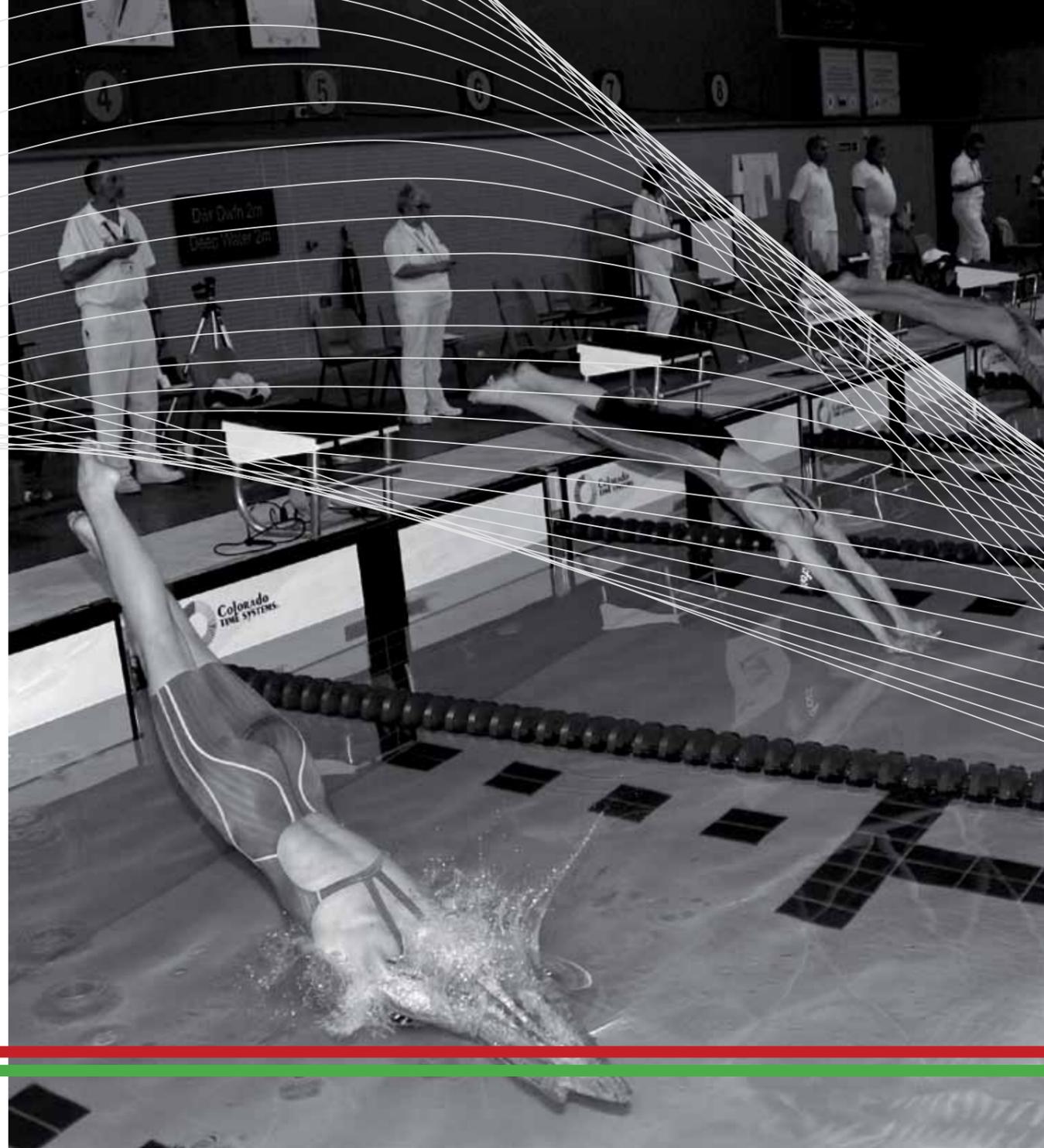
| | |
|---------------------------------|----|
| Allie Price (Cardiff Masters) | 18 |
| Garfield Thomas (Bridgend) | 17 |
| Stel Farrar (Arfon Masters) | 10 |
| Patrick Gore (CLAMS) | 7 |
| James Arthur (Swansea) | 7 |
| Julie Crayford (CLAMS) | 7 |
| Margaret Weare (Caldicot) | 6 |
| Walter Syrett (Cardiff Masters) | 5 |
| Mark Jones (Ealing) | 5 |

There were more, too many to mention. However, a special mention for two more mature swimmers:

| | |
|--------------------------|---|
| Viv Batten (CLAMS) | 2 |
| Baz Owen (Arfon Masters) | 2 |

Although the records illustrate the ability of current swimmers, it is important to make further progress. This is supported by the continued provision of development sessions run during the year for Master swimmers. It is the aim of the Masters Panel for this to continue, along with Swim Wales support providing major galas for Welsh Master swimmers.

To finish, the Panel would like to applaud a number of the Masters who are still competing whilst over the age of 80 years. In particular Tony Summers who competed in the 1948 Olympic games and still graces a number of Championship events today.



Swim Wales Events Report 2009-2010

Another year – another challenge!! We seem to be getting a very good reputation for our events which is leading to more activity in Wales.

The year kicked off with our Age Group & Youth Championships held between 10th & 13th April. This meet is set in the calendar over the Easter weekend so many people take the opportunity to have a break away from home and come to Swansea. 515 athletes competed over the 4 days breaking 38 Championship Records.

Next on the calendar was the Short Course Disability Meet. The date of this event was changed a number of times to fit in with British Swimming's World Class Programme as we were asked if this could be a trial for the World Championships. This was finally held at Newport Regional Pool on 4th & 5th July and was, once again, a huge success. It is amazing to watch these athletes compete despite any problems they may have. Overall there were 86 athletes competing and quite a few achieved the times they needed for selection for the World Championships

Four weeks later came the Swim Wales Summer National Championship held between 30th July – 2nd August with 597 competitors from Wales, England and Scotland entering in events for which they had

not qualified in the A.S.A. National Championship. The 62 events, each with two age bands, were all full and we found ourselves in the position of having to return entries as we could not accommodate any more swimmers. This event, although relatively new to our calendar, has proved an enormous success and we would like to thank everyone who helped out.

This was the 4th year for the UK School Games and it was the turn of Wales to host the event. 10 sports competed in Cardiff, Newport and Swansea with swimming at Wales National Pool. The games started in 2006 and working with Youth Sport Trust & Legacy Trust UK is part of a programme creating a cultural and sporting legacy from the London 2012 Olympic and Paralympic Games across the UK. 8 teams took part with 4 from England, 2 from Scotland and one each from Ireland and Wales. In total there were 247 athletes, including 43 with disabilities. One of the aims of the event is to encourage young people to participate in the whole event, not only the competitive side and all athletes resided at the Athlete Village set up at Cardiff. The majority of officials working were under the age of 25 and it was great to see them mix together from all parts of the UK and to support the young athletes that were competing.

September saw the Swim Wales National League final at Newport International Sports Village. The teams in the Final consisted of Buckley, Denbighshire Development, City of Bangor and Llandudno from the North, Celtic Sharks and Swim Swansea from the West and Pontypool and Chepstow from the South East.

The multi Age Team Event, designed to develop swimmers through the ages, scored swimmers in each event from 8 points down to 1 point depending on their finishing place. Each athlete had a maximum number of swims to ensure full team participation. The event was won by Swim Swansea.

7th November saw the Masters & Senior Age Group Sprint Challenge held at Newport. This year the event was Open so we had competitors from across the border competing making it a more exciting event. Swimmers can swim 2 x 25m, 2 x 50m and 2 x 100m events and each event is scored with total scores forming the results in each age band. 97 athletes competed from 23 different clubs and the presentations were made at the end of the event and followed by a buffet. A number of the visiting teams expressed interest in returning next year for this "different" event!

This year The Welsh Schools and Winter Nationals was held between 20th and 22nd November. The qualifying ages were set to comply with the school year i.e. swimmers born between 1st September and 31st August. The age groups were set by school year and Open for those no longer in full time education. There was a full range of events from 100m through to 1500m. Although the longer distance events were not part of the Schools Selection programme. Swimmers were entered by their club and also their school to enable them to be eligible for the Welsh Schools Team. There were 396 athletes competing from 45 teams and they managed to achieve 52 Meet Records.

Once again Wales, in conjunction with British Swimming, run a Long Course Disability Event at Swansea on 12th & 13th December. British Swimming hold a training camp at Swansea for a few days culminating in this event which has proved successful over a number of years. 132 athletes competed in the event and everyone enjoyed the experience of this pre Christmas meet.

The New Year Dragon Meet was held between 8th and 10th January. Although this is the first event of a new year it is always extremely popular with a number of teams from all over the UK keen to get back in the water after the Christmas break. Once again this was oversubscribed but we managed to accept 402 athletes from 52 teams competing in a total of 2,100 swims over 54 events. It was touch and go as to whether this meet would take place because of the severe weather that hit the UK at this time with heavy snow in many areas. However, a final decision was made a few days prior to

the meet and we went ahead. It seemed the weather was not going to stop these keen swimmers from getting to Swansea and there were very few withdrawals!!

Swim Wales were again asked to run the National Final of the URDD Championships. This was held at Cardiff International Pool and was a very full 2 days over 23rd & 24th January. These Junior and Senior events are held for swimmers who are not necessarily members of Swim Wales and are usually held bi-lingually. Many finalists have never competed at a 50m pool so it was a challenge to some of them. The juniors swam in 25m events on day 1 with the pool being converted to Long Course for the seniors on day 2. There were 3 sessions each day with the last session being relays. The atmosphere was amazing with a packed spectator area.

Swim Wales moved up another gear in February to host the Great Britain v Germany Meet. A lot of planning went into this as we were determined it would be something special. It was run on the same format as the Europe v USA Duel in the Pool. In total 65 athletes competed in this event including some of GB's Olympic Medalists. In conjunction with this we run a Regional Meet for our Welsh Regional Squads where 182 athletes competed. The event kicked off on 20th February with an opening ceremony where the Pendyrus Male Voice Choir once again visited us and sang the British, German and Welsh anthems. This was a moving experience for our foreign visitors because many of them had not heard their anthem sung by a choir before. The event was extremely successful and culminated in a 4 page write up in Swimming Times with praise from some of Britain and Germany's top

athletes. It was a brilliant experience for our own youngsters to compete in the same pool as some of their "Heroes". A number of distinguished guests were impressed and we certainly put ourselves on the map in the International Field. As a result of this event the Welsh Assembly Government, together with Sport Wales, asked us to put together a Major Events Strategy. We are now working on this so it looks like we will be busier than ever in the future!

Last event of the year was Welsh Open Masters and Senior Age Group Championships which was held between 5th & 7th March. A disappointing entry this year, with only 158 swimmers taking part from 48 teams. 35 new Welsh Records were achieved at this meet. Those that did participate enjoyed the experience and vowed to return in future years.

In addition to all the events run by Swim Wales there have been the regional events and many club events. I think it is safe to say that our swimmers are getting many opportunities to compete in their chosen sport and we look forward to finding some more Elite Athletes amongst those coming through now.

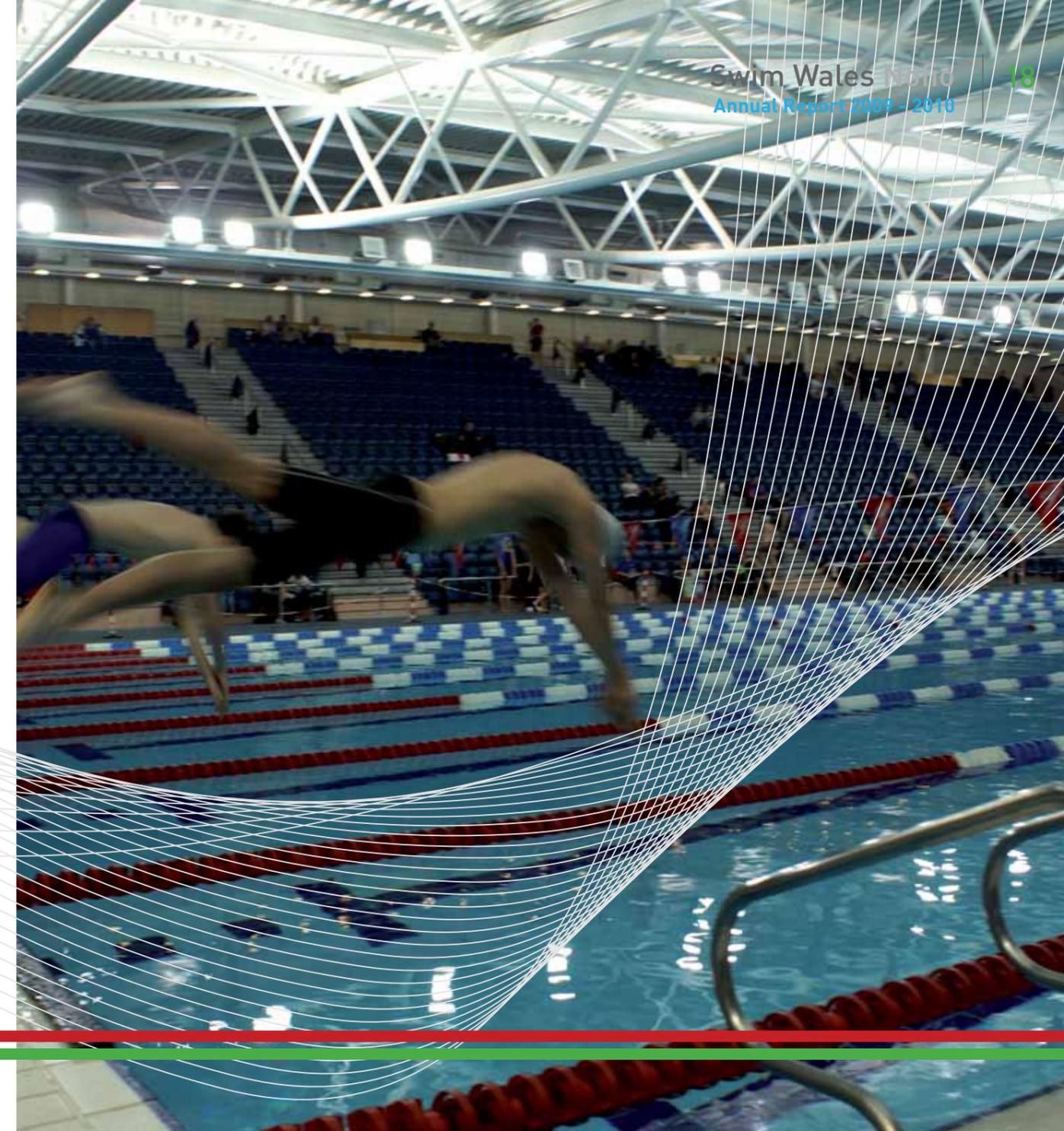
It is impossible to run any event without the army of volunteers needed to deliver a high professional standard. Once again we have run Officials Courses over events and this seems to work very well with people going back to their clubs and regions to gain more experience and still coming back to Swansea, and other areas for national events. I would like to take this opportunity to thank everyone for their support in attending these events. We have had support from

many clubs in Wales and also from clubs entering from outside the Principality. It is not only Officials that are needed as we need help in all areas of the event and people have given up time for marshalling, meet office, control room, call room, swim shop and many other areas. We would like to thank everyone for the time and effort given to Swim Wales over the last 12 months and look forward to working with you all again in the future. If anyone out there would like to help then please get in touch as we won't turn anyone away.

Looking forward to the next few years we will need more help as we expand our meet calendar!!

Julie Tyler

EVENTS MANAGER



Water Polo

It has been a thrilling time for Water Polo in Wales with some great achievements for one of our less well-known aquatic activities.

Education

There were 2 referee courses in Wales, one in West Wales in Carmarthen (May 8-9th), and the second one in North Wales in Holy well (July 10-11th).

We have also just started to run a UKCC Full Level 1 Water Polo Coaching Course where are 8 candidates with water polo background. 6 of the 8 candidates are under 20 years old. There are 4 candidates from Cardiff area whose training comes courtesy of Kellogg's funding. Parallel with this course, I will be able to run CPS for the new Level 1 coaches.

The Regional Training Centre (RTC) is an English programme with which we are involved and this was previously held in Neath Leisure Centre. Now we split it into two places with one in Carmarthen Leisure Centre for the 1993 and younger boys. They are well-established water polo players and the facility there is better-suited for them than in Neath for their development.

Our other RTC is still in Neath Leisure Centre for the development squad ie the 1995 and younger boys and girls, but we accept older boys and girls as well if they don't meet the standard required for the other RTC. We know that we will be able to attract more players to an RTC based in Cardiff, further away from the existing one in Carmarthen, and we are planning to relocate to the Cardiff International Pool.

Players Up skilling Programme was held 4 times in Cardiff International Pool (24th April, 15th May, 5th and 12th June) and once again, was funded from the Kellogg's budget. The attendance was very good, we had 41 players in the under 14 years old.

On the 3rd and 4th June we organised a First Campus with Newport to encourage the junior players to stay in Wales if they would like to go to University and maintain their interest in water polo.

Squads and Competitions

In July 2010 we started to establish the new Welsh Junior Squads for the future, the 1993 and younger girls squad and the 1995 and younger boys squad and the 1995 and younger girls squad. They have regular

training sessions once a month in Newport also from the Kellogg's budget. They also now have regular training sessions.

For the existing 1993 boys squad, there is an extra swimming session in Swansea in the Welsh National Pool once a month regularly and I am planning to introduce this for the new squads as well.

On the Tri - Nation Tournament which was held in this August in Scotland, the Wales Men's Senior Team came 1st while the Junior Men came 3rd. We couldn't establish any senior and junior woman team. The plans are for the next year is to host the Tri - Nation Tournament in Cardiff, and put out full squads (juniors and seniors) in both genders.

We have also set up new mini-polo development places in Fairwater (where we planning to deliver for the first time the Stages 8-9 and 10), Swansea (Swansea Sharks), Cardiff (Eastern, Western, Llanishen Leisure Centres). The plan is to organise a proper water polo championship for them and create clubs from these places. Once again, this was achieved courtesy of the Kellogg's budget.

We have organised regular training camps for the Great Britain Youth National squads in Cardiff International Pool and in Llandudno Swimming Centre and also, a 3 day camp in Cardiff and Newport together with the Scottish and Welsh Junior (1993/94) Water Polo National Squad.

We are planning to host the Inter Regional Competition Division 2 in Cardiff in January 2011.

Water Polo Tournament/Festival in North Wales in Llandudno in November 2009 and it will happen in November 2010 again. The plan is to establish it as an annual event.

Performance

The Welsh Wanderers Water Polo Club has won the bottom half of the National League and became 6th in the ranking. This is the best ever result in the Club's history and one of their players, Dan Laxton, has been selected for the Great Britain Men's Team and has been offered a contract from Netherland for this season 2010/2011.

In this year, the Welsh Wanders will have the chance for the first time ever to qualify for the top half in the

British Water Polo League and to help them along, Welsh Wanderers has invited two Hungarian Water Polo players to play in the team. The Hungarians will improve their English while the Wanderers will benefit and learn from the Hungarian players.

With the 1993/94 Welsh Junior Squad in January 2010 we came 3rd and a 1st place was well within our grasp. The plan is to win the Division 2 in 2011!

It has been an amazing year travelling up and down Wales and meeting all you. Thank you for your warm welcomes and support. We have done a lot and we shall continue to do more!

Csaba Rüll

WATER POLO CO-ORDINATOR

Trading and Profit and Loss Account

| SWIM WALES (A COMPANY LIMITED BY GUARANTEE) TRADING AND PROFIT AND LOSS ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2010 | Year Ended 31.3.10 | Year Ended 31.3.09 |
|---|-----------------------|-----------------------|
| INCOME | £ | £ |
| MEMBERSHIP INCOME | 236,855 | 256,398 |
| MEMBERSHIP AQUA PASSPORT | 18,500 | |
| GRANTS | 740,772 | 476,145 |
| SPONSORSHIP AND FUNDRAISING | 131,693 | 37,763 |
| OTHER INCOME | 17,216 | 24,070 |
| EDUCATION INCOME | 76,927 | 175,020 |
| COMPETITION AND TRAINING INCOME | 216,186 | 166,457 |
| SCHOOLS | 6,471 | 5,280 |
| REGIONAL INCOME | 71,582 | 56,121 |
| | 1,516,202 | 1,197,254 |

| EXPENDITURE | £ | £ |
|---------------------------------------|------------------|------------------|
| SALARIES AND OFFICE EXPENDITURE | 765,078 | 568,630 |
| COMMITTEES AND EXPENSE EXPENDITURE | 8,185 | 5,167 |
| MEMBERSHIP AQUA PASSPORT | 59,391 | |
| COMPETITION AND TRAINING EXPENDITURE | 389,690 | 340,628 |
| REGIONAL COSTS | 72,216 | 58,145 |
| DIVING | 0 | 0 |
| WATER POLO | 6,085 | 1,571 |
| MASTERS | 451 | 2,916 |
| GB FEES | 43,680 | 38,402 |
| SCHOOLS | 10,042 | 14,715 |
| EDUCATION AND DEVELOPMENT EXPENDITURE | 181,247 | 160,280 |
| | 1,536,065 | 1,190,454 |
| NET PROFIT | -19,863 | 6,801 |

Balance Sheet

| SWIM WALES (A COMPANY LIMITED BY GUARANTEE) TRADING AND PROFIT AND LOSS ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2010 | Year Ended 31.3.10 | Year Ended 31.3.09 |
|---|-----------------------|-----------------------|
| FIXED ASSETS | £ | £ |
| Tangible Assets | | 44,285 |
| | | 48,773 |
| CURRENT ASSETS | | |
| Debtors: amounts falling due within one year | 70,552 | 200,794 |
| Debtors: amounts falling after more one year | 310,365 | 310,365 |
| Cash at bank and in hand | 656,245 | 777,166 |
| | 1,037,162 | 1,288,325 |

| CREDITORS | £ | £ |
|--|---------|----------------|
| Amounts falling due within one year | 870,838 | 1,106,626 |
| | | |
| NET CURRENT ASSETS | | 166,324 |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | 210,609 |

| RESERVES | £ | £ |
|-----------------------|---|----------------|
| Other reserves | | 30,676 |
| Profit & Loss account | | 179,933 |
| | | 210,609 |

These accounts are not the company's statutory financial statements.

The statutory financial statements from which these accounts are derived were approved by the Board of Directors on 14th September 2010 and were audited by Arthur Gait & Company, Chartered Accountants and Registered Auditors, whose report dated 30th September 2010 expressed an unqualified opinion.



Principal Partner



Funding Partner



Official Partners



Swim Wales

Wales National Pool
Sketty Lane, Swansea
SA2 8QG

Tel: 01792 513636
Fax: 01792 513637
Email: secretary@welshasa.co.uk

Nofio Cymru

Pwll Cenedlaethol Cymru Abertawe
Lon Sgetti, Abertawe
SA2 8QG

Ffon: 01792 513636
Facs: 01792 513637
Ebost: secretary@welshasa.co.uk