

Tiverton Swimming Club

Head Coach's Report to the AGM 2019

I would like to begin by thanking the committee for their support this year. We have seen some exciting changes in the coaching team – we have welcomed many new members to the coaching team which is very positive to the future of coaching at TSC.

I would like to particularly thank Sara Dilks who once again has managed to steer TSC through another year of challenges. On a personal note Sara continues to be a great support to me. Sara works tirelessly with determination most certainly above and beyond the role of chairman to help make changes and progress TSC. I don't think we, as a club, realise how lucky we are to have Sara as our club chairman.

Over the last 12 months the club has continued to grow, we have more swimmers swimming in the pool from the learn to swim right through to the top performance end. We also have a growing Masters section to the club. The focus in 2019 is to continue developing the talent of the next generation of swimmers at Tiverton Swimming Club. This will take time but it is a long cycle and we all need to support each other on this journey.

The Head Coach is only as strong as the team behind them and I wish to extend my gratitude to the volunteer coaching team that continue to support and the excellent standard of teaching and coaching to all levels of the club.

Tony Dilks did yet another amazing job organising our annual meet – The Tiverton sparkler which we had to move to September was as popular as ever. We (well Tony) has already got the sparkler licence for a date that suits us this year.

We benefited from the Exeter hub network club championships which is a fantastic opportunity for younger swimmers or new to racing swimmers to experience racing. We have once again joined forces with Dawlish SC to access long course training at Mount Kelly in preparation for this year's regional championships.

A special thanks goes to Chris Davies who has motivated and kept land training fun and varied for the competitive swimmers here at EVLC on a Sunday 4-5pm. This has continued to be popular especially when the boxercise pads are spotted. Land training is a key part of the swimmers training and it will improve their swimming.

During the last 12 months we have seen great success in the pool and I would like to take a few moments to reflect upon these before outlining our key areas for focus in the coming 12 months.

SW Regionals again saw a record number of swimmers qualifying. Great swims from age group and youth swimmers. We had more finalists across the age groups than TSC have ever had and Jodie and Gemma Dilks both won medals.



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The Devon Developments were very well attended and there were some great swims from swimmers across the age ranges. It was really good to see new swimmers starting their racing journey.

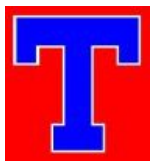
In the autumn of 2018 we competed as a club in the National Arena League Division 2 and finished a very exciting 3rd which means we have been promoted to the 1st division. This is an amazing success for a small club especially given the shortfall of swimmers in the certain age groups. I am so proud of every single swimmer as every single one played their part in our success and gave us some very exciting racing. A special thanks to the parents and supporters who helped make it a very noisy affair!

In January 2019 the club competed in the Devon County Championships. This year produced yet another record number of qualifiers and individual entries. There were some excellent performances across the board in what was a rather challenging Devon Championships. We had so many finalists, championship finalists, medallists and regional qualifiers it made up for the regrettable decision to change the format of the event.

Snow didn't spoil events this year - the Devon County relays were attended by the largest number of Tiverton SC teams ever, huge thanks goes to the coaches and team managers who managed to make sure all swimmers were where they needed to be and in time. Easier said than done – I challenge anyone who thinks team managing is easy to spend a session poolside team managing at a meet! The following day was Interclub, another exciting team event. A very busy weekend for some swimmers.

My head coach highlight came in August 2018. This saw the four national swimmers from TSC. Jack Aldridge, Sam Arrowsmith and Gemma Dilks all qualified for 1 event each at English Nationals and Jodie Dilks qualified for an impressive 6 events. It was a very exciting week of racing at Ponds Forge. All the swimmers rose to the occasion Sam and Gemma both qualified for the 200 Butterfly final. Jodie had an outstanding first English Nationals – out of the 6 events she qualified for she made 3 finals. I must elaborate slightly. Jodie wasn't satisfied with just making the final - in her first final, 100m breaststroke, Jodie won a silver medal, amazing- Sara and I found it very emotional and I'm sure Tony had a tear in his eye too! The next final 200m breaststroke she went one better and won gold and in her final breaststroke event 50m Breaststroke she won another silver medal. It is a week I will never forget, having 4 swimmers to cheer on at such an event was amazing, and the support back in Devon was fantastic, I know they all appreciated it.

The Masters squad still continues to grow and we now have a group of committed competitive swimmers - it is really good to hear of their continued success. The cross-over in training between the junior and masters swimmers is really good, as it helps to bring on all swimmers and creates closer links between the older and younger swimmers.



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Over the next 12 months the target of the coaching team is to ensure that swimmers are enjoying their swimming, enjoying success, understanding their bodies and enabling swimmers to be in the right training group to meet their needs. We also would like to encourage some of our senior swimmers to continue to help coaching and teaching poolside with the younger swimmers.

The club always needs more help, and I am sure there are people who want to help. Please offer that help even if it is only for 1 hour. It will help us and help you to understand what direction we are going in. The more people we have helping the more individual attention can be given to those that need it.

Tiverton Swimming Club is a competitive swimming club. Without the success that competition provides the name of the club is not broadcast throughout the local community and the wider county and region.

As a swimming club we have access to limited pool time but we do have the potential to still achieve great success, swimmers need to make the most of every opportunity that they are given.

I passionately believe in what we are aiming to achieve. It is a long journey and the results are achieved after hard work and dedication, there are no quick short cuts. The future of this club is bright we have some very talented swimmers.

Lucy Walton, Head Coach Tiverton Swimming Club 27th March 2019