



ASA North East Region Annual Report

April 2015 – March 2016



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Foreword

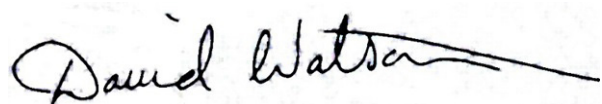
The past year has been one of significant change in the sporting landscape. Both in terms of our NGB, with the arrival of Mike Farrar as group Board Chair, and in the wider context with the new Government Strategy for Sport and Physical Activity - Sporting Future and Sport England's own strategy - Towards an Active Nation. Both of which will significantly alter the landscape in which the Governing Body operates over the next four years.

The ASA is developing its own four year strategy which will set out how it will develop aquatics, and the Region is also reviewing its own Business Plan to ensure this remains fit for purpose.

In the midst of all of this 'change', the role of the Region remains constant; to serve the membership and to ensure that we have a strong and vibrant club, coach and volunteer network to provide opportunities to swim, dive, play water polo and perform synchronised swimming. To this end we have developed the membership offer further through the work of the Development Officers, Sarah Small and David Parry, and through a wide range of coach, leader and club development opportunities.

This report highlights not only the great work and impact that these directly funded officers have done, but also and more importantly, the contribution made to the success of the Region by the clubs, coaches and volunteers.

I hope you enjoy reading about the successes and achievements of our members over the past year, and I would like to offer my personal thanks to all of the volunteers who make this sport happen in our Region.

A handwritten signature in black ink that reads "David Watson". The signature is fluid and cursive, with a long horizontal stroke extending from the end of the name.

David Watson, Chair of North East Region ASA

Athlete Development

There are a number of established Beacon programmes within the North East region which address some of the key priorities (KPI's) identified within the North East Regional Business plan around athlete development and excellence (KPI11 Increase number of coaches engaged in coach development programs, nationally and regionally; KPI12 Increase the number and proportion of North East swimmers selected for podium potential and podium programmes; KPI13 Maintain or improve the North East's proportional representation on identified Talent and World Class programmes across all disciplines). In addition to the Beacon programmes, there are now four Swimming Performance Hubs located in Durham, Northumberland, Tyne and Wear and Tees Valley.

The table below shows a summary of the Beacon programmes.

Name of Beacon Programme	No. of athletes on programme on 31/03/16	No. of clubs engaged in programme	No. of athletes on England Talent Programme	No. of International athletes
Northumberland and Durham Swimming	75	11	23	8
Leeds Swimming	16	9	29	8
Sheffield Swimming	29	9	6	9
Leeds Diving	19	5	12	9
Sheffield Diving	22	3	18	10
Leeds Synchro	14	8	3	1
Sheffield Water Polo	61	7	16 (Sept 2015)	3

The Northumberland and Durham Beacon Programme has continued to grow and was recognised by the ASA as their 2015 Performance Programme of the Year. Fred Kirby is continuing to manage the programme, however an operational committee consisting of the lead coaches and Regional Development Officer (RDO) has now been established who meet regularly to discuss the running of the sessions and the development of the programme. The level of performance from swimmers with the programme continues to grow with many gaining medals at the British Championships, the Para-Swimming International meet and IPC European Championships with subsequent selection for athletes onto European Junior and England Programmes teams. Beacon swimmers Josef Craig and Matt Wylie (City of Sunderland) have also been selected as part of the Paralympic GB team for Rio 2016.

The number of coaches who regularly help out at the beacon sessions has also increased this year, enabling the sharing of best practice and coaching knowledge to spread throughout clubs in Northumberland and Durham. The lead coaches also gave a presentation to the coaches on their visits to programmes in Australia.

Funding for the Leeds Beacon Programme continues to go towards support services (such as Strength and Conditioning and Nutrition) and this is shows continually improving results with one swimmer from the City of Leeds Club (Georgia Coates) qualifying for the Olympics in Rio. Similarly the Sheffield Beacon Programme continues to perform well with Max Litchfield and Eleanor Faulkner from the City of Sheffield Swim Squad securing their places for the Olympics also.

The Regional Beacon programme is now up and running in Sheffield for Waterpolo and the programme has regained swim21 accreditation.

This year, the Durham Swimming Performance Hub has continued to grow. It received funding from the North East Regional Business fund to run Nutrition and Injury prevention workshops for its swimmers alongside athlete screening. The hub runs regular sessions for its youth and senior swimmers and has run sessions for the junior swimmers. It is in the process of planning long course training sessions at the Aquatics Centre in Sunderland and an outdoor session at the pool in Stanhope. Swimmers who are on the Durham hub continue to access support from the Durham Institute of Support including Strength and Conditioning programmes and workshops.

The Tees Valley Performance Hub was successful this year in a funding bid to Sport England and the Tees Valley Community Foundation for its sessions. The hub regularly runs sessions at the Neptune Centre, Middlesbrough and Billingham Forum and has sessions planned for the rest of the season at the Sunderland Aquatics Centre, Darlington Dolphin Centre, Mill House Pool (Hartlepool) and Redcar pool. Youth hub swimmers are able to access the Tees Valley Sport Future Champions Programme and Beacon swimmers who are not on the hub, but who are in clubs who are part of the Tees Valley Club Network are now receiving individualised Strength and Conditioning training through Teesside University.

After negotiations within their respective club networks, an additional two Swimming Performance hubs were formed this year. One in Northumberland comprising of 5 clubs and one in Tyne and Wear, also comprising of 5 clubs. Both hubs have over 40 swimmers each who regularly attend training sessions which are hosted at various pools within their networks. Both hubs are in discussions around organising their own invitational hub galas for their clubs and both have workshops scheduled with England Programmes Swimming Lead Fred Furniss for parents, coaches and swimmers.

The four hubs have plans to run combined sessions at the Sunderland Aquatics Centre when the Beacon swimmers are away at competitions. As with the beacon sessions, this will be a great opportunity for swimmers and coaches from within Northumberland and Durham to come together.

Due to a number of changes within pool operators, with a number of clubs losing their learn to swim programmes this year, clubs are continuing to look at better ways to develop the transition of swimmers from the learn to swim programmes into a club environment, enabling progress along the swimming pathway in a competitive environment. This will help to address KPI14 of the Regional Business Plan which aims to maintain or increase the % of North East swimmers at stages 7,8 and 9 of the learn to swim pathway. This is a common theme in various locations where the Learn to Swim programme is part of the pool operators' programme rather than within a club setting.



Northumberland and Durham Beacon Programme swimmers Newcastle Swim Team's Emily Large, Annalea Davidson, Tom Howley and Georgia Darwent and City of Sunderland's Lucy Ellis, Adam Taylor and Matt Wylie with City of Sunderland Mayor, Bob Herron who attended one of the regular Saturday morning Beacon sessions.

Volunteering

Over the past 12 months the officers within the North East have once again looked to address the key priorities identified within the North East Regional Business Plan for workforce development (KPI6 Increase proportion of teaching and coaching workforce; KPI7 Increase the number of active, trained and retained volunteers; KPI8 Increase the number of Young Volunteers; KPI9 Increase the number of qualified teachers and coaches to support the delivery; KPI10 Increase the qualified teachers and coaches to support the delivery of disability sport in the region).

The table below provides a breakdown on the qualification courses that have been run in the North East region by the Institute of Swimming (IoS) or through the RDO's / Club Development Officer (CDO) from 1st April 2015 to the 31st March 2016. The table shows the number of courses organised, the numbers attending the courses and those who qualified. For comparison, the data for 2014 – 2015 has also been included within the table.

Course Name	No. of courses run		No. of attendees		Learners qualified	
	01/04/14-31/03/15	01/04/15 - 31/03/16	01/04/14-31/03/15	01/04/15-31/03/16	01/04/14-31/03/15	01/04/15 - 31/03/16
Level 2 Award in Coaching Aquatics (pre-fundamentals)	0	1	0	12	0	0*
ASA Level 1 Award in Coaching Diving	2	3	25	33	24	21*
ASA Level 1 Award in Coaching Swimming (including blended learning)	4	10	51	149	48	125*
ASA Level 1 Award in Coaching Synchronised Swimming	1	0	7	0	6	0
ASA Level 1 Award in Coaching Water Polo	1	1	15	18	15	0*
ASA Level 1 Award in Teaching Aquatics	30	31	419	363	414	350
ASA Level 2 Award in Coaching Open Water Swimming	0	1	0	9	0	8
ASA Level 2 Award in Coaching Diving	0	1	0	12	0	12
ASA Level 2 Certificate in Coaching Swimming (including blended learning)	3	2	30	12	17	5*
ASA Level 2 Certificate in Teaching Aquatics	23	30	259	282	249	217*
Totals	64	80	806	890	773	738*

*not all the results are available for these courses

The table shows there has been a 25% increase in the numbers of courses that have been organised and a 10% increase in the number of people attending the courses.

The biggest increase has been in the number of ASA Level 1 Award in Coaching Swimming courses which increased by 150% and subsequently saw a 66% increase in the number of attendees. The numbers of Teaching Aquatics courses is similar both years however there has been a 13% drop in the number of attendees on the ASA Level 1 Award in Teaching Aquatics courses. This year also saw the delivery of the ASA Level 2 Award in Coaching Open Water Swimming and an ASA Level 2 Award in Coaching Diving courses in the region.

Course Name	No. of courses run		No. of attendees	
	01/04/14-31/03/15	01/04/15 - 31/03/16	01/04/14-31/03/15	01/04/15 - 31/03/16
Aquatics in the National Curriculum	0	2	0	28
Aquatic Helper	1	0	24	0
ASA Learn to Swim Framework: Mini Polo Seminar*	0	1	0	15
ASA/scUK Safeguarding and Protecting Children Seminar	3	3	66	49
ASA Learn to Swim Framework: Aquafun Seminar	1	0	11	0
ASA Learn to Swim Framework: Competitive Swimming Seminar	3	3	60	53
ASA Learn to Swim Framework: Flip n Fun Seminar	2	1	35	15
ASA Learn to Swim Framework: Fundamentals	1	0	11	0
Dry Land Diving Assessment	2	1	10	3
Improving Breaststroke Seminar	1	1	13	11
Improving Butterfly Seminar	2	3	37	52
Integrating Autistic Children into Mainstream Swimming Lessons Seminar	0	5	0	96
Integrating Swimmers with a Physical and Sensory Impairment into Mainstream Swimming Lessons	1	4	12	58
Teaching Turns Seminar	1	2	14	48
Swim Strength: Complex Land Training	1	0	13	0
Swim Strength: Starts and Turns	1	0	19	0
Working with Children with Educational Difficulties	0	2	0	48
Voice Protection and Projection Seminar	1	0	14	0
Total	21	28	339	476

The table above provides a breakdown of the Continued Professional Development (CPD) courses delivered through the IoS that have run in the North East from 1st April 2015 to the 31st March 2016. As with the qualification courses, there has been an increase in the number of CPD courses delivered this year (7%) and the numbers attending the courses (40%).

The increase in the course numbers is due to the work the CDO and RDO's are doing within the club networks. 44% of the coaching courses that have run have been organised by RDO's and the CDO due to a specific demand. These courses have been delivered at local venues and at a reduced course cost to the learners.

Course Name	No. of courses run		No. of attendees	
	01/04/14 -31/03/15	01/04/15 - 31/03/16	01/04/14 -31/03/15	01/04/15 - 31/03/16
Team Manager 1	8	7	138	86
Team Manager 2	3	4	42	40
Time to Listen	4	3	46	25

The table above shows the number of Team Manager and Time to Listen courses that have been run in the region this year. This year the region has had difficulty sourcing tutors to run Time to Listen courses and subsequently the ASA has agreed that club Welfare Officers can attend Multi Sport Time to Listen courses organised by County Sports Partnerships and other National Governing Bodies. This is therefore reflective in the numbers trained by the region this year.

Once again a training needs analysis has been completed for the club networks in the region which has identified the type and need of workforce development required. Officers have been working with key partners to source funding for workforce development as well as develop bespoke workforce training opportunities. In May 2015, the Club Development Officer ran a funding seminar for clubs County Durham.

The weekend of the 23rd and 24th January 2016 saw the delivery of the region's Young Volunteer Development Days in County Durham and Yorkshire, that were once again supported by funding from the ASA Leading the Lane programme. In total 45 young people attended across both days and participated in a sports coach UK First Steps into Coaching workshop delivered by local County Sport Partnerships and officials training delivered by regional officials trainers.

The officers have continued to work on the development of officials training within the region. This year, marketing material promoting officials training was developed and distributed at regional and county competitions and through club networks. Within Northumberland and Durham, training within the four officials training hubs is working well and the additional of intra-hub training (training within clubs) has further helped to boost the numbers of officials being trained. It is still hoped that over the next 12 months a standardised training programme for officials will be developed for the whole of the North East.

The Northumberland and Durham coaches forum, chaired by Ian Oliver has met four times over the past 12 months and discussions within the meetings have lead to a number of positive changes within the county including changes to the format of the Northumberland and Durham Swimming Championships and the re-introduction of the Northumberland and Durham Relay championships. As with the Northumberland and Durham Beacon programme, the forum enables coaches to come together to discuss common themes and problems and is enabling coaches to develop a positive network to share best practice and further develop their coaching and subsequently the standard of aquatics within the region. Ian regularly attends the Northumberland and Durham board meetings as a representative for the coaches.

The opportunity to initiate a Yorkshire coaches forum has proved a challenge. The needs of coaches together with their support is also picked up across the club networks, through the county association and other interventions. Nevertheless a group of selected coaches from across the club networks are meeting in May 2016 to look to address the need for the forum and any specific areas where further support and assistance is required. This initial forum will be supported by the ASA England Programmes Talent Officer, Fred Furniss.

Young Volunteer Day



Governance, Structure and Partnerships

Working to achieve the outcomes of the ASA North East Regional Business Plan ambitions have been the focus of the work conducted by the two Regional Development Officers (RDO's) and the ASA Club Development Officer (CDO) who have been supported and assisted by the two County Boards. The RDO's continue to both work with and develop partnerships with various stakeholders. These include ASA colleagues including the Aquatic Managers in the participation team, the England Programmes Talent Officers and the Volunteering Programme. Other partners include the Institute of Swimming, various pool operators and leisure trusts, the County Sports Partnerships across the region and the various partners they work with including Sports Coach UK and Club Matters.



Development Officers
Dan Ramm, Sarah Small and David Parry

Governance

The themes of the Working Groups identified within the business plan have continued to make some progress. As the ASA's participation strategy continues to develop with their priorities identified, work still needs to be carried out to establish nationally how the club's team work alongside these themes and the particular impact that this will have across the region.

The RDO's have continued the marketing and communication themes which were identified last year. The priority remains to focus on effectively communicating with the region, the County Associations, the ASA, the clubs and members. Communications have been focused in these areas with improvements being made to the website layout and feel with information being uploaded on a regular basis to keep it up to date. Accessibility problems from mobile devices does however continue to be a ongoing challenge.

Social media channels continue to be used and developed. Twitter followers are up from 1600 last year to over 2000 this year. The @swimnorthwest twitter account continues to be active with regular tweets (3 - 4 times weekly, over 4845 tweets thus far). An Instagram account has been created which has just under 100 followers. As identified through a variety of member surveys, email continues to be the preferred method of communication to keep clubs up to date with relevant information. Information updates are regularly circulated from the RDO's and CDO to their club network contacts and the ezine is distributed on a monthly basis. The Regional Facebook page is still only growing slowly in 'likes' and currently stands at 342 (121 more than YoY).

The region will continue to monitor the ASA's Marketing and Communication strategy which will immerge as part of the developing Participation Strategy to ensure any opportunities are developed.

The RDO's continue to provide support and assistance to the discipline and officials leads where support is required with delivering their specific annual plans.

Clubs

The work which was undertaken last year to establish club working as networks across the region has continued to be developed and see benefit. This has had an impact at a local level on the various KPI's identified within the regional business plan. These networks operate in a way which best suites them. Some are locally constituted swimming associations with a long history, others are more recently established with memorandums of understanding, while others have informal working relationships. The club networks include the areas of Northumberland, Tees Valley, Tyne and Wear, County Durham, Doncaster, Sheffield, Hull and District, Wakefield and District Water Polo, Leeds Swimming, Leeds Diving, Leeds Synchro and Kirklees.

The Regional Funding scheme, which was initiated and developed last year, has proved to be a useful resource to engage with clubs and support their development within a club network. The fund has been used to support a variety of network initiatives either as match funding or where alternative sources of funding have not been available. These include workforce development, most noticeably with coaches at different levels across the different disciplines. These requirements have been identified by conducting training needs analysis within the club networks. Regionally funded candidates have a commitment to volunteer within their club programme for an agreed period of time to ensure that the region gains the benefit from their investment.

Alternative sources of funding to support club development have actively been sourced by the RDO's. A wide range of organisations have been applied to which have matched the needs of the club network. A common source of funding has been from coaching bursary schemes through County Sports Partnerships. The County Associations have also match funds to make up funding differences where there has been the need to do so. Several applications to other bodies have been well received but unsuccessful despite receiving encouraging feedback. With fewer funding opportunities around, these appear to be extremely competitive.

Clubs and networks have had access to swim21 online Webex workshops delivered by the CDO and support from the RDO's. As of May 2016, 65 clubs have swim21 essential accreditation, there are 6 swim21 accredited networks and 3 swim21 performance clubs. The accreditation continues to be a useful development tool for clubs with the support and assistance of the appropriate member of regional staff.

RDO's, with the support of the CDO have attended County and Regional Swimming Championships, where they have had drop in stalls for club representatives to discuss club related issues and opportunities.



Swimming – Barry J Saunders (Swimming Manager)

The Region delivered a number of successful events, including Youth and Senior Championships at Sunderland Aquatics Centre; Age Group Championships at Ponds Forge, Sheffield and a combined Senior, Junior & Age Group Short Course Championships at Sunderland Aquatics Centre with two 25metre pools in operation at the same time.

In the National County Teams Championships Yorkshire finished in second place with Northumberland & Durham in 4th a large improvement on the previous year.

International Selections

The region excelled with a number of swimmers selected for GB teams including:

- World Championships, Kazan – Nicholas Grainger, Eleanor Faulkner & Rebecca Turner (City of Sheffield)
- European Games, Baku – Layla Black, Amelia Clynes, Georgia Coates (City of Leeds), Kyle Chisholm (Borough of Kirklees), Darcy Deakin (City of Sheffield), Jarvis Parkinson (D.A.R.T.E.S.), Hannah Featherstone (Sedgefield 75). Medals were won as follows: Silver; Amelia - 100m Butterfly, Jarvis - 200m IM & Kyle - 4x200m Freestyle Relay Team. Bronze; Layla - 200m Breaststroke, Georgia & Darcy - 4x100m & 4x200m Women's Freestyle Relay and Mixed 4x100m Freestyle Relay, Georgia, Amelia, Layla & Darcy - 4x100m Medley Relay Team, Amelia & Georgia - Mixed 4x100m Medley Relay and Hannah – 4x200m Freestyle Relay .
- World Junior Championships, Singapore – Georgia Coates (City of Leeds). Georgia collected the Silver Medal in the 400m IM & Bronze in the 200m IM
- European Youth Olympic Festival, Tbilisi – Elliot Clogg (City of Sheffield), Annalea Davison & Emily Large (Newcastle), Sophie Hobbah (City of Leeds). Medals were won as follows: Silver: Emily – 200m Butterfly, Bronze; Sophie – 200m Backstroke & 200m IM, Annalea -400m Freestyle
- European Short Course Championships, Netanya – Georgia Coates (City of Leeds)

Achievements

The Region had multiple medallists as follows:-

British Swimming Championships:-

Kyle Chisholm	Gold 200m Butterfly, Silver 200m & 400m Freestyle, 100m Butterfly (EG)
Georgia Coates	Gold 100m Freestyle & Silver 200m Breaststroke (EG)
Jarvis Parkinson	Gold 200m & Silver 400m IM (EG)
Layla Black	Gold 100m & 200m Breaststroke (EG)
Darcy Deakin	Silver 50m & 100m Freestyle (EG)
Sophie Hobbah	Gold 200m Backstroke & Silver 200m IM (EYOF)
Elliot Clogg	Silver 50m Freestyle, 100m & 200m Backstroke (EYOF)
Harry Devlin	Silver 100m & Bronze 200m Breaststroke (EYOF)
Hannah Featherstone	Bronze 100m, 200m & 400m Freestyle (EG)
Emily Large	Gold 200m Butterfly, Silver 100m Butterfly & 400m IM (EYOF)
Jessica Thielmann	Silver 400m & 800m Freestyle

('EG'- European Games Ages Final; 'EYOF'- European Youth Olympic Festival Final)

British Summer Championships;-

Georgia Coates	Gold 100m, 200m Freestyle, 200m IM & 400m IM, Silver 200m Breaststroke, Bronze 400m Freestyle
Ciara Schlosshan	Gold 200m IM, 400m IM & 100m Butterfly, Silver 200m Freestyle, Bronze 200m Butterfly & 400m Freestyle
Cameron Brooks-Clarke	Gold 50m & 100m Butterfly
Kyle Chisholm	Gold 100m & 200m Fly, Silver 400m Freestyle & Bronze 200m Freestyle
Amy Bell	Gold 200m IM, Silver 100m, 200m Butterfly & 400m IM, Bronze 100m & 200m Breaststroke
Layla Black	Gold 50m & 100m Breast, Silver 200m Breaststroke & Bronze 400m IM
Max Litchfield	Gold 400m IM & 400m Freestyle
Joe Litchfield	Gold 400m IM & Silver 200m IM
Amelia Clynes	Gold 100m Butterfly & Silver 200m Butterfly
Darcy Deakin	Gold 50m Freestyle & Silver 100m Freestyle
Leah Crisp	Gold 800m Freestyle & Bronze 400m IM
Abbie Houston	Silver 400m & 800m Freestyle
Hannah Featherstone	Bronze 100m & 200m Freestyle
Jonathan Carlisle	Silver 200m Backstroke & Bronze 100m Backstroke
City of Sheffield	Gold Men's 4x200m Freestyle Team & Women's 4x200m Freestyle Team, Silver Women's 4x100m Freestyle Team, Bronze Men's 4x100m Freestyle Team, Women's 4x200m Freestyle Team & Women's 4x100m Medley Team
City of Leeds	Gold Women's 4x100m Medley Team, Silver Women's 4x200m Freestyle Team & Bronze Women's 4x100m Freestyle Team

ASA National Summer Championships;-

Tia Ward	Gold 200m & 400m IM, 400m & 800m Freestyle, 200m Butterfly & 200m Backstroke, Silver 100m Backstroke & 100m Butterfly
Jarvis Parkinson	Gold 100m & 200m Backstroke, 50m Breaststroke
Laura Brookes	Gold 50m Butterfly & Silver 100m Backstroke
James Reidy	Silver 400m IM, 100m & 200m Backstroke
Shannon Dodson	Silver 200m IM & 50m Backstroke
Katie Laybourn	Gold 100m Freestyle, Bronze 200m Freestyle & 50m Backstroke
Will Morris	Gold 50m Butterfly & Silver 100m Butterfly
Matthew Bradley	Silver 50m Breaststroke & 200m IM
Freya Rayner	Gold 100m Freestyle & Bronze 100m Butterfly

ASA Winter Championships;-

Nicholas Grainger	Silver 200m & 400m Freestyle
Jonathan Carlisle	Silver 100m & 200m Backstroke
Braxton Timm	Silver 50m Butterfly & Bronze 100m Butterfly
City of Sheffield	Gold Women's 4x100m & 4x200m Freestyle Team, Silver Men's 4x200m Freestyle Team

Para Swimming – Chris Armstrong (Pathway Officer)

Pathway Development

A number of swimmer identification events were held across the region funded via a new Sport England project. These were delivered with a range of partners including;

Scarborough Para-swimming Development Day	North Yorkshire Sport and Harrogate District SC.
Actionaires Aquasplash Festival	Action for Blind People and Leeds City Council.
County Durham Talent Identification Day	Leisureworks.
Leeds Primary School Swimming Festival	Leeds City Council.
Humber Aquasplash Festival	Active Humber and East Riding of Yorkshire Council.

This project, together with traditional swimmer identification projects and support from the region's Hubclubs, identified a total of 108 eligible swimmers with the potential to progress into the Para-swimming Pathway.

5 new swimmers were classified and 2 had their classification reviewed bringing the total number of Category 2 swimmers with a British Swimming or IPC classification to 55.

Regional Competition

The ASA NER Para-Swimming Championships were held in Harrogate on the 26th September. The number of swimmer entries equalled the previous year's figures of 65 swimmers, these were made up of 37 from the North East region, 19 from the North West and 9 from the East Midlands regions.

A physical classification session complemented the event with 6 classification appointments made available, 5 swimmers were classified with 1 other found non-eligible for classification.

Athlete Progression

ASANER members selected for 2015/16 British Para-Swimming and 2016 England Talent Programmes

British Para-Swimming World Class Podium Programme:

Josef Craig	City of Sunderland ASC
James Crisp	City of Sheffield Swim Squad
Harriet Lee	Team Northumbria/National Performance Centre
Matthew Wylie	City of Sunderland ASC

British Para-Swimming World Class Podium Potential Programme

Jonathan Booth	Borough of Kirklees SC
William Hardy	City of Newcastle ASC
Lily Macleod	Richmond Dales ASC
Jay McCabe	Darlington ASC

ASA England Talent Development Programme

Aliya Bacakoglu	Brighouse ASC
William Whitehead	Rotherham Metro SC

Achievements

IPC World Championships, Glasgow

James Crisp	City of Sheffield Swim Squad	Silver S9 100m Backstroke 4th SM9 200m Individual Medley
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British Summer Championships, Sheffield

Chloe Buck	Harrogate District SC	Bronze MC 400m Freestyle
Harriet Lee	Team Northumbria	Silver MC 100m Breaststroke
James Crisp	City of Sheffield Swim Squad	Gold MC 100m Backstroke
Jonathan Booth	Borough of Kirklees SC	Bronze MC 400m Freestyle
Josef Craig	City of Sunderland SC	Gold MC 100m Freestyle Gold MC 400m Freestyle Bronze MC 50m Freestyle
Lyndon Longhorne	Durham City SWPC	Gold MC 150m Individual Medley
Matthew Wylie	City of Sunderland SC	Silver MC 50m Freestyle Silver MC100m Freestyle

ASA Summer Nationals, Sheffield

Joseph Seage	Rotherham Metro SC	Gold MC 200m Freestyle Silver MC 100m Backstroke Gold MC 100m Breaststroke
Macauley Ainslie	Gateshead and Wickham SC	Bronze MC 100m Backstroke
Jack Bridge	City of Sunderland ASC	Bronze MC 50m Freestyle Silver MC 100m Freestyle Gold MC 200m Individual Medley Gold MC 100m Butterfly
Natalie Moon	Kingston upon Hull SC	Silver MC 200m Freestyle
Jay McCabe	Derwentside ASC	Gold MC 100m Butterfly Bronze MC 100m Backstroke
Lily Macleod	Richmond Dales ASC	Gold MC 50m Freestyle Silver MC 100m Freestyle Silver MC 100m Breaststroke Silver MC 100m Butterfly Gold MC 200m Individual Medley

Records

- Matthew Wylie, City of Sunderland S9 50m and 100m Freestyle British Records
- Josef Craig, City of Sunderland S8 50m and 100m Freestyle British Records

Masters – David Alexander (Masters Manager)

The past year has seen some outstanding performances from the North East Masters Swimmers. There have been Several World Records with individual ones coming from Kirsten Cameron (East Leeds) for the Long Course 1500 and 800 Freestyle. Team relay Short Course Records have been set by the East Leeds Men's 120+ years 4 x 50 Freestyle and their Men's 4 x 100 Freestyle. Both of these being set at the ASA Masters in Sheffield. The 100+ years Mixed Long Course 4 x 200 Freestyle Newcastle Swim Team set a new Record at the 2016 British Masters in Sheffield.

In addition to the World Records there have been 11 Individual and 4 Team Relay European records and over 30 British Records. A limit on space does not allow those setting the records to be named here. The Yorkshire Masters moved from the Scarborough Pool and took place at the John Charles Pool, Leeds. This proving popular with the vast majority of swimmers.

The British Masters (2015) were held in Manchester and proved an outstanding success for the North East Masters with new European and British Records in abundance. Needless to say they also went away with a massive haul of medals. In the Cupar Trophy the East Leeds were runners up to Otter.

The World Masters Championships were held in Kazan and saw Verity Dobbie getting a Silver medal from the 50 Breaststroke. Verity also came away with four other top ten medals. Other top ten medals were won by Ian Ruddle (Darlington), two, and Lynne Dawson (Chapelton) with four.

We held a Masters Development Day at the Queen Margaret's School in Escrick, York. There were 16 swimmers in attendance with a Gym Session followed by an active Pool session. After lunch a Nutrition session was well received and the day ended with the ASA Masters Officer, Sharon Lock, giving out details of her role.

The Regional Masters Championships took place in late September at the Harrogate Hydro Pool with a reasonable number of entries. The ASA Masters Open Water Championships were held in Rother Valley with swimmers from Rotherham Metro, East Leeds, York CBC, South Axholme, Scarborough, Newcastle, Middlesbrough and Sunderland. 12 swimmers returned with Gold medals.

As usual there was a good turnout of swimmers at the ASA Masters Championships in Sheffield. With over 60 Gold medal winners it is not possible to name them here but the results prove that the Region swimmers are among the best in the country.

The ASA Inter County Competition saw Yorkshire regain the National Title. The regional round held at John Charles was an exciting Competition but sadly with only three of the five Northern Counties taking part. The ASA Decathlon Competition saw the East Leeds Womens team in second place with their Mens team coming out on top. The ASA T-30 Competition is one of the specialist events for the East Leeds distance swimmers and they had five swimmers winning their age group. Three of the East Leeds Teams were also winners.

I would like to thank the County Masters Secretaries, Kate Nicholson (N & D) and Christine McCabe (Yorkshire) for their help in supplying most of the information required to compile this report. In finishing I wish to record my thanks to David Dickenson, who due to ill health, is giving up organising the Regional Masters Championships. David has carried out this role for many years and he will be hard to replace.

Swimming Officials – Sue Prasad (Swimming Officials Manager)

This year we have continued to fulfill the workforce development needs of the Region, by encouraging new officials to undertake examinations, and mentoring, guiding, and development of all officials.

We congratulate all those who passed examinations this year, thanking them for their hard work and commitment, and especially thank those who tutored or mentored them. The tutors and mentors give their time and expertise voluntarily, and they play a vital role in the development of new officials.

The Region undertook a survey about officiating, seeking views on a range of topics, a summary of the findings can be found on the Regional website. A working group looking at improving the official's training pathway and increasing recruitment and retention of officials has been implemented.

The NER is generally well placed within British Swimming having:

Officiating Role:	N&D Qualified	YSA Qualified	Total Qualified
Timekeepers	299	296	595
Judge 1	175	184	359
Judge 2	84	144	228
Judge 2S	49	62	111
Referee	25	31	56

We aim to ensure that our swimmers have the best standard of officiating possible within North East Region. We are fortunate that we host several National events within the regional area, and this enables Officials to gain valuable experience at this level. With open recruitment of officials at all major events, it is good to see so many NER officials taking these opportunities to gain valuable experience.

Once again, we held the annual Officials Seminar at the Bridge Hotel, Wetherby on Saturday 3rd October 2015. This was attended by 67 officials from around the Region, year on year this event brings together a greater number of officials to network and share information with the opportunity to gain the Continuing Professional Development (CPD's) required to be a Licensed Official. Those who attended gave some very good feedback, and suggested some interesting ideas for topics for future seminars.

The Region is committed to providing CPD events, such as the Officials Seminar so all officials have the opportunity to gain the points necessary to renew their license. We have a significant number of qualified officials in the Region, but we have a lower proportion of our officials who are 'Licensed' compared to other Regions, this is a target for us to improve on during 2016. If you are a qualified official and don't know how to or you wish to become Licensed, please contact myself or Christine Golightly to find out more information.

Number of County and Regional officials attending British Swimming Technical Officials CPD

	N&D	YSA	Regional Total
Contemporary Issues	72	82	154
FINA Rules Update	78	66	144
Mentoring	28	39	67
Disability Awareness	55	57	112
Licensed Officials	121	103	204
% Licensed of those eligible (J1 +)	69%	56%	62%

My thanks go to the members of the Officials project groups who have worked hard this period. Their support, expertise, commitment and enthusiasm contribute greatly to ensuring that we are able to support and develop our Officials within North East Region.

Diving – Gail Harrison (Diving Manager)

A great year for diving in the North East Region. Our divers have represented us both regionally nationally and internationally.

Starting at grass roots we sent a team to Skills in Manchester with great results and a wonderful place to start. After making the qualification standard at our regional events in January and February more of our regional divers attended National Age Groups in Sheffield and came home with more medals than ever.

Our Elite Nationals were held this year in Plymouth with many of our divers representing GB at Junior Europeans. Our Senior divers have represented us amazingly well at international level attending Worlds, Europeans and the Fina Diving World series where Jack Laugher from City of Leeds with great results at each leg came 1st place over all.

Many of our divers are on national development programmes with 9 on the Zone Programme, 7 on the National Talent and 8 on the National TASS.

Our region continues to offer training courses for both coaches judges and recorders ensuring that we have well qualified volunteers to run our events and continue to support the running of our National Events.

Our thanks go to NER for supporting us and as always the amazing volunteer team we have.



Water Polo – Pippa Jones

April 2015- March 2016

Another year that has seen British Water Polo continue to face considerable challenges, but it is reassuring to see the sport continuing to flourish within the NE region. The English Water Polo National Strategy was unveiled in November 2015 and approved by the ASA Boards earlier this year. The NE welcomes the appointment of Suzy Stevenson as National Water Polo Manager and we look forward to working with her to develop a regional strategy to support the national plan.

British Water Polo League

In the British Water Polo League, City of Sheffield men were third in Championship One, earning promotion back into division one, but Team Northumbria were unlucky to finish 4th, placing them back in division two for next season.

Castleford men finished second in Championship three and will therefore join Northumbria in division two, whilst York's 7th place means they stay in division three. In men's Championship four, Leeds finished 6th and Sheffield Dolphins, the youngest side in the league, 9th.

In the women's league, Leeds won Championship One and City of Sheffield were third therefore both teams will play in division one next year. In Championship two, Leeds Hammerheads finished 4th and Sunderland finished fifth. This mean that Sunderland had to play in the qualification tournament where they finished third, behind City of Sheffield's B team and both teams will play in division three next year.

Inter Regional tournaments

The North East was represented in every inter regional event this year and the NE boys teams currently hold every junior ASA Championship trophy for the very first time.



Representative honours were achieved by:

Winners

Boys (2000 Born)

Richard Murray - Sedgefield
Connor Keeble - Sedgefield
Michael Cousins - Sedgefield
Dan Hunt - Rotherham
Connor Carpenter - City of Sheffield
Jacob Skelton - Rotherham
Devrim Sacmacioglu - City of Sheffield
Will Mardlin - City of Sheffield
Joe Barron - Sedgefield
Ben Stephenson - Sedgefield
Oscar Kelly - City of Sheffield
Kris Egginton - Sedgefield
Josh Jennison - Rotherham
MVP - Connor Carpenter

Boys (1999 Born)

Will Mardlin - City of Sheffield
Haydn Wilkins - Huddersfield
Kris Egginton - Sedgefield
Michael Cousins - Sedgefield
Connor Carpenter - City of Sheffield
Devrim Sacmacioglu - City of Sheffield
Isaac Wass - Castleford
Michael Kucharski - Rotherham
John Pratt - Sedgefield
Connor Keeble - Sedgefield
Dan Hunt - Rotherham
Oliver Jewitt - City of Sheffield
Ben Stephenson - Sedgefield

Boys (2002 Born)

George Jackson (GK) - Rotherham
Arshia Keyghobadi - Sheffield
Quinn Walker - City of Leeds
Jake Mendelsohn - Sedgefield
Haydn Craggs - Sedgefield
Michael Hampshire - Sedgefield
Robbie Shillito - City of Leeds
Oliver Vodden - Rotherham
Ethan Carpenter - Sheffield
Mertan Sacmacioglu - Sheffield
Daniel Millington - Sedgefield
Alex Graves - Morley

Head Coach: Mike Bacon - Leeds

Assist Coach: Simon Howe - Sedgefield

Team Managers: Lee Craggs & Allison Mendelsohn - Sedgefield

Results

Group Stages

East	2 – 8	North East
Midlands	4 – 15	North East
North West Tigers	5 – 13	North East

Semi Final

North East	8 – 6	Scotland
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Final

North East	14 – 12	North West Tigers
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Winners

Girls (2000 Born)

IR Championship 4-5th July 2015 (Liverpool).

Team: Finished 5th Position

MVP: Lucy Rogers

Sophie Jackson - Leeds

Rachel Claire Harrison - Leeds

Laura Crossley - Rotherham

Jessica Webb - Sedgefield

Phoebe Jarvis - Rotherham

Amber Linney - Rotherham

Panna Casano - Sedgefield

Hollie Turnbull - Sedgefield

Kate Harrison - Sedgefield

Poppy Stephenson - Sedgefield

Lucy Rogers - Rotherham

Alyssia Craggs - Sedgefield

Crystal Elliott - Sedgefield

Girls (2002 Born)

IR Championship 5-6th July 2015 (Walsall).

Team: Finished 6th Position

Kate Harrison - Sedgefield

Lauren Chatt - Sedgefield

Esther Mead - Sheffield

Poppy Stephenson - Sedgefield

Alexandria Marshall - Halifax

Emily Crossley - Rotherham

Crystal Elliott - Sedgefield

Adveryn Lane - Morely

Asia Law - Sheffield

Isabelle Dendle - Halifax

Hollie Turnbull - Sedgefield

Girls (2001 Born) IR Championship 28-29th May 2015 (Liverpool).

Team: Finished 11th Position

Kate Harrison - Sedgefield

Jessica Webb - Sedgefield

Esther Mead - Sheffield

Megan Scadding - York

Laura Crossley - Rotherham

Emily Power - Durham

Anna Motley - Sheffield

Isabelle Dendle - Halifax

Emily Crossley - Rotherham

Poppy Stephenson - Sedgefield

Hollie Turnbull - Sedgefield

Abigail Hall - Morley

Crystal Elliott - Sedgefield

MVP: Esther Mead

Thanks to all the coaches and team managers who have worked so hard to organise training and selection and take the teams to each inter regional competitions:

John Stevenson, Lee and Allison Craggs, Michelle Crossley, Richards Cousins, James Pratt, Martin Kelly, Adam woods, Chris Motley, Dave Elliot and apologies to anyone who I missed out – you have all been fantastic and worked so hard to prepare and support our squads

National Age Groups

There was success for 3 of our region's clubs in the age group competition finals in Manchester

Boys Under 17 GOLD Sedgefield SILVER City of Sheffield

Girl Under 17 BRONZE Rotherham

Coach Education

A level one coaching course was held in Maltby which resulted in 19 new coaches for the region.

Competition

The Northern League and the Wakefield League continue to organise and promote junior and senior competitions for regional teams and this year have added new womens competitions to their programme which have been well supported by Sheffield, Leeds, Rotherham, York and Sedgefield.

Beacon Club

City of Sheffield's Beacon programme is now firmly established and is working closely with the regional under 16 squads. Monthly training is now taking place for both boys and girls, with a view to expanding the programme in the next two years. The Beacon squads competed in a European Club tournament in Lloret de Mar in September 2015, taking on some of the strongest European teams in their age groups and held their own in some very tough games.

England Talent

The England Talent programme is currently being restructured in line with the new Water Polo strategy which has been written by the England Water Polo Management Group (EWPMG) and approved by the ASA Sport Board. A new programme of regional academies looks likely to replace the current system of RTCs and national camps based in Cardiff. The NE has supported a strong programme of regional training this year and will be in a strong position to implement this.

International Honours

Kate Parkin City of Sheffield/Rotherham GB under 20s World Championships
Joel Leighton City of Sheffield GB under 19s European Championships
Scott Carpenter Sedgefield Australian Senior Men
John Pratt Sedgefield England under 17s
Kris Egginton Sedgefield England under 17s
Connor Carpenter City of Sheffield England under 17s
George Reader City of Sheffield England under 17s
Dan Hunt Rotherham England under 17s
Michael Cousins Sedgefield England under 17s
Connor Keeble Sedgefield England under 17s
Matthew Bottomley Halifax England under 17s
Sophie Jackson Leeds England under 17s and under 19s
Lauren Richardson Leeds England under 17s
Emily Pilkington Sedgefield England under 17s

British Universities Championships

Mens Championship Durham GOLD Sheffield Hallam BRONZE
Womens Championship Sheffield Hallam GOLD Durham SILVER

The North East region continues to produce excellent players competing for very strong club sides, coached and managed by the most incredible teams of volunteers, struggling to meet increasing pool costs, which means increasingly high competition costs and increasingly high costs of sending players to compete for their country. We are currently national champions in all 3 boys age groups and the development programmes for the girls means we will regain our position at the top end of the female game before long.

This is my last report as NE Water Polo manager as I am stepping down to concentrate on other areas of water polo work so thank you to everyone in the region for your support over the last few years and I look forward to reading about even more regional success in the coming years.

Synchronised Swimming – Tracy Wyke (Synchronised Swimming Manager)

Contributing Clubs:

- City of Leeds SSC
- Halifax SSC
- Gateshead SSC
- Borough of Kirklees SSC
- Pudsey Pearls SSC
- Leeds Mermaids SSC

New club: York Synchronicity

Implementing the development plan

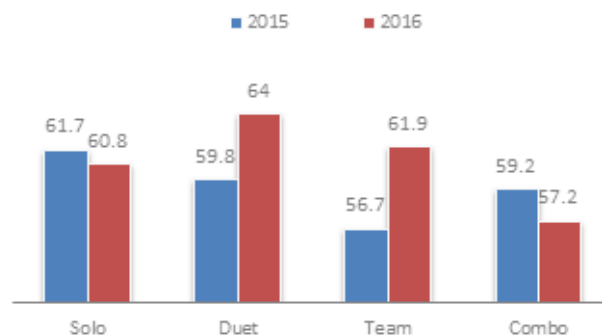
NE Synchro region has been busy implementing the new activities of the development plan this year, and organising two competitions- the Novice competition for June and the Senior and Age Group competition in September.

NER clubs successfully competing at the British Championships Competition in April, and also the Novice Yorkshire competition. NER Synchro ran a residential camp for swimmers competing at the British Championships at Queen Ethelbergas College in York over the Easter school holiday.

British Championships

City of Leeds SSC, Gateshead SSC and Halifax SSC competed at the British Championships in April. The event was held over two days in Nottingham's new 50m facility.

Comparison of results at British Champs	Scores
Solos average score 2015	61.70
Solos average score 2016	60.80
Duets average score 2015	59.80
Duets average score 2016	64.00
Tech and Free Team average score 2015	56.70
Tech and Free Team average score 2016	61.90
Combinations average score 2015	59.20
Combinations average score 2016	57.20



The North East had more entries this year at the British Championships, with Rachel Lee representing Gateshead SSC in the Technical and Free solo. Halifax SSC entering the combination routine, and City of Leeds SSC entering all events with the exception of the Technical duet and solo.

Out of the seven events the North East clubs entered, athlete's medalled in four of these which is a great achievement. The coaches were highly impressed by the improvements in particular in the tech and free team scores, and felt the NE champs camp during the Easter holidays greatly contributed to this success and the Bronze medal. Overall the competition appears to be scored lower than last year across the board, which makes the improvements in scores even more impressive, and may explain the slight reduction in scores in the solos and combinations.

NER medals at British Champs	Medal
Rachel Lee- Technical Solo	Bronze
Rebecca Richardson- Free Solo	Bronze
Rebecca Richardson- Figures	Silver
City of Leeds- Technical Team	Bronze

NER Synchro Development Camp Easter

Held over 3 days at Queen Ethelbergas College in York, 11 athletes entering competitive events at British Championships trained at the camp. Athletes were representing Halifax SSC (3), Pudsey Pearls SSC (4), Leeds Mermaids SSC (2) and Gateshead SSC (1), Rykneld/City of Leeds (1). The camp involved over 7hrs training each day, and included team bonding exercises, land training, flexibility, figures and technical work and largely routines work towards the British Championships.

The coaches felt the camp gave a fantastic opportunity for athletes to bond, set goals and focus on the upcoming events. The facilities were excellent and the camp was well received and reviewed by the athletes. The camp was also a good opportunity to try the centre prior to the larger summer age group NER synchro development camp in the August school holidays.



Working group

In addition to the NER athlete development camps, the working group have organised two competitions to service the different level of athletes we have in the region, in addition to Regional Skills assessments and courses in 2016.

The Summer camp will provide the opportunity for a Level 2 coaching synchronised swimming qualification course to run, which has been identified as a training need in the NE for some time. We hope that the camp will become a regular coach and athlete development event in the synchro calander.

Club reports

Please see below updates from the clubs in the NER who have responded to our request for information:

Halifax SSC

Halifax had some great results last year:

- 3rd in 13/14 National age group recreational combination 2015
- 1st in 15/16/17 National Age group recreational combination 2015
- Megan Ingle got through to England talent trials in December 2015
- Megan Ingle and Isobel Davies competed with City of Leeds in the Swedish Open in November 2015.
- Maddison Kaney was selected to swim with City of Leeds.
- Rosie Barrington was selected to help coach England talent.

Borough of Kirklees SSC

Over various competitions in 2015 we gained a total of, 13 golds, 17 silver and 11 bronze medals, we have also won the millennium cup in the Yorkshire competitions.

We took a 19 Under Team to NAGs in December we were placed in 5th position with a score of 57.1667.

We had a successful Christmas show from inviting local Aqua Fun Groups we increased our swimming number to capacity of 25.

2 of our swimmers competed for City of Leeds Synchro at both SNAGs and NAGs with one bringing home a medal from her first International competition, which was held in Sweden.

We have increased the number of Basic Assessors and Basic Judges, we also now have a National Judge and an Advance Assessor, all thanks to the courses that the NE Region has organised last year.



Gateshead SSC

Competition Successes

Yorkshire spring competition May 2015 the club achieved

- Gold medals 6
- Silver Medals 3
- Bronze medals 2
- 12 and under combination team won the silver medal and Gateshead won the top club trophy.



Warwickshire & Staffordshire Championships July 2015

- Rachel Lee won two bronze medals in the junior and open solo competition.
- 19 & under team achieved a silver medal.

NE/NW Multi – Regional Competition September 2015

The club won 3 bronze medals, Rachel Lee & Chloe McLelland won the NE 15-18 Duet Trophy and the 19 & under team came 3rd overall and 2nd in the northeast.

Yorkshire Autumn Competition October 2015 the club achieved

- Silver Medals 4
- Bronze Medals 1
- In the open age combination category the club came 2nd overall and 1st in Northeast.
- Gateshead also won the top club trophy.

Scottish National Age Groups October 2015

Rachel Lee won 2 gold medals in the junior figures competition and in the junior free solo competition. She also won 2 bronze medals in the senior free solo and the senior tech solo competition. In the open combination team competition the team won a gold medal. Chloe McLelland & Pru Hubbard competed for City of Leeds at this competition.

National Age Groups December 2015

- The 19 and under team came in 6th place out of 23 teams.
- Rachel Lee took part in the 15-18 figure and 15-18 free solo competition.
- Chloe McLelland & Pru Hubbard competed for City of Leeds (COL) at this competition.

Other Achievements : Chloe McLelland represented COL in Sweden in November 2015.

Leeds Mermaids SSC

2015 Results:

March Multi-Regionals: 5 Gold, 3 silver & 2 bronze

Yorkshire Spring: 5 Golds, 1 silver & 2 bronze

Yorkshire Autumn: 5 golds, 1 silver, 1 bronze

September Multi-Regionals: 3 golds

Other achievements:

- Membership has risen to 48 members
- Successful grant application for £250 funding from WYSport
- Rebecca Richardson swam in Junior European Qualifiers in Istanbul and won a Bronze medal in the team with GBR.



- Sam Travis, coach, was a Finalist of National ASA Aquatics volunteer of the year
- Rebecca Richardson swam in Champs squad for COL in Sweden – silver medalists & gold solo & figures
- SNAGS – several swimmers selected for COL 12U team – silver medalists, Abigail Devanny gold in duet
- NAGS – First ever Mermaids 12U recreational team - 13th, several Mermaid swimmers selected for City of Leeds 12U Competitive Team (4th place), Rebecca Richardson bronze solo, Abigail Devanny & Rebecca Richardson silver duet
- First Annual Mermaids Awards Night held
- British Synchro Champs – swimming for COL, Rebecca Richardson won a silver in figures and a bronze in solos and contributed to the first ever COL team medal at Champs.

Pudsey Pearls SSC

Competition results:

- Spring Novice Competition 2015: Two Bronze and Two Silver
- Autumn Competition 2015: Five Gold, Four Silver and Five Bronze
- Multi-Regionals 2015: Four Gold, Four Silver, Two Bronze
- Spring Novice competition 2016: Two Silver, One Bronze



Other events:

- Coach Sheilah Gooch won an award at Leeds Sports Awards 2016 for Outstanding Service to Sport.
- Millicent Costello and Grace Steadman selected for England Talent trials December 2015
- Millicent Costello selected to England Age Group Squad 2016
- Georgia Fielding, Grace Steadman and Millicent Costello selected to compete at Swedish Nationals 2015
- Georgia Fielding, Ellie Jefferson, Grace Steadman, Samantha Breen, Olivia Burton, Katie Pearce and Jessica Arnold selected to compete at British Championships with COL SSC and contributing towards Bronze Medal in Technical Team.

Open Water - information provide by Diane Stafford

The Swim NW Open Water Festival featured the introduction of the North East Region to participate alongside the Fun 500 swimmers, Challenge 2000, Police Sport UK championships, Lancashire, Cheshire & Northumberland County championships. This year we also added a Masters element to the ASA races. The overall entry for the event continues to grow and this year was much higher than 2014 with over 160 competitors. There were no problems finding officials as the event attracted a plethora of interested people. We still face a few issues with the on-line electronic entry systems but each year highlights improvements and modifications that can be made.

1500m Female

Lucy Woodliffe	Yorkshire	20.55.87
Laura Cook	Northumberland & Durham	20.55.11
Ellie Buxton	Yorkshire	20.54.61

1500m Male

Joseph Ward	Yorkshire	26.42.60
Oliver Duckworth	Yorkshire	20.47.45
George Barber	Yorkshire	19.08.71

3000m Female

Lucy Nicholson	Yorkshire	40.44.35
Amy Henshaw	Northumberland & Durham	40.26.14

3000m Male

William Hendry	Yorkshire	37.59.18
Nathan Wells	Yorkshire	38.12.39

5000m Female

Jace Cappleman	Yorkshire	70.24
Lucy Ellis	Northumberland & Durham	68.38

5000m Male

Matthew Reay	Northumberland & Durham	65.53
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Overview – The ASA North Division – Chris Rinder

The ASA North Division continues to work across all strands of the ASA Whole Sport Plan, in particular working on Adult participation, School Swimming, Adult and Child Learn to Swim, Developing relationships with Operators and other key stakeholders, working with Operators on Facility and Operational Strategies as well as working with National with Regional colleague to develop Clubs and Membership. The AO's work programmes are being driven by greater insight and the production of a new ASA Participation strategy which was launch in November 2015. The focus being to improve three key areas (frontiers) of the swimming experience for all customers, namely 1 Increase Visibility & Relevance, 2 Improve Swimming Environment, 3 Taylor the swimming Offer.

Following a restructure the Aquatic Officers (AO's) are now known as Area Swimming Managers (ASM's) and each has taken on a specialism (shown below), we have also added a dedicated Learn to Swim Manager. Details of the area's covered be each officer are shown below:

Karen	Emma	Lorna	Gavin	Kate	Paul	National	Carolyn
Projects	Health	Insight	Facilities	LTS	Workforce		LTS Manager
Blackpool	Rochdale	Liverpool	Calderdale	N'umberld	Middlesbro	Manchester	Division
Fylde	Oldham	Sefton	Bradford	Durham	Hartlepool	West Lancs	
Wyre	Salford	St Helens	Leeds	N Tyneside	Darlington	South Ribble	
Preston	Tameside	Knowsley	Wakefld	S Tyneside	York	Carlisle	
Lancaster	Stockport	L'pool U	Sheffield	Newcastle	Harrogate	Allerdale	
Blackburn	Trafford	Wirral	Kirklees	Gateshead	Scarboro	Copeland	
Burnley	Manchest	Halton	D Yule	Sunderland	Recar	Eden	
Pendle	Wigan	Chesh E	Doncaster	S Lakeland	Hambleton	Bolton	
Ribble Valley	Bury	Chesh W	Rotherham		Richmond		
Hyndburn		Warrington	Barnsley		Ryedale		
Rossendale					Selby		
Craven					Stockton		
Chorley					North Lincs		
Barrow							



Sunderland Aquatics Centre

Learn to Swim

Swimming's vision includes the clear statement 'to ensure that everyone has an opportunity to learn to swim, regardless of age, ethnicity and ability'. The responsibility for leading on the teaching of swimming rests with the ASA, and hence the regions.

In 2015-2016 the Region made much progress:

Swim Safe

Swim safe continued on Sandhaven Beach, South Shields in 2015, more than 900 children took part in the free programme, gain valuable open water safety advice and experience. The scheme was offered to all schools in the South Shields area and several took part in the scheme.

The sessions were once again run by experienced ASA teachers and RNLI Lifeguards, with Kate Nicholson managing the programme locally.

The free 40-minute sessions took place during the school summer holidays at Boscombe in Bournemouth, Brockhole in the Lake District, Bude Sea Pool in Cornwall, the Isle of Mann and Sandhaven in South Shields, nationally more than 8,000 children took part.

Swim Safe will now become the ASA's brand for water safety, the open water events will happen again in 2016, including again at IOM, Windermere and South Shields. Additional programmes will be added over 2016, Scarborough, & Rother Valley Country Park.

The Swim Safe project was awarded with the RNLI Partnership of the Year award for 2015.

Learn to Swim Foundation Framework

The new ASA Foundation Framework has launched in January 2016, incorporating Discovering Duckling and the Ducklings programmes. Aimed at children from 1 to 4 years the delivery team have been rolling the programme out across Northern Operators, we now have 30 of the 33 North East & Yorkshire Local Authorities following the ASA Learn to Swim Framework.

The ASA continues its search to find a key Sponsor for the Awards, yet they prove as popular as ever, with more than 262,000 Awards given to children across the North East in the past 12 months, a 3% rise year on year.

In addition across the Region we trained an additional 600 Level one Teachers and Coaches and an additional 300 Level two's.

School Swimming

School swimming continues to be a challenge, the introductions of more Academy Schools and the reduction in the number of schools pools means increasing the number of children able to swim by KS2 continues to be a real challenge. The School Swimming Charter continues to grow in popularity following its introduction 12 months ago currently over 1,000 schools signed-up for the Charter. The Charter provides resources and rewards to help providers get the best out of their pool sessions and ensure attainment levels are monitored and recorded to allow for communication with Parents and for OFSTED inspectors. ASM's are working with Schools and Local Authorities across the Region to embed the Charter into their School swimming programmes.

Sainsbury's School Games took place across the region, successful swimming events were held across the Region and in the National event, England North topped the points table for the second year running in the swimming at Sainsbury's School Games 2015, finishing on 257.5 points. England South finished second with 241 points and England Central finished third with 226 points.

Schools Swimathon 2015/16 was launched in December, with 67 of the 226 places Nationally taken by schools across the Region.

A new school swimming dedicated website was set up and has been circulated to all schools so they can access information related to school swimming and the school swimming charter.

www.swimming.org/asa/schoolswimming/

Lifelong Participation

The Legacy Action Plan or the 2012 Olympic Games promised to increase the nation's participation in physical activity. As the country's major participation sport, swimming has a clear and significant role to play. National statistics show lane swimming numbers fell in 2015 from 2.54 million to 2.51 million – a fall of 1 %. In 2015 the Region saw a slight rise across both Yorkshire and the North East, with the North East rising by 5,000 lane swimming swimmers and Yorkshire by 2,000. Centrally the ASA Insight team continue to work on better understanding swimmers motivations, and looking at behaviour change research for specific user groups.

ASA Insight & Behaviour Change model

The Divisional team have presented this work to all 72 Local Authority Partners across the North, many have now completed the Frontier checklist and are working on development plans to improve the swimmer experience across their pools. Additional Insight research on Disability has been presented to 31 Partners.

This girl can

Kate Nicholson has been working in partnership with Active Newcastle to deliver 'pilot pool to open water' project across the city.

Swimfit

This programme was on hold from April 2015 to Jan 2016, however following its reactivation, new units are now being offered to Operators and the North ASM team are re-writing the Gym Fit and Swimming cards, these will be made available to Operators from 1st May onwards.

Dementia Friendly Swimming Project

North pilots are into their final quarter of year one in Durham and Manchester and are being supported by the ASM's. Partner cities being sort for 2016, unfortunately Leeds have decided not to take part in the second year, however a combined North Yorkshire bid championed by North Yorkshire Sport is planned for 2016. This project was one of three finalists in the 'Best Dementia Friendly Project' category at the Alzheimer's Society Dementia Awards.

Disability Project

Let's go Swimming, pilot is still ongoing with Kirklees Leisure Trust, developing accessibility sessions for various user groups, using the Disability Behaviour change insight work to shape the offer. The project is being widened to other Operators and a number of Northern Operators are keen on developing projects for 2016.

Data Leagues

Three Northern operators will be piloting the ASA's data leagues project, Tees Active, Cheshire West and Rochdale. Data Leagues is designed to automate pool programming, making it faster and simpler for Operators to re-programme their water space.

Swimtag

On hold due to Participation strategy, Technology is a key component, however the ASA are reviewing options and which companies we should partner with.

Governance, Structure and Partnerships

PPP

PPP's are being phased out, but ASM's continue to develop formal relationships with Operators through development of the Participation Strategy and are working on developing aquatic delivery plans based on the frontier checklists. The plans develop participation in the three key areas of Learn to Swim, Adult Participation and Club development and the ASM team are working with Club Development Officers and Regional Development Officers to ensure clubs benefit from these closer working relationships. To date the following North East Operators have completed their frontier checklists and are developing Aquatic plans:

- Tees Active
- Gateshead MBC
- Durham County Council
- Active Northumberland
- Kirklees
- Hull
- Doncaster
- NE Lincs
- North Country Leisure
- South Tyneside Council
- North Tyneside Council
- Hartlepool
- Redcar and Cleveland
- Darlington
- Middlesbrough
- York
- Richmondshire
- Hambleton
- Tadcaster
- Bradford
- Doncaster Culture & Leisure Trust
- Wakefield
- Leeds CC
- SIV (Sheffield International Venues)
- Barnsley Premier Leisure
- Deborah Yule Swim School
- Selby
- York Sport

Sponsorship

New Sponsors being sought, no update at present, although this is a key priority for ASA centrally and is being led by Marketing Director Mike Thomson.

Contacting Us

If you have any enquires regarding the work of the ASA North East Region, please contact:

ASA North East Region
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Tees Valley Swimming Hub 2015 -2016