

In this issue of poolside: New Assistant Head Coach; One Club Countdown; Summer Social; Nationals; Open Meet Thank You; End Of Term; Rio 2016; Pre-National Camp; Three Counties; Website Makeover; Fuerteventura; Synchro Stars, Golden Bears; Club Calendar; Open Water; Para Squad Report; New Pool Programme Training Timetable; Events Calendar.

Our email address for submitting or commenting on newsletter items is cobswimnews@gmail.com

Marc Williams Appointed As CoB Swimming Assistant Head Coach



It has long been one of our goals to be in a position to take on an assistant to the Head Coach here at City of Bristol and we are now very pleased to announce the appointment of Marc Williams.

Marc is, of course, no stranger to us having been a Bishopsworth and City of Bristol swimmer himself and is already part of the coaching team and lead land training instructor. Marc's recent performance at the European Masters in London also suggests that he has, perhaps, yet to reach his peak in the pool !?

Currently Head Coach at Bishopsworth with an amazing season behind him including Arena League promotion, Marc will formally take up the City of Bristol position upon the amalgamation of the clubs in September. Having already formed a great working relationship with Head Coach, Matt Puddy, over the past year, Marc is already an integral part of the 'one club' coaching team and his appointment to the Assistant Head Coach role is great news for the club going forward.

Marc beat off strong competition for the post which had attracted applications from very high calibre candidates from the UK and abroad. The selection process for the shortlisted candidates included an interview and presentation in front of a highly experienced panel and also a poolside coaching assessment.

Marc had previously acted as interim Head Coach following Jon Randall's departure in early 2015 and his existing relationships with the swimmers and coaching team provided the panel with additional confidence that Marc was the best candidate for the role.

So congratulations to Marc and we look forward to September with confidence that we are building a great team of coaches to nurture and develop our swimmers through the coming season and beyond.



**Read on for details.
Don't miss out !**

Accreditations



Network Clubs



In Partnership With



The One Club Countdown Continues

Preparations and work behind the scenes are continuing to gather pace as we move towards the amalgamation of the clubs.

Bristol Central and Bishopsworth members (*who were not already members of the existing CoB*) have been asked to complete and return new membership forms to ensure that everyone is correctly registered for insurance, safeguarding and competitive purposes with the merged club. ***If you haven't already done so, please complete and return the form as soon as possible.***

New banking arrangements are being set up for the single club and over the next couple of months all members will be asked to move their monthly fee payments to a new account. This is a major exercise for the finance team and we would be grateful if members would make the necessary changes as soon as possible once the new account details are confirmed.

As our target date for the formal merger remains September, everyone is asked to keep an eye on their emails and the club website in case any important communications are issued during the summer break period.

Summer Social - Saturday 23rd July 2-6pm

It's almost time for the CoB Summer Social.

If you haven't already, please log in to the doodle poll at <http://doodle.com/poll/tqpdf4nimbannt9> to select the 2 or 3 items of food you will contribute towards the American Supper. We have also ordered a hog roast to be provided for the event which will be available at a small cost.

It is very simple to participate in the doodle poll, just enter your name and select the 2 or 3 items of food you are willing to provide and save your selections.

The Summer Social is being held at Brislington Juniors Football Club (first left up Ironmould Lane, don't go to Brislington Football Club further along). The bar will be open to provide refreshments. ***See you all there!***



On The Way To Nationals

Good luck to all our swimmers competing at the Nationals over the next few weeks.

With the open water qualifiers now confirmed, we now have 17 swimmers competing in over 50 events at the British/English Nationals in Sheffield starting in a week's time.

We also have a number of swimmers travelling to the Welsh Open Championships.

A great achievement for the club and the individuals – well done everyone!

Swim fast and enjoy the experience!

Keep Up To Date

Make sure you follow us on twitter [@BristolAquatics](https://twitter.com/BristolAquatics) for the very latest news and keep those retweets coming. www.cobswimmingclub.co.uk

CoB Level 3 Summer Festival Open Meet

A huge thank you as always to all our organisers, volunteer helpers and officials who helped to make the Summer Festival Open Meet another successful event for CoB.

There was plenty of success in the pool for CoB swimmers competing in their home club colours - some perhaps for the last time as Central and Bishopsworth before the merger of the clubs.

Well done to everyone.

We can always do with more volunteers so please put the following dates in your diaries and put your name forward to help next time round.

Future meets: L3 October 29-30 2016; L2 December 17-18 2016; L1 March 31 - April 2 2017

We also urgently need more trained officials so please sign up for the next round of training by contacting Marion. **The training is FREE** (paid for by the club) so why not give it a try? Once again, the more volunteers/officials we have means less of a burden on a few people and will ensure our swimmers are able to continue to compete at all levels.

If you are interested in taking up the challenge please contact Marion Britton at the following marion_britton@yahoo.co.uk as soon as possible. We hope to run several rounds of courses each year so please let Marion know you are interested.

End of Summer Term

The last Academy, Development, Performance and Competition Squad sessions are on **Friday 5th August 2016**.

The first official sessions back for Academy, Development, Performance and Competition Squads are on **Tuesday 30th August 2016**.

Pre Season Training is available for Age Development, Age Performance and Senior/Youth Performance as follows:-

Monday 22nd August, 4.50-7.15pm, Water Circuits, Hengrove

Wednesday 24th August, 7.20-9.30am, 1hrSwim+1hrLand (Spin/Adventure Jog), Hengrove

Friday 26th August, 4.50-7.15pm, Waterpolo Masterclass (Craig Figes), Hengrove

Rio 2016

Just in case anyone suffers from withdrawal symptoms during the summer break there will be plenty of aquatic sport on TV to keep us going and hopefully inspire us to achieve even greater things next year.

The TV scheduling is not yet finalised but the dates for the aquatics events are as follows:-

Swimming 6th - 13th August

Synchro 15th-20th August

Water Polo 6th - 20th August

Diving 7th - 20th August

Paralympics 8th-17th September

Enjoy - and be inspired.



Pre-National Camp A Great Success

CoB played host to swimmers from Poole, Bournemouth, Gloucester and Soundwell at an exclusive pre-National one day camp at the beginning of July.

The camp was by invitation only to national qualifiers and the very full 12-hour programme included top class coaching over two 2-hour pool sessions, pre and post-pool sessions and very informative fitness and race preparation workshops.

It's great to see CoB hosting this type of event and making use of the fantastic pool and facilities at Hengrove. **Hopefully this will be the first of many such events.**

CoB Swimmers Called Up For Gloucester

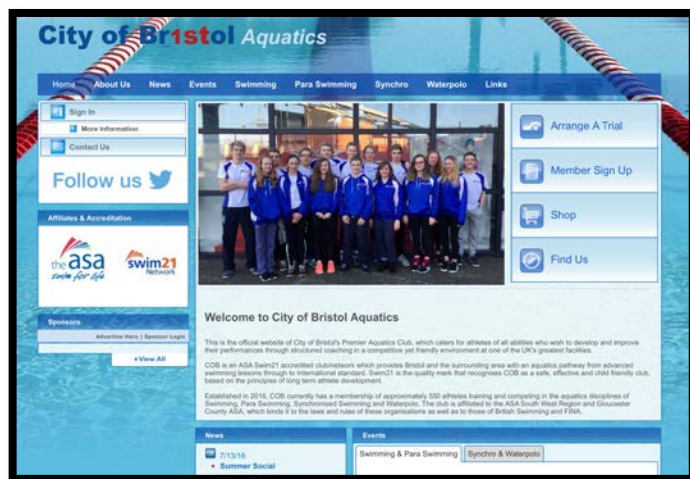
Congratulations to Hazel, Holly, Jack G, Jack P, Jamie, Kye, former CoB swimmer Ollie and Jonah (who unfortunately couldn't make the event) who were all on the Gloucester County team sheet for the Three Counties fixture earlier this month.

It was a really hard fought and close competition with Gloucester just squeezed into third place behind Worcester and Staffordshire.

Well done team.



CoB Website Makeover Check it out.



www.cobswimmingclub.co.uk

GB Synchronised Swimming Olympic Display!

Friday 29th July 2016
12:00 until 12:30

Come along to the Garrison Sports Centre in Aldershot to cheer on the
GB Synchronised Swimming Olympic Duet Team!

Showcasing their Olympic Routines are:
Olivia Federici (3 x Olympian)
Kate Clark (2 x Olympian)

Bring friends and family to the event and let's inspire our next generation whilst giving our home grown talent a huge
OLYMPIC SEND OFF!!

Entrance: Free
Donations: Welcome



Fuerteventura Camp - October 2016

The October camp is fast approaching and preparations are in full swing.

Those attending the camp are reminded that all fees should be paid up by the end of August at the latest.



ASASW Synchro Swimmers Of The Year

Congratulations to Kate Shortman and Izzy Thorpe on being awarded 'ASA South West Synchro Swimmers of the Year'!

This is for their international duet achievements. They were awarded the shield by Ian Stuart (ASA President) who came to Hengrove Park Leisure Centre to award it to them personally.

Kate and Izzy were also part of an 11 strong squad who took part in the European Juniors 2016 Synchronised Swimming Championships in Rijeka, Croatia with England Programmes synchro athletes representing Great Britain from the 22-26 June.

The team achieved several top ten placings including 10th place in the duet for Kate and Izzy with their Rio/carnival themed routine.

Kate, who was one of only a few athletes competing in all ten events at the championships, also made her way through to the solo final finishing in 11th place with a great solo routine.

Well done ladies!



Golden Bears

Also travelling to Croatia in June were James and Jess competing for England SW Region in the Golden Bear International Meet in Zagreb. Will had also been selected for the team but unfortunately had to withdraw due to illness.

Both enjoyed their first taste of international competition with James making it through to an individual final and Jess returning home with a couple of Bronze medals. **Congratulations!**



Club Calendar

Our last training session before a short summer break will be on 5th August. Please check the calendar on the website for what's in store when we return.

With the three clubs merging, the club calendar for the coming season is now jam-packed with events and competitions for swimmers of all levels. Please take a look at the calendar on the website to make sure you have all the important dates in your diary.

South West Open Water Championship

Well done to those who were brave enough to take on the Weymouth waves for the South West Open Water championships.

Jack W and Jonah both won their age groups to qualify for the national events later this month with Teilo a creditable 6th in his age group. **Great swimming lads.**

Extra congratulations to Jack W who has just gained an excellent 7th place in the Euro Triathlon in Portugal. Probably just a few degrees warmer than Weymouth. **Well done Jack.**



Para Squad Update

For those of you who are maybe still wondering what the CoB para squad is all about, here's a great rundown from Para Squad manager Lou Johnson.

COB para squad has a vision of making competitive swimming accessible to any individual with either a physical or learning disability who wishes to train or compete, offering a truly inclusive approach for everyone. The swimmers will be encouraged to follow the ASA para swimming athlete pathway and be encouraged to swim within the mainstream areas of the club wherever applicable.

COB para squad operates once a week and is aimed at any person with either a learning or physical disability aged 8 upwards, able to swim a minimum of 25m and be comfortable in deep water.

The squad currently trains once a week on a Saturday morning at Horfield pool 7.30am - 9am.

The coaches within the club have a vast array of swimming expertise and expert knowledge of working with people with physical and learning disabilities. Every person who swims will have an individualised plan with a progressive structure aimed at developing them as a swimmer and an athlete. These plans will be reviewed on a regular basis.

When a swimmer is ready to be put forward into the ASA classification system, City of Bristol coaches, along with regional ASA development managers, will support this process. The classification system has 14 classifications S1 - S10 for physical disabilities, S11 - S13 for visual impairments and S14 for learning disabilities with a proven assessed IQ of under 75. City of Bristol swimmers will be invited to assessment days organised within the southwest region by the ASA.

Once a swimmer has attained their classification they will be able to compete.

Multi-classification races, known as MC races, are where para-swimmers compete against rivals from different classifications and receive a points score based on how close they are to the existing British record. Positions are determined based on relative performance rather than time.

There are also regional and national para-swimming competitions held specifically for swimmers with disabilities in England.

Each of the ASA Regions runs Para-Swimming Championships that provide an opportunity for swimmers with a physical, visual, learning or hearing impairment.

Regional and national para-swimming competitions will include MC races, although hearing impaired swimmers (S15) will be awarded separate medals and are not included in the MC points rankings.

City of Bristol takes a very proactive approach to supporting the Bristol area and learn-to-swim programmes. As part of the learn-to-swim to club developmental pathway Louise Johnson, the para squad manager, is an ASA tutor and with the support of City of Bristol offers training to existing swim teachers to help support and encourage all learn-to-swim programmes. This vital link to leisure providers and swim schools ensures that a clear and visible pathway is available to support and encourage any young person with either a learning or physical disability and offers access to City of Bristol once they have achieved the required standards.

Cont'd



Para Squad Update

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City of Bristol club currently has (July 2016) 8 swimmers. The aim is to significantly increase these numbers over the next 12 months once the squad has moved to Hengrove as we hope.

4 CoB swimmers recently attended the Special Olympics in Swansea a competition organised through mencap. We won 5 golds, 2 silvers and 3 bronze medals. Medals were awarded in each heat, each heat was organised through submitted times. (See Lou's report from the Special Olympics below).

We have a classification day and inter club competition in September in Plymouth. All CoB swimmers will be invited to swim with a view to 3 of our swimmers achieving their classification.

And here's a taste of what the squad is achieving.

We had a great day in Swansea earlier this month. CoB had 4 swimmers competing with all swimmers competing in heats according to submitted times. 1st, 2nd and 3rd places in each heat received medals. There were clubs from all over the UK taking part with around 200 swimmers in total with one current Para-Olympian amongst them - and many aspiring ones too.

In each event there were around 6-10 heats. All of our swimmers swam in the higher ability heats with Charlie Hyde swimming in the fastest of heats.

I would say we had the youngest swimmers in the competition, with most of the others being in their late teens and twenties. Overall we won 5 golds, 3 silvers and 2 bronzes with all our swimmers winning at least 1 gold each. However, we did incur a couple of disqualifications for being too fast!!!!

Jacob Jones (age 9) 25m freestyle - 4th 25.69 50m Freestyle - 3rd 59.60 25m backstroke - 1st 28.73 25m breaststroke - 4th 38.46	Ethan Burleigh (age 11) 25m freestyle - 1st 21.67 50m freestyle - 2nd 51.19 25m backstroke - 4th 27.70 50m breaststroke - 2nd 30.90
Charlie Hyde (age 14) 50m backstroke - 1st 50.32 25m freestyle - 5th 17.39 50m freestyle - 4th 34.64 25m butterfly - 2nd 25.32	Maxwell Burleigh (age 11) 25m freestyle - 1st 21.44 50m freestyle - 1st 52.77 25m backstroke - 5th 29.53 25m breaststroke - 3rd 31.69

All the swimmers thoroughly enjoyed themselves and there was a great team spirit. It was a great learning platform for all of us and we are all looking forward to our next competition.

Fantastic!



TRAINING TIMES

BRONZE ACADEMY

(Includes; 10min Pre / 5min Post Pool)

Monday 6.50-8.05pm Hengrove
Thursday 6.50-8.05pm Hengrove
Friday 6.20-7.35pm Hengrove

SILVER ACADEMY

(Includes; 10min Pre / 5min Post Pool)

Monday 6.50-8.05pm Hengrove
Thursday 6.50-8.05pm Hengrove
Friday 6.50-8.05pm Hengrove

GOLD ACADEMY

(Includes; 10min Pre / 5min Post Pool)

Monday 5.50-7.05pm Hengrove
Wednesday 6.20-7.35pm Hengrove
Friday 7.20-8.35pm Hengrove

SKILL DEVELOPMENT

(Includes; 10min Pre / 5min Post Pool)

Monday 7.50-9.05pm Hengrove
Tuesday 6.20-7.35pm Hengrove
Thursday 7.50-9.05pm Hengrove
Friday 6.50-8.35pm Hengrove
Saturday 10.20-12.05am Hengrove

AGE DEVELOPMENT

(Includes; 10min Pre / 5min Post Pool)

Monday 5.50-7.00am Hengrove
Monday 7.50-9.05pm Hengrove
Tuesday 7.20-9.05pm Hengrove
Thursday 7.50-9.05pm Hengrove
Friday 7.50-9.05pm Hengrove
Saturday 7.50-10.00am Hengrove
Saturday 10.00-10.30am Hengrove Poolside
Sunday 3.50-5.05pm Hengrove

AGE PERFORMANCE

(Includes; Varied Pre / Post Pool)

Monday 5.20-7.30am Hengrove
Monday 4.45-6.15pm Hengrove
Tuesday 4.45-6.30pm Hengrove
Tuesday 6.30-7.00pm Hengrove Poolside
Wednesday 5.20-7.30am Hengrove
Thursday 4.45-6.00pm Hengrove
Thursday 6.15-7.00pm Hengrove
Friday 5.20-7.30am Hengrove
Friday 4.45-6.45pm Hengrove
Saturday 7.50-10.00am Hengrove
Saturday 10.15-11.00am Hengrove

SENIOR/YOUTH PERFORMANCE

(Includes; Varied Pre / Post Pool)

Monday 5.20-7.30am Hengrove
Monday 4.45-7.15pm Hengrove
Tuesday 4.45-7.00pm Hengrove
Tuesday 7.00-7.30pm Hengrove Poolside
Wednesday 5.20-7.30am Hengrove
Thursday 4.45-6.00pm Hengrove
Thursday 6.15-7.00pm Hengrove
Friday 5.20-7.30am Hengrove
Friday 4.45-7.15pm Hengrove
Saturday 7.50-10.00am Hengrove
Saturday 10.15-11.00am Hengrove

MASTERS/YOUTH COMPETITION

(Includes; 10min Pre / 5min Post Pool)

Monday 6.50-9.05pm Hengrove
Wednesday 7.50-9.35pm Hengrove
Thursday 7.50-9.05pm Hengrove
Friday 5.20-7.30am Hengrove
Sunday 4.20-5.35pm Jubilee

PLEASE NOTE

Invite Only

Land Conditioning

Please note that scheduled training sessions may be subject to change at very short notice in exceptional circumstances such as illness or pool closures. The coaches and/or membership secretary will endeavour to provide as much notice as possible of any cancellations and this will be via email and twitter.

So please try to check your email before leaving to travel to any session.

Event Calendar

Please Note

Some dates are provisional and may be subject to change.
 Target meets for individual swimmers will vary and not all meets listed will be relevant to all swimmers.
 Swimmers should always discuss entries with their coach **before** entering.
 Once entries have been agreed with the coach it is advisable to make reservations well in advance if overnight accommodation will be required.
Please refer to the club website for the most up to date information.

Date	Event	Venue	Information	Contact
23 Jul	Summer Social	Brislington Juniors FC	Whole Club 2-6pm	Club Captains
24 Jul	ASA Open Water Championships	Sheffield, Rother Valley	All Qualifiers	Matt Puddy
26-31 Jul	British Summer Championships	Sheffield, 50m	All Qualifiers	Matt Puddy
1-5 Aug	ASA Summer Meet	Sheffield, 50m	All Qualifiers	Matt Puddy
1-7 Aug	Swim Wales Summer Meet	Swansea, 50m	Target Meet	Marc Williams
5 Aug	Last Training Sessions	All Pools	All Squads	Matt Puddy
22 Aug	Pre Season Water Circuits	Hengrove, 25m	Snr/Youth & Age Dev/Perf	Matt Puddy
24 Aug	Pre Season Swim/Land	Hengrove, 25m	Snr/Youth & Age Dev/Perf	Matt Puddy
26 Aug	Pre Season W/Polo Masterclass	Hengrove, 25m	Snr/Youth & Age Dev/Perf	Matt Puddy
30 Aug	Full Training Resumes	All Pools	All Squads	Matt Puddy
17 Sep	Bristol North L3 Junior Open Meet	WsM, 25m	All 12/Under Swimmers	Sue Sharley/Marc W
24 Sep	Bristol North L3 Junior Open Meet	WsM, 25m	All 12/Under Swimmers	Sue Sharley/Marc W
1-2 Oct	CoB Annual Club Championships	Horfield, 25m	Club Swimmers Only	Marion Britton/Matt P
8 Oct	National Arena League A&B Teams	TBC, 25m	Selected Swimmers	Matt Puddy/Marc W
9 Oct	CoB Network Distance Champs	Horfield, 25m	Network Club Swimmers	Chris Metcalfe/Matt P
15 Oct	Four Seasons	Cheddar, 25m	Selected Swimmers	Grace W/Sue Sharley
22 Oct	Mini Series Final	WsM, 25m	Bishopsworth/Central	Marc W/Tina Byatt
23 Oct	ASA Inter County Team Champs	Sheffield, 25m	Selected Swimmers	Keith Smith
19-26 Oct	Canary Islands Training Camp	Fuerteventura, 50m	Selected Swimmers	Matt Puddy
29-30 Oct	CoB L3 Early Bird Open Meet	Hengrove, 50m	Non - ASASW Winter	Marc Williams
4-6 Nov	ASASW Winter Championships	Millfield, 25m	All Qualifiers	Matt Puddy
12 Nov	National Arena League A&B Teams	TBC, 25m	Selected Swimmers	Matt Puddy/Marc W
19-20 Nov	Aquae Sulis L2 Grand Prix	Hengrove, 25m	All Qualifiers	Matt Puddy
26-27 Nov	Soundwell L3 County Qualifier	Gloucester, 25m	Non - Aquae Sulis	Marc Williams
3 Dec	Four Seasons	Easton, 25m	Selected Swimmers	Grace W/Sue Sharley
10 Dec	National Arena League A&B Teams	TBC, 25m	Selected Swimmers	Matt Puddy/Marc W
15-18 Dec	ASA Winter Meet	Sheffield, 25m	All Qualifiers	Matt Puddy
17-18 Dec	CoB L2 Christmas Cracker	Hengrove, 25m	Target Meet	Marc Williams

*The Head Coach asks parents to please ensure swimmers attend competitions listed on the club's calendar.
 It is not of any benefit to the swimmer or club to enter meets
 that have not been targeted in line with a swimmers training schedule.
 If in doubt, please contact the coach.*