



# Swim Wales

## Newsletter November 2010

## 2010 Commonwealth Games Report

Commonwealth Games New Delhi, India 3rd October - 14th October 2010

Swim Wales National Performance Director Report - Martyn Woodroffe

The story;

One Silver Medal, Three Bronze Medals on Twelve occasions Fourteen New Welsh Records were set and Thirteen Finals with every member of the Swim Team making either a final or semi final. A story is behind every athlete and we will always strive to improve on results.

The Final Build Up to the Games;

Mallorca Training Camp 28th August to 3rd September 2010.

This camp was entirely for Welsh Swimmers attended by all swimmers with the exception of the American based swimmers and David Roberts. The camp was a workman like camp in excellent facilities and accommodation with an ideal climate going into Doha and India. The only slight hiccup we encountered was a coach having to delay his arrival but this had little impact on the training programme for the swimmers as the delayed arrival was so short.

Final Briefing Camp Swansea 16th - 19th September 2010.

Swimmers were given the option of arriving in Swansea prior to departure to Doha and whilst no swimmers attended the full camp all the swimmers with the exception of the American based all swimmers and most of the coaching and support staff attended the final briefing session on the Sunday and along with parents who attended the farewell dinner.



British Swimming Holding Camp Doha 22nd - 29th September 2010.

The Training Facilities, Hotel Accommodation along with Coaching and Sports Science Support were world class. Our Welsh Swimmers have gained valuable experience to help them in their preparation going into the 2012 Olympic Games and should be continued into the 2014 Commonwealth Games.

Transfer and Pre Competition Training Delhi 30th September to 3rd October 2010.

Much has already be written about the Village, Restaurant and Transport and arrangements for the Games The final training arrangements both at the Competition Pool and Village Pool were satisfactory.

Competition 4th - 9th October 2010.

Morning session times commenced at 8:30am and afternoon final start times of 4pm and the swimmers had a 40 to 45 minute bus ride between the village and pool.

At a technical level swimmers executed their heat swims correctly and improved in the semi final or final performances. Swim Downs were supervised by both Matt Cosgrove and Cath Shearer whilst Rhys Shorney worked tirelessly on massage and recovery so that the swimmers where best placed to compete well following heats or on following days.

Kath Brown guided the swimmers through their nutrition plans and was available at both the pool and village to help where required.

Coaches and support staff worked with all warm ups and swim downs to the highest standards.

This is my first Games as a National Performance Director for Swim Wales and for the next few months will be working with the staff to see how we can move forward and be well prepared and effective for the next games.

Finally may I take this opportunity to thank Jenny Shaw for the massive amount of work she did prior to and during the Games needless to say all the administration and logistics were covered in every detail. Also my thanks to the Coaching Staff Dave Haller, Stuart McNarry and Bud McAllister (and Billy Pye in the England Camp). My thanks also to the Sports Science Support Staff Rhys Shorney, Kath Brown and Cath Shearer (Vanessa Davies for her work in Doha) who all made a significant input to the Swim Teams successes. I must not forget to mention the swimmers, without them I would not be writing this.

My final thanks both personally and on behalf of Swim Wales to Chris Jenkins who has helped a guided me through the past 4 years in terms administration and preparation and the background work that no one sees and also thanks to Chris and the headquarters staff who made arriving at the village easy for us (their cleaning work, medical preparation, meetings, transport and training issues to resolve and so on) enabling us to concentrate of performing in the pool.

## Swimming Times magazine

Just to let you know that our December issue of the magazine will be distributed in about a week's time. We have made the decision to send all the WASA club secretaries (from the data we used when we posted them on your behalf) a complimentary copy of this edition (paid for by us). It features the Commonwealth Games plus much more and inside our Christmas subscription offer is also featured, which may be of interest to readers.

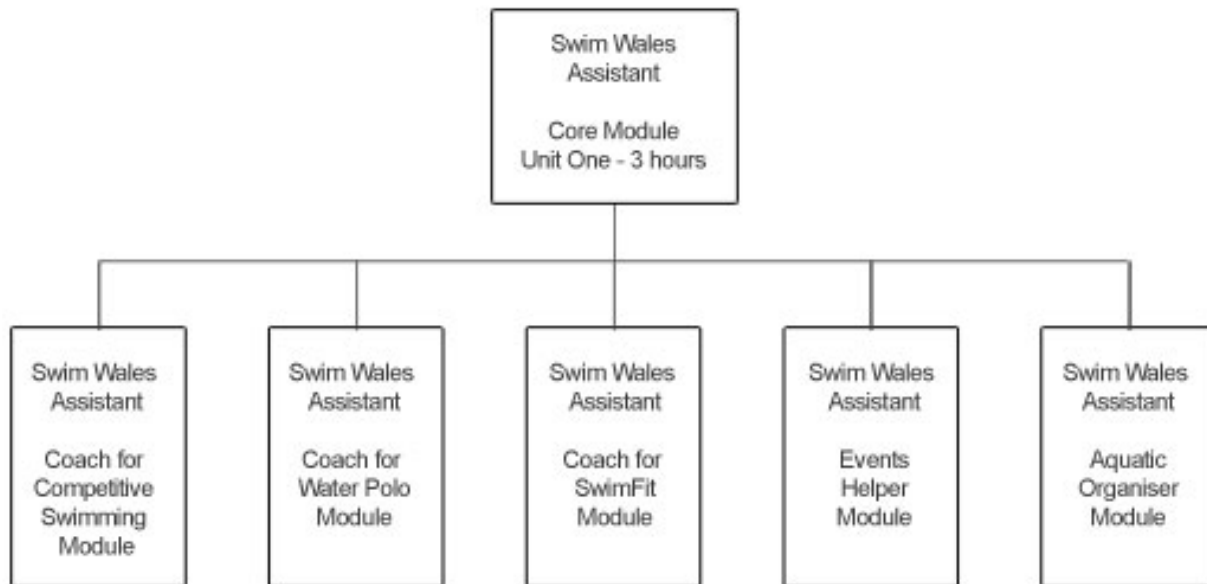


## Swim Wales Assistant Course

Swim Wales is delighted to introduce the Swim Wales Assistant Course which is now ready for delivery in your club! The course is aimed at anyone aged 14 years or over who wants to get more involved with the club and acts as an introduction to coaching. It is particularly useful to parents of swimmers who want to help on poolside but do not want the commitment of taking a formal qualification.

The Swim Wales Assistant course is designed to be delivered in an interactive and flexible way and can be adapted to every club environment. It will enable candidates who have attended the training to actively assist someone more qualified on poolside.

The course consists of two units, each lasting three hours. The first unit has an emphasis on core generic principles of any pool environment and will provide information about topics such as Pool Safety; Effective Communication; Long Term Athlete Development and good practise when working on poolside. The second unit provides information relating to differing aquatic environments and will include topics such as poolside skills; coaching styles and evaluating activities. Once the core unit (Unit One) has been completed candidates can complete any one (or all) of five other units as shown below:

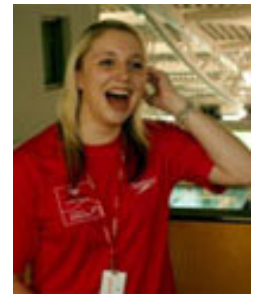


The course can be delivered in one day with 2 x 3 hour units or on separate days - whatever suits best. We would be delighted to run a course in your club. Our contact details are below should you require further information.

Email: [kim.pannett@welshasa.co.uk](mailto:kim.pannett@welshasa.co.uk)

## Day in the Life of a Swim Wales Volunteer by Vicky Austen

Unfortunately, working as a Swim Wales Volunteer Team Manager normally means an early start - whether it is a training session or a competition going on swimmers do like to start at some rather unsocial hours! As a team manager one of the most important things I have to do is make sure everyone is in the right place at the right time, so the first job is making sure everyone is awake and down to breakfast on time....sounds simple but sometimes surprisingly hard.



After breakfast, the next stop is usually the pool, so this is where transport comes into play; depending on the size of the group, we may use taxis, a coach or a mini bus to get to the venue of the day. Organising transport bookings is just one of many organisational parts of a team managers job - transport, hotels, meal times and locations, pool hire, and function room bookings are all the responsibility of the team manager, and making sure all aspects of the team's day run smoothly and to time is very important as you want the athletes to have as little stress as possible. Even if things aren't going to plan, it is key to keep things running smoothly, so having back up plans is always a good idea e.g. if an activity was scheduled outside but the weather is against you, it is always good to seek out indoor alternatives before hand, just in case.

During the day, my responsibilities vary depending on what type of event I am team- managing. If it is a competition, I must make sure swimmers get to the call room on time, sort out any withdrawals or team

changes, and make sure the whole team know where they should be at all times; during a camp, I have to give support to the coaches and make sure all the different sessions run to time; and if I am team managing a group such as the Young Officials Programme, I will generally help the meet staff with duties such as taking water to the officials and helping out on the merchandise stall. In the evening, the most important responsibility I have is making sure everyone gets to bed on time. With the excitement of staying away from home, this is normally quite hard but a few corridor patrols normally does the trick! Once all the team members are (hopefully) sound asleep, it is time to get myself organised for the next day and finally go to bed.....as I know there is going to be another early start the next day!

## Great Quality Websites for your Club

We have teamed up with a leading UK website designer. The offer available is to build you a quality website for £125 plus VAT and £20 a month admin fee. For this you get up to 5 pages, a domain name and amends throughout the year to the site.

If you are interested in redesigning or getting your club's 1st site please contact via Email [Julie.ma@swimming.org](mailto:Julie.ma@swimming.org)

## Nofio edition 2 is available on the web

Highlighting all Kellogg's funded activities, any clubs requiring paper copies please contact the Swim Wales office. [Download Nofio 2](#)

## The following clubs have now achieved Dragon Mark core award

Bridgend County Swim Squad  
Pembrokeshire County Club

## Innovation Fund

Applications due by 08th November 2010, application form is available on the web.

## North Wales RDO – Benji Evans.

Please join with us in wishing our very best to Benji as he moves to pastures new, any North Wales clubs requiring support please contact Catrin Devonald on 01792 513623. As Swim Wales is undergoing an operational review inline with the government spending review we will not be replacing the North Wales post in the near future.



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