

## 2018/19 AGM Head Coaches Report

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### Introduction

The 2018/19 season was my fourth season as the Head of Hackney Aquatics and for the fourth season in a row we saw our best results in and out of the pool. At the start of the season, the club was awarded with 2 prestigious trophies from the London Region, The Jeff Cook Salver for the most significant contribution to the sport in the London region (Club of the Year) and The Flo Barnes Trophy for the outstanding female poolside volunteer(s) of the year.

These awards were the start of a significant year of results and changes at the club which included our highest ever team positions in the Arena and M11 leagues, more qualifiers and medallists at County, Regional and National levels, relay team qualifications for the Summer Nationals and more swimmers and coaches selected for national talent programmes.

The club has continued to grow and has introduced even more squads and programmes to get people swimming including the 'Start Para Swimming' Disability Squad led by Naomi Depeza, Open Water sessions led by Astrid Wharton and has significantly increased the Academy including new sessions at Kings Hall.

It has also been pleasing to see our Masters grow and we now have more swimmers than ever entering competitions.

Our coaching team has also grown and changed over the past year and after the departure of Richard Beard, we now have appointed Dylan Cross from Cardiff who has done a superb job since joining in August. We also have brought in Astrid Wharton who went above and beyond at the end of last season and is now a huge part of our senior coaching team. Recently we have appointed Tony Cronin as our new Master's coach having worked his way up from the first young volunteer scheme and junior coaching programme. Tony is one of many our coaches who have come through the young volunteer programme and we now have 7 coaches who have been trained and are now working on a weekly basis by the club (8 including Avian who has left for university). The latest phase of the young volunteer scheme will be launched within the next few weeks.

## 2018/19 Significant Swimming Results

The 2018/19 season was certainly our most successful season in the pool with the highlights below

### *Team Achievements*

- Highest ever Arena League finish and subsequent promotion to Premier Division (first time ever)
- M11 highest ever finish - 7<sup>th</sup> in Division 1 final (first time in A final)
- BWF Top Club - Jan 2019

### *National Talent and Team Selections*

- 2 swimmers and 1 coach selected for Phase 1 National Development 2019 - Mika Ogden Marco Roberts and Rick Hall
- 3 swimmers selected for Regional Talent Camp - Mika Ogden, Isla Silva, Cressida Taggart
- 2 swimmers selected for County Talent Camp - Lena Westgate, Sam Adams
- 1 swimmer and 1 coach selected for 2018 County Team Champs 2018 - Jude Costley and Rick Hall
- 2 swimmers selected for County Team Champs 2019 - Chloe Baduna and Kai Marriott
- Head Coach Rick Hall selected for - DISE England Talent Camp to Tenerife 2018
- Head Coach Rick Hall selected for Swim England Coach Development Pathway Programme 2019
- Head Coach Rick Hall selected for Coach Advisor Programme 2019
- Head Coach Rick Hall selected as Middlesex Head Coach 2018

### *British National Qualifiers (Top 24 in Britain in Age Group)*

- Highest ever total - 4 swimmers, 3 relays, 9 events and 1 final
- Jude Costley (16) - 50 Back- 9<sup>th</sup> (final), 100 Back - 21<sup>st</sup>
- Kai Ogden (16) - 400 IM - 21<sup>st</sup> , 200 IM - 15<sup>th</sup>
- Marco Roberts (14) - 50 Breast - 11<sup>th</sup>
- Ryan McCoy (16) - 200 Fly - 21<sup>st</sup>
- Boys 14-16 4x100 Medley Relay - 16<sup>th</sup>
- Boys 14-16 4x100 Free Relay - 19<sup>th</sup>

- Boys 14-16 4x200 Free Relay - 28<sup>th</sup>
- There were also finals for our swimmers who were competing for us but train abroad - Marcus Tambling and Richard Kozhabayev.

#### *English Qualifiers (next top 20 in England)*

- Highest ever total - 5 swimmers, 10 events, 3 medals (1 gold 2 bronze), 6 finals
- Ilyas Ahmed (16) - 100 Back - 4<sup>th</sup> , 200 Back - 7<sup>th</sup>
- Kai Ogden (16) - 200 Back, 100 Breast - DNC
- Marco Roberts (14) - 100 Breast - 1<sup>st</sup> , 200 Breast -2<sup>nd</sup> , 200 Fly - 2<sup>nd</sup>
- Mika Ogden (13) - 200 Back - 10<sup>th</sup>
- Ryan McCoy (16) - 100 Fly - 11<sup>th</sup> , 400 Free - 13<sup>th</sup>

#### *Welsh National Champs*

- Chloe Baduna - 50, 100, 200 Breast - 3<sup>rd</sup> in all events

#### *Winter Nationals*

- First time the club has ever qualified with 4 swimmers. 4x100 free Relay team qualified for Senior final

#### *Regionals*

- Highest ever number of Regional medallists and finals (see below comparison)
- Highest ever number of Winter Regional medallists and finals - 28 qualifiers, 6 medals, 20 finals

Regionals Comparison						
Total (Age and Youth Combined)						
Season	Qualifiers	Gold	Silver	Bronze	Total Medals	Top10/Final
2015/16	16			2	2	16
2016/17	21		3	3	6	30
2017/18	36		9	8	17	71
2018/19		3	14	13	30	76

#### *Counties*

- Highest ever number of County medals and finals (see below comparison)

County Championships Comparison						
Total (Age and Youth Combined)						
Season	Qualifiers	Gold	Silver	Bronze	Total Medals	Top8/Final
2015/16	21	1	4	4	9	56
2016/17	37	5	4	15	24	69
2017/18	68	11	15	12	38	117
2018/19*	49	19	23	19	61	138

## Other Key Achievements in 2018/19

- Successfully run 3 competitions (Club Champs in Nov and 2 Dev Gala in March and June)
- Trained more officials
- Sponsorship acquired from Marsh and Parsons Estate Agents
- Helped at the Hackney Primary School Gala
- Organised the London Youth Games Swim Team
- Performance and Competition Squads went on second team camp to Majorca Spain
- Ran 4 swim clinics across the season

## Conclusion

We are now in the fifth year in a 5 year plan to build Hackney Aquatics Swimming Club to become a successful and inclusive programme in London. Our goal is to keep striving to become the best club in London in all aquatic areas and the focus now is to raise performance at all levels with investment in coaching and provision.

The coming season will see more additions to the coaching team with a goal to have assistant coaches on every group. We will relaunch the Young Volunteer Scheme but this time we are going to work with Hackney Council and Youth Services to give opportunities in coaching to those who need it. We will be investing in the land training side of the club and will be bringing in new coaches to facilitate this. We will also be investing in the current coaching team and

ensuring offer training and development to the team. This will include hosting our first ever coaching course in December.

### Thank you

I would like to personally thank my coaching team for the hours of hard work they put in to making our club successful. These include Richard who has recently moved on after dedicating 3 years of passion and hard work to the club. Astrid who has worked incredibly hard across a number of squads. Dylan who has recently joined the club and is now Head of the Age and Development pathways. Tony, Isabella and Dhaval, our Junior Coaches who have grown and developed and will now be leading their own squads. Avian and Harry who have moved on but will still help at the club when back in the area. My wife Lynsey who set up and led our incredibly successful Academy but has now gone on maternity leave. Our support staff, Thiago and Jess (who have now moved on) and Cass and Liat who have helped add to our provision that we can provide for the swimmers and been a huge benefit to all. Our young volunteers who give up much of their free time to help at the club. All our officials who help at galas and allow us to run our own. All our volunteers who help off poolside. Finally, our incredibly hard working committee team who work tirelessly behind the scenes.

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