

Head Coaches Report - AGM 2018

Introduction

Our Vision

Hackney Aquatics are one of the fastest growing aquatics clubs in London and are seeing year on year progression. The vision of Hackney Aquatics is to offer a programme that provides opportunities for all types of swimmer whatever their goals or ambitions - from learn to swim to competitive or performance swimming, to non-competitive swimming or masters. We also offer career development, through our Young Volunteer Scheme which trains and mentors the next generation of coaches and officials. Through these pathways, we want you to be part of Hackney Aquatics for life.

Moving forwards we have 3 main coaching goals to accomplish as part of our 5 year plan:

1. To continue to provide and develop a leading aquatic pathway that allows swimming opportunities for the whole community, regardless of ability or goals, with the structure in place to one day produce Olympic/International swimmers in Hackney.
2. To become the most successful London club within 5 years at Age/Youth Group level with swimmers at national and junior international level whilst being renowned for producing incredibly skillful, technical and well-disciplined swimmers.
3. To continue to train and mentor a future generation of coaches and provide opportunities for swimmers to work or swim with the club for life

The coaching and committee team will work closely together to achieve these goals and in doing so, ensure that every child that enters the Hackney Aquatics programme will develop core values that will stand them in good stead for life, including, a love of the sport, teamwork and mutual support, punctuality, commitment, discipline, time management, understanding preparation and hard work and mental toughness. We are as much about developing these transferable 'student/athlete' skills as we are developing the skills in the pool.

2017/18 Season

In the September of the 2017/18 season after months of planning, we changed our club structure to allow this vision to become a reality and in doing so, we changed our club motto to become 'a swim club for life'. We now have pathways that swimmers can progress through that allow them to swim with the club throughout their life, whatever their goals or ability.

Throughout the season we saw record growth (see table below) and now have over 380 swimmers.

One of the biggest areas of growth has been in our newly formed Learn to Swim Academy which works in conjunction with Better. The Academy now has over 70 swimmers and we have seen over 15 swimmers progress into our squads.

This growth has now meant that for the coming season we have adapted the structure whilst developing the quality within it. We now have similar squads working together, more coaches per group and clear objective pathways. We have also expanded the academy and have more lessons available with 6 teachers!

Swimming Results

The 2017/18 season was certainly our most successful season in the pool with the highlights below

- A record number of swimmers attending competitions
- Arena League promotion to division 2 (first time ever)
- Highest ever number of British and English National Qualifiers and finalists (4 swimmers - Kai Ogden, Jude Costley, Ryan McCoy, Lily Girardet, 4 finals - Kai and Lily, 1 medal - Kai Ogden)
- Highest ever number of Regional Swimmers, Finalists and Medallists (see table below)
- Highest ever number of County Swimmers, Finalists and Medallists
- 1 Swimmer winning top boy category at Middlesex Championships for age (Llewellyn Porter)
- 1 Hungarian National Triathlon Champion (Abel Sinko Uribe)
- 1 European Championship Triathlon Finalist (Abel Sinko Uribe)
- 5 medals at the Welsh Summer National Championships
- Masters team won 10 medals at the 2018 County Championships
- Winners of 3 top club awards,
- Maintained our M11 Junior Premier League status winning the B final

The club has also seen its highest number of members selected for County and Regional teams including:

- 1 swimmer selected for National Phase 1 Talent Camp - Jude Costley
- 3 swimmers on the London Region Talent Camp (Mika Ogden, Isla Silva and Cressida Taggart),
- 1 swimmer selected for Middlesex County International Competition (Ryan McCoy),
- 1 swimmer selected for Middlesex County National Team (Jude Costley),
- 4 swimmer selected Middlesex County Talent Camp (Lena Westgate, Sam Adams, Mika Ogden, Isla Silva)
- Head Coach selected for DISE National Talent Programme
- Head Coach selected to become County Head Coach

Ultimately this has led to recognition from the London Region Swimming Board who awarded HAC with 2 prestigious awards:

- The Jeff Cook Salver for the most significant contribution to the sport in the London region.
- The Flo Barnes Trophy for the outstanding female poolside volunteer(s) of the year.

Other Key Achievements in 2017/18

- Successfully run 2 competitions (Club Champs in Nov and Dev Gala in June)
- Trained more officials including 2 new J2s (Johanna and Sylvia)
- Sponsored swim raising over £4000 for the Access fund and North London Hospice
- Sponsorship acquired from Marsh and Parsons Estate Agents
- Helped at the Hackney Primary School Gala
- Organised the London Youth Games Swim Team and finished in our highest position for 3 years
- Performance Squads went on first team camp in over 3 years to Torremolinos, Spain
- Ran 4 swim clinics across the season

Club Numbers – Swimming Only

Date	Age Group (under 18) Swimmers	Masters Swimmers	Learn to Swim	Total
Sept 15	115	60	0	175
Jan 16	136	60	0	196
May 16	157	57	0	214
May 17	197	61	0	258
Oct 17	216	77	35	328
Dec 17	218	80	40	338
Apr 18	217	84	54	355
July 18	232	90	57	379

Date	Permanent Coaches	Support Staff	Young Volunteers
Sept 15	3	1 (team manager)	0
Sept 16	4	1 (yoga)	8
Sept 17	8	4 (yoga, physio, mindset, pilates)	11
Oct 17	8	4 (yoga, physio, mindset, pilates)	16 (TBC)

Sept 18	9	5	TBC
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Competition Results

Last season was our most successful season in the pool with significant improvements on qualifiers and medals at all major competitions.

Competition	Year	Qualifiers	Medals	Finals/Top 8
County Championships (Age + Yth)	2015/16	21 (+5 Uni Swimmers)	9 - 1G, 4S, 4B, 2relays (uni swims - 2G, 2S, 2relays)	56
County Age Championships	2016/17	15	8 - 3G, 2S (relays) , 3B	18
	2017/18	43	20 - 7G (inc 1 relay), 6S (1 relay), 7B, (2 relay) + 1 age group winner (Llewelyn 10 yr boys)	49
County Youth Championships	2016/17	22	16 - 2G, 2S, 12B	51
	2017/18	25	19 - 4G, 9S, 5B	68
Winter Regionals	2015/16	3	1 B	
	2016/17	11	1 B	
	2017/18	20	1 G 1 B	15
LC Regionals Youth	2015/16	5	0	2
	2016/17	9	2 - 1S, 1B	10
	2017/18	18	15 - 9S, 5B, (1 relay bronze)	45
LC Regionals Age	2015/16	11	2 B	14
	2016/17	12	4 - 2S, 2B	20
	2017/18	18	3 - 3B	26

British Summer Nationals	2015/16	0		
	2016/17	3 (4 swims)		
	2017/18	3 (5 swims)		
English Summer Nationals	2015/16	1 (2 swims)		1
	2016/17	3 (5 swims)	1 - 1G	1
	2017/18	4 (8 swims)	1 - 1 B	4
Welsh Summer Nationals	2015/16	N/A	0	
	2016/17	N/A	4 - 1S, 3B	
	2017/18	N/A	5 - 3S, 2B	
Overseas National Champs	2015/16	1 (Kai Israel)	1 S 2 B	4
	2016/17	0		
	2017/18	1 (Lily Germany)		
Arena League	2015/16	4th in Div 2 final		
	2016/17	3rd in Div 2 final		
	2017/18	1st in Div 2 final		
M11 League	2015/16	6th in Div 1 final		
	2016/17	2nd in Div 2 final (promoted)		
	2017/18	Div 1 B final winners (9th)		
Top Club Awards	2015/16	0		

	2016/17	2	Redbridge Oct 16, BWF July 17	
	2017/18	3	Redbridge Oct 17, BWF Jan 18, BWF July 18	

Conclusion

We are now in the fourth year in a 5 year plan to build Hackney Aquatics Swimming Club to become a successful and inclusive programme in London with our overall goals reflected in the introduction.

This season we have set the foundations out of the pool as well as making our mark in it and now have a platform to build on in the coming seasons.

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 Naomi who has recently moved on after dedicating many years of passion and hard work to the club. Richard who has become a part of the club and has now acquired a full time coaching position with us. Sam, our Masters coach is incredibly passionate and is now seeing an increase in numbers in the Masters programme. Tony, Avian, Harry, Isabella and Dhaval, our Junior Coaches who have grown and developed and will now be leading their own squads. Lynsey who has set up and now leads our incredibly successful Academy that adopts her fun and friendly approach. Our support staff, Kirsty, Jess, Dani, Cass, Liat, Wendy and now Thiago 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.

On a personal note I would also like to say a huge thank you to Jeremy who is stepping down as Chair this year. Jeremy was one of the key reasons for me joining HAC and has been inspirational in guiding the club through its most successful (yet most difficult years). He has been a close mentor and friend to myself and has offered support and guidance to our coaching team many times.