



Report from the Head Coach for the Annual General Meeting 2016

I have been Head Coach of York City Baths Club for six months and I am very pleased with the direction that the club is heading in. I would like to thank everybody for making me feel so welcome at the club.

Squads

As Head Coach I feel it has been important to not just focus on the National Squad but to support all swimmers and coaches in every squad. I have changed a number of sessions to allow myself the chance to watch every squad on a regular basis and also make sure that swimmers are given access to long course training.

I have worked with the other coaches to improve the standards of each squad. Attendance has dramatically improved over the last six months which will be beneficial moving forwards. The attendance of swimmers at morning training (Monday-Friday) has improved by over 30% from October to January. This demonstrates that swimmers and parents have bought into the philosophy and vision of the coaching team.

From April 1st a new squad will be added to the training section. This will cater for swimmers who have predominantly come late through teaching and are keen to become competitive swimmers. The squad will be called Junior Club Squad and will run alongside Club Squad on a number of evening sessions.

Coaching Staff

Jennifer Hodgson has taken over as the lead Development Squad coach as of January 2016. She has an excellent knowledge of developing age group swimmers from her time spent working at the City of Sheffield Swimming Club and this will help to improve the skills of our development swimmers. Pat Baxter has stepped down as lead coach but is still working on the squad in an advisory capacity.

Competition

The club has been very competitive over the first six months of the 2015-2016 season at the County, Regional and National championships. Please see the results of these championships below:

Winter Yorkshires - 81 PBs from 124 swims (65% PBs). 5 medals (1 gold, 1 silver and 3 bronze).

Winter NERs – 25 qualifiers, 68 PBs from 107 swims (64% PBs). 17 medals (6 gold, 7 silver and 4 bronze).

Winter ASA Nationals - 3 qualifiers, 4 PBs from 8 swims (50% PBs).

Yorkshire Championships 2016 (ongoing - first two weeks only) – 150 PBs from 217 swims including finals (69% PBs). 20 medals (6 gold, 9 silver, 3 bronze).

These results demonstrate that the programme is moving forwards in the right direction leading into the second half of the season and into the future.

York City Baths Club County Qualifier

Our annual competition took place in November 2015 at the Ennerdale Leisure Centre in Hull. It was fantastic to see such a strong representation from all five training squads.

The club had to overcome the challenge of the regional championships moving forward which meant our competition fell after the closing date. Everybody involved worked exceptionally hard to make the competition a success for the club and I would personally like to thank those who helped and supported this.

Teaching

When I arrived at the club in August I was very impressed that the club's teaching section was run by a number of passionate volunteers who gave up time every week to teach our young swimmers. The main issue we faced was that teaching was lacking leadership which resulted in fewer promotions into higher squads and an inconsistency in the content of the sessions.

The club has made a very positive move in appointing Shelley Postchild as the new teaching Co-ordinator. This allows for more consistency in teaching across the four sessions and has allowed for regular promotions to occur. I am working with Shelley to develop a new teaching framework to help the younger swimmers become more skilled and well-rounded over all four strokes. Please see Shelley's report below:

Teaching Co-ordinator's Report

I was delighted to be appointed as YCBC Teaching Co-ordinator on 18th October 2015 by the Executive Committee.

As a visual presence on poolside at each of the four sessions, and a main point of contact for the swimmers' parents/carers, I have actively been promoting dialogue and offering assistance on matters relating to teaching. An enjoyable but nevertheless challenging task, as YCBC has over 270 active swimmers on the registers, and currently a further 55 swimmers on the Waiting List awaiting trials or additional/alternative swimming sessions.

YCBC has a fantastic voluntary workforce that enable the Teaching Section to be a vibrant, stimulating and safe learning environment and they should be applauded for their time and commitment to the Club.

In collaboration with Josh, YCBC Head Coach, a Swim Clinic was held in December 2015 to offer visual and practical advice on swimming skills across the teaching section that will compliment and follow a natural progression when swimmers then move into our Training Section.

Josh and I are also looking to balance and adapt the current teaching group criteria so that it follows the ASA Teaching Framework more closely, whilst still focussing on the technique that is synonymous with YCBC Teaching Section. This will enable us to offer trials more accurately in appropriate groups to swimmers joining YCBC from other swimming lesson providers, and to alleviate some of the bottlenecks that are preventing swimmers progressing due to groups being full, at present.

Speed Awards have been streamlined, and will continue to run every 3 months. They continue to be a source of excitement for the swimmers involved and an opportunity for the coaches to spot potential.

The sessions held in January were extremely well attended with over 70 swimmers from Light Green Hats upwards participating from across all 4 teaching sessions.

With the support of the Executive Committee, I approached York College and have held preliminary discussions relating to future partnership working, supporting their BTEC Sports Studies students to gain some valuable voluntary work experience as Poolside Helpers.

I would like to acknowledge the support I have received from the Executive Committee, Josh and the coaching team, and last but not means least the teachers and poolside helpers in Teaching Section. I am therefore looking forward to working closely with them all over the next 12 months to meet the challenges involved that ensure that the YCBC Teaching Section continues to grow from strength to strength.

Training Camp

In August 2015 swimmers from our National Squad spent a week training in Calella, Spain. The camp was a massive success; the swimmers loved spending the week bonding together and preparing for the season ahead. I would like to thank everybody involved for supporting the camp especially Chris and Sharon Hogg who spent many hours sorting out the logistics of this.

As the camp was such an overwhelming success we will be arranging another one for Easter 2017.

Outlook for the next year

The club is looking very competitive at all levels and our goals are to continue to move forwards in the right direction. This means I would like the club to get more swimmers competing at B grade, County, Regional and National levels each year, with better PB tallies and more medals.

The coaches and teachers are committed and driven to deliver the best service possible in order for each swimmer to achieve their goals.

Josh Spencer
YCBC Head Coach