



Head Coach's Report for the Year Ending 31st December 2016

2016 was my first full Calendar year as Head Coach of the programme. I am delighted by the success we have seen in the last 12 months and very encouraged by the progress that has been made during this time from all swimmers in both racing and training performances. These improvements are a direct result of the commitment and hard work from Swimmers, Parents, Coaches and Volunteers at York City Baths Club.

Training Squads

In 2016 we successfully added another squad to the training section and called this Junior Club Squad. This has increased the number of swimmers who are able to access training sessions at YCBC and has provided a new opportunity for swimmers from teaching to develop into competitive swimmers.

Over the last year we have addressed the need to utilise pool time and space more effectively in order to maintain a sustainable club. The squad capacities have been reviewed and increased within the training section. At the start of 2016 YCBC had 119 swimmers in five squads and at the end of 2016 we had 170 swimmers in six squads which is an overall increase of 43%.

Coaching Staff

Unfortunately during the last year we have seen a number of coaches leave the club. Matthew Holmes stepped down from his role as Club Squad coach in October 2016 and Lucy Stotten as Development Squad and Teaching assistant. I would like to thank them for their hard work and wish them all the best in the future.

We have welcomed Kathy Jordan onto the coaching team, she spent most of 2016 coaching on Junior Club and has now moved into the role of Lead Coach on Club Squad.

At present we don't have a service provider leading on every training squad and we are currently been helped by a dedicated group of qualified volunteers who have been crucial in the smooth running of the club during the last few months to which I am very grateful. I am hopeful that we will be able to make additions to the coaching team in 2017 and that every squad will have an appointed Lead Coach.

Competitions and Performances

Over the last year we have seen an increase in representation of York swimmers at County, Regional and National level competitions. It's fantastic to see a growing number of YCBC swimmers competing more regularly at all levels. There have been some outstanding individual and team performance by the swimmers and I have highlighted their achievements below:

- **National**
 - 4 British National Qualifiers (3 Finals and 2 Medals – 2 Silvers)
 - 5 English National Qualifiers (8 Finals and 6 Medals – 1 Gold, 1 Silver and 4 Bronze)
 - 1 Open Water National Qualifier
 - 1 Winter National Qualifier

- **Regional**
 - ASANER Youth & Senior (April-May 2016)**
 - 14 Qualifiers
 - 11 Finals
 - 1 Medal - Bronze
 - ASANER Age Group (May 2016)**
 - 10 Qualifiers
 - 25 Finals
 - 13 Medals (6 Gold / 5 Silver / 2 Bronze)
 - Top Male Club
 - 5th in Top Club
 - ASANER Winter Championships (November 2016)**
 - 35 Qualifiers
 - Youth = 7 Finals & 2 Medals (2 Silvers)
 - Age Group = 13 Medals (9 Gold , 2 Silver , 2 Bronze) 5th in Top Club

- **County**
 - Yorkshire Championships (February 2016)**
 - 29 Medals (7 Gold , 12 Silver , 10 Bronze)

- **Arena League**

The Arena League is a Team and Individual competition between six teams from Yorkshire and consisted of three fixtures between October and December. Swimmers compete from 9 years old up to open age groups.

YCBC entered a team in the Arena League for the first time in 2016 and came an impressive 4th place overall. The competition is a good indication of a clubs strength and depth across all strokes and age groups. We will be entering a team for the 2017 competition and hope to improve the overall points total from last year.

Swimmers Selection Achievements

Harry Devlin, Jason Robson and Mollie-Jo Garratt were selected onto the England Programmes Talent Camps in 2016.

Harry Devlin and Jason Robson were also members of the Yorkshire Team which won the 2016 Inter Counties Championships. Heather Robson was selected as the Team Manager for Yorkshire.

Masters Swimming

Over the last 12 months our Masters Swimmers at YCBC have been highly successful at National and International competitions. I have highlighted some of these outstanding performances below:

- British Masters Championships (April 2016)
 - 2 Gold / 3 Silver / 3 Bronze Medals
- LEN European Masters Championships (London, May 2016)
 - 2 Silvers and 1 Bronze Medal
- ASA National Masters Open Water Championships (July 2016)
 - 1 Gold and 1 Silver Medal
- ASA National Short Course Masters Championships (October 2016)
 - 6 Gold and 2 Silver Medals

In May 2016, David Wiseman was the team captain of the Great Britain team at the Invictus Games in Florida where he won three gold and two silver medals.

The Masters contingent have started off the new year in impressive style. Emma Wills has already broken 3 British Records (400,800 and 1500 Free) and a European Record in the 1500m Free. This bodes well for the rest of the year with the swimmers training hard for the British Nationals in June and the highlight in the calendar will be the World Championships in Hungary taking place in August in which York will have representation at the competition.

York Autumn Swim Extravaganza 2016

The Club made a bold move in making the decision to switch the annual competition from Ennerdale in Hull to the John Charles Centre in Leeds. The competition was an overwhelming success in which 400 swimmers competed from 22 clubs including a staggering 121 swimmers who represented York City Baths Club. The success of the competition can be seen in the increased number of entries from 920 in 2015 to over 2000 in 2016. This was made possible by the fantastic efforts of the YCBC community who dedicated their time in organising the event and also volunteering their time over the weekend to ensure a smooth running of the meet.

Outlook for 2017

The club has moved on from the successes of 2016 and is looking even stronger at the start of 2017. The results from the first two weekends of Yorkshire Championships have been encouraging and has produced more medalists and finalists than last year at this point. I am confident that we will continue to see more swimmers achieving County, Regional and National standards this year compared to last year and have the potential of swimmers achieving International selections too in the near future.

Josh Spencer
Head Coach