

Annual Report 2016

Synchronised Swimming

Norwich Synchro Club has once again enjoyed another busy and successful year with membership remaining high. As usual a few of our older swimmers left us during the year but we have had lots of enquiries about synchronised swimming and as a result the club is currently running at full capacity. Our Head Coach successfully completed her Level 2 coaching course at Cobham over the Easter holidays. During the year two more of our parents qualified as Basic Skills assessors and another parent and two senior swimmers completed a Basic Judges course and have started to assist with judging at some of the competitions. Also during the year a number of swimmers have completed lifeguarding courses and are providing lifeguard cover for our training sessions. I am pleased to report that a good number of swimmers have continued to attend the Regional Skills assessment days; as a result one of our swimmers has gained Skill 3 so will be competing in the Figure competition at the National Age Groups in December. The additional half hour training on Saturdays, which was initially introduced as a trial last Autumn has been made permanent benefiting all the swimmers regardless of age and ability. During the year swimmers have enjoyed taking part in several recreation based competitions in the Midlands with medals achieved at every event. In July we were pleased to welcome Karen Woodhouse the Norfolk ASA President to our annual display and presentation of awards at Wymondham Leisure Centre. Karen showed great interest in the club and kindly agreed to present the awards. I am pleased to report that the club has once again been actively involved in synchronised swimming in the East Region. Most of our swimmers took part in the figure and team competition held at Stevenage in March where the club won a number of medals. A record number of club members represented the club at the Regional Figure and team competition held at Chelmsford in October, to be followed this weekend by the Solo and Duet element where 16 swimmers will be travelling to Stevenage to represent the club. I am very pleased to report that for the first time ever Norwich Synchro Club will be taking a combination team of 10 girls to the National Age Group Championships at Gloucester in December. The team have been training hard and really looking forward to the experience. With the on-going support received from everyone involved at Norwich Synchro Club; coaches, poolside assistants, officers, committee members and parents the club looks forward to facing new challenges in the coming months with the introduction of national changes in the development of synchronised swimming, both for swimmers of all levels and officials.

Madeline Tallowin
Norfolk ASA Secretary Synchronised Swimming
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