

## Cheshire County W.P.S.A. Synchronized Swimming Report 2012-13

### 1.0 ATHLETE AND CLUB ACHIEVEMENTS

<b>1.1 Great Britain Senior Squad</b>	
Athlete:	L. Bowes (Trafford)
<b>1.2 ASA England Talent Squad – 13-15 years</b>	
Athlete:	I. Spencer (Trafford)
<b>1.3 ASA England Talent Squad – 12 &amp; Under</b>	
Athlete:	J. Spencer & Millie Costello (Trafford)



*Lucy Bowes (second right) representing Great Britain at the FINA World Championships where they finished 12<sup>th</sup>*



*Isabelle Spencer (top left) representing England 13-15 years at the Croatia Open where they finished 1<sup>st</sup>*

## 2.0 CHESHIRE W.P.S.A. COMPETITIONS 2013

<b>2.1 CHESHIRE AGE GROUPS JUNE 2013</b>	
9/10 Figures/Solo	L. Taylor: Trafford
9/10 Duet	L. Taylor & M. Ashton: Trafford
12 & Under Figures/Solo	R. Mellor: Stockport Metro
12 & Under Duet	R. Mellor & A. Taylor: Stockport Metro
12 & Under Competitive Team	Stockport Metro
13/14 Figures/Solo	Z. Taylor: Trafford
13/14 Duet	J. Spencer & S. Broadbent: Trafford
13/14 Competitive Team	Trafford
15/16/17 Figures & Solo	O.Monks: Trafford
<b>2.2 CHESHIRE NOVICE &amp; SKILL COMPETITION FEB 2013</b>	Medals were shared between Trafford Synchro and Stockport Metro.



*Rachel Mellor Stockport Metro Solo 1<sup>st</sup> 12 & Under Cheshire Age Groups & North of England*

## 3.0 NATIONAL REGIONAL COMPETITIONS 2013

<b>3.1 NORTH MULTI REGIONAL SEP 2013</b>	
9/10 Figures	L. Taylor: Trafford
12 & Under Figures/Solo	R. Mellor: Stockport
12 & Under Duet	R. Mellor & A. Taylor: Stockport Metro
12 & Under Recreational Team	Trafford
13/14 Duet	Z. Taylor & S.Broadbent: Trafford
13/14 Competitive Team	Trafford
15/16/17 Figures & Solo	O. Monks: Trafford
15/16/17 Duet	O. Monks & F. Currie: Trafford

15/16/17 Competitive Team	Trafford
<b>3.2 BRITISH CHAMPIONSHIPS FEB 2013</b>	No Cheshire medals
<b>3.3 ASA NATIONAL AGE GROUPS DEC 2012</b>	
18/19 Duet - Recreational	E. Rice & A. Codling: Trafford - GOLD
19 & Under Combination Team	Trafford - SILVER
18/19 Duet - Competitive	E. Bowes & J. Southward: Trafford - BRONZE
13/14 Team	Trafford - BRONZE
13/14 Duet	L. Bowes & I. Spencer: Trafford - GOLD
13/14 Figures & Solo	L. Bowes: Trafford - GOLD
12 & Under Team	Trafford - SILVER
9/10 Figures	M. Costello: Trafford SILVER



*Stockport Metro – 19 & Under Team 5<sup>th</sup> National Age Groups*

#### **4.0 OTHER EVENTS 2012-13**

4.1	In the absence of confirmed funding planned activities including – swimmer/coach development days, access to deep water training and support for coaches to obtain L1-L3 qualifications had to be cancelled. It is hoped that these events can be rearranged for 2014.
4.2 NWR Skill Assessments held quarterly	Skill assessment days were held quarterly with a number of Cheshire swimmers achieving the necessary grade to compete at the National Age Groups in December 2013.



*Lucy Bowes – Trafford 13/14 National Figures, Solo & Duet Champion*

## **5.0 PLANNING – for further detail see Cheshire synchro development plan 2013-14**

### **5.1 Competition**

To obtain license for county synchro competition(s).

### **5.2 Sport Development**

To increase participation and number of county clubs

To build on established mentoring programme between county coaches

### **5.3 Workforce**

Increase number of qualified coaches

Run Basic & Advanced Assessors Course



*Trafford – 12 & Under Team 1<sup>st</sup> North of England*

## **6.0 ACKNOWLEDGEMENTS**

We would like to thank the following personnel in particular for their contributions to the County's successes over the past year;

All who have given their time to help out at competitions during 2012/13

All who have given their time to help out at squad training