

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

1.0 ATHLETE AND CLUB ACHIEVEMENTS

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



Lucy Bowes (second right) representing Great Britain at the FINA World Championships where they finished 12th



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

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

2.1 CHESHIRE AGE GROUPS JUNE 2013	
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
2.2 CHESHIRE NOVICE & SKILL COMPETITION FEB 2013	Medals were shared between Trafford Synchro and Stockport Metro.



Rachel Mellor Stockport Metro Solo 1st 12 & Under Cheshire Age Groups & North of England

3.0 NATIONAL REGIONAL COMPETITIONS 2013

3.1 NORTH MULTI REGIONAL SEP 2013	
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
3.2 BRITISH CHAMPIONSHIPS FEB 2013	No Cheshire medals
3.3 ASA NATIONAL AGE GROUPS DEC 2012	
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 5th 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 1st 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