

SYNCHRONISED SWIMMING

The South East Region has made excellent progress during the first 2 years of Regionalisation and the introduction of the new LTAD plan. This has made a lot of hard work for the Regions Synchronised Swimming Committee and the Development Group concerned in the organisation of the training and events. The long awaited appointment of a Synchro National Performance Director has now been achieved and Biz Price from Canada has been appointed and is certainly turning Synchro around at National Level. A new Centre of High Excellence has been set up at Aldershot Garrison.

At the British Championships the South East had the top 3 swimmers in the Technical Elements, 5 in the Technical Solo and 5 in the Free Solo. 6 out of 9 places in the Duets and the Top Team Award. All the trophies were awarded to our Region.

The Olympic Squad for the solo and duet are all from the South East. 13 out of 23 swimmers from the South East have been selected for the first apprenticeships programme. 11 out of 19 South East swimmers have been selected for the Junior Development Squad, 8 out of 10 for the GB Junior Squad and 6 out of 9, together with the Olympic Squad from the Region for the GB Senior Squad.

The first 2 synchronised swimming clubs to achieve Swim 21 accreditation, Reading Royals and Rushmoor are both from the South East Region.

With the introduction of the new Skill Grades and re training of Assessors within the LTAD plan, the Region has held 8 Assessment Centres involving over 400 swimmers at Reading, Aldershot Garrison and HMS Temeraire, Portsmouth. 3 training days for Basic and Advanced Assessors have been held giving the Region 40 Assessors. A National training week-end was also held at Crystal Palace for Technical and Routine Judges, attended by 9 judges from the South East Region. We have also held 2 courses for National Scorers and now have 7 new scorers.

There have been 2 development week-ends at the Crystal Palace and the Junior Development Squad continues with monthly one day training sessions.

The Region has organised 2 Multi Regional Training week-ends for junior swimmers attended by swimmers from the South East, South West and London. A very successful week-end was held in the South West in April this year and a further week-end is being organised at the Crystal Palace in July.

The Region held the first Regional Age Group Championships at The Herons in September under the new format. Arrangements are now well in hand for the first Multi Regional Age Group Championships to be held in Bristol on the 6th October.

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