



The City Of Newport Swimming & Waterpolo Club

Dive In !!!!

We are proud to announce the launch of our brand new "quarterly" newsletter for the City Of Newport Swimming and Water polo Club. We aim to keep you updated with exciting news and developments across all squads.

AGM: Election of Committee Members

On 22nd September, The City Of Newport Swimming and Water Polo Club held their annual general meeting. We would like to welcome our new committee members and thank those for their continued commitment and dedication to the club.

Jen Smith: President

Jean Edwards: Vice-President

Julian Knight: Chair

Chris Jones: Vice Chair

Chris Griffiths: Secretary

Kate Barry: Treasurer

Sarah Major: Officials Coordinator

Kate Chilcott: Welfare Officer

Sarah Knight: Welfare Officer

Ray Steven: General Committee member

Sarah Hastings: General Committee member

Jeremy Horton: General Committee member

James Mulligan: General Committee member

Lucy Allison: General Committee member

Marie Ward: General Committee member

Robyn Turner: Waterpolo Representative



Keeping warm in the winter:

During the winter months swimmers are prone to frequent coughs and colds. Wearing a hat and a warm coat before and after training is sure to keep swimmers fit and healthy and more able to train efficiently.

British Summer Championships 2018

During July 2018, Jack Knight, Scarlet Major, Cerys Coley, Alex Griffiths, Megan Allison, William Ryley, Sophie Linton, Ellie Ward and Ellana Horton travelled to Sheffield's Ponds Forge to compete at the British Summer Championships.

Special congratulations to the medallists William Ryley and Megan Allison.

5 Tips for supporting your child at swimming events:-

- 1) Support and encourage your children throughout the highs and lows of swimming, so that your child will always know that you are there no matter what.
- 2) Try to give constructive feedback, there will always be something positive to comment on
- 3) Ensure your expectations of your child are realistic, setting the bar too high will make them feel that they are failing.
- 4) Make sure that your focus is on doing their and executing their skills rather than being "the best!"
- 5) Try to make sure your child understand that training, competing, winning and losing are all part of the swimming journey. If they understand and embrace this they will become more confident and less affected by the lows of a bad performance.
- 6) Encourage never giving up, even the very best elite athletes have bad days. Self-confidence and believe will ensure that they stick with it.

Swim Wales Summer Open Meet 2018

Ending the season on a high, The city of Newport Swimming Club continued to haul in the medals at the Swim Wales Summer Open Meet. Congratulations to all of those who qualified for the event and for the finalists. A special congratulations to the following medallists:- Aiden Bryce, Jensen Coppen, Gianni Davies, Ellana Horton, Emily Jones, Jack Knight, Sophie Linton, Sebastian Major, Mackenzie Morgan and Millie Mulligan.

Swim Wales National Squads and National Skills Academy

This year 6 swimmers from the City of Newport Swimming Club were selected to join the swim wales National squads:-

National Skills Academy National Youth Development National Elite Development

Gianni Davies
Millie Mulligan
Emily Jones

Scarlet Major
Alex Griffiths

Megan Allison



ASA Inter Counties Championships 2018

On October 7th 2018 Jack Knight, Jensen Copen, Alex Griffiths, Emily Jones, Scarlet Major and Megan Allison headed to Sheffield's Pond Forge to represent East Wales. The inter-counties championships is always a fun, colourful and competitive event with more than 900 swimmers competing from 36 counties. Congratulations to the above swimmers on their selection.



Club Championships

Our club championships took place over the weekend of the 21st - 23rd September. This years club champs was held together with the inclusion of our other regional clubs - Chepstow and District Swimming Club, Abergavenny and Monnow Swimming Club. There were many exciting Swims, personal bests and a "first gala experience" for many new young swimmers." Congratulations to all who took part, including everyone who volunteered in the running of the gala. Please click on the link below to view the results.

<http://www.newportswimmingclub.co.uk/results-201819/2018/9/21/autumn-closed-invitational-meet>

RCT skins meet

Congratulations to the swimmers that raced at the RCT skins meet held at Cardiff international swimming pool: Fantastic PB's and experiences achieved. Well done.

Please click on the link below to view results:

<http://www.newportswimmingclub.co.uk/results-201819/2018/10/6/rct-sprint-amp-skins-meet>

Greater Gwent Fast water Meet 2018

City of Newport kicked off the short course season at the Greater Gwent Level 2 meet held at the International Sports Village on the 20th and 21st October 2018. Swimmers were putting into practice their skills and technique. They achieved a magnificent 25 gold, 22 silver and 14 bronze medals.

<http://www.newportswimmingclub.co.uk/results-201819/2018/10/20/greater-gwent-l2-fastwater-meet>

Greater Gwent Junior Development

Greater Gwent Junior Development Meet was held on the Sunday 28th October at the International Sports Village. This Level three meet- aimed at our academy and regional performance squads resulted in an outstanding medal haul. Achieving a massive 19 Gold medals, 5 Silver and 9 bronze, not to mention the PB's and invaluable experiences gained.

<http://www.newportswimmingclub.co.uk/results-201819/2018/10/28/greater-gwent-junior-development-meet-l3>

Welsh Capital Open Meet 2018

Swimmers continued to excel at Cardiff International Swimming Pool. They earned 12 gold, 8 silver and 11 bronze medals.

<http://www.newportswimmingclub.co.uk/results-201819/2018/11/3/welsh-capital-open-meet>

Swim Wales Sub Regionals

The Sub Regionals was held on the 23rd-25th November at NISV. Our swimmers achieved 13 Gold, 14 Silver & 11 Bronze. Please click on the link below to view results:

<http://www.newportswimmingclub.co.uk/results-201819/2018/11/23/swim-wales-south-east-sub-regionals>

Arena League



The National Arena Swimming League - perhaps one the most exciting events of the season sees the participation of 400 teams from around the UK competing in 3 rounds of fast and furious swimming during October, November and December. This provides the opportunity for swimmers of varying age groups to compete as part of a team.

City of Newport is one of the 60 swimming clubs in the Western League. The explosive "cannon", a relay involving a 6 x 50m mixed team from across all ages is the penultimate roof - raising race. Round one of the National Arena Swimming League division one was held at Millfield . City Of Newport took the lead with a massive 278 points. Round two was held at Horfield Leisure Centre, Once again City Of Newport dominated gaining 290 points.

Arena League



The Grand finale of the Arena League was held at the International Sports Village Newport on the 8th December. With the help of our coaches and team managers, we targeted three main areas and collectively the team smashed it!!!!!! We are proud to announce that the City of Newport won the event. Consequently, after winning all 3 rounds, The City Of Newport Swimming Club have won the Division One Western League and have gained promotion into next years Premier League. Well done all, a massive achievement !!!!



Coaches James Goodwin, Matt Tutton and team captains Alex Griffiths and Megan Allison receiving the team award.



Our swimming Strength & Conditioning Coach **Pat Foley** of Higher Degree Sports & Personal Conditioning running our dry land preparation.



Swim Wales Short Course Championships 2018

Our City Of Newport Swimmers continued to excel at the Swim Wales Short Course Championships. This National event held at the National Pool Swansea, marked the end of the short course season.

Congratulations to all of our medallists:
Megan Allison, Jensen Coppen, Cerys Coley,
Alex Griffiths, Ellana Horton, Emily Jones,
Jack Knight, Sophie Linton, Scarlet Major,
Sebastian Major, Mackenzie Morgan, Adam Steven.

Please click on the following link for results:
[http://www.newportswimmingclub.co.uk/
results-201819/2018/11/30/swim-wales-
winter-championships](http://www.newportswimmingclub.co.uk/results-201819/2018/11/30/swim-wales-winter-championships)

City of Newport Christmas Cracker

On the 9th December, our swimmers continued to dominate at the City of Newport's very own Christmas Cracker. This event held at the international Sports Village Newport. Well done to all of those who took part. Please click on the following link for results:

[http://www.newportswimmingclub.co.uk/
results-201819/2018/12/9/christmas-
cracker](http://www.newportswimmingclub.co.uk/results-201819/2018/12/9/christmas-cracker)

A huge thank you to all of those who volunteered and helped make this event possible.

Black and Amber coming to a Club near you !!!!!!!

The Club Committee has been considering the current image, logo and kit of the Swimming Club. We have been working closely with a graphic designer and image consultant to review our existing situation and reflect on our values, history and ambition for the future.

The Committee feel strongly that we want to return to the Black and Amber of our past and therefore align ourselves better with the colours of Newport and its existing sporting clubs. To support this ambition we want to run a series of workshops in which our graphic designer partners would work with squad members to review potential logo's and help the athletes shape the design look and feel of a re-branding of the Club. We will be circulating details of the workshops early in the New Year. Please encourage all Club members to participate and help the Club Committee to achieve an inclusive process towards re-branding.

The outcome of this process will be used to develop a new logo, a fresh look and feel of the website together with new kit and accessories. The time frame would involve a soft launch at the end of the summer 2019 into the new season starting in September 2019. This process of change will see a gradual move to the new branding, look and feel over the next 18 months.

Waterpolo Newsletter

What is waterpolo?

- Waterpolo is a fun, fast paced sport that combines basketball, rugby and swimming!
- Waterpolo is a game for all ages and abilities!
- Waterpolo is a lot of fun to play!
- Waterpolo requires three basic skills: swimming, treading water and passing!

The Waterpolo section of the Club is a great place to make new friends, enjoy sport, socialise and keep fit!

The club currently has Junior and Senior squads who play in the Welsh league and Bristol and West League. Junior players from the club also train and play for the Welsh squads and have represented Wales in competitions in the UK and Czech Republic.

If you are interested in training with the club you are welcome to try a few taster sessions. The Juniors, boys and girls, train 4-5.30pm on a Saturday and Seniors 5.30-7pm on a Saturday and 8-10pm on a Wednesday; all training is in the pool at NISV. All you need is swimwear, a towel, a drink and to be able to confidently swim 100m.

Training Calendar: <http://www.newportswimmingclub.co.uk/calendar/>

Website: <http://www.newportswimmingclub.co.uk/about-water-polo/>

Email: conwaterpolo+admin@gmail.com

Twitter: <https://twitter.com/NewportWPolo>



Future Developments

This is a new venture for us and we would welcome feedback and suggestions for its development as a means of communicating with members and their families.

We would like to encourage squad related stories and news to encourage and recognise swimming and waterpolo activities. Please share your contributions via the below email address:

chair@newportswimmingclub.co.uk

We would also like to create a regular opportunity for coaches to provide development information to swimmers and explanations for the format of swimming training and how this links to the competitive calendar.

We want this Newsletter to be shaped by you so please identify areas that you feel more information would help gain greater understanding of these aquatic activities and help athletes strive to achieve their potential and 'be the best they can'.



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Follow us:

<http://www.newportswimmingclub.co.uk>



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