



The City Of Newport Swimming & Waterpolo Club

Dive In !!!!

AGM: Election of Committee Members

On the 17/09/19 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.

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

Mark Davies: Co-opt Member Dec 2019

British Summer Championships 2019

Megan Allison, Alex Griffiths, Scarlet Major, William Riley, Jack Knight, Sophie Linton, Ellie Ward, Isobel Stevens travelled to Tollcross Glasgow for the British Summer Championships from the 23rd - 28th July. Just to qualify for the championships you must be ranked top 24 in Britain which is no mean feat in the first place.

The standard of racing from the Newport swimmers was outstanding with many making finals (top 10 in Britain) and some even winning medals. Congratulation to all, especially the medallists Alex Griffiths, Scarlet Major and William Riley.



Nutrition & Hydration for Swimmers

Why bother with nutrition? A balanced, varied diet will help you to achieve their swimming potential

Why drink? Your performance can be affected and you may run out of energy before the end of a training session or competition if you do not drink enough

How? All swimmers need to ensure that they:

- Have the correct amount of energy for normal growth and development
 - Have the right foods to build and maintain strong bones and a healthy weight
 - Are fit and healthy and not ill as much of the time as possible
 - Have enough energy to train and perform well
 - Have drunk enough fluid to maintain hydration to be able to perform well in training and competition
 - Can recover as quickly as possible from training and competition
 - Are able to concentrate on training and school/work
- In other words food and fluids will affect swimmers on a daily basis and shouldn't be left to chance - EAT & DRINK WELL, SWIM WELL!

For more information on nutrition please click on the link below:

<https://www.britishswimming.org/performance/para-swimming/training-and-sports-science/nutrition/>

Swim Wales Summer Open Meet 2019

The City of Newport Swimming Club continued to shine at the Swim Wales Summer Open meet. There were many outstanding performances :
Congratulations to the medallists:

Kasey Allen-Ridge Male 15-15 400m Free Bronze

Megan Allison Female 17 & Over 100m Back Gold

Gianni Davies Male 14-14 50m Free Gold

Benjamin Fox-Wiltshire Male 14-14 200m IM Silver, 100m Back Bronze, 200m Back Gold, 50m Back Bronze

Emily Jones Female 14-14 200m Breast Bronze, 50m Breast Silver, 100m Breast Silver

Jack Knight Male 16-16 100m Back Gold, 50m Back Gold

Sophie Linton Female 16-16 200m Free Gold, 50m Fly Bronze, 50m Free Gold, 100m Free Silver, 200m IM Silver

Scarlet Major Female 16-16 50m Back Gold
Sebastian Major Male 13-13 50m Free Bronze,
 50m Fly Bronze, 100m Fly Gold, 400m Free Silver
Adam Steven Male 13-13 800m Free Bronze
Ryan Steven Male 17 & Over 800m Free Bronze
Isobel Stevens Female 14-14 100m Fly Gold,
 400m Bronze, 800m Free Gold
Ellie Ward Female 15-15 1500m Free Bronze



Swim Wales National Squads and National Skills Academy

This year seven swimmers from the City of Newport Swimming Club were selected to join the Swim Wales National squads:-



National Skills Academy

Ben Fox-Wiltshire

Lucy Jones

Sebastian Major

National Youth Development

Alex Griffiths

National Elite Development

Megan Allison

Scarlet Major

ASA Inter Counties Championships 2019

On 6th October 2019 Kasey Allen-Ridge, Megan Allison, Scarlet and Sebastian Major headed to Sheffield's Pond Forge to represent East Wales. The Inter-Counties championships is always a fun, colourful and fast and furious event with more than 900 swimmers competing from 36 counties. Congratulations to the above swimmers on their selection.

Swim wales Elite Training Camp

On the 9th October, Swim Wales Elite development squad members Megan Allison and Scarlet Major headed out to Turkey on an intensive training camp. They had an amazing experience!!!!!!



Club Championships

Our club championships took place over the weekend of the 20st - 22nd September. This is the second year running that our club champs was held together with the inclusion of our other regional clubs. It was great to see how much our Academy Swimmers skills are improving!!!! Once again 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.

<http://www.newportswimmingclub.co.uk/results-201920/2019/11/1/autumn-closed-invitational-meet>



Greater Gwent Fast water Meet 2019

City of Newport kicked off the short course season at the Greater Gwent Level 2 meet held at the International Sports Village on the 19th -20th October 2019. Swimmers were putting into practice their skills and technique in readiness for the Welsh Short Course Championships. Congratulations to our skins 1st Prize winner Alex Griffiths.

<http://www.newportswimmingclub.co.uk/results-201920/2019/10/19/greater-gwent-fastwater-meet-level-2>

Greater Gwent Junior Development

Greater Gwent Junior Development Meet was held on the Sunday 27th October at the International Sports Village. This Level three meet- aimed at our Academy and Regional Performance squads resulted in an outstanding medal haul.

<http://www.newportswimmingclub.co.uk/results-201920/2019/10/27/greater-gwent-junior-development-meet>

Sub Regionals 22-24 November 2019

The Sub-Regionals provided a great opportunity for swimmers to challenge their times and shout the outcome focus coaches are working on.

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National Arena Swimming League

As a result of last year Arena League Success, the City of Newport Swimming Club were promoted to the Premier Division. This promotion itself has opened a new pathway for our swimmers, they have had the opportunity to race in a highly competitive environment. In addition, racing against many swimmers who are ranked in the top 10 in Great Britain not to mention those who have competed in the Commonwealth and Olympic Games. What an experience !!!!!

Round 1

The team were well prepared for the gala with a thorough warm up led by Elite squad members Jack Knight and Alex Griffiths. We raced Plymouth Leander, City of Swansea Aquatics, Street, City of Cardiff B and Bristol Henleaze. Our swimmers really stepped up to the mark, managing to achieve 5th position.

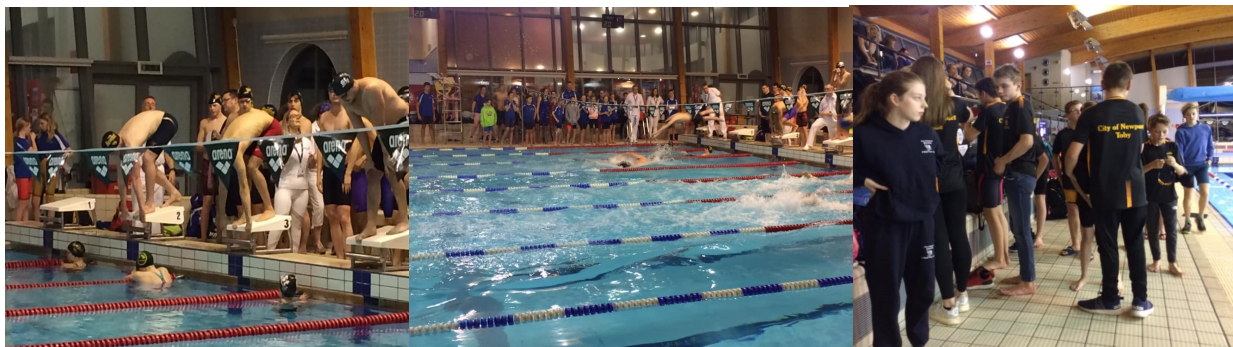


Round 2

The team realised the challenge that the Premier Division offered when they raced at Hutton Moor, Weston on the 12th November. Despite some strong swims through the team, we finished fourth behind Millfield, Swansea Aquatics and Exeter. Lots to work on in the next round to ensure we remain in the premier tier next season. Well done coaches, swimmers and officials.

Round 3

The team continued to impress at Horfield leisure centre on the 14th December for the National Arena Swimming league Premier Division B final . The team pulled together to achieve third place!!! Well done to all those involved



Swim Wales Short Course Championships 2019

On Friday the 29th November our swimmers headed off to Swansea for the Swim Wales Winter short Course meet. This meet is open to all swimmers throughout the UK who meet the qualifying times. It was fantastic to see some of Wales' most elite swimmers show off their world class skills. Our swimmers were faced with some tough competition, but continued to impress throughout the weekend.

Congratulations to all of those who qualified for the meet and to the following medallists:

Megan Allison
Benjamin Fox-Wiltshire
Alex Griffiths
Jack Knight
Sophie Linton
Scarlet Major
Isobel Stevens

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City of Newport Christmas Cracker

On 8th 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:

A huge thank you to all of those who volunteered and helped make this event possible and of course a big thank you to all of the visiting clubs.

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City of Newport Water Polo News Round Up 2019

2019 has been a fantastic year for Water polo in Newport! By the end of 2019 the club had achieved many successes at club, regional and National level both as a club and for individual players.

Bristol and West Water Polo League (BWWPL)

Senior 1st Team had a difficult season in the Premier Division and in 2020 are competing in the First Division. To put the season into perspective, the teams Newport were competing against in this Division are all playing in National League Divisions 1 or 2, while Newport played in Division 5.

Senior 2nd Team had a fantastic season and finished 2nd in the Division. This is a great achievement for our 2nds team which is made up of our younger players. As a club we are very fortunate to be able to offer a 2nd Senior team so that players can continue playing beyond Junior level and gain valuable experience to prepare them for the Senior 1st team.

Junior 2003 and younger team WON the Division 2! Well done to all of the Junior players who played for the team throughout the season. For four of the players this was their final Junior season.

A special mention to Ben Turner and Jack Knight for their contribution to the squad during the season, we wish all of the 2003s good luck as they move into their Senior career.

British Water Polo League (BWPL)



Senior 1st Team competed in the British Water polo National League (BWPL) for the first time since 1987! The team finished 2nd in Division 5 and are currently in the Champs 4 playoffs for promotion to Division 4!



GB Selection

Congratulations to Ollie Chilcott and Lewis Waite who attended GB trials and were both successfully selected for the GB U19 squad.

Waterpolo Honours 2019 **Swim Wales Achievement**



James Farror was awarded the Swim Wales Contribution to Water polo 2019 Award. James has played over 100 matches for the club and was instrumental in the club gaining entry to British Water Polo League in 2019.

Inter Regionals

This year Inter Regional competitions took place for players born 2002, 2004 and 2006
2002 – Ben Turner, Toby Chilcott
2004 – Ben Hastings, Louie Stephenss, Toby Chilcott
2006 boys – Toby Chilcott, Harry Knight
2006 Girls - Abbie Johnson

National Age Groups (NAGS)

In 2019 NAGs were scheduled for players born in 2001 and 2003 however the rounds due to take place in Liverpool were cancelled due to a light bulb being smashed over the pool during one of the early games of the day!

The 2003 squad did travel to Bolton earlier on in the competition, Ben Turner and Toby Chilcott represented Newport in the squad.

Junior Men EU Nations

Ben Turner and Jack Knight were selected and competed in the Wales U18 Junior Men Team at the EU Nations in April 2019, a fantastic achievement as both boys were only 15 at the time.



Senior Men EU Nations

Chris Taylor captained the Wales Senior Men squad at the EU Nations competition in June 2019, this was Chris's 20th Appearance for Wales at this competition. Chris was joined in the squad by two of the Senior Players – Luke Turner and Ollie Chilcott both of whom were under 18, a great achievement for the club!



As you can see being part of City of Newport Water polo gives players great opportunities to play and succeed at club, Regional and National level.

Come and play water polo!

To play water polo you need to be:

- A strong swimmer**
- Confident in the water**
- Able to swim 100 Metres+**
- Able to tread water**
- Able to throw and catch a ball (you will learn to do this one handed)**
- Like team sports**
- Like contact sport**
- A team player**

If you are a Junior born 2005 to 2010 you are welcome to come along to training and have up to 3 trial weeks before deciding to join the club.

If you are 16 or older and want to play water polo (maybe you have played in the past and would like to take up the sport again) you are welcome to come along to any Senior training sessions and have a go.

To find out more email us at:

Conwaterpolo+admin@gmail.com

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>

How to raise a concern within the Integrated Swim Programme

The Integrated Swimming Programme (ISP) is the sole responsibility of Newport Live and its paid coaches. This is why swimming club members pay their direct debit to Newport Live and not the swimming Club. All aspects of the training, squad selection and development are decisions made by Newport Live, although there is a degree of consultation with the Club. It is therefore important for members to understand that if you have concerns or complaints that are related to the ISP these should be directed to Newport Live and initially to the respective coach for each squad.

In this situation the Club will provide individuals' with support where concerns have been raised, however, review and resolution remain the responsibility of Newport Live as you have a contractual relationship with them as the supplier of this service.

The Club will address collective concerns with Newport Live but our sphere of influence is limited although we will strive to advocate on your behalf.

The Club exists within the context of Galas, specific competitive training away from Newport and with team events such as Wyvern League and Arena League. In this context the Club and not Newport Live are primarily responsible and concerns should come to the Club unless related to Newport Live Employees.

The below is provided by Newport Live to assist in how to raise a concern or complaint.

General training, competitive and coaching concerns.

Should a parent, swimmer or club official have a concern which they wish to raise the below chart explains the process to follow.

| | First Instance | If the issue is not resolved | If the issue is not resolved |
|-------------------|------------------------------|------------------------------|------------------------------|
| | Lead Coach | Head Coach | Director of Operations |
| Academy 7A | Alan Roberts | James Goodwin | Neil Sargeant |
| Academy 7B | Alan Roberts | | |
| Academy 8 | Alan Roberts | | |
| Development Green | Alan Roberts/ Matt Tutton | | |
| Development Blue | Alan Roberts/ Martyn Taylor | | |
| Potential Green | Sean Thackray/ James Goodwin | | |
| Potential Blue | Matt Tutton | | |
| Performance Green | Matt Tutton | | |
| Performance Blue | Matt Tutton | | |
| Elite | James Goodwin | | |

Safeguarding / Safety Concerns

Should a parent, swimmer or club official have a concern which they wish to raise they should raise this to the following safe-guarding and welfare officers.

Newport Live Safeguarding Officer - Kerry Griffiths - Kerry.griffiths@newportlive.co.uk
City of Newport Child Welfare Officer - Sarah Knight - sknight894@hotmail.com

Any safety or safeguarding concerns regarding the facility, staff or any suspicious individual should be raised to the Leisure Operations Officer on duty immediately at the main reception desk.

Swim Wales (WASA) Registrations for April 2020 to March 2021.

For information of Members,

The new Swim Wales season will soon be upon us (01/04/20-31/03/21), and the Swim Wales (WASA) annual membership payments will be due. Payments will be taken through the Swim Portal as in previous years. The prices this year are unchanged and will be: swimmers aged 10 & Over £34.00, swimmers aged 9 & Under £ 32.00.

Please can all swimmers ensure they have a current Swim Portal registration so that payment can be taken, the current Swim Portal Season is 01/09/19- 31/08/20.

Please register for this season if you aren't currently, but don't register again if you are currently registered.

To register please use the link on the right of the club website <http://www.newportswimmingclub.co.uk/>, there are how to guides below the link to help you.

All club members should have their own Swim Portal account, registration is required every year for the current season.

If adding a registration to an existing account, please ensure when registering that you select your swimmer's name and don't create a new account accidentally.

Any queries please contact Chris Jones at christopher.jones@ntlworld.com

Wyvern Junior Swimming League 2020

The 2020 Wyvern Junior League was due to commence on Saturday 29th February at the Hereford Leisure Pool. However, as a result of the devastating impact of Storm Dennis, a substantial part of the City of Hereford was subject to damaging floods including the Leisure Pool.

The Wyvern Committee after significant consideration of available options took the decision to cancel the Gala permanently.

As a consequence the 2020 Wyvern Junior League will now take place over two galas.

Round 1 will take place at the Newport International Sports Village on Saturday 28th March 2020 with a warm up at 1 pm and racing due to commence at 1.30 pm.

The second and final round will take place at Pontypool Active Living Centre on Saturday 25th April 2020 with a warm up at 2.30 pm and racing commencing at 3 pm. Presentations will follow this gala.

Please put the dates in your diary. We would love to welcome Club supporters to both events for you to cheer on our development swimmers for whom these will be their first competitive swimming galas.

Go "City of Newport"

ISP Squad Programme Update Feb 2020

The ISP squad programme continues to operate smoothly with swimmers regularly moving through the program. The academy squads have a good turn over of swimmers with new members joining every other week, and swimmers regularly moving up to Academy 8 and Development.

Consideration is currently being given to review of the squad structure given lower numbers currently in some of the squads and low attendance at some sessions. Also there is a need to balance Development Green sessions which currently include 2 out of 3 sessions on the weekend.

We have now installed a second TV screen to display heart rate and information to swimmers using the new monitors. This will mean more swimmers can benefit from their use in the future.

The first weekend of regionals went well with lots of finals and medals. Over 90 swimmers qualified for the regionals which is really encouraging, however there are only 49 swimmers from Newport competing.

The Wyvern league will be starting soon, which will give plenty of the younger swimmers some good racing experience, so please look out for that, team selection will be coming out imminently.

Phased Delivery of Free Technical Black & Amber T Shirts



The phased delivery of the Free T shirts is continuing. Phase 2 is currently being distributed and phase 3 and Water Polo are on order.

The Club Committee are committed to supporting the transition to Black & Amber and these T shirts together with the black & amber hats are part of that commitment.

The website will shortly be updated to reflect the new style of the kit being distributed. Additional fleece style tops will be available again in black & amber with a male and female cut. However, the old style kit will remain available to all members, but it will now only be supplied in the black & amber colour scheme.

We hope to roll out the free T shirts to the lower squads in the next month and will be sending requests for sizing for all full members registered with Swim Wales.

Renewal of Swim Wales registration is due with effect from 1st April 2020.

Any issues please contact Julian Knight direct – j.knight15@sky.com

City of Newport Presentation Evening – Saturday 28th March 2020

We are pleased to announce that the Presentation Evening will be held at the Newport Centre on Saturday 28th March 2020.

The evening will commence at 7.30 pm and there will be a disco and buffet in between the various awards for athletes, coaches and volunteers. Please put this date in your diary.

The evening is due to finish at 11 pm.

Tickets will be available via the Club Shop on the website in the same way as last year. These are £5 for adults and £2.50 for Children (under 18).

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



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



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