

## **Chairs Report 2024**

Welcome to all new members of OWASC.

2023 saw 12 athletes leave the club and 17 join.

Coaches have worked on running – Taster Sessions, Taster Courses and starting 16years + Adults courses.

Over the past year athletes have attended numerous grade days, with 35 passes, a very impressive 97% pass ratio, big congratulations to all and a thank you to our coaches for all preparations for these.

The Second Regional Games competition was held in May with Regional Squads competing across Land, Figures and Speed Swimming Relays. Freya Parker was the only OWASC athlete on the regional squad and competed in the Figures competition. The South East Region came 3<sup>rd</sup> overall from all the regions. Louise Fuller from OWASC was one of the regional coaches and has been recruited again for 2024.

2023 saw our athletes compete in several competitions over the Year: *Kent Competition, Warwickshire Invitational competition, Rugby Colour Competition, South East Regional Figure competition* culminating in our athletes receiving numerous gold, silver & bronze medals. (Results are listed below).

An interesting event was the Inaugural Rugby Colour Competition - athletes, judges and coaches were all encouraged to wear any colours apart from the normal black & white of figure competitions.

Competitions in 2024 will be run under the full range of newly introduced FINA changes. Coaches and Judges have again attended several upgrading seminars. The introduction of numerical deductions for synchronisation errors in routines have emphasised the need for precision in the synchronisation of all movements from all athletes throughout routines.

For Children in Need athletes were invited to “wear their socks in the pool” which was met with enthusiasm - £53 was raised.

In January OWASC held a Winter Showcase – the first opportunity for an all-Club display since 2019. It was a lovely opportunity for everyone to gel their hair, wear headdresses and perform their routines for family. We were also helped on the day by 3 former OWASC athletes- Katherine Stevenson, Phoebe Muir, and ex-GB athlete Laura Turberville.

The Margaret Smart Trophy for the OWASC athlete achieving the highest placing in a National Competition was awarded on the day to Freya Parker for her result in the National Age Group Competition 2023.

Pool prices continue to rise and during 2023 saw necessary changes to the Sunday morning session. We were successful in negotiating both a new time slot from 7-9am (previously 6-8am) and being able to hire a double lane instead of the whole pool. We worked closely with the Leisure Centre and Witney Swimming Club to achieve these changes and would thank both for their cooperation.

New safeguarding guidelines introduced from January 1<sup>st</sup> have brought about a need for a large increase in the number of team managers required in all Aquatic Clubs. The changes mean that for any “event” away from Club (grade days, competitions) the availability of trained team managers may govern whether the club can attend an event. If anyone is interested in helping OWASC out by becoming a team manager, please ask us.

If anyone would like information on becoming a judge or coach, please contact us.

I hope that the coming year brings success to our athletes but more importantly I hope it provides the joy and excitement which this sport has to offer and for which they all started it in the first place.

Mandy Fuller on behalf of James Parker (Chair)

James Parker

## Grades Achieved

**Figure 2:** Kamilla (silver), Meredith

**Figure 3:** Anna,

**Figure 4:** Isabel.

**Routine 1:** Meredith, Abby R, Elodi, Freya S (silver), Megan D. (silver), Rubyann, Rosie, Rowena, Sasha (silver), Scarlett, Tabitha.

**Routine 2:** Meredith, Abi B (silver), Dara (silver), Flora (silver), Kamilla (silver), Viven

**Routine 3:** Abi B (silver), Dara, Flora (silver), Isabella (silver), Meredith, Kamilla (silver)

**Routine 4:** Bethany (silver), Abi B, Anna, Isabel (silver), Isabella (silver), Megan T.

**Routine 5:** Bethany (silver), Isabel (silver).

## Competition Results

### National Age Group Championships

13-15 years: 39<sup>th</sup> Freya Parker

### Regional Games

South East Squad Figures: 25<sup>th</sup> Freya Parker

South East Region 3<sup>rd</sup> Overall.

### Kent Competition

#### Novice

12 & Under: 17<sup>th</sup> Tabitha ,18<sup>th</sup> Cassandra

13-18 years: 3<sup>rd</sup> Sasha, 5<sup>th</sup> Rubyann

#### Grade 0

12 & under: 3<sup>rd</sup> Vivien, 20<sup>th</sup> Rosie.

13-18 years; 10<sup>th</sup> Rowena, 11<sup>th</sup> Scarlett

**Grade 1** 13-18 years: 4<sup>th</sup> Kamilla

**Grade 3** 13-18 years; 1<sup>st</sup> Megan T, 6<sup>th</sup> Flora, 7<sup>th</sup> Abi B, 10<sup>th</sup> Dara.

**Grade 4** 13-18 years: 2<sup>nd</sup> Carys

**Grade 5** 13-18 years; 10<sup>th</sup> Bethany.

#### Routines

**Duet: Grade 4 +:** 4<sup>th</sup> Bethany & Carys

**13-18 years Combo Team:** 4<sup>th</sup> Abi B, Kamilla, Dara, Flora, Megan T.

### Warwickshire Invitational Competition

**Figures: 13-15 years:** 36<sup>th</sup> Isabella, 41<sup>st</sup> Flora, 44<sup>th</sup> Dara

**Routines: 13-18 years Combo:** 1<sup>st</sup> Alice, Anna, Dara, Flora, Isabel, Isabella, Kamilla, Megan.

### Rugby Colour Figure Competition

Grade 2: 11/12 years: 5<sup>th</sup> Meredith

Grade 2: 13-15 years: 2<sup>nd</sup> Kamilla

Grade 3: 13-15 years: 3<sup>rd</sup> Isabella

Grade 3: 16-19 years: 1<sup>st</sup> Megan T, 2<sup>nd</sup> Abi B.

Year of Birth Awards: All OWASC athletes were 1<sup>st</sup> in their year of birth.

### South East Regional Figure competition

**12 & Under:** Grade 0: 9<sup>th</sup> Tabitha, 15<sup>th</sup> Cassandra

**13-15 years:** Grade 0: 1<sup>st</sup> Sasha, 5<sup>th</sup> Rubyann, 8<sup>th</sup> Abby R, 9<sup>th</sup> Elodi.

Grade 2: 9<sup>th</sup> Kamilla.

**15 & Over:** Grade 3: 7<sup>th</sup> Isabella, 9<sup>th</sup> Megan T.