**City of Newport Swimming Club**

**A Swim Wales Elite Performance Training Centre**

**at**

**Newport International Sports Village**

**“Be As Good As You Can Be”**

The Newport swimming squad is a Swim Wales Elite Performance Training Centre, and provides an intensive training environment for swimmers competing at

National and International level.

**Professional, Fully Qualified, Experienced Coaches**

Head Coach: Dr Ross Nicholas

* Qualifications – TBC
* Coaching experience – summary?
* Own swimming level – tbc ?

Assistant Coach: Mr James Goodwin

* Level 3 Coach (UKCC or ASA – TBC ?)
* Level 2 Adult & Child Teacher
* Former City of Newport Club Swimmer – (level tbc?)

Assistant Coach: Mrs Jackie Gwillim

* Level 3 ASA Coach
* Level 1 & Level 2 UKCC/QCF Swimming Coaching & Teaching Tutor

NOTE: There are only two tutors who can deliver Level 2 Coaching in Wales

* Internal Verifier for Swim Wales
* NVQ A1 & V1 Assessor
* Own swimming level – tbc ?

The above 3 Coaches are assisted by a team of dedicated, qualified, and experienced volunteer coaches.

**CLUB SUCCESSES**

* Current Membership: 230
* Club Membership has increased from 180 to 230 members in the last 18 months.
* Number of swimmers representing City of Newport Swimming Club at the British Gas National Championships in Sheffield: **7**.
* Number of swimmers representing City of Newport Swimming Club at the British Gas Swimming Championships Olympic Selection Trials 3-10 March 2012 at the London Aquatics Centre: **2**.
* Number of swimmers representing City of Newport Water Pool at the \*\*\*\*\*\* Competition in Walsall, date\*\*\*\*? at \*\*\* Place\*\*\*: **2**.

**TRAINING**

The Club has 8 separate squads, of which the Elite Squad is Regional Performance. This squad has 9 sessions per week (the majority are 2 hours per session), and trains at Newport International Sports Village.

In addition to their pool training, the swimmers do land based training, including specific strength and conditioning, and flexibility work. The swimming training involves all areas of swimming development for competitive swimming in line with British Swimming’s Long Term Athlete Development Programme – aerobic and anaerobic development, speed and power development, technical efficiency, and race specific areas, such as pacing, and starts and turns.

As well as our Elite squad, we have 7 other Squads: Newport Performance, Junior Performance, Junior Development, Sharks, Dolphins, Masters, and Junior Masters.

**CLUB COMPETITIONS**

The Club hosts three competitions every year:

* + **City of Newport Spring Open Meet** Saturday 28th April 2012–Sunday 29th April 2012
* 2 day Meet
* Swimmers \*\*\*\*
* Spectators \*\*\*\*
* geographic coverage?
  + **City of Newport – Club Championships** September 2012
* 2 day Meet
* 200 Swimmers
* Spectators \*\*\*\*
  + **City of Newport Christmas Cracker Meet**  9th December 2012
* 1 day Meet
* Swimmers \*\*\*\*
* Spectators \*\*\*\*
* geographic coverage?

The above two Open Meets are advertised in The Swimming Times, a national magazine which is sent out to all Clubs, and any member of the public who has subscribed.

The Meet details are also listed on the Swim Wales website.

**OTHER COMPETITIONS HELD AT OUR POOL**

As well as the Meets hosted by the City of Newport Club, there are many other highly popular Open Meets which are also held at our swimming pool, Newport International Sports Village.

* Swim Wales South East Regional Championships 4th, 5th, 11th, 12th February 2012
* 4 day Meet
* Swimmers \*\*\*\*
* Spectators \*\*\*\*
* geographic coverage?
* Swim Wales South East Regional ‘No Time’ Gala 31st March 2012
* 1 day Meet
* Swimmers \*\*\*\*
* Spectators \*\*\*\*
* geographic coverage?
* Swim Wales South East Regional Junior Development Meet 12th, 13th May 2012
* 2 day Meet
* Swimmers \*\*\*\*
* Spectators \*\*\*\*
* geographic coverage?
* Torfaen Open Meet 23rd- 24th June 2012
* 2 day Meet
* Swimmers \*\*\*\*
* Spectators \*\*\*\*
* geographic coverage?
* Greater Gwent Fastwater Open Meet 20th, 21st October 2012
* 2 day Meet
* Swimmers \*\*\*\*
* Spectators \*\*\*\*
* geographic coverage?
* Swim Wales South East Sub-Regional Championships 24th, 25th November 2012
* 2 day Meet
* Swimmers \*\*\*\*
* Spectators \*\*\*\*
* geographic coverage?

**Water Polo competitions ??? Info required??**

**FUTURE PLANS FOR OUR CLUB – WHAT DO WE WANT/NEED?**

* To further increase our membership, which will mean …
* A need to increase pool time available to us, which will mean …
* A need to increase our professional coaches from the 3 we have currently to 5
* We need Sponsorship for our:
* Spring Meet (end April)
* Club Championships (September)
* Christmas Cracker Meet (December)
* Meet Programmes
* Raffle prizes at Meets
* Swimmers who compete at the British National Championships
* Gain Sponsorship for the year for the Club.

**SPONSORSING CITY OF NEWPORT CLUB**

**HOW CAN YOU HELP AND WHAT ARE THE BENEFITS FOR YOU?**

* Advertising your company on the front page of one of our Meet programmes – “Sponsored by…”.
* Display/advertise your products/services at the entrance of Newport International Sports Village on the days of a Meet that you are sponsoring.
* Display your company’s sign/advertising banners around the pool and at the entrance where people queue to pay to enter on the days of a Meet that you are sponsoring.
* Advertise your company’s name on the pool wall, next to the timing clock – key position for maximum exposure – one year’s sponsorship.
* Advertise your company on our “City of Newport Swimming and Water Polo Club” noticed board which is located in the main reception of Newport International Sports Village – one year’s subscription. NOTE: this board is (size) and is seen by every member of the public who swims there.
* Inclusion of your company’s name “Sponsored by …” in our Meet advertisements which are printed in The Swimming Times Magazine (national). This magazine is sent to every Swimming Club, and to every member of the public in the UK who subscribes to it.

**WATER POLO**

The City of Newport Water Polo Club has two Squads; Senior and Junior. The Club trains twice a week and takes part in regular matches as part of an exciting new league, specifically designed for Mini Water Polo for teams throughout South Wales. Children learn new aquatic skills within the sport of Mini Polo, whilst at the same time improving their stroke technique and swimming stamina. It is also a great way of making new friends and participating in the fun sport of Mini Water Polo.

**Welsh Water Polo Junior Squads**

With the introduction of Welsh Age Group Squads at the start of 2011 for both male and female water polo players, there is now a definitive 'pyramid' structure in place building on the recent development of junior water polo in the South Wales region.

The Welsh squads provide the next step for players to aspire to, and provide the opportunity to represent Wales in the future. The squads will build on the skills already attained from Club coaching programmes and will complement the individual club training. Selected players will represent Wales in wider competition environments. Players from City of Newport Water Polo Club have already achieved this with two girls being selected for and playing in a tournament held in Walsall earlier in the year. The Welsh squads are in their infancy and over the next 12 months there is an excellent opportunity for Welsh Junior players to develop. The sport and players have the benefit of a highly motivated and qualified team of coaches, including a number of club coaches and the top level Swim Wales performance coaching staff.

**Welsh Junior League**

Throughout 2010 and early 2011, the various water polo clubs in the region have continued to meet each other in matches at both mini-polo and Junior polo levels. These fixtures have usually been arranged for different age group and abilities sometimes being 'round robin' tournaments involving 3 or 4 teams.

As the interest in water polo has grown, so has the development of the clubs in the South East Wales area with clubs now in Newport, Cardiff, Bridgend, Rhondda Cynon Taff, Monmouth, Caldicot, and Caerphilly. The number of children coming into the sport is rapidly increasing. Water polo is an understandably 'fun' sport combining ball games, team sport and the water, and in response to the growing numbers of young players training in the many clubs, there is now a plan to introduce a Junior water polo league in the region.

**History of Newport Swimming and Water Polo Club**

1898-9 Newport Swimming Club

1938 Maindee Swimming Club

1958 Newport Olympic Swimming Club

1967 Maindee Olympic Swimming and Water Polo Club

1984 Newport and Maindee Olympic Swimming and Water Club

2004 City of Newport Swimming and Water Polo Club

Newport Swimming Club was formed between 1888 and 1889 in anticipation of the opening of Stow Hill Baths in 1890. Membership was mostly adult business men of the town who previously used to swim in the canal at Allt-yr-yn. The Welsh Amateur Swimming Association (now known as Swim Wales) was not formed until 1897 so we are probably the oldest club in Wales.

Following the opening of the Maindee Pool in 1938, Maindee Baths Swimming Club (later called Maindee Swimming Club) was formed. A second swimming club using Maindee Baths was formed during the late 1950's and given the name Newport Olympic Swimming Club. The late Mr Ted Temme, who at the time was Baths Manager, was a founder member. In December 1967, the two Maindee based clubs were amalgamated to form Maindee Olympic Swimming and Water Polo Club. In January 1984, with the impending closure of Stow Hill Baths, the Maindee Olympic and Newport Swimming Clubs joined forces to form the emergence of Newport and Maindee Olympic Swimming and Water Polo Club. In 2004, with the move to the new International Pool at Spytty, the name was changed to City of Newport Swimming and Water Polo Club.

The Club has been honoured with many Presidents of the Welsh Amateur Swimming Association as far back as 1897 and 1898 with W. J.Orders. Some of the other Presidents were W. J.Gillard, Supt. W Griffiths, R. E. Brabyn, Mrs Bernice Hooper, W. Hooper, Mrs Rosina Crosswate, A Crosswaite, Wm, Osborne and Bob Davies. Mrs Bernice Hooper is currently President of the City of Newport Swimming Club. Jennifer Smith, our Vice President, was awarded Life Membership of the Welsh Swimming Association and the Torch Trust award for outstanding Services to Sport (Swimming) in Wales. Bob Davies was also elected Chairman of Great Britain Water Polo.

Representing Maindee Swimming Club in the Commonwealth and Empire Games - John Brockway in 1954, Michael Richards in 1970 and Pat Beavan in 1974 all won gold medals. These were the only three gold medalists until David Davies (Cardiff) won gold in 2006.

The Newport and Maindee Olympic Water Polo team was well known in all corners of Great Britain where they were British Water Polo Champions in 1982, 1983, and 1984, and British Knockout Champions in 1985. As the majority of the NMO team made up the British team, the name of Newport and Maindee Olympic was known not only in Britain. The "Newport and Maindee Olympic" water polo trophy has adorned many trophy cabinets across Europe from Israel to Scotland! Sadly, the polo team disbanded when the depth of the Maindee Pool made it impossible to use Maindee pool as a venue. It is good to see that water polo is continuing to grow with success in the new Spytty pool.

**Committee and Contacts**

Head Coach: Ross Nicholas

Chair: Mark Campbell

Vice Chair: Grant Smith

Secretary: Rhian Collingbourne

Treasurer/Membership Secretary: DeeThomas

Meet Secretary: Andrew Walton

Child Welfare Officer: Kevin Wicks

Child Welfare Officer: Joanne Smith

Senior Water Polo: Anthony Hale

Junior Water Polo: Kevin Wicks

Club Kit: Andrea Hathaway

Website: Jeff Waite

Fundraiser: Denise Cuer