



Annual Report

April 2016 to March 2017

Chairman

Over the past year, the staff and Management Board of ASA East Region have worked hard to steer the organisation to best serve its clubs and members. True to our published Strategy, we have prioritised our resources, both in terms of capacity and budget, on providing support to clubs, running high quality regional competitions, and developing our athletes and workforce (both volunteers and paid).

The Management Board approves the annual budget and plans, and oversees the implementation of plans and strategies against this. The Management Board comprises officers, elected members and representatives from our six counties. There have been no changes to the membership of the Management Board over the past year. The Board has met on six occasions over the past year and has a mix of face to face meetings and conference call meetings. All our Board Members are busy people, and do a huge amount for the sport at a national, regional, county and club level. I thank them for the time they give to East Region. At last year's ACM, we failed to fill the casual vacancy for an Elected Board Member and, although the post was advertised further no nominations were received. As the post was due for re-election in September 2017, the Board decided to leave the place unfilled for the remainder of the year.

The Management Board has recently decided to invest further in Swimming Development. Swimming is by far the biggest of all disciplines and provides significant income to the Region from membership, profit from regional competitions, and from the levy placed on entries to licensed meets. Although many of our athletes qualify for national competitions, and achieve good results, generally East Region under-performs in relation to other regions at this level. The region is therefore currently recruiting a Swimming Talent Officer, whose role will be to focus on the development of competitive swimming in the region, including support to counties, with the aim of addressing under-performance at all levels.

Kay McGuire, President for 2015/16, had a great year representing East Region at an impressive range of county and regional events across all disciplines. At the ACM in September, the presidential chain of office passed to, Ian Knight and he has also been very busy travelling around the region, and attending national events, meeting volunteers and athletes from all our sports. Although the ACM failed to elect a President Elect, I am pleased to report that, Stewart Murray was persuaded to take on this role.

When I attend events and competitions in the East Region, I am reminded how much our volunteers do to support aquatics in the region, whether it is at a regional, county or club level or, in some cases, all of these. We are truly fortunate to have so many dedicated people who are prepared to give their time and expertise so that our athletes can continue to enjoy their chosen sport and I thank all our volunteers.

Although managed by volunteers, we do have a small, but dedicated, team of paid staff who work extremely hard to make sure that ASA East Region is an efficient and effective organisation. The Regional Development Manager, Leanne Brace, and Regional Development Officer, Amy Bryant, constantly strive for excellence for our region, putting clubs and members at the heart of everything they do. They are passionate about the need to develop aquatics of all disciplines across the region, and work closely with the relevant staff at Swim England to ensure that activities promoted by the region, both complement any national programmes but are also focussed on the particular needs of our athletes. Jo Stalley, who joined the staff as Regional Administrative Assistant in May 2016, is doing a great job providing administrative support to the Licensing Officer, and manages course bookings.

During the year we have also looked at how we communicate with clubs and members and endeavoured to make sure that they have the information they need, and want, in a format that is convenient to them. Our members are busy people and we need to take information to them, rather than expect them to look for it. The region was forced to change its website provider, but have engaged a new host, and have taken the opportunity to look at how the website is used, and information presented. We are also increasingly making use of social media such as Twitter and Facebook to keep people informed about competitions, courses and events.

The Management Board meeting in March was attended by the Chairmen of the two ASA Boards, the ten ASA Interim Chief Executive and ASA Interim Chief Financial Officer. They gave a presentation to the Board about the ASA's plans to move to an incorporated structure, and the associated proposals for a new governance structure. The Board were generally supportive of these proposals. As the reporting period finishes, the ASA is set to change its name to Swim England. Regions have been asked to consider adopting the same branding, an issue that will have to be discussed by the ASA East Region Management Board in due course.

Although in many ways it has been a good year, it was not without challenges. Faced with the loss of Sport England funding for Increasing Participation, the then ASA decided to discontinue its Divisional Teams. Unfortunately this resulted in the loss of our Divisional Officer Manager, Kelly Stannard, whose role in providing administration to East and London Regions had been funded by the ASA. We were sorry to lose Kelly, who had worked at the Regional Office for nearly six years, but are pleased that she found an alternative role with London ASA and wish her well for the future. The region is currently seeking to recruit a part-time Finance Administrator.

Joan Wheeler
Chairman
17th May 2017

Membership

Category 2 membership in the East Region has continued to increase, year on year, and this trend continues into 2017. This is great news for our talent pool, and shows that the number of athletes wanting to compete is growing. Category 3 membership has stayed almost constant, whilst the Category 1 membership continues to decline slightly.

	March 2016	March 2017
Category 1	8464	8012
Category 2	9089	9321
Category 3	4575	4544

Finance

The figures below are the current view of what will be submitted to the Independent Examiner. The full set of accounts will be published separately once they have been seen by the Independent Examiner.

	2016/17	2015/16
Income	300,658.81	287,913.93
Expenditure	279,889.58	235,482.87
Surplus (Deficit)	20,769.23	52,431.06

Fixed Assets	11,800.42	13,835.42
Current Assets	402,266.60	379,457.82
Current Liabilities	842.17	855.62
Total Assets	413,224.85	392,455.62

ASA East Region is in a healthy financial state and it should be noted that the Management Board has set a negative budget for 2017/18 in order to offer a greater range of development opportunities to the athletes and workforce, both paid and volunteers.

Club Development Group

Governance

This group consists of a representative from each County Association, a representative from each of the Discipline Committees, a representative from the ASA and a Representative from the East Region Management Board. The group ensures that our clubs and members are listened to, and that they are at the heart of what we are doing as a region.

Development

- 6 Coaching courses have been delivered this year which nicely complimented the 4 delivered by the IoS
- 44 learners have attended one of the 5 Time to Listen courses delivered by the region this year
- 205 learners have attended one of the 14 Safeguarding and Protecting Children workshops delivered by the region
- 3 Promoter workshops delivered
- 210 people attended Team Manager training. Two people trained up as new presenters
- 101 young people attended a Helpers course
- 5 young people completed the Young Aquatic Leaders Course
- 3 County Development Days delivered
- 64 clubs have undergone the swim21 health check this year
- 3 new clubs have become swim21 accredited this year

swim21 ended the year with 68 clubs accredited in the East Region. This shows a gradual increase year on year of accredited clubs in the region. Additionally to this, we also now have 3 Performance swim21 clubs, and 3 swim21 Networks accredited.

We are pleased that many of our counties are increasingly recognising the importance of the development of the sport. Many counties are running successful county conferences, development days, forums, and are organising training for volunteers. It is important that the region supports counties with the implementation of their development plans, providing help and guidance where it is most needed.

Outstanding Performances

The group has continued to excel at delivering workshops, courses and opportunities for the region's clubs and members, to meet their needs. This is particularly noticeable for Safeguarding courses, with 14 courses delivered this year, enabling 205 people to attend the course, compared to the 32 people that attended the previous year.

Diving

Governance

During the year, the Regional Diving Manager, Ian Macleod, stood down from this role. Despite advertising, a replacement has yet to be found, and Ian Mackenzie, Regional Board Representative to the Diving Committee, has been standing in as Interim Manager. Despite the committee lacking a manager, the committee has worked well together to deliver some fantastic events, as well as some really great development opportunities.

Development

On 21st and 22nd January 2017, a Regional Diving Coaching Conference was run in Southend by Ady Hinchcliffe, Leeds DC and Team GB diving coach. Ady took a number of classroom, pool and gym sessions over the weekend for the 23 coaches in attendance (*see photo, below left*).



The classroom sessions included details of how Ady had developed the coaching programme at Leeds, and how he had developed from starting out as a club coach to attending multiple international events.

His coaching career to date had culminated in coaching 2016 Olympic medallists, Jack Laugher and Chris Mears, who won Great Britain's first ever diving gold medal.

Competition

The diving committee ran their three annual regional competitions for skills, age-groups and club champs, all at Southend Leisure Centre.

The Regional Diving Committee also ran the National Skills Finals from 2nd – 4th July 2016 (*see photo, right*). This national event is hosted by a different region each year, with the East Region event receiving great feedback.

There were entries from 274 divers, representing 29 clubs, with divers from the East Region winning eight medals during the event. These included Ceri Ewing and Ethan King from Southend Diving and Oliver Slinko of Luton Diving, who all won gold medals.

The event also served as an opportunity for officials' development, with some of the region's most experienced judges mentoring those who had more recently qualified as judges.



Outstanding Performances

Ben Cutmore from Luton Diving Club had a very successful year, representing Great Britain at the Dresden International Youth Diving Event. He also represented Great Britain, along with Tyler Humphreys of Southend Diving, at the 7 Nations Youth Diving Meet in France in March 2017. Ben won a gold medal in the Boys B 3m springboard, with Tyler picking up the silver, and later a bronze, in the 1m springboard. The Great Britain team went on to win the meet.



Ben, who was also named England Programmes Diver of the Year at the 2016 ASA Aquatics Awards, won bronze in the junior 3m springboard event at the Diving National Cup in Plymouth in February (see photo, left, with Luton Diving Head Coach, Sam Buck).

Evie Ledger and Jessie Millham, both from Southend Diving, qualified for the England Diving Team Z Squad, which began in December 2016, and will continue until June 2018.

Daniel Goodfellow, who began his diving career at Cambridge Dive Team, put in a fantastic performance with partner Tom Daley to claim a bronze medal in the Mens 10m Platform Synchro event, on day three of the Olympics in Rio. Rebecca Gallantree, originally from Chelmsford Diving Club also represented Team GB at Rio 2016.

Disability Swimming

Governance

The Disability Committee has grown from strength to strength over the past year under the leadership of regional Disability Manager, Jackie Harvey. The committee has refocused on the priorities for the region and put their efforts into providing the best opportunities for our athletes.

Development

The region has hosted two Regional Training Days this year for East para swimmers, one on the 5th November in Basildon, and the other on the 18th February at Hatfield. Carl Cooper, the ASA Para Swimming Pathway Officer, led these training opportunities, offering our swimmers some real focus on their skills and efficiency, as well as land work. During this training, Carl offered the opportunity for coaches to come along and observe the training, in order to gain a better understanding, and to develop their own skills as coaches. At the Hatfield event, 24 athletes and eight coaches took up this development opportunity.

In September, the region also hosted an England Programmes Zonal Camp in Basildon. The event was well attended, with programme swimmers coming from across our region, as well as London, South East and East Midlands regions. Talent ID sessions were included to find new swimmers, and signpost them to their most appropriate local opportunity from the following locations; Basildon; Runnymede; Colchester; Newmarket; Norwich; Cambridge; Biggleswade and Hatfield.

Competition

The Regional Para Swimming Meet was held on 9th October at Newmarket Leisure Centre. This saw 35 swimmers from the region competing, together with a further five swimmers from outside the region. Thanks to the volunteers that enabled this event to run so smoothly for our athletes.

The Regional Para Championships took place on March 19th in Newmarket, and saw 37 East Region swimmers from 16 clubs entering, as well as a further 10 swimmers from outside the region. The event also hosted a British Swimming Classification opportunity as well as a CPD for Officials.



British Para Swimming International Meet 23rd – 27th April took place in Glasgow and 18 swimmers from the East Region took part and all did a great job with many pb's and medals. Well done to all those that took part.

Outstanding Performances

As the sport enters the 2020 cycle, four athletes from the East Region were selected this year to join the British Swimming Podium Potential Programme. These swimmers were Jessica-Jane Applegate (UEA City of Norwich SC), Danielle Hartin (Basildon and Phoenix SC), Grace Harvey (Hoddesdon SC) and Jaxon Simmons (City of Peterborough SC). A further three East Region athletes were selected as part of the British Swimming Para Academy. The swimmers are Jordan Catchpole (City of Norwich SC), Louise Fiddes (Hatfield SC) and Elise Martin De La Torre (Hatfield SC). This is a fantastic achievement and great for promoting disability and para swimming in the East Region. Selected onto the England Development Programme was Anya Falkus (Wisbech SC), and onto the Junior England Development Programme was Ellie Challis (Colchester Phoenix SC). Additionally to this, Miki Lin-Geo (City of Cambridge SC) was selected onto the England Foundation Programme. Well done athletes.



Jessica-Jane Applegate (City of Norwich SC) and Ryan Crouch (Teamipswich) were both selected to compete for ParalympicsGB Team at Rio 2016, where Jessica-Jane won two silver medals and a bronze. Both athletes also had incredible performances at the BPSIM2016 championships in Glasgow in April.

The National Para Swimming Champs held on 10th and 11th December at Manchester Aquatics Centre, saw over 250 swimmers competing for medals. At this meet, Jessica Jane-Applegate from UEA City of Norwich SC, broke two World records in S14 100m Fly and 400m Freestyle. And her fellow club member, Suzanne Warren, set a new British record for S4 50m Backstroke. Ellie Challis from Colchester Phoenix SC, at the young age of 12, showed some great swimming at the event in the S4 class and real potential for future events. Thirteen swimmers from the region were selected to compete at the British Swimming Summer Nationals, having achieved the qualifying standard of 600BDP during the qualifying period. Congratulations to all!

Masters Swimming

Governance

At the regional ACM on 17th September 2016, the Masters Swimming Manager, Dave Robinson, stepped down after many years in the role. Sharon Perry was elected as the new regional Masters Manager at the meeting and has been working to introduce some new ideas to the region. These include better communication, via newsletters, to ensure that the region's many Masters swimmers have all the latest news.

Development

A Masters Development Day was held on 23rd April 2016 in Basildon. This was led by Steve Bratt of Otter SC, and was attended by 27 swimmers from across the region.

The day was aimed at supporting swimmers who were entering the European Masters Championships, by providing long course training. The event included information on injury prevention and management, as well as psychology, to help our Masters swimmers overcome race nerves.



Competition

The annual regional Masters Championships took place on 1st October at Newmarket Leisure Centre. At this meet, multiple regional records were broken, including three for Jean Appleby from Sudbry SC and two for both Pat Reynolds of Beavers Masters (Bedford) SC, and Simon Emm of Colchester SC.

The regional heat of the Inter-County Competition took place on 20th November, also at Newmarket. At the end of the event, Norfolk topped the points table, followed by Cambridgeshire, Bedfordshire and Suffolk.

Outstanding Performances

Chris Dunn (Hatfield SC) came away from the LEN European Masters Swimming Championships in London with three gold medals in the 70/74 age group, and breaking his own British Record in the 200m Freestyle. Janet Masters (South Beds) also won two silver medals, and a bronze, in her three events in the 75/79 age group. Other European medal winners included Elizabeth Bellinger, Sally Winter, Darryl Mason, Graham Powell, Liz Woolner, Sally Mills, Lee Peterson, Eileen Luther, Kate Warwick and the men's freestyle relay team from the City of Cambridge.

The ASA National Masters Championships were held at Ponds Forge in October. This was a fruitful meet for swimmers from around the region, with many medallists. These included eleven multi-medallists, and further eight swimmers winning individual gold medals. Jean Appleby (Sudbury SC) set a new British record in the 100 IM for the 60-64 age group.

Open Water Swimming

Governance

The open water committee met regularly throughout the year to plan the regional championships, with regional staff working with the committee to support the delivery of open water development activities.

Development



The second day of the open water development camp ran 11th June at Stanborough Lakes, Welwyn Garden City, Hertfordshire. Swimmers built on skills learnt during the first day, held in Basildon in March 2016. The camp was the first run by any region in the country, and was a great success. Other regions are now looking at the success of our camp, and planning to run their own camps in 2017/18. The Year Two open water camp started on 4th March in Basildon and was led by Janko Gojkovic, Hatfield SC, and Mike Parker,

England Programmes Open Water Lead. For this camp, swimmers aged 12-16 years, who had competed at the ASA National Open Water Championships in 2016, were selected to attend. We used feedback and analysis of the previous camp to shape the 2017 camp.

An Open Water Judge Level 1 officials' training course was also held as part of the camp in Basildon. Five new officials attended the course, and had the opportunity to put some of their training into practice by being on poolside during the last pool session of the day.

Competition

The Regional Championships were held at Whitlingham, on 17th July 2016 with glorious weather conditions and warm water. The 2016 championships continued the trend of attracting a good level of entries, with 372 swims from 361 swimmers this year. The East Region continues to have the highest number of entries of all the regional championships.



Outstanding Performances

The ASA National Open Water Age Group Championships saw good swims from East Region athletes. Nathan Hughes from Hatfield SC won a gold medal in the boys 16 years 3K event, Lauren Young, also of Hatfield SC, won a silver medal in the girls 13 years 1.5K event, and Chloe Lence from Modernian SC won a bronze medal in the girls 15 years 3K event.

Congratulations to Jacqui Kendall who attended the FINA training school for open water and has been selected to serve as a FINA official from 2017-2021.

Swimming

Governance

The swimming committee continues to focus on the smooth running of regional events which has been achieved to a high level throughout the year. In partnership with the Swimming Committee and Swim England, regional staff have led on swimming development and this is working well.

The year saw the appointment of Simon Gee as Regional Licensing Officer (RLO). Simon has been doing a great job and, with the help of the Licensing Panel, has been working with clubs around the region to improve the standard of licensed meets, and reporting. The RLO provides regular reports to the Swimming Committee.

Development

The annual swimming Regional Talent Camp, for selected swimmers aged 11 and 12 years, was held at Stanground Academy in Peterborough on 13th November and 4th December. The camp was led by Ben Negus (City of Peterborough SC) supported by six lane coaches, from different clubs around the region. Swimmers completed two pool sessions per day, focusing on the breakdown of skills, as well as land training sessions.

The first day included a talk on nutrition, and on the second day, Olympic swimmer Roberto Pavoni, who started his swimming career in the East Region, delivered a talk on 'Managing a Swimmer's Lifestyle'. Similar presentations were delivered to the parents and carers, ensuring that everyone received the same important messages. A coach observation opportunity also enabled some of the region's coaches to come along and observe the camp as part of their own development.



ASA East Region is keen to increase its swimming development, and this was reflected in the decision to send a team of East swimmers to a meet outside of the region. A team of 29 swimmers aged 14-16 years, plus coaches and team managers, attended the Edinburgh International Swim Meet (10th -12th March 2017). This provided an ideal opportunity for our first international camp.

There were some great results from the East team, with many personal bests, British Championships qualifying times, and some prize money! As well as good performances in the pool, swimmers also grew in confidence by experiencing an international meet, learning how to manage their own time, and work as a team with different swimmers and coaches. *(left, swimmers 'take their mark' in Edinburgh)*

The trip to the Edinburgh International Swim Meet also provided an excellent opportunity for coach development. The Lead Coach, Dave Champion (Team Ipswich), was assisted by two Skills Coaches to head up the staff. The team included four Development Coaches, who had applied to attend as part

of their career development. All of the development coaches commented on how much they had learnt from being part of the trip, and valued new contacts with other coaches in the region.

During the year the region held two Coach Development Days. The first, on the 5th June, was led by Fred Furniss (England Programmes Team Technical Lead) and focused on the four strokes, transitional skills, as well as mental focus and preparation for events. The day was hugely popular, with over 50 coaches in attendance. The second day, on 27th November, was delivered by the England Programmes Team and Sports Coach UK. This event focused on essential soft skills for coaches including 'Managing Challenging Conversations' and female swimmer development.

Eleven East Region coaches attended the ASA England Programmes National Coach Conference in November, which covered a theme of developing coaches to deliver future world class success. England Programmes delivered a Coach and Team Manager Conference for the region at Freckenham Village Hall on 18th March. The workshops, which were principally aimed at those involved in delivering swimmer development at a county level, included sessions on communication, principles of planning, and developing a race model.

The East Swimming Coaches' forum was relaunched this year with a new structure, promoted by the ASA. The Forum includes representatives from areas around the region, who meet regularly to work together to improve communication, and drive forwards development for the region's talented athletes and coaches. The forum has also improved channels of communication between the Swimming Committee and coaches.

Competition

The year began with the East Region Long Course Championships, held at UEA Sportpark over the bank holiday weekend of 30th April- 2nd May. This meet, for swimmers aged 15 years and over, was the first opportunity to introduce the region's new backstroke ledges, which were well received by the athletes during the event. The top club of the weekend was Hatfield SC, followed by City of Peterborough SC and City of Norwich SC.

Weekend two of the Long Course Championships, for swimmers aged 11 to 14 years, took place over 28th- 30th May at Inspire; Luton Sports Village. During this event, Grant Robins (Swim England, Head of England Programmes) delivered a talk to over 100 parents about the talent pathway, the developing swimmer and their needs. The competition resulted in Colchester SC at the top of the medal table for the weekend, followed by St Felix School SC then UEA City of Norwich SC. At the conclusion, Sophie Freeman, Colchester SC, was crowned top age group swimmer and awarded the Don Neate Memorial Trophy, and Hatfield SC was awarded Top Club, taking the Warwick Thompson Memorial Trophy.



On the 10th July, at UEA Sportpark, swimmers from our six counties competed at East Region Inter County competition. This was a fantastic event, with Cambridgeshire ASA taking first place, followed by Essex ASA. The meet also gave East Region swimmers who were competing in the British

Championships and ASA Summer National Meet, an ideal opportunity of racing prior to these competitions.

The East Region Short Course Champs over the 4th- 6th November in Luton was an exciting and well run event. City of Peterborough SC came top of the medal table, followed by Putteridge SC and Hatfield SC.

Outstanding Performances

Hatfield SC was awarded ASA Club of the year at the ASA Aquatics Awards 2016. Congratulations Hatfield!

Of the fifteen places available on the Coach 2024 Programme, three were from the East Region. Alex Pinniger (UEA City of Norwich SC), Ben Negus (City of Peterborough SC) and Janko Gojkovic (Hatfield SC) were selected this 14 month national programme.

Caleb Hughes and Tim Shuttleworth, both originally from Hatfield SC, were selected for the England Podium Potential Programme. Tim also competed at the Olympics in Rio, coming 10th from his heat in the 1500m freestyle, a great result for the long distance swimmer.

Chris Walker-Hebborn, previously from Teamipswich SC and West Suffolk SC, also took a place in the Olympic team at Rio, winning a silver in the Men's Medley relay team.



Swimming Officials Group

Governance

The Swimming Officials Group continues to work very effectively, delivering their objectives within the 4 year development plan. Through the Swimming Officials Group, the region works closely with the County Representatives to ensure that there is a high quality of Swimming Officials' education throughout the region and that the natural turnover in officials is matched by a supply of new, well trained, volunteers.

It is vital that we continue to encourage more people to become licensed officials as, without the help of these volunteers, the region and its clubs, would not be able to deliver swimming licensed meets that comply with the Swim England requirements. We record our thanks to all those officials who take on the additional responsibility to train these volunteers.

Competitions

During the reporting period, ASA East Region Officials have volunteered to help at the Regional Long Course Championships, the Regional Short Course Championships the Regional Para Swimming Championships. Our volunteers have enabled the region to run high quality competitions for our swimmers.

In addition, many of the officials from East Region freely give their time to volunteer at British Swimming and Swim England national competitions, and a few are also selected to officiate at

international mainstream and para competitions. It is always pleasing to see so many officials from the region at these events, and is reassuring for swimmers and coaches to see familiar faces.

Development

In June, 2016 and March 2017 the region successfully delivered two British Swimming Disability awareness officiating training CPD, giving existing officials the opportunity to developed their knowledge in the field of Para Swimming.

The region also organises a very successful referee training programme, enabling trainee referees from throughout the region to come together to cover theory and race results. During the year five referee candidates from ASA East Region have become qualified referees.

Outstanding Performances

In January 2017, British Swimming introduced a Referee and Starter Development Programme. This Programme allows officials to develop their skills as a British Swimming Official, with a view to achieving a common British Swimming standard. Congratulations to Stewart Murray, Stephen Christian (referee) and Gerry Metcalf (starter) who were three of the eight successful candidates nationally.

Tom Baster, the East Region's Swimming Manager, is the Chairman of the Technical Committee of Swimming for the International Universities Sports Federation. This is a huge achievement and well deserved. The Summer Universiade will be in Taipei in 2017. Tom continues officiate internationally for FINA and LEN.

Craig Hunter officiated at the Olympic Games in Rio. Bob Outtram, David Metcalf and David Harman continue to support World Para Swimming (WPS) at events during the year. David Harman officiated at the Paralympic Games in Rio.

David Metcalf was appointed by WPS to act as Technical Delegate at the IWAS Junior World Games in Prague, Czech Republic. David is also one of the Technical Directors appointed for British Swimming and Swim England Events.

Officials from East Region attended as officials, and support roles, for the LEN European Masters Championships held in London in May 2016.

Technical Officials Training 2016/17				
Qualification	Applications Received		Qualified during the year	
	2015/16	2016/17	2015/16	2016/17
Timekeeper	326	221	288	251
Judge Level 1	260	344	91	114
Judge Level 2	51	79	35	48
Judge Level 2s	20	39	27	14

ASA East Region recognises that competitive swimming could not happen with the time and dedication of its Technical Officials, many of whom give huge amounts of time to help the region and its clubs run their swimming meets. Thank you to everyone for all you have done over the past year.

Synchronised Swimming

Governance

During the year, the sport of synchronised swimming saw a large-scale review at a national level. The review encompassed competitions, officials' courses and the athlete awards pathway. As a result, several planned regional activities were either cancelled, or changed, to accommodate developing national updates and guidance, to ensure the best provision for the region's swimmers, coaches and officials.

Development

An Assessor course ran on 30th April at the Regional Office, which allowed those who passed the exam to assess up to Skill Level 3, at skill level assessment days. The first scorers course to run in the region was held on 18th June, which eight people attended. This will be a huge help with running competitions as the region has relied on only a few, hard-working, scorers over the years.

A very successful coach and swimmer development day, attended by 30 swimmers and 16 coaches, was held on 25th February 2016 in St Albans, Hertfordshire.

Jenny Gray MBE led the coach development part of the day, while Amy Bryant (Hatfield SC Synchro) and three times Olympian, Olivia Federici, worked with the swimmers.

Two skill level assessment days were run for swimmers in May and September. To help with assessors, and funding the event, these were also attended by clubs from outside the region. We had planned to run a third day, but this was cancelled due to the national changes to the awards system for synchro.



Competition



The committee continued to work on the structure of regional competitions. Their aim is to cater for all ages and abilities, including Masters swimmers, but to keep events manageable. This approach led to one competition being split into two parts, one in October which saw a large number of figure and combination team entries, and a second day in November, where those who had qualified for solos and duets via the figures competition in October swam their routines. Two guest clubs from outside the region also came to compete in the Masters section.

This competition provided an excellent opportunity for the four clubs (Brentwood SSC, Chelmsford SSC, Norwich SSC and Aqualina SSC) who

had entered their combination teams into the Synchronised Swimming National Age Group competition in December.

Outstanding Performances

The region had two swimmers, Alisha Walker, Brentwood SC, (15-18 age group) and Caitlin O'Malley, Norwich SC, (13-15 age group) who qualified for figures at the Synchronised Swimming National Age Group Championships held from 2nd – 4th December in Gloucester.

There were also several other swimmers who took part in the National Age Groups who competed for London Region or Aquavision, but who started their synchro in the East and had taken part in the former regional talent development squad. This had been established by the region, and ran for several years, to promote the skill levels required to enter national age groups.

Olivia Federici who swims with Rushmoor SSC, but is based in the East Region, represented Great Britain in the duet event at Rio 2016, her third Olympics.

Water Polo

Governance

At the 2016 ACM, the regional said goodbye to Chris Stephens, who had been the Regional Water Polo Manager, for ten years. A new Water Polo Manager, Martin Atkinson, was elected at the regional ACM on 17th September 2016.

Water polo has also been in the process of national-level review and restructure which resulted in the region having to react quickly to changes so that players had the best possible opportunity to succeed.

Development



The second regional water polo development camp ran from 2nd – 4th June at the Royal Hospital School near Ipswich. The camp was attended by 26 players from around the region and was supported by coaches from various clubs. Players were visited by Izzy Dean who started playing in the region and went on to represent Great Britain as the U17 captain at the Baku European Games in 2015. At the same time as the camp, the school was also used to host a Level 1 Water Polo coaching course

which acted as a pilot for the newly reviewed syllabus for the course.

Due to a national restructure of the talent pathway for water polo, one of Martin's first priorities as Water Polo Manager was to set up a Regional Academy which would train a group of players and send those who met necessary standards to National Academy training. At the first national event, the high standard of the regional players in attendance was noted.

Competition

In May, the U16 girls Inter-Regional tournament was held in Liverpool and saw a great effort from the East Angels who reached the final but could not overcome Ireland who won 3-1. The region's U16 boys had a tough tournament in Millfield in July, coming fourth in their group with only the top two going through to the semi finals.

In December, the U14 teams travelled to Walsall with the boys team getting to the bronze medal match but having to settle for fourth after the Midlands beat them by 22-9. The girls managed to go one better, winning bronze by beating Scotland 9-2 in the bronze medal match.

The U18 Boys Inter-Regional tournament was held in Watford in February where the regional team finished sixth with the North East region winning the event. The U18 Girls travelled to Blackpool where they also finished in sixth place.

Outstanding Performances

At the Sports Officials UK awards in October, former Regional Water Polo Manager, Chris Stephens (*see photo, right, at the awards evening*), was short-listed for an award in recognition of his many years of work helping to develop referees and table officials through courses and mentoring in the region. Well done Chris.

During the year, East Region players, Dan Paddon (Chelmsford SC) and Peter Pickford (Watford WPC), were selected for the England Men's Team. Other players selected for national teams included Poppy Mayal (Teamipswich), who was selected for the Great Britain U17 Girls squad, and Finlay Parnell (Teamipswich) and Aril Pandya (Watford WPC) were both selected for the Great Britain U17 Boys squad. Many congratulations to all of you.



Committee Structure

