

Swim England East Region proudly present:

2019 Pre-Nationals Day

Anglia Ruskin University, Cambridge

Wednesday 29th May 8.30am-3.00pm

Parents please read all the details before booking a space at the event.

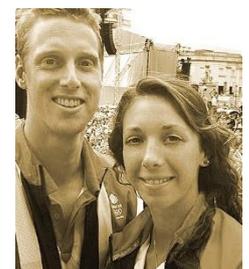
Following on from last year's hugely successful pilot, the World Class Development Day, this year we present our Pre-Nationals Day, for both athletes and parents. This event is for any athletes that meet the criteria below:

- Swimmers who qualified for British Summer Nationals July 2018 or British Swimming Championships in April 2019.
- Boys 2001 / 2002 / 2003 / 2004 born or girls 2002 / 2003 / 2004 / 2005 born.

The day will be free to attend but attendees must provide their own lunch. There are limited spaces available for athletes and spaces will be offered on a first come first served basis. There is a parent strand to the day, for which there are the same number of spaces as the athlete strand, therefore we request each athlete is accompanied by one parent. If athletes are not being accompanied by the parent (for example if an athlete is being taken by a team mates parents), we will require parents to fill in a separate form which can be obtained via bookings@eastswimming.org

Parents must complete the eventbrite form on the swimmers behalf. Also a polite request to ensure everyone follows the criteria listed above. This is in place to ensure numbers are managed and for younger swimmers who are at a national level, this will roll round next year as we move the age groups back 1 year each year. We do have a full list of athletes that qualified for both 2018 British Summer Nationals and 2019 British Championships (April) so please ensure you only complete the form if your son/daughter meets the criteria. This will save our administration team additional work re-allocating tickets.

Amy Smith and Joe Roebuck – Amy and Joe will be joining us for both parent and athlete sessions across the day. Joe is a Commonwealth and European medallist and Amy is Commonwealth medallist and Olympic finalist. Both represented Team GB at the London Olympics and will be sharing their stories and offering guidance to both groups on a range of topics. There will be plenty of time for questions from both parents and athletes.





Anthony Bennett – As one of the leading UK’s motivational speakers, Anthony has been on an incredible journey from the brink of death to fronting a multi-million pound fundraising campaign for Great Ormand Street Hospital. He will be sharing his journey and insights on the power of teamwork, how to deal with setbacks, looking at maximising your own superpower and how he harnessed resilience in the most dire of life situations.

Paul Greaves – Paul works in the fields of both on the ground coaching and coach education. He has produced some of the UK's top trampoline gymnasts including the current female senior British Individual Champion and European Team Champion, Bryony Page, whom he coached to an Olympic Silver Medal in Rio in 2016 (Team GB’s first medal of the games). Outside of gymnastics Paul also works with Olympic freestyle skiers and has helped produce athletes for the last two Winter Olympic Games. With swimming being a sport that has so many similarities to gymnastics, Paul will be sharing his story and how he’s overcome some of the hurdles along the way.



Kevin Pickard – Kevin is the lead for the regional talent programme in the East Region. He covers a broad range of areas in his role that all fall under the umbrella of the newly launch development programme - Project 2028. With a background as both a competitor and a coach, Kevin drives the East Region’s swimming development forwards seeing things through the eyes of both the athletes and the coaches. Kevin will be delivering to both athletes and parents across the day.

Ben Negus – Leading the City of Peterborough Programme, Ben has been in the region for many years now. He has been delivering athletes and coaches to international teams for many years as well as growing his club programme into a highly successful club. He is a big believer in quality when working with athletes and is big advocate in the east for education of coaches, athletes and parents. Ben will start the athlete’s sessions for the day off with a great activity designed to help the athletes become more self-aware.





George Wood – George is the current Sport Development Director for Swim England and works as part of the senior leadership team driving swimming and the aquatic sports forwards in this country. He oversees everything from talent to club participation, and has worked in a range of sports and for Sport England. He has a background in Coaching, having managed this a policy area when at Sport England, led the Coaching Department at Badminton England and coached badminton from grassroots to international level. In his spare time, he is a cricket coach working with

club and county players from 10 – 12 years old. George will be opening our day with a talk about the current landscape in swimming and some future plans that will help make our clubs stronger, more sustainable and ultimately deliver a better experience both for the young people we are responsible for as well the support team of paid and volunteer staff around them.

Helen Davies – Helen is a sports psychologist who has worked on a number swimming related programmes in both the East Region and with the national team. She has most recently been supporting the Cambridge University rowing team for the world famous boat race. Alongside her psychology work Helen has also been a teacher for 25 years and is a keen swimmer herself. Helen will be delivering to our parents some great tips to help support their young people in the final run up to the British Summer Nationals.



Assuming athletes meet the criteria listed above, in order to attend parents must fill out an online form here:

<https://www.eventbrite.co.uk/e/pre-nationals-day-2019-tickets-59835129483>

Information regarding parking and detailed timings will be sent week commencing 13th May. As the event is in a city centre campus there are a range of transport options; park and ride, various car parks and trains. We would encourage as much as possible, groups to car share and utilise the park and ride. All attendees will need to bring their own lunch or access the on-site food establishments.

We look forward to welcoming you to our event!

Kevin Pickard (Swim England East Region Swimming Talent Officer)

bookings@eastswimming.org