



MID SUSSEX MARLINS

2017 – 2018 ANNUAL REVIEW

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1) Competitive Age group swimming & Youth Training group report

Since the last AGM we have seen Marlins continue to grow especially in the Competitive Squads.

Towards the end of 2017 we submitted two teams to compete in the Arena league.

This became a challenge in itself, organising two teams travelling to two different locations on the same night. However, the effort proved worthwhile. The A team competed in Division 1 and secured promotion to the Premier League, while the B team, competing in Division 2 just missed out on promotion at their first attempt. This proved to be an encouraging first start and we look good to challenge this year. Our teams included swimmers from: Competitive, Development, Training and Masters squads.

The year ended with a fun night which was a great occasion to round off the season, however the coaching team were already looking to 2018, determined to give all swimmers a chance to Show their best.

The Sussex County Relay Championship was the first hurdle. Victory was secured with fantastic swims from all, proving a great depth in ability across the club and once again utilising swimmers from a number of our squads.

This trend continued into the County Individual Championships where our strength in depth proved to be unstoppable. Marlins secured not only the honour of top club trophy but provided a record number of swimmers achieving the entry qualification times who, in turn, walked away with numerous medals and individual county titles.

The South East Regional competition was next where we achieved 24 medals including several regional champions. Again, we managed to send more swimmers and relay teams than before achieving many personal best times in the process.

The Sussex League was another great challenge, having been runners up last year. Having been crowned Champions for the first time ever the prior year, we wanted our title back!

Also, our B team was hoping for an improvement on runners up in the Second Division.

Over three rounds the A team proved unstoppable, winning every gala comfortably as we regained the Sussex title by some margin. The B team achieved runners up spot again and although did not get the promotion that we had hoped for we can assure you we will not lie down in our attempt next year.



We have also entered two B gala competitions. Winning one and coming 4th in the other. These provide many additional swimmers a chance to develop and gain confidence, in an evening of great enjoyment.

The National Summer Championships in Sheffield saw MSM achieve 12 individual qualifiers plus one relay team. At the event itself we made 27 finals / top 10 places out of 33 events. MSM achieved 6th most improved club in the nation. We won a Bronze medal in the girls 16 years 50m backstroke as well as the club's first regional record. Six further county records were achieved during the Nationals and consequently several our swimmers have been selected for inclusion in the National development camps / pathway programmes along with our Head coach who has been invited to join the senior coach programme while also being appointed Sussex head coach for the county development camps.

Our **youth training section** continues to operate a regular weekly schedule of sessions for approximately 150 swimmers. The Youth Group at the top end of this has developed over the past year allowing more opportunities for training. Places in this group are in high demand. Swimmers in Youth Training 1 & 2 have been following session plans as set by their respective coaches. Head Coach, Steve Murphy, has drafted an Autumn Term structured plan for coaches to apply over the forthcoming season to offer a unified approach with regard to technical and skills-based work, much like the teaching group follow their respective teaching plan.

Youth Training 1 & 2 swimmers have taken part in a range of events over the course of the past year. Including the MSM Club championships, First Class Learning Gala, Airtech and Alice Dauncey galas. Three early morning training sessions at K2 were held with 36 attendees. The waterpolo coaches have hosted approximately 12 taster workshops at the end of the terms.

In March, several swimmers took part in Go Swim's 1 hr non-stop swimming challenge completing a combined total distance of 22,343m.

Swimmers included

- Maia Tollner – 2000m
- Tom Penwick – 3050m
- Emma Burke – 3100m
- Paloma Radcliffe – 3413m
- Katy Rutherford - 3430
- Cameron Yell – 3650
- Harry Almond - 3700

We as a club would like to thank all the many teaching and coaching staff, team managers and other volunteers that help us continue to grow. The greater the numbers, the greater the challenge especially regarding open meets and team galas. The officials that support the events and the volunteers that help the coach poolside and to all the teachers and coaches that help develop this wonderful talent within the club. We could not manage without this wonderful team of people.

Steve Murphy,
Head Coach on behalf of The Coaching team

2) Teaching Section Report 2018

The teaching section is still proving very popular, with three full intakes every term and our numbers now increased to 401 swimmers, swimming on Monday, Tuesday, Thursday evenings and Saturday mornings. Unfortunately though, with our popularity and our increase in numbers this has caused us big staffing issues and we now struggle to cover all our lessons at times due to lack of teaching staff. This last term alone we have lost 5 teachers and have not been able to replace them. We urgently now need more people to come forward and help within the teaching section if we are to maintain our good name and run the lessons we hold. We do have some of the young swimmers wanting to help, but it is parents we would like to come forward as they provide us with the long term help we need desperately, due to the younger teachers disappearing to university just when we have them trained to the level we like. We are hoping though to be holding a Level 1 in house course in the later part of this year, so please come forward and support it if you are interested in becoming a teacher.

The Development gala series again took place last year and it was pleasing to see how the standard was improving, although it would be nice to see more entries as only just over half the teaching section entered the galas. These galas do help us pick the swimmers for the TID group and for promotions to squads.

The winners of the series were:

- Girls: Ella Lazenby
- Boys: Hector Hoskings

Congratulations to them both and to everyone else who took part and a special thank you to all the helpers who helped me run these galas, although again I must add we are in urgent need of more people to come forward and help at these galas if they are to continue.

We also held the Robin Low Split IM memorial gala in June which again went really well, and within this gala we held The Mid Sussex Primary Schools Relay race. Disappointingly out of all the local primary schools only 4 decided to enter and the winners were St Peters CP from Cowfold, so congratulations to them and it would be nice next year if more primary schools would take up the challenge to enter considering how many swimmers we have in the club at the local primary schools.

Finally, I would like to say a big thank you to all the staff and helpers who have helped out over the past year. In all my years of doing this role of Head of Teaching groups this has probably been one of the hardest due to the teacher situation and I hope by reading this people will come forward and help out in what is great rewarding section of the club.

3) PARA SWIMMING REPORT 2018

The Dolphins and Starfish squads continue to prosper with a total of 46 swimmers aged between 10 and 64 years!

Once again, we held our annual Disability gala at The Triangle in October. Six clubs took part and, as always, there were many fine performances. The large home team of 25 swimmers were delighted to gain a hoard of medals and personal best times (PBs). Richard Sambrook was rewarded with the Top Senior Boys' trophy, and Ewan Sumpter and Alfie Penfold jointly won the Top Junior Boys' trophy. The mixed 4 x 1 freestyle and 3 x 1 medley relays were won by Marlins swimmers. Bexhill won the Top Team trophy, with Marlins second, closely followed by Sussex Squids, Sunbeam, Seahorses and Leatherhead Swans.

At the end of April, twelve Dolphins and Starfish swimmers were in action again at the Sussex Squids gala in Bognor Regis. Richard Sambrook won four individual gold medals and retained the Individual Medley Senior trophy and also the Senior Male Trophy! Christopher Manson also retained the Special Achievement Trophy. Sussex Squids were the overall winners.

Four swimmers represented Marlins at the Leatherhead disability gala and all were delighted to return with medals and some good PB's.

Alfie Penfold swam in the British Blind Sport National Swim Meet in Solihull in May, winning gold in each of his events. He is hoping to be classified very soon which should open up further competition opportunities.

Fabienne Andre has had a very busy and exciting year having competed in several competitions, the highlight of which was the CP Sport World Games in Spain in August! She returned, having had a wonderful time, with three silver medals and one bronze. It was, by all accounts, an amazing Meet. Fabienne said it was a privilege to be representing MSM and was very grateful for the financial and practical support she was given.

Hannah Crouch has just completed her Level 1 swimming teacher training at Brighton Swim School. This was part funded by the Club's disability fund, and part through the general training fund. Hannah has been a regular helper at Dolphins for the past two years and has recently started to help at the teaching group sessions on Saturday mornings at the Triangle.

In a break from competition, a team of five Starfish swimmers took part in the Lions Club Swimathon. They swam with enthusiasm and raised a very impressive £681 for charity.

Over the year, special achievement in the Dolphins squad was recognized by awarding the Zoe Cain trophy to Aaron Johnson and Sophie Bush, and the Starfish trophy to Tom Giles.

Once again, the annual social for the Dolphins squad and their families is due to happen in mid-September when they will go to Crawley Bowl for some competitive bowling, followed by a meal at Bella Italia.



Our thanks go to the wonderful helpers at our gala and to the teachers, helpers and parents for their commitment to these special squads. If anyone would like to join the team, please speak to one of us - the Dolphins team, in particular, is in urgent need of another Level 2 teacher.

Pauline Draper and Carolyn Heeley

4) MASTERS SECTION REPORT 2018

What a year for MSM Masters' who successfully accomplished the club's aims to stretch competitive swimmers while providing community fitness and friendship for all.

Swimmers have extended their regular pool times by joining together in groups to swim in open water, be it fresh water in Weir Wood or Ardingly reservoirs, competing in Swim England's South East 2018 Open Water Championship held in Chichester, or salt water with sea swims off Brighton and Seaford, all followed by coffee, food and a good chat! Many other groups meet regularly after their swims, for example joining together for brunch, a country walk and maybe the odd tippie afterwards.

Swimmers raise money for charity, joining in with the local Lions Swimathon as well as events further afield. A party of hardy MSM masters again took the plunge in mid-winter at Tooting Bec Lido, the country's largest fresh water, unheated lido where relay teams and solo swimmers raised money for charity. Spring saw MSM masters entering the Guildford Lido's 12 mile in 12 hours charity swim and in September half a dozen MSM swimmers swam up to 5km for Macmillan at Pell's Pools, Lewes, while many more have enjoyed regular early morning swims during the glorious summer.

Competitive swimmers have gone from strength to strength, entering both local and national competitions; here are some highlights:

The South East Region Long Course championships held at K2 in January saw 24 MSM swimmers gaining 28 gold, 22 silver and 12 bronze medals with 2 meet records.

March brought the 'Beast from the East' with impossible travel preventing swimmers attending the Welsh Open in Swansea although five brave swimmers did struggle through to Bracknell where two swimmers set new club and Sussex County records in the men's 200 m backstroke and the ladies 50m freestyle.

In June a small group of MSM masters entered the British Masters' Championships in Plymouth where our swimmers set a new World Record in the 4 x 200m freestyle team 280 years age group and a British Record in the 200m fly 60-64 years age group. In addition, 14 new club records were set. After the meet, the Cupar Trophy was awarded to the best-performing club at the competition. MSM came 3rd, which given the group size, was an amazing achievement. A team of MSM Masters' is attending The LEN European Masters Swimming Championships 2018 in the Slovenian city of Kranj from 3 – 7 September with the open water event on 8 September in Lake Bled; we wish them well.

None of the above would take place without the coaches and their supporters who volunteer and give so much time and encouragement. On behalf of all Masters' swimmers a huge thank you is extended to them.

Judith McKerchar
Masters Representative

5) Water Polo Section – Annual Report 2018

It has been another busy and competitive year for the section, running Men's, Ladies and Junior teams, training twice a week on Sunday and Wednesday evenings and travelling to play our matches at difficult venues such as Hastings at 9.00pm on a Wednesday(!) or as far afield as Sheffield for our British Water polo league fixtures.

Development & Training

It is pleasing and encouraging to report that attendance at our junior session on a Sunday night has increased substantially over the past year.

This is partly as a result of the move from the Triangle to an early evening slot at the Dolphin and also the increased visibility this change has brought us to other squads within the club.

The session often finds us running 3 parallel sessions of different levels in the pool at same time! This has brought us new problems requiring us to look for more space, coaches and training solutions. We are working with the support of the board and Steve Murphy, the head coach to see how we can best achieve this.

Taster sessions with the Youth Training Group have been well received, resulting in several new polo recruits. A special thanks to Simon King whose continued belief that Polo and Swimming can complement each other and go hand in hand developing both Swimmer and Polo players alike. In addition, his commitment to try and offer all swimmers, irrespective of ability, the full range of aquatic disciplines should be commended and encouraged.

We have also run again through the YTG a successful 4-week Polo fitness taster set which focussed on technical Polo fitness skills, stamina and some contact drills and culminated in a game on the final week. We are keen and happy to extend these to any / all teaching groups if there is interest from the respective coaches.

Our Senior Wednesday night training session continues. The challenge, as always, is to increase attendance by our Junior members. Again, it is pleasing to report that in recent weeks we have begun to see some increased interest from our younger boys and girls in this session.

Competitions

On the competitive front, the Men's team continue to consolidate their position as one of the top 5 senior teams in Sussex and at one point last season came dangerously close to finishing in the top four, which as the football fans in the room would know would mean Champions League qualification! Another positive note is the integration of many of our junior members playing and surviving in the men's team and contributing to its success. This is great for the future of the club.

Our juniors have found difficulty in finding other junior teams locally to provide competitive experience. Nevertheless, we have arranged occasional games v Ardingly College and Worthing.



Many of our young players are also regularly attending SE regional and County squad sessions only a few months after starting with Marlins. The signs are strong if we can retain their interest.

On the representative side, several players have represented Sussex and South East Region at various age groups and many others are actively training with squads at District and National levels in preparation for next year's competitions.

The honours list is long, here are just a few of our younger junior players who have represented Sussex and SE Region, Maddie Calthrop, Hannah Goodhead, Annabel Hogbin, 'Big' Will Gracie-Lantridge, and Charlie Trumble.

It is also important to highlight that members of Marlins coaching team have also been involved in the training of both Sussex and SER squads.

The Ladies squad experienced an excellent year, beginning their National League campaign in Division 3 and ending it as National championship 2 winners! This included an outstanding 7 wins out of 7 in the second phase of the competition which saw them gain promotion into National Division 2. This means MSM are ranked among the top 12 clubs in GB. To provide you with an example of what this actually means, this group includes teams from big cities such as London, Leeds, Manchester, Liverpool, Nottingham and Coventry. Many of these teams have enough players to being able to field 2 or more teams! It is a fantastic achievement for a small club like ours to be able to compete and excel in this company.

One of our longest serving club members, Izzy Bates, was awarded the coveted MVP (most valuable player award) across all 3 divisions of the National League. To again provide perspective, there are over 350 players competing in the competition. This award capped a memorable season for the squad and was thoroughly deserved by Izzy who was also the highest goal scorer across all 3 divisions.

The 6th & 7th October sees us begin our new season in Division 2 travelling to Northampton to play matches against Penguin (London) and Liverpool.

To wrap up the successful season we have had at all levels, I would like to add a special thanks to all our volunteers coaches, helpers, administrators and parents for their continued fantastic support.

Finally, if anyone would like to offer additional support to the section we are always on the lookout for extra help either on the PLAYING, coaching or admin front. No trials are necessary just come down onto poolside and talk to us.

Tony Noble
Head Coach