

Synchro AGM report 2017

2017 was a successful year for synchro for individual synchro swimmers and for the club at competitions.



Grades

2017 saw the change from skills to grades, which has been a really positive change for our swimmers with high skill but unable to do splits as this prevented them from entering skills. For instance Holly Thompson has gone from a skill 2 at the beginning of the year to a Grade 5 National level swimmer.

We have had a very high pass rate at grades with the following achieving their grades this year.

Grade 1 :

Marisa Whitehouse

Alice Foster

Emma Walker

Grade 2:

Katherine Whelehan (12 & Under National level)

Annie Lu (12 & Under National level)

Grade 3:

Evie Walker (12 & Under National level) The first silver grades in the country.

Gabriella Jackson 2 & 3 this year (12 & Under National level)

Emily Jackson 2 & 3 this year (12 & under National level)

Lia Harding (13/14/15 National level)

Chiara Pozzoni (13/14/15 National level)

Martha Stringer 2 & 3 this year (13/14/15 National level)

Clara Harrison(13/14/15 National level)

Elise (13/14/15 National level)

Grace Lu (13/14/15 National level)

Jasmine Jones(13/14/15 National level)

Grade 5:

Kate Urwin (15+ National level)

Rachael Mellor (15+ National level)

Victoria Hartley(15+ National level)

Holly Thompson 3,5 & 5 this year (15+ National level)

Hannah Bates4 & 5 this year (15+ National level)

Melika Rahimishad (15+ National level)

Competitions 2016

National Age Groups 2016

15-18 duet Sophie Freeman & Eleanor Monks 4th place

12 & under combination 20th

12 & under free 10th

19 & under combination 7th

15-18 free team 9th

Beacon Squad

Following Evie Walkers placing 25th in figures she was invited to the North Beacon Squad



North West Development Squad

Following January trials we had 7 swimmers qualify for the North West development squad:

Emma Walker (12 & under)

Emily Jackson(12 & under)

Grade Lu (13/14/15)

Jasmine Jones(13/14/15)

Martha Stringer(13/14/15)

Gabriella Jackson(12 & under)

3 swimmers were selected for the elite squad:

Sophie Freeman (15+) Sophie was also invited by Karen Thorpe to do an AASE, Advanced Apprenticeship in Sporting Excellence

Evie Walker(12 & under)

Hannah Bates(15+)

Competitions 2017

Combi Cup, September 2017

A new competition for combination routines for recreational and competitive swimmers.

12 & unders 8th/21

13-15 3rd/9

15-18 4th /5

Overall we places 5th out of 27 clubs entered and the highest of the teams only entering 3 teams.



North West Competition, September 2017

12 & unders 3rd place

13-15 1st place

15-18 2nd place

To come National Age Groups – we have a competitive team in each age group.

New coaching staff

We have welcomed Sophie Freeman as a coach following her retiring from swimming. Sophie was the most successful swimmer we have had, swimming for England Age Groups and so we welcome her passion for what she still calls her sport and her experience swimming at a higher level.

Sophie Freeman, Victoria Hartley and Kate Urwin have qualified as Level 1 synchro coaches and Emma Connolly, Megan Crew Meaney and Victoria Hartley have qualified as level 2 National judges giving us a solid base for the continuation of Stockport Metro synchro.