



Swim England

West Midlands

Amiens 2019

Regional Team Report



2019 Regional team report

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Amiens 2019

This is the second year that West Midlands has competed as a region at Amiens and this year's squad confidently rose to the challenge.

The International Hortillons Open Meet at Amiens is hosted by the Amiens Metropole club and saw 24 outstanding swimmers selected from across the region to represent Swim England and the West Midlands in the magnificent 50m Coliseum facility.

Now in its 10th year, the event continues to attract entries from across Europe as teams seek to give their 'up and coming' swimmers early experience of the meet format that they will experience in their domestic nationals. In practical terms, this means swimming in morning qualifying and then using the afternoon positively in preparation to be ready to 'step up' in terms of performance in the evening finals.

For many of our young swimmers, this was their first taste of representative swimming as well as of competing abroad.

With swimmers selected from a variety of the region's clubs, it was also an opportunity to make new friendships, to learn from each other and hopefully to raise their confidence and aspirations for the forthcoming long course part of the season.

From a technical point of view, it is also part of the region's strategy to help our swimmers understand and apply the various pre-pool, post-pool and race preparation strategies that they will need in order to be effective and competitive at the Nationals.

Head Coach's comments

Summarising the team's performance, David Painter says,

“The key area for the trip was to give swimmers the experience of competing at an overseas meet with new team mates and coaches.

We were particularly focused on making process goals the priority in the pool, and also giving a lot of our swimmers their first Long Course meet of the season.

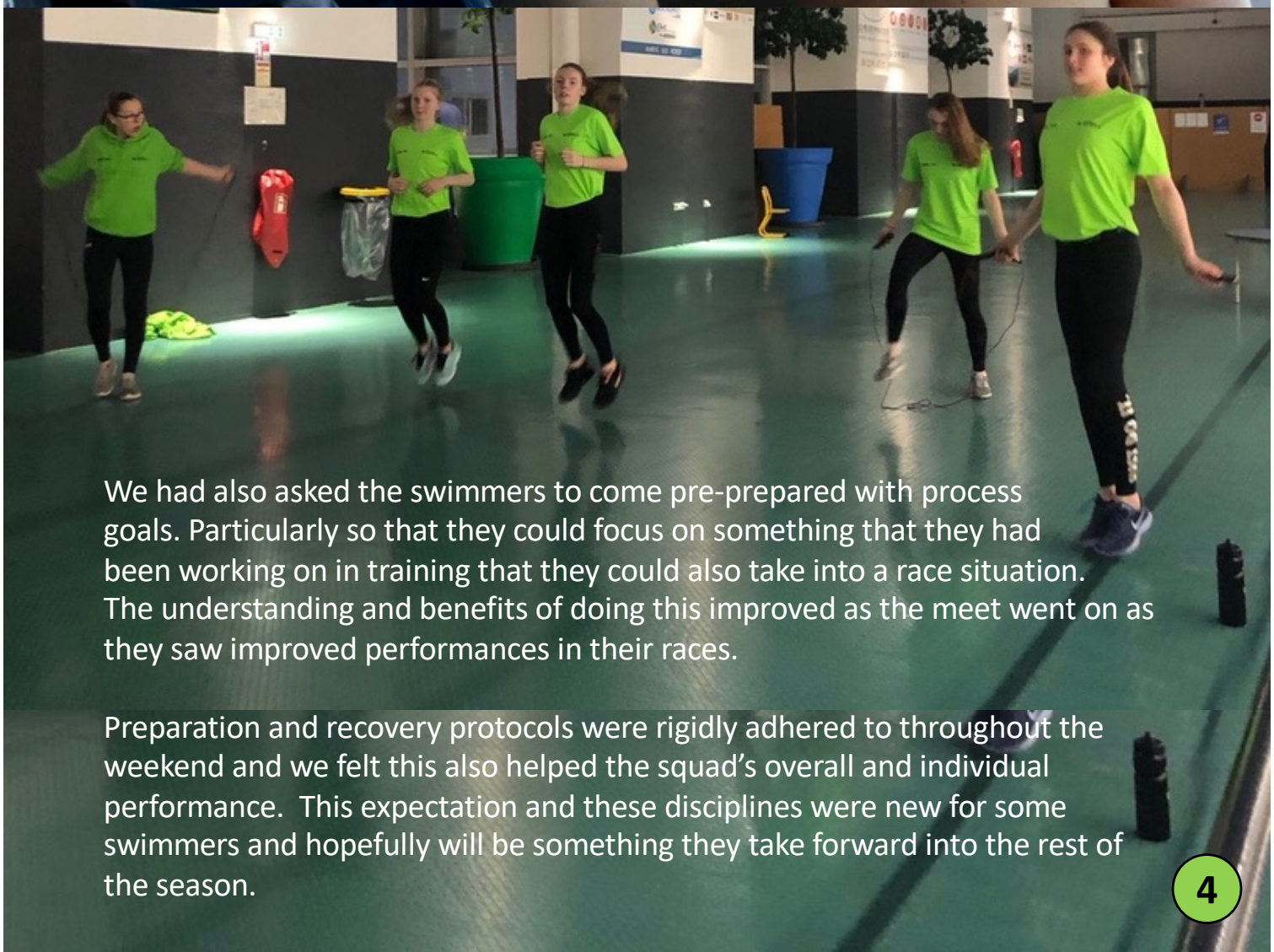
This structured approach delivered a huge difference in performance from the start of the weekend to the end. In particular, although we secured a creditable 37 final swims on the Saturday, we improved significantly on the Sunday to make 55 final swims! “



Being rigorous should also be fun!

Team bonding was also very important to the plan and we built it in a variety of ways. On the one hand with interactive quizzes and on the other discouraging phones at meal times!

This quickly broke down barriers and built new relationships, which was very evident in the spirit shown during our team warm ups.



We had also asked the swimmers to come pre-prepared with process goals. Particularly so that they could focus on something that they had been working on in training that they could also take into a race situation. The understanding and benefits of doing this improved as the meet went on as they saw improved performances in their races.

Preparation and recovery protocols were rigidly adhered to throughout the weekend and we felt this also helped the squad's overall and individual performance. This expectation and these disciplines were new for some swimmers and hopefully will be something they take forward into the rest of the season.

Fast racing needs a 'racing head'

As the meet progressed, our swimmers really began to appreciate what was expected of them individually and as a squad.

We have therefore encouraged the swimmers to take any new processes back to their home programs and develop them for future meets this season.

It was particularly pleasing to see them supporting each other from pool-side and with lots of new friendships made and plenty of vital experience gained, we look forward to seeing the team member go from strength to strength as the season progresses.

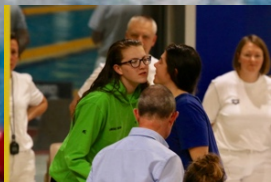
Amiens 2019 – By the numbers



- 3 days of competition ...
- ... over 5 days of tour
- 46 Competing clubs ...
- ... representing Belgium, France, Luxembourg, Norway and the UK
- 330 swimmers ...
- ... contesting 1367 events
- 24 West Midland swimmers ...
- ... supported by 3 West Midland coaches and 2 Team Managers
- 92 swims qualifying for a final of which ...
- ... 38 swims made 'A' finals
- 11 'A' final medals won by ...
- ... 8 different swimmers
- 24 swimmers from 3 brilliant counties representing ...
- ... 1 great region!



Our 2019 Medalists



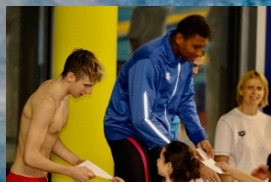
All of our swimmers swam well and despite being in the middle of hard training with no taper, particular congratulations to our eight medallists:



- Millie Checkley – **Bronze** 1500m Free and **Silver** 400m IM



- Jacob Davies – **Bronze** 50m Back and **Silver** 200m Back



- Ryan Griffiths – **Bronze** 200m Breaststroke



- Chloe Harris – **Silver** 200m Backstroke
- Aime Hood – **Silver** 800m Free and **Bronze** 400m Free



- Lily Massey – **Bronze** 100m Back
- Anya Preece – **Bronze** 400m IM



- Hannah Woodcock – **Bronze** 200m IM

Amiens - The 'Class of 2019'

Swimmers

- | | |
|---|--|
| 1. George Smith – Ellesmere College Titans | 1. Chloe Harris – Royal Wolverhampton |
| 2. Deen Ahmed – Solihull | 2. Henrietta D’Ammassa – Ellesmere College Titans |
| 3. Oliver Carless – Boldmere | 3. Katie Hale – Ellesmere College Titans |
| 4. Daniel Day – Worcester | 4. Keira Hancock – City of Birmingham |
| 5. Aidan Mitchell – City of Birmingham | 5. Aimee Hood – City of Birmingham |
| 6. William Geary – Worcester | 6. Hannah Woodcock – Pershore |
| 7. Ryan Griffiths – City of Coventry | 7. Harriet Smith – Wrekin College |
| 8. Alexander Rosser-Barnett - Ellesmere College Titans | 8. Lily Massey – City of Birmingham |
| 9. Jacob Davies – City of Birmingham | 9. Eve Leleux – Wrekin College |
| 10. Finn Nicholl – Stafford Apex | 10. Laura Griffiths – Leamington |
| 11. Daniel Johnson – Royal Wolverhampton | 11. Millie Checkley – City of Birmingham |
| 12. Thomas Watkin – Royal Wolverhampton | 12. Anya Preece – Wrekin College |

Coaches and Team Management

- Head Coach – **Dave Painter** – Royal Wolverhampton School
- Assistant Coach – **Mikey Hire** – City of Hereford
- Assistant Coach – **Paul Wilson** – City of Coventry
- Team Manager – **Hayley Colville** – Office Manager Swim England East & West Midlands
- Assistant Team Manager – **Eleri Fairbanks** – Shrewsbury SC



Doping – Its 'black and white'

There is no place for doping in swimming; it is against the rules of the sport and it is bad for our children. This is why the sport operates a strict liability regime, whether doping occurs intentionally or by accident.

The Amiens meet ran a very overt drug testing regime, with swimmers being randomly selected for testing as soon as they got out of the pool and then tested in full view of everyone in a designated area behind the medals podium.

This was a new experience for most of our team and reinforced the importance of both understanding and then following the strict protocols set out by the sport as well as any local interpretations.



Thanks!

Trips like this don't happen by accident, so a huge thank you to everyone involved in making it happen.

Congratulations to a great bunch of kids, and a well done to all of the parents for helping them to be extraordinary.