

The Big Synchro Get Together

22 May 2016



Today's Agenda

| 10am | Welcome! | |
|-------|-----------------------------------|-----------|
| 10:15 | The Vision for Synchro in England | (Maria) |
| 11:00 | High Performance Synchro | (Karen) |
| 12:15 | LUNCH | |
| 13:00 | Competition Framework Update | (Maria) |
| 13:45 | Judge Information and Pathway | (Hannah) |
| 14:45 | Club and Regional Synchro | (Sarah D) |
| 15:45 | Q&A & Wrap | (All) |
| | | |

The Synchro Opportunity

- Commitment to Synchro within the ASA and British Swimming
 - Talent Programme, NDO, Strategic review, Planning Process
 - UK Sport submission for funding for 2017-2021
- Government support with new Sport Strategy
 - Getting more people active at every age group and every level.
 - Women and Girls amongst the groups where funding will be focused in increasing engagement in sport
- A unique offering for Aquatics combining all the skills from all the disciplines together in one spectacular sport



The future for Synchro

The 'Tunnicliffe' report, 8 strategic areas were identified.





Our Priorities

- We need to grow.
 - Demonstrate increasing numbers = demand & popularity
 - New clubs, bigger clubs, multi discipline clubs.
- Ensure we have a desirable experience for everyone involved
 - Share the passion, create a buzz.
 - Be clear about the benefits to all target audiences
- Extend the pathway from the very young to the very old!
 - Create more opportunities to do Synchro, whether its fun, fitness or medals.
 - Make it easy to get involved
- Make sure Synchro is on everyone's agenda
 - Pool operators, local authorities, integrating into ASA
 - Regional support for local delivery.



The Plan 2016 and beyond

Vision and Governance

Marketing & Communications

Competition Review

Club Development

Sustainability

Workforce

High Performance Athlete reward and recognition

Innovation and resources



Vision & Ambition

Vision and Governance

Marketing & Competition Review

Club Development

Sustainability

Workforce

High Athlete reward Performance and recognition resources

To be the world's most respected Synchro nation

To reach the podium in 2024 and beyond



Well respected coaches programme and pathway



Well trained and expert volunteer workforce

A sustainable sport through mass participation and clear pathways to medal winning performances



ASA Synchro – Together we Can

ASSG Leadership Team (LT)
Strategic Vision, Common Purpose, International Strategy, Build Cohesion, Resolve conflict

Vision and Governance

Marketing & Competition Review

Club Development

Sustainability

Workforce

High Athlete reward Performance and recognition resources

Work streams

Athlete Awards Coaches

Competition

Club/Facilities

Marketing & Comms

International Strategy

Responsibilities

Pathway: Skills Grades Talent Fun Fitness Social Pathway: Grass Root Teacher to Elite Developing a career Workshops/ knowledge mgt Grass roots Officials
Judging
Selection
process.
Evaluations
and CPD.
Scoring:
Manual &

Computer

Workforce

Club, regional, National International events Content and approach. Licensing Sports pres Sustainability
Beacon
New
clubs/lessons
Pool
availability
HE/FE
Learn to
Syncrho

Brand and story telling
Internal & external
Comms
Website
Social media
Event promotion
PR Calendar
Photoshoots
Products (fitness
product)

International Events
Judge Appointments
Clinics
International liaison
High Performance
Selection process
(Wales/Scotland)
Club International
policy



Marketing & Communications Plan



Internal Comms

- Integrate more effectively within ASA capitalize on the resources.
 - Web & Social Team love club and regional stories
- Monthly Newsletter to broader Synchro Community
 - News, updates, information
- Targeted mail outs for course/conference information
- Regional Managers consultations/feedback
- It's two way comms though! Keep us up to date with your contact details. (30/59)



Marketing & Communications Plan



Marketing Priorities

- Messaging framework with compelling story telling aligned to target audience, showcasing a thriving and dynamic sport, involving athletes, coaches, judges, masters etc.
 - Fun & Friendship
 - Getting Fit/doing something different
 - Creative sport with music, dance and togetherness
 - Volunteer opportunities
 - Elite/Olympic sport
- Social Media Strategy that improves reach and reputation of sport
 - Youth vloggers/bloggers 'have a go' at sport
 - Capitalise on This Girl Can Campaign
 - You Tube channel? For videos/how to etc.
- Closer partnership with Aquabatix TV/Media programming
 - Sport Relief, Ant & Dec Saturday night takeaway, Officially Amazing etc



A powerful Workforce

Objective: To create a well trained, respected workforce of both staff and volunteers

| Vision and Governance | Marketing & Communications | Competition Review | |
|--------------------------|--------------------------------|--------------------------|--|
| Club Development | Sustainability | Workforce | |
| High Performance | Athlete reward and recognition | Innovation and resources | |

Coaches

- Clear coach pathway blending volunteer coaches and professional career path.
- Continual learning and innovation.

Judges

- Streamline Judge pathway including Skill level assessors, from basic to elite.
- International Judge policies and process to be defined

Presenters/Tutors

- Increase the number of presenters and trainers for courses
- Marking process has been updated
- Centralised resources for content (videos/exams etc)

Other Officials

- Scorers and Chief recorders a popular course.
- Increase number of Referees to support competition structure
- Timekeepers
- Evaluators



Coaching Pathway

Objective: To provide confident, well educated coaches at all levels



- New level 1, 2 & 3 coaching Synchro Qualification specifications have been submitted to Ofqual.
- Two Level 2's are planned using the **new** specifications at Cobham Summer Camp and York in August. (w/c 22 Aug)
- Level 1 planned at the Summer Cobham Camp.
- New tutoring resources are being prepared by IOS and a train the trainer is planned.
- Level 3 course to be ready by end of year. The proposal is link to England Talent Camps, with coaches required to work regularly with Junior/Senior level competitive athletes.
- Knowledge Workshops progressing to CPD in key priority areas:
 - Land Training (pre and post pool, injury prevention, conditioning, flexibility
 - Choreography
 - Transitions, positions and movements



Sustainability

Objective:

To maximise income generation ideas and reduce reliance on central funding

Vision and

Marketing & Communication

Sustainability

Competition

Club evelopment

Workforce

High erformance

Athlete reward and recognition Innovation and resources

Regions

Training & Education delivery

Novice & Regional Competitions

Development plans aligned to

national vision and targets

Partnerships

Align with ASA/BS to activate partnerships

Seek Synchro specific partnerships (eg Fashion, Beauty, Music)

Events & Programmes (ideas)

England Hosted Training Camp, with special guests

Synchro Festival/Show – designed for broadcast & spectators

Synchro Challenge – Annual Fundraising event Synchrocise/Syncfit franchise?

Merchandising (ideas)

Maximise Awards Income
Synchro related equipment
Clothing, collectibles & gifts
Resources – books, materials, newsletters



Skill levels & Rewards

Vision and Governance Marketing & Competition Review

Club Development Sustainability Workforce

High Performance Athlete reward and recognition resources

- Skill levels 1-5 introduced in 2009 to raise standards
 - Delivered at regional level on pre-approved days
 - Skill phased throughout the year to assist clubs with planning.
 - Used as qualification entry to National Age Groups and Champs
 - Reviewed annually by Working Group
 - Awards logged centrally.
 - Athletes receive a stamp in a book no other reward. Log book downloaded from hub.
 - Pass/Fail approach,
 - Overall accepted within sport as improving standard but can be seen as a barrier to motivation.
 - Smaller clubs find the approach limiting.
 - Assessed by Approved Assessors (see separate section on Judges and Assessors)
- Recreational Grades are an alternative reward for athletes not ready for Skill Levels
 - Last updated in 2006
 - Badges and certificates purchased (a small income stream for ASA)
 - Smaller clubs use to motivate swimmers not ready for Skill levels
- ASA Awards 8/9/10 AquaFun review



Athlete reward and recognition

Objective:

To develop reward and recognition that motivates, excites and improves skills, while maximising income opportunity for ASA

| Vision and Governance | Marketing & Communications | Competition Review | |
|--------------------------|--------------------------------|--------------------------|--|
| Club Development | Sustainability | Workforce | |
| High Performance | Athlete reward and recognition | Innovation and resources | |

- Review of Skill levels/Recreational Grades need to measure effectiveness of raising standards and motivating athletes.
- Research
 - other nations programmes and create best of the best systems
 - Research content into developing core skills and strength to avoid long term injury
 - Research to understand how athletes want to be rewarded, eg certificates, pins badges etc.
- Review how skill levels can be applied to support competition framework.
- Streamline the pathway supporting both competitive and recreational requirements
- Extend the pathway to accommodate junior and senior levels and in and out of age groups.
- Awards 8/9/10 being updated and launched in Summer 2016 as part of integrated Aquatics offering



Skills Review Plan



| Activity | Deadline |
|--|-----------------|
| Appoint Task Force to review (Sarah C to lead) | End May |
| Research schemes and consult with clubs | End August |
| Propose new reward system for sign off | End November |
| Develop migration plan from old to new | End December |
| Update all documentation and prepare communication | End Jan |
| Communication and training begins in regions | End Jan onwards |





Talent and High Performance





- Karen Thorpe Talent Officer
 - Team Leader
 - Manager of the England Programme
- Email: karen.thorpe@swimming.org
- Mobile Tel: 0778 632 1261



Update
Talent Pathway
2013-2016

GBR/England Competitive
Opportunities



Masters

AASE Programme

England Programme 15+ Training Squad

England Programme 13-15yrs Age Group
Squad

England Programme Development Squad

Beacon Club City of Leeds

Regional Beacon Programmes x 4

Beacon Club City of Bristol Beacon Club Reading Beacon Club Rushmoor

Synchro Clubs



2016 England Programme

Squads

- Junior and Senior Team 19 athletes
- Olympic Duet squad 2 athletes
- Part time B Duet squad 3 athletes
- Age Group and Development Squads 19 athletes

Training

- 3 in 4 Saturdays at Surrey
- 5 day camps in all school holidays, plus before competitions
- Olympic duet overseas camps
- AG/Dev School holiday camps

Staff

- 1 x full time national coach
- 2 x part time/occasional assistant coaches
- Additional International coaches Choreographer
- 4 x coaches from Beacon Clubs
- 1 x Team Manager
- 1 x Team Leader

Competitions

- Development Domestic competition
- Age Group small international Mediterranean Cup
- Junior Europeans
- Senior Europeans/Worlds/small prep comps/Olympics

England Programme 15+ Training Squad

England Programme 13-15yrs Age Group Squad

England Programme Development Squad



Competition Calendar 2016

- January 28-31st German Open, Duet only 2 athletes
- February 2nd 7th French Open, Team and duet 10 athletes
- March 1-7th Olympic Qualification, Rio, 2 athletes
- April 16-17th English Championships, Nottingham, 10 athletes
- May Senior European Championships, London, 10 athletes
- June Age Group Hungarian Open, Hungary, 10 athletes
- June Junior European Championships, Croatia, 10 athletes
- July Beacon Games, Development Squad, 10 athletes
- July Mediterranean Cup, Israel, Duet only 2-3 athletes
- August Olympic Games, Duet only 2 athletes









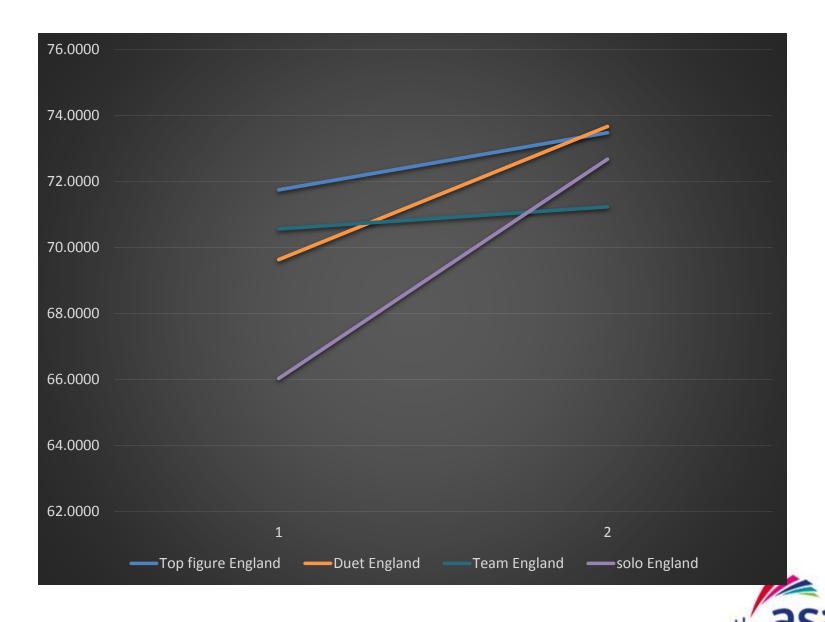
Results — Age Group

| | 2014 | 2015 |
|---------|-------------------------|-------------------------|
| Figures | 49 th | 32 nd |
| Duet | 12 th | 8 th |
| Team | 10 th | 8 th |
| Solo | 17 th | 10 th |



| | Med Cup 2014 | Med Cup 2015 |
|----------------|-----------------|-----------------|
| <u>Figures</u> | | |
| Top 1 | 78.4159 | 81.1689 |
| Top 10 | 75.7455 | 76.2622 |
| England (top) | 71.7500 | 73.4800 |
| <u>Duet</u> | | |
| Top 1 | 82.4667 | 82.5667 |
| Top 3 (podium) | 77.4000 | 78.1667 |
| Top 12 (final) | 67.8667 | 67.7780 |
| England | 69.6333 | 73.6667 |
| <u>Team</u> | | |
| Top 1 | 82.7667 | 84.3333 |
| Top 3 (podium) | 78.8000 | 78.5000 |
| Top 12 (final) | 61.2667 | 66 |
| England | 70.5667 | 71.2333 |
| <u>Solo</u> | | |
| Top 1 | 82.9000 | 83.3667 |
| Top 3 (podium) | 78.7000 | 77.3667 |
| Top 12 (final) | 68.0000 | 73.2000 |
| England | 66.0333 | 72.6776 |





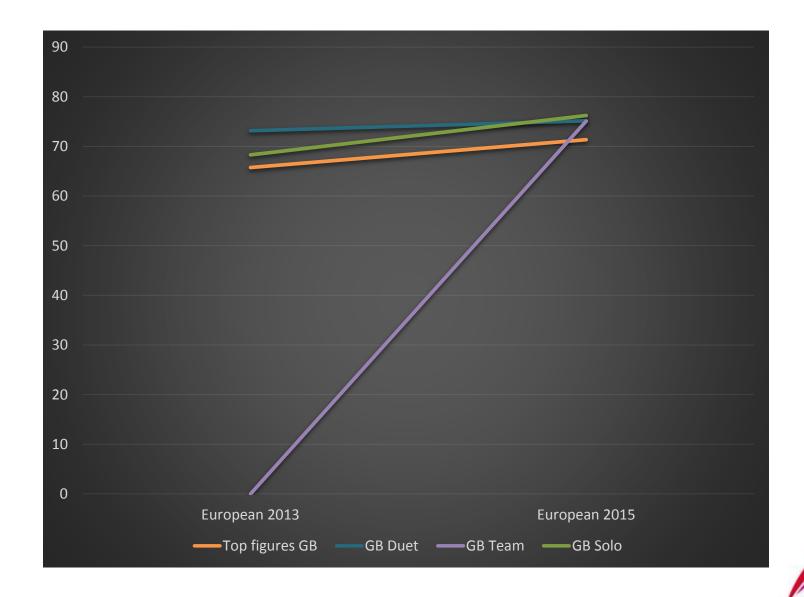
Results - Junior

| | 2013 | 2015 |
|---------|-------------------|------------------|
| Figures | 105 th | 54 th |
| Duet | 16 th | 12 th |
| Team | - | 9 th |
| Solo | 17 th | 13 th |



| | European Championships 2013 | European Championships 2015 |
|----------------|-----------------------------------|-----------------------------------|
| <u>Figures</u> | | |
| Top 1 | 82.3578 | 80.9591 |
| Top 10 | 76.195 | 76.4818 |
| GB | 65.7339 | 71.3455 |
| <u>Duet</u> | | |
| Top 1 | 88.8500 | 89.2333 |
| Top 3 (podium) | 86.2000 | 83.7333 |
| Top 12 (final) | 71.0400 | 75.1667 |
| GB | 73.1600 | 75.1667 |
| <u>Team</u> | | |
| Top 1 | 89.9300 | 89.9333 |
| Top 3 (podium) | 86.1600 | 87.3000 |
| Top 12 (final) | 65.7500 | 72.8000 |
| GB | x | 75.1000 |
| <u>Solo</u> | | |
| Top 1 | 90.1700 | 89.1333 |
| Top 3 (podium) | 83.1300 | 86.1667 |
| Top 12 (final) | 71.5600 | 75.7667 |
| GB | 68.2900 | 76.2333 |





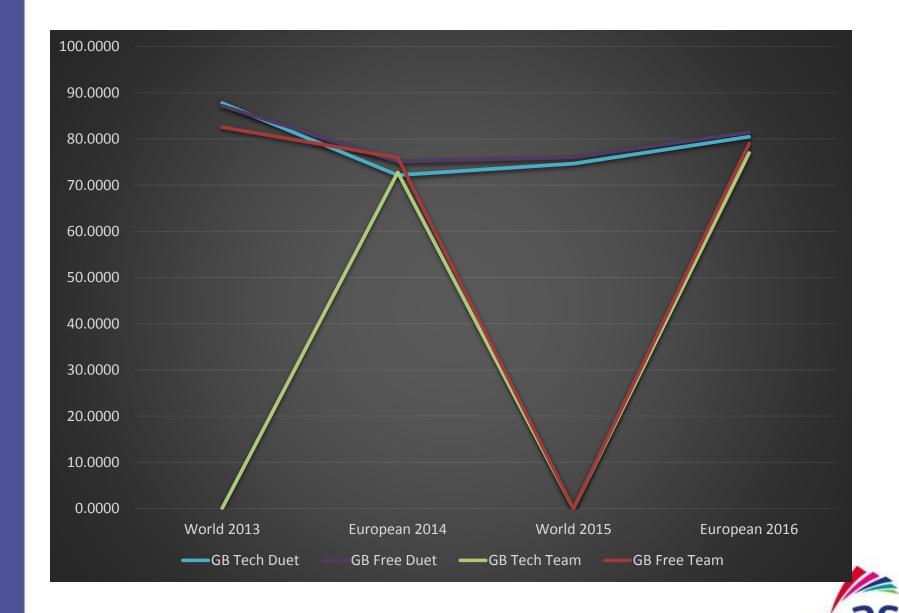
Results - Senior

| | 2013 (W) | 2014 (E) | 2015 (W) | 2016 (E) |
|-----------|------------------|-------------------------|------------------|-----------------|
| Tech Duet | 8 th | 14 th | 24 th | 9 th |
| Free Duet | 9 th | 13 th | 24 th | 8 th |
| Tech Team | - | 10 th | - | 8 th |
| Free Team | 12 th | 12 th | - | 8 th |



| | World 2013 | European 2014 | World 2015 | European 2016 |
|------------------|---------------|------------------|---------------|------------------|
| Tech Duet | | | | |
| Top 1 | 97.5000 | 91.9391 | 95.4672 | 95.1900 |
| Top 3 (podium) | 93.8000 | 88.9483 | 91.6770 | 88.3564 |
| Top 12 (final) | 78.3000 | 75.7382 | 83.5089 | 74.8458 |
| GB | 87.8000 | 72.1442 | 74.6517 | 80.4751 |
| Free Duet | | | | |
| Top 1 | 97.6800 | 96.1000 | 97.2667 | 96.9000 |
| Top 3 (podium) | 94.9900 | 89.4000 | 93.5333 | 91.2667 |
| Top 12 (final) | 83.0300 | 77.2667 | 84.2000 | 74.9333 |
| GB | 87.1800 | 75.1000 | 76.0333 | 81.4333 |
| <u>Tech Team</u> | | | | |
| Top 1 | 96.6000 | 92.9268 | 95.7457 | 94.0994 |
| Top 3 (podium) | 93.3000 | 90.0133 | 92.4133 | 88.9053 |
| Top 12 (final) | 81.7000 | 70.2608 | 82.3897 | 68.2817 |
| GB | x | 72.7617 | x | 76.9850 |
| Free Team | | | | |
| Top 1 | 97.4000 | 96.8333 | 98.4667 | 94.0000 |
| Top 3 (podium) | 93.6400 | 92.4667 | 93.9000 | 89.6670 |
| Top 12 (final) | 82.5700 | 72.9000 | 84.5667 | 71.8000 |
| GB | 82.5700 | 75.9667 | х | 79.0000 |





^{*} Team did not compete in 2013 & 2015

Future Competition Plans

2017

- Senior Worlds
- Junior Europeans
- Mediterranean Cup

2018

- Junior Worlds
- Senior Europeans
- Junior Europeans
- Mediterranean Cup

2019

- Senior Worlds
- Junior Europeans/Games

2020

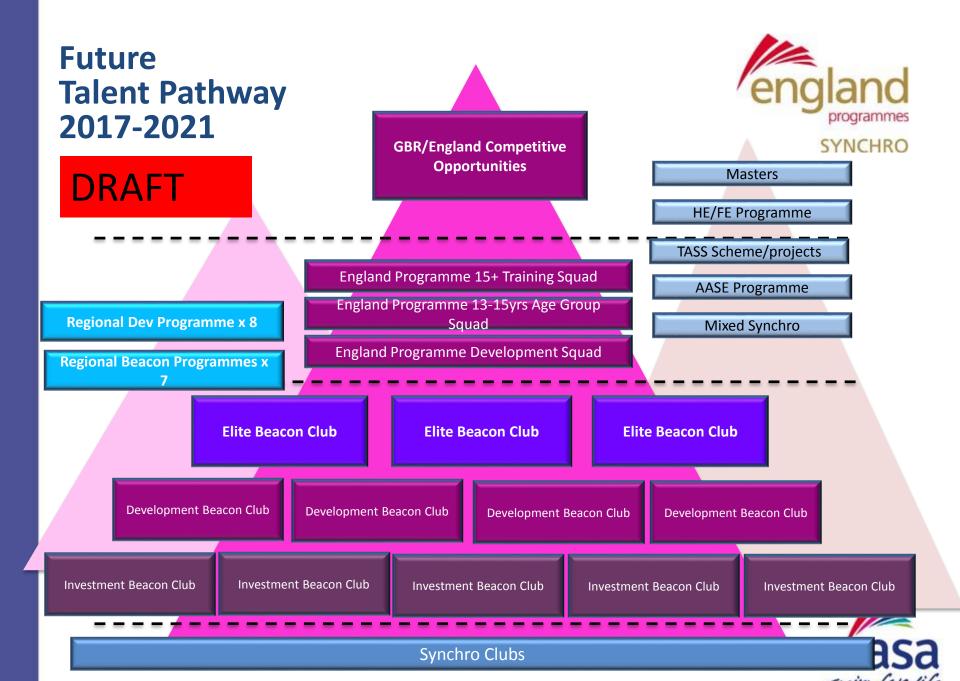
- Senior Europeans
- Olympic Qualification / Games
- Junior Worlds
- Mediterranean Cup



Mission

- Give competitive opportunities to all Squads
- Plan strategically for competition entry
 - which competitions
 - number of athletes/events
- Compete/showcase at Domestic Championships





What can clubs do...

New Beacon structure -

- Outline your development plan / business model
 - Clubs ambition over next 4 years
 - Staffing structure
 - Coach education
 - Sustainability
 - Partners
 - Funding
 - Competitive opportunities

Easy gains

- Speed training
- Land training pre/post pool, access professionals
- Club targets and expectations
- Fitness speed swimming/gym
- Land drill
- Learn from the internet
- Get involved!







2016 Successes

- Qualified for the Rio Olympics
- 2nd senior duet programme
- 19 athletes centralised team training one day a week
- National athlete pathway
- National Coach
- International competition framework
- Access to international coaches and choreographers
- International recognition –
 athletes/staff



- Two coach development programmes
 - Paola Basso club coach liaison and development
 - Elite Coaching 3 coaches from synchro



What's next?

- Duet training in Barcelona Mallorca
- Age Group and Development Camp 1 x 5 day camp
- Juniors camp 2 x 5 days camps, 3 x Saturdays
- Seniors choreographing new Tech Team x 2 Saturdays
- Competitions
 - Age Group Hungary & Israel
 - Juniors Croatia
 - Senior duet Mallorca, USA, Olympics
- Sport England Strategy
- Trials : September & December







Dive in with any questions?





Lunch





Competition Review



Competition Framework



- Provide competition and the right level and the right time for every level of Synchro Swimmer.
 - Beginners/Intermediates/Advanced level
 - In and out of age competition
 - Clear opportunities for progression
- Position Synchro as a competitive sport first
- Provide opportunities for volunteer workforce to practice and develop their skills.
- Create Festival Of Synchro income generation/international appeal
- Align to FINA programme of events, to attract international competitors.



Review process



| Activity | Timeline |
|--|---|
| Establish working group for Competition Review | End May |
| Questionnaire to all clubs/regions Review local/regional events Understand requirements/needs of clubs Understand barriers and challenges Test ideas for new competition | June/July |
| Workshop to design new competition framework | August |
| SSLT to approve new framework | September |
| Working group to update conditions/licensing process | October |
| Communications and Implementation | November – Implementation from Jan 2017 |

2016 National Age Groups



- Confirmed 2nd 4th December 2016 at Gloucester.
- Changes to conditions:
 - 18/19 recreational duets now combined with competitive duets. (min skill level 4)
 - All combos will be judged in line with FINA judging so difficulty will be included
 - Top 12 Duets in each age group, based on figure results will swim.
 - Integrate Recreational Combos into the weekend to provide better experience
 - It will be a full 3 day event, so clubs, judges, coaches etc will be required to attend the full 3 days.
 - FINA Judges will be required to attend
 - No other changes planned for this year.
- From 2017
 - Age Groups likely to be adjusted. NAG's to be 18 & Under.
 - Masters may include 19 and over. no gaps.





Officials Training and Development

Hannah Secher ASA Synchro Leadership Team



Objectives

- Undertake a review of the current officials training structure
- Gain feedback from candidates/clubs/officials
- Liaise with Leadership Team and other sources
- Propose new streamline structure and training process



Current Officials Training Structure

- Currently 12 different training courses
- Mixture of local (regional) and Nationally held
- Mixture of assessment process (attendance only, written exam, video exam)
- High numbers of attendance and qualification in some courses, low in others
- Mixture of eligibility criteria
- Some confusion re licensing



Current Officials Training Structure

- Basic Assessor/Assessor/Advanced Assessor/Senior Assessor
- National Scorer/Chief Recorder
- Basic Judge/National Judge Figures/Free/Tech Routines
- Referee Training
- Judge Evaluator Training
- Presenter Training



Current Officials Workforce

| Official | Total * | North West | North East | South East | South West | East Mid | West Mid | London | East |
|-------------------------|---------|---------------|---------------|---------------|---------------|-------------|----------|--------|------|
| Referee | 8 | 1 | 0 | 3 | 2 | 0 | 1 | 1 | 0 |
| National Judge | 36 | 3 | 3 | 6 | 7 | 1 | 8 | 6 | 2 |
| Gen Judge | 32 | 5 | 2 | 5 | 4 | 3 | 6 | 3 | 4 |
| Chief Recorder | 6 | 1 | 0 | 2 | 1 | 0 | 0 | 1 | 1 |
| National Scorer | 33 | 4 | 2 | 7 | 10 | 3 | 6 | 1 | 0 |
| Unlicensed Officials | | | | | | | | | |
| Basic Skill Assessor | 236 | 22 | 42 | 57 | 36 | 13 | 22 | 24 | 20 |
| Scorers | 25 | 2 | 2 | 8 | 3 | 3 | 3 | 2 | 2 |

the asa swim for life

Feedback/Issues/Observations

- Much higher number of Assessors than Judges
- Confusion between Presenters on course content/duration etc
- Lack of feedback following results
- Lack of clarity regarding eligibility/development/mentorship
- No CPD
- Large jump in knowledge in Judging structure
- Unclear about about how to progress to the next level
- Many many volunteers who are keen and eager to learn and engage in our sport
- Uneven distribution of Officials around the Regions/Clubs



Feedback/Issues/Observations

- Good value for money
- Poor resources for teaching videos both in quality and variety
- Some planning issues around notice of when courses are being held
- Growing number of clubs means growing number of volunteers needed
- Confusion re licensing and ASA Membership for everyone!



Proposed New Structure

- Using FINA proposed structure
- Mixture of local (regional) and National Presentation
- More input from current FINA Judges
- CPD and Logging of experience
- Clear and published eligibility criteria, pass mark criteria and plan for progression



Judges Training

- 3 Level Training of Judges
- Separate Referees and Evaluator Training
- All 3 levels consist of 1 whole day training plus an Open Book written exam
- Clearly defined eligibility criteria
- Clearly defined criteria for achievement and progression
- All Judges must refresh in line with changes from FINA (once every 4 years)



Train Judges to Basic Level of Competition

- Use of Marking Scales
- Develop understanding of Basic Movements and Positions
- Able to identify Figures in current Age Groups
- Ethics
- Develop knowledge and understanding of Free Routines
 Testing- Open book written examination and figure identification
- Logged activity of Judging at 4 Novice and/or County/Open Competitions (sign off) in 2 year period

No eligibility criteria – Age 16



| Eligibility | Age 16 No other entry requirement |
|-------------------------------|---|
| Outcome | Level 1 Judge – qualified to judge at Novice and County/Open Level Age Group Competitions |
| Expectation to maintain qual. | Attend update every 4 years Judge at at least 2 appropriate level competitions per year to maintain qualification |
| Presenter of course | FINA Judges Current National Judges that have Presenter Qual. |
| Course content | 6/7 hour course – classroom course Written exam Log book of attendance over 2 year period in order to qualify |
| Conversion | TBC |

Train Judges to be able to judge at Junior/Age Group competitions

- Develop knowledge of rules and penalties
- Develop knowledge of NVT, difficulty values and application to figures
- Application of deductions to figures
- Exposure to variety of level of figures and scores
- Further analysis of Free Routines range of level of routines, recognition of difficulty

Testing: Open book written exam

Evaluation of judging practise – 4 evaluations * across Novice/County/Regional Level of competition in 2 year period

^{*} Evaluation Process to be discussed further

| Eligibility | Level 1 Judge – qualified for 1 year and evidence of maintaining qual. |
|-------------------------------|--|
| Outcome | Level 2 Judge – qualified to judge at Regional Level of Competition and National Age Groups |
| Expectation to maintain qual. | Attend update every 4 years Judge at at least 2 appropriate level competitions per year to maintain qualification |
| Presenter of course | FINA Judges Current National Judges that have Presenter Qual. Also |
| Course content | 6/7 hour course – classroom course Written exam 4 x Evaluations over 2 year period either as shadow panel at NAGS/Reg or at Level 1 level of competition |
| Conversion | TBC |

<u>Judges Training – Level 3</u>

Train Judges to be able to judge at Senior events, including National Champs.

- Develop further knowledge re rules, penalties and organisation
- Develop complete knowledge re judging figures and component parts
- Further develop knowledge and aptitude regarding judging Free Routines
- Indepth knowledge of Technical Elements across solos, duets and team

Testing: Open book written exam, 4 evaluations * across Regional/National level of competition over 2 year period including at least 1 x shadow at Senior event



^{*} Evaluations process to be discussed further

National Scorers Courses

No change of structure at this time

Currently 2 courses for National Scorer and Chief Recorder

demand for more qualified

Currently both national Scorer and Chief Recorder require license.

Review to take place when FINA changes are introduced from end 2017





Questions?





Regional and Club Update

Sarah Darragh
National Synchronised Swimming Development Officer



Grass Roots Development

 Learn to synchro (8/9/10) This is currently being reviewed. Due to launch from September 2017 to include:

Operator Resource

Teachers resource

Schools resource

Increase participation

Offering a new way of being in the water

Engaging hard to reach communities by providing female only environments

Helping a new audience take part in local and national challenges



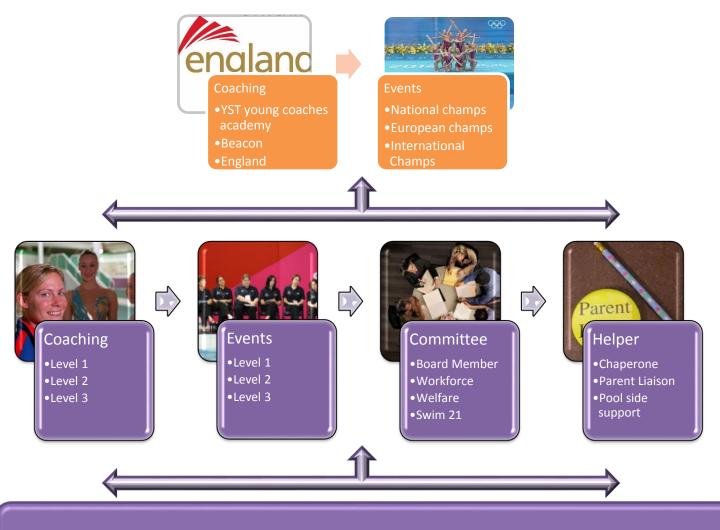
Being Relevant

Synchro clubs are female friendly environments and can open up additional sessions to operators to allow a safe environment for women to participate in aquatic activity:

- Predominantly female coaches
- Predominantly female lifeguards
- Can be used for operators to extend their #thisgirlcan offer without having to implement a new offer.
- Can engage and retain girls and women in sport.



Volunteer Development



Intro to Synchro CPD Poolside, events, committee structures, volunteer opportunities



Regional Athlete Development

- Top 15 in figures at Multi Regionals from each age group 12u, 13/14, 15+
- Swimmers not already part of an England Programme or Beacon Squad
- The Programme will be structured around the England Talent Trial Criteria:

Speed test

Figures & routine skills

Flexibility

Nutrition and Sports Psychology



Masters

- Consultation complete
- Planning Meeting 4th June, Sport Park
- Formation of Masters synchro group July 2016
 - Communication
 - Marketing
 - Recruitment and retention of swimmers
 - Competition









Club Development





Priorities

- Priorities will change for 2017-21 Strategy
 - Change of age, 5yrs +
 - Volunteers recognised
 - Addressing inactivity
 - Collaborative working
 - Local initiatives



How does this impact clubs?

- Encourages the development of new clubs
- Supports the development of new activities
- Promote the local development of volunteers
- Creates the development of relationships with local partners
 - Operator links
 - School links
 - Dance / gymnastics links

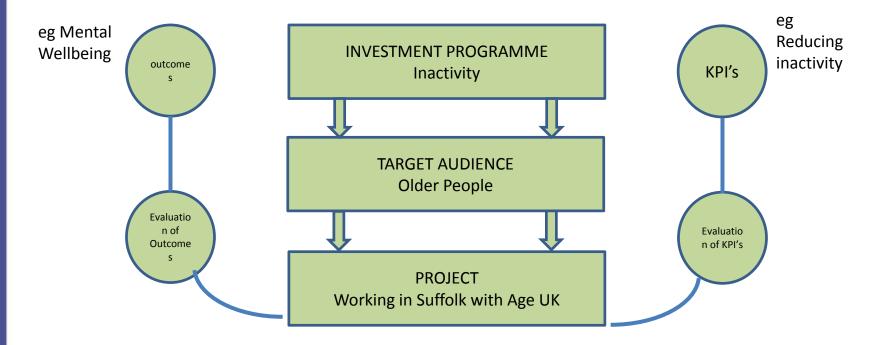


7 new investment programmes

| Programmes | Focus |
|------------------------------|---|
| Tackling Inactivity | Focus on people doing less than 30mins of moderate intensity activity |
| Children and young people | Pre and post-school activities. |
| Volunteering | What does the volunteer get out of volunteering |
| Mass marketing | making sport more digitally accessible |
| Supporting Clubs Core Market | Potential for additional support for regional talent maybe? |
| Local delivery funding | Testing the opportunity of collaborative working through partners |
| Facilities | Multi sport facilities |



Investment Principles





Preparing your Club

- Audit your current club structure
- Understand what your club aims are
- Develop plans that align with:

Local Priorities

Regional strategies

National Strategies

Create Partnerships

Local enterprise partnerships

Public health teams

Club Networks



Consider Projects

- Creation of grass roots programmes
 - Operator links Learn to Synchro
 - Satellite Sessions
- Starting a masters section
- Developing a land session
- Growing Volunteers



Consider Partners

- ASA Regional Officers
- County Sports Partnerships (CSP's) <u>https://girlsmove.london/</u>
- Universities
- Pool Operators
- Local Club Development Officers / Aquatic Leads
- Volunteer bureaus



Final Thoughts

- Understand specific local community needs
- Link these needs to National agendas
- Consider how your club environment can impact on these areas

https://www.youtube.com/watch?v=f79o7xNBIZM









Final thoughts...

Thank you for coming

