

A swimmer is shown from a side-on perspective, moving through a swimming pool. The swimmer is wearing a blue swim cap and goggles, and is captured in the middle of a stroke, with water splashing around their head and arms. The pool's lane lines are visible on the bottom. The overall color palette is dominated by various shades of blue.

Swim England London

Annual Development plan

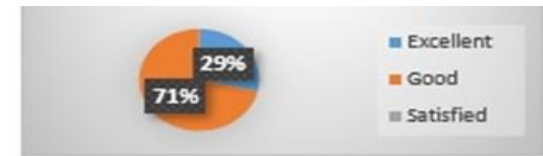
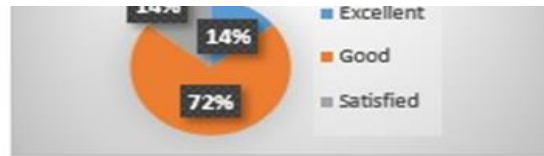
Master Swimming

Richard Jones



Talent Development

- Development Day 30 swimmer from 16 different clubs



What have you learnt from the Day?

- Some different ideas on sprint sessions
- Land exercises, few new faces
- Diet and health was interesting
- Good information on recovery after long open water races
- Not a lot
- The idea of a strategy for IM, even effort, not just hope not to die. Process for improved backstroke turn.

How do you think the day could be improved?

- More feedback and stroke analysis on all strokes
- I would have preferred more technique work and individual having my technique looked at. Even if it's just one thing at a time, rather than the fitness work.
- Filming of individual swimmers and feedback
- Maybe introduce more exercises to help people develop their flexibility

Is there anything you would like to see added to these days?

- Any debrief on Swim England masters news or Europe as masters seem to be increasingly swimming overseas. Are there rules we need to follow.
- Video analysis would be a bonus
- Set up a panel discussion – with yourself, Sharon, and coaches, and someone such as Jim Boucher who is the Masters Rep on the SE Home Working Group – and have it chaired with some key questions thought through in advance.

Any further comments you may have.....

- The day needs a clear objective as to who it is aimed at. I had a different expectation about the aim of the day.
- Thank you all for organising this, very much appreciated.
- Pleased that a London Championships is being planned.
- Hope that LS can do more for Masters now.
- If it was tweaked to include some form of observational feedback, to assist in my development, then I certainly would
- I suggest keeping the swimmers moving in the pool session even if it is just sculling or kicking as the waiting for instructions was when we really lost temperature

Talent Development

- London Regional Championship to be held at London Aquatics Centre 24th March 2019
- Introducing long distance events in 2020

British Masters Championships

715 swimmers from 202 clubs

1 st Otters	314pts
2 nd Spencer Swim Team	274pts
3 rd Out to Swim	160pts

Masters European Championships

Gold	19
Silver	10
Bronze	15
4 th to 6 th	38

Masters National Championships

Gold	110
Silver	99
Bronze	96
4 th to 6 th	175

World Records	3
European	10
National	21

Workforce Development

- Region to host a Master focused coaches course



