

City of Salford SSC - Head Coach Report 2023

2023 has been another fun and successful year for our club and training scheme and while the next season will bring so many new changes to the sport we know as Artistic Swimming, we are looking forward to see what the 2024 season brings!

As always, a HUGE thank you to our swimmers and coaching team for their hard work this year and another HUGE thank you to our volunteers, committee, officials and supporters.

2023 COMPETITION ROUND-UP

NORTH WEST REGIONAL CHAMPIONSHIPS – March 2023, Skelmersdale

The North West Championships were held in Skelmersdale and 20 of our Salford swimmers entered the competition and performed fantastically:

12 & under age Group:

- Figures – Eleanor Burlinson 3rd, Abbie Pullen 4th, Zosia Holyniewska 6th, Isabella Whittle 7th, Millie Maw 8th
- Solo – Abbie Pullen 3rd

13-15 Age Group:

- Figures – Lena Ramanah-Beck 2nd, Sophie Flemming 3rd, Ailsa Fox 4th, Lotti Horsman 6th, Frankie Derbyshire 7th, Neve Lambert 13th, Sophie Huang 19th, Grace Jenkins 20th, Ysabel Brook 21st
- Solo – Lena Ramanah-Beck 2nd, Sophie Flemming 3rd
- Team – 1st

Champs Event:

- Technical Solo – Sophie Rowney 3rd
- Free Solo – Sophie Rowney 2nd, Pru Hubbard 3rd
- Technical Team – 1st
- Free Team – 1st



NATIONAL AGE GROUP CHAMPIONSHIPS – March 2023, Gloucester



The Swim England National Age Group Championships were held in Gloucester in March 2023 and was a fantastic championships for 10 of our Age Group swimmers who entered. We finished the competition as National Youth Team Champions!

13-15 age Group:

- Figures – Lena Ramanah-Beck 6th, Sophie Flemming 12th, Frankie Derbyshire 19th, Ailsa Fox 34th, Neve Lambert 38th, Lotti Horsman 41st, Grace Jenkins 95th
- Solo – Lena Ramanah-Beck 5th, Sophie Flemming 10th
- Duet – Lena Ramanah-Beck & Sophie Flemming 3rd
- Team – 1st

12 & under age Group:

- Figures – Eleanor Burlinson 10th, Abbie Pullen 23rd, Zosia Holyniewska 25th
- Duet – Abbie Pullen & Zosia Holyniewska (R.Eleanor Burlinson) – 6th

NATIONAL JUNIOR/SENIOR CHAMPIONSHIPS, April 2023, Nottingham

The Swim England National Championships is the highest level of competition for British Artistic swimmers, showcasing the very best swimmers in the country. And this year the level was even higher as the new technical elements from World Aquatics came into play.

Our swimmers swam in every event brilliantly and we made it onto the podium on day 2 of the competition in the Free Team event.

- Technical Solo – Sophie Rowney 8th, Pru Hubbard 10th



- Free Solo – Sophie Rowney 9th, Pru Hubbard 12th
- Free Duet – Sophie Rowney & Amy Outram (R.Sophie Flemming) 4th
- Technical Team – 4th
- Free Team – 3rd



NORTH WEST NOVICE AND COMBINATION COMPETITION – June 2023, Irlam

In June, our swimmers entered the Novice and Combination competition which took place at our home pool Irlam. With temperatures outside reaching over 30 degrees it was an extremely hot but Golden day for our swimmers who all performed really well and used this event as a warmup for the National Combo Cup.

We had a lot of fantastic results in the Novice figures and solo section and showed that there is a lot of young talent coming through the ranks.
Team results:



- 12&under Division 1 combo – 1st
- 13-15 Division 2 combo – 1st
- 13-18 Division 1 combo – 1st
- 15-18 Division 2 combo – 1st



NATIONAL COMBO CUP – July 2023, Sheffield



The



National Combo Cup was held at Ponds Forge Aquatics Centre, Sheffield and we had a fantastic day with 39 of our swimmers competing.

We started the day with our 13-15 Division 2 combo finishing 1st place followed minutes later with a silver medal from our 13-18 Division 1 combo.

In session 2, our youngest swimmers competed in the 12&under Division 2 event and finished in 4th place – only 0.3 points from the podium!

In the final event of the day our 15-18 Division 2 combo swam their Baseball routine. In the history of the Combo Cup, we have never won this event and the team had their sights set on the gold medal. After a brilliant swim our team finished 1st with a huge score, 4 points clear from the rest of the field.

A big thank you to everyone who volunteered and to everyone who came to Sheffield to support.





NATIONAL MASTERS CHAMPIONSHIPS – July 2023, Sheffield

Following on from the success of our teams in Sheffield, our swimmers Zoe and Libby Taylor competed in the solo and duet events at the National Masters Championships – the first time in nearly 10 years we have had representation at Masters level. In the Free solo event Libby swam her routine brilliantly taking the silver medal – less than half a point from Gold! In the 18-24 years Free Duet competition, sisters Zoe and Libby teamed up to claim another silver medal for Salford!

It's truly amazing and lots of fun to watch/compete at masters competitions – with competitors right up to the aged 80 category!

DENTON OPEN NOVICE COMPETITION – November 2023, Denton

Our last competition of the season was the Denton Novice Open competition in which 15 of our youngest swimmers competed – some for the first time. It was lovely to see so many smiley faces and great to see so much talent in the region from the younger swimmers.



Novice:

- 9-12 Figures – Elizabeth Eaton-Merry 4th, Alyssa Casey 12th, Matilda Allen 14th, Jessica Sheppard 15th, Leigh Newell 19th
- 15-18 Figures – Autumn Malpus 1st
- Solo – Autumn Malpus 1st

Grade 1:

- Figures – Tess Burlinson 1st, Holly Casey 3rd, Isla Lambert 12th, Dorothy Walsh 20th, Neve Burgess 22nd
- Solo – Holly Casey 3rd, Neve Burgess 4th
- Duet – Tess Burlinson & Isla Lambert 2nd

Grade 2:

- Figures – Mae Fanning 2nd, Sabine Melia 3rd, Amelia Pearson 4th, Charlotte Cohen 5th
- Solo – Mae Fanning 2nd, Amelia Pearson 3rd, Sabine Melia 4th, Charlotte Cohen 5th



INDIVIDUAL SUCCESSES AND HONORABLE MENTIONS

As well as successes at competitions, many of our swimmers and coaching staff have achieved various other accolades:

- Aimee Lawrence selected for the Great Britain Artistic Swimming World Class Programme and competed in Poland and Japan
- Pru Hubbard, Sophie Rowney and Amy Outram selected for the GB Progression programme
- Lena Ramanah-Beck selected for the Great Britain Youth Squad and competed in Croatia
- 6 of our swimmers represented Team North West at the Regional Games in Bristol in May
- Eva Lawrence, Caitlyn Brook, Millie Hughes and Olivia Dickinson passed their Assistant Coach Qualification
- 11 of our swimmers volunteered as Athlete Kit carriers at the World Para Swimming Championships in Manchester
- 16 of our swimmers teamed up with Olympic Champion Rebecca Adlington as part of Swim England's 'Don't Put a Cap on Swimming' campaign.

Again, a big well done and thank you to everyone involved in these fantastic results and involved in the club. Also thank you to SCL for providing the facilities, opportunities and environment that allow our swimmers to achieve their full potential and enjoy their sport.

2024 brings a lot of new changes in our sport and we look forward to embracing these changes and working even harder in the 2024 season.

Jess Fletcher