

# AquaNEWS

Last year was a great year for Aquavision. We saw the club grow from a small synchro club to a well known name in the London boroughs. A big thank you goes to all the girls, parents and coaches who put in so much hard work and effort last year. We did also saw 6 of our girls go to the nationals which is a big step for the club. Considering it was some of the girl's first time, the results were outstanding and we look forward to a great 2013.



## Finishing in Style

We saw yet another solid performance from Rachel who was swimming in her last National Age Groups. Rachel came 4<sup>th</sup> in the 18 to 19 year olds and narrowly missed the bronze medal. Rachel is retiring from competitive synchronised swimming and is looking forward to coaching and the occasional recreational competition.

**‘I was happy with my performance and enjoyed the competition. It was nice to see the younger swimmers achieving and I was very proud of my sister who achieved her goals’.** Rachel Harris



## Great Position and Achievement

Rhianna-Lee was our youngest swimmer at National Age Groups and has another year as an under 12 swimmer. She has made incredible progress from the Multi-Regional Competition and came 26<sup>th</sup> in the under 12 age group. Rhianna-Lee was the 6<sup>th</sup> highest 10 to 11 year old which puts her in an excellent position for the coming year.

## Up and Coming Events

**13th January**  
**London Development Day**  
**Venue- Erith**

**20th January**  
**Skills Assessment**  
**Venue- London**

**2nd February**  
**Middlesex Competition**  
**Venue- Southgate**

**17th February**  
**London Development Day**  
**Venue- Erith**

**Please note: Aquavision may not be taking part in all of these events.**



**Don't forget you can order framed pictures from previous events!**

For more information:

Telephone



**0208 370 1021**

Or

Email



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*More overleaf* 



### **England Talent Goal**

This was Claire's fifth year swimming at National Age Groups and her second year in the 13 to 14 year age group. She remained focused throughout the event and was consistent with her figures. Claire's goal was to finish in the top 20 to ensure she got a trial for the England Talent Squad. She finished in 6<sup>th</sup> position which was a good achievement and gave her confidence for the England Talent Trials next weekend.

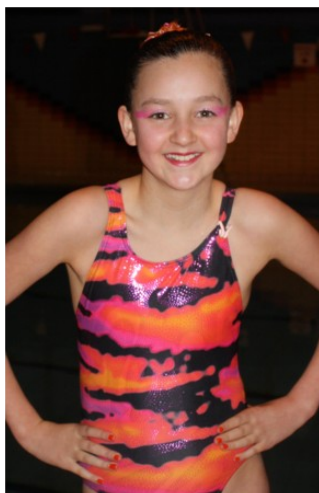
**"I really enjoyed Nationals this year because there was a team feeling at the competition. It was nice to have other swimmers with me and everyone encouraged each other. The training sessions gave me confidence and we had a great time at the event and in the hotel. Now the hard work starts for me as I have an intensive trial next weekend and really want to try my best". Claire Harris**



### **Weeks to Prepare**

Amy competed in the under 12 section of the National Age Groups and only had a few weeks to prepare new figures. Amy has been doing Synchronised Swimming for less than 12 months and has shown tremendous potential. The figures were difficult for Amy but her determination and natural swimming ability helped her through. She made an impressive performance with some very difficult figures and showed her good team spirit throughout the event.

**"I was feeling nervous but very excited about going to Nationals. I only qualified in October so didn't have much time to prepare but I worked as hard as I could. It was good to practice in the National pool the day before the competition. I enjoyed the competition and did my best - the Aquavision girls all helped each other and it was good getting to know each other better. After the competition we all had a lot of fun. I loved going to Nationals". Amy Sullivan**



### **Remarkable Achievement**

Savannah has been doing Synchronised Swimming for approximately 12 months and achieved National Standard very quickly. She had the advantage of competing in Multi-Regionals which is an excellent competition to set your goals for Nationals. Savannah exceeded all expectations and came 16<sup>th</sup> in the under 12 age group. A remarkable achievement in such a short time.



### **A Steep Curve**

Rebecca has completed 3 skill levels since she started the club which in the quickest progression we have seen in Aquavision. Competing at Nationals for Rebecca was one level above her last achievement and no easy task for any swimmer. Rebecca recently completed her level 3 grade and had to swim level 4 figures, good experience but a steep learning curve. The goal was to use the National age groups for experience as she will be in the same age group next year.

**"Although I had loads of fun, Nationals was tough but I found it a great experience to see how high the standard was so I know how hard I have to work for next year".  
Rebecca Bury**



## The National Qualifying Standards



Age Group	Skill level required	Level for Solo/Duets
Under 12y	Level 2	Level 3
13y to 14y	Level 3	Level 4
15y to 17y	Level 4	Level 5
18y to 19y	Level 5*	

### **Claire goes to the England Talent Trials:**

"I worked hard during the week before the trial as I knew that my splits would need to improve for me to stand any chance of getting into the team. The night before the camp I was nervous because I wanted to do well but knew I was the only one going from my club and there would be some very strong swimmers. Thirty girls were going to the trials and these had been selected from achievements at National Age Groups. The advantage for me is I had been to the trials last year and the aim for any swimmer that are selected is to improve each year, hoping by the time you are 14 years old you will be in the top 10 as these are the swimmers who get an opportunity to travel abroad and swim for England. This was my goal as it was my final opportunity in this age group to swim in the England Talent Team".

"I had to take a day off school for the trials and they started after a short introduction from the coaches and it was straight to the water for the speed test. The assessment was a 400 metres Freestyle, long course, which I did better than expected but there is still room for improvement and I am looking to do 6 hours speed swimming from January 2012 to ensure improvement in my speed swimming".



"The next assessment was splits in the water, bad news for me. I pushed very hard but knew it was not good enough. However I had made some improvement from my last assessment and perhaps this would help. The land tests followed and this was very difficult, a lot of land work is required to do well at Synchronised Swimming and I could have been stronger. I would recommend that we all do more land work at home and at club. This will certainly be one of my goals over the coming months. I plan to do approximately 6 hours land work a week and want to share the exercises with you all. (link). The end of day one had arrived and I was already tired but had done the best I could and I was pleased with my splits on land".



"Day 2 was water assessments, Synchronised Swimming Skills and Team Skills both of which I enjoyed. We swam the routine individually and had assessments on our verticals and crane holds. I was starting to settle into the trial and enjoying the experience. You need to prepare well and I learnt the routine from a video, which you can all see on you tube. At the end of day 2 we were given individual feedback which was very encouraging and helped me with my confidence".

"Day 3 was an early start and we worked on the team which was hard for me as I have limited experience at this level. It was hard to work out the patterns and this was an area they highlighted I needed to improve on. The good news is that I got in to the top 10. The team go to Croatia later in the year and this will require me working very hard over the next year. I am very pleased and looking forward to the next year of Synchronised Swimming and sharing my experiences with the club".

Claire Harris