

# WORLD CLASS UPDATE

## An interview with Bill Sweetenham, National Performance Director British Swimming

### With regards to the 4x200m Relays, it seems that you are putting a lot of resources into these events. Is this correct?

I have always believed in the value of relays, and I consider relays to be an extremely high priority. I believe a country's swimming strength and depth can be measured largely by its relay teams. With this in mind, World Class Programmes and myself are trying to make relays the strength of British Swimming. This is led by the investment being made in both the men's and women's 4x200m Freestyle relays. We have Ian Turner (Loughborough University) looking after the men's 4x200m relay and for 2008 we have great depth with about eight men involved but any four could make an Olympic final. Ian also takes on board the development of this same event for 2012, and he has had many camps to develop this and will have quite a lot more in the future. Like the women's team in the same event, these will be largely only one or two-day affairs where skills are honed, familiarisation of change-overs developed, team building activities and familiarisation of athletes' skills where they are reliant on another athlete for performance.

For both Ian with the men's group, and Ben Tittley (Loughborough University) with the women's group, these are working extremely well. Ideally it would be great for all 200m Freestylers in the country to try to perform their way into these two squads.

### What about the other relays?

Just as we are developing the 4x200m events, we should also be supporting similar activities to develop strength across all our relays. Coach Fred Vergnoux (City of Edinburgh) was the coach of the very successful 4x100m women's Medley Relay team in Budapest at the ELC championships. Fred will continue in this role through to the Beijing Olympics, and he may also look to conduct relay days separate to the rest of the National Programme. This is a very strong relay team for Britain.

With our men's 4x100m Medley Relay we also feel very confident that with a third placing at the ELC and depth of talent in both the men's 100m Breaststroke, men's 100m Backstroke, and men's 100m Freestyle with anything up to four people challenging for these spots on the relay team. The men's 100m Butterfly, whilst being strong, has not quite got the depth that we need to really be as good as we could be. Coach Sean Kelly (Stockport Metro) looks after these relay team.

With the men's and women's 4x100m Freestyle relay we have struggled for a while. The men are now verging on being very competitive, be it that we are trying to be competitive by using a couple of our specialist 200/400m men coming down to this event, it is probably a fragile equation and we are eagerly awaiting some of our age and youth 100m men to force their way into this group. This relay is moving forward and should be in a very good position within the next three-to-four years. This is pretty much the same for the women's 4x100m Freestyle relay. It is vital that we build groups of athletes who see these as strong events for themselves. It is also important to remember that to be competitive in relays,

we must have a minimum of three athletes, in the individual event relative to the relay, in the top 10 in the world and at least one or two of those being in the top six in the world.

### What is the situation with our staff for the World Championships and Olympic Games?

Dawn Peart who managed the ELC team is Lead Manager for the World Championships in Melbourne next year, the ESC this month and will also be the lead manager on our Olympic Team in Beijing 2008. Dawn has tremendous experience as a coach, an administrator, and has managed and coached on several teams at international level in the last 10 years in Britain.

I am sure everybody is aware that we are only allocated limited accreditation opportunities for staff to attend the Olympics. With this in mind, we are going to use the same limited staff accreditations at the World Championships in Melbourne next year. While the staff make-up may be different, dependant on which swimmers make the team, the number of accreditations we will use for the World Championships in 2007 will, in the main, mirror the same accreditations we expect to be given for the Olympics in 2008. However, it is also important that we utilise these opportunities to develop another tier of staff who will be in preparation for opportunities that may arise in 2012 with a home Olympics. In this regard we will have an 'Offsite' team of staff at both the Olympic Games and the Worlds to develop experience and knowledge within the additional group of staff.

It is imperative that at any Olympic Games at least 60%, but preferably more than 70%, of your staff are people with successful and previous experience gained at least more than once at the World LC and Olympic level, in order for the team to be successful. Given the pressures and distractions that occur with regard to performance in these arenas.

### You mentioned head coaches Ian Turner and Ben Tittley, what are their roles?

Ian Turner is the National Head Coach and the National Men's Coach. Ben Tittley is the National Women's Coach and their roles are to plan programmes that are specific to either men or women, as well as to work with all the relay coaches and home coaches in providing the best opportunity for the best athletes and coaches to get the best results. Both of these coaches are doing an outstanding and fantastic job as National Head Coaches. Please talk to them at any time about these issues.

### Open Water has been introduced as an Olympic event. What are your thoughts?

Open Water is now an Olympic event and it will be incorporated into the World Class Programmes as any other event such as butterfly, backstroke etc. They will be included in every way possible in the programme, but we also need to look at the individual requirements of this event which are quite different from pool swimming. There are two athletes on the programme Alan Bircher is on the Podium Programme, and Cassandra Patten is on the development Programme. It is hoped others will challenge for these positions, as there are spots open. Perhaps the likes of

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Keri-Anne Payne, Chris Alderton etc will see opportunities in this event and will focus some of their attention in the direction of Open Water.

## What difference has the The Offshore Centre made?

The Offshore Centre has been an outstanding success for the development of our men's programme with great and outstanding performances coming from the young men, as well as a holistic approach to their development not only as swimmers but as young men. The whole programme is unified and works extremely well. The athletes that are out there have all done an absolutely fantastic job and these athletes will be critical for male success in 2012.

Chris Nesbit has done a tremendous job in developing the athletes and programme at the Offshore Centre. I am sure everybody is aware of it's value in providing training opportunities for our Endless Summer programme, this year's Commonwealth Games training camp, and the World Championship training camp in 2007. The success of this programme is matched by the identified women's programme that was developed two years ago. The girls identified in this programme have progressed equally as well as the men at the Offshore Centre. These young ladies as identified have enjoyed success at the US open meet in San Antonio, the Chinese National Championships, Commonwealth Games, EYOF, European Juniors. This group's programme will develop even further through the end of this year when we add another member of staff to specifically work in conjunction with the home coaches and offer these young women further development in a holistic view to their sport.

Both these two groups as well as a considerable number of others, will have internal training camps in New Zealand (men), and in Singapore (women), and then join up with the Offshore Centre boys in competing in what is arguably one of the strongest meets available in World swimming, outside of the global events, at the seven-day long Queensland Championships in December this year.

British Swimming's 2012 results are progressing equally as well as are the 2008 Beijing preparations.

## Are there any plans for athletes and staff to experience Beijing?

Yes, all athletes and staff attending the Endless Summer programme in 2007 will call in for 4 or 5 days of training on the way out to Australia. Along with this the whole team, staff and athletes will spend four days in Beijing on their return section of the World Championships next year in Melbourne.

It is planned that all swimmers and staff will be in Beijing from 2-7 April and will view all of the Olympic sites. This will be subject to visa allocations and the support of the BOA. This should give everybody a feel for the place, opportunities as well as these two will be taken up from time to time by both staff and swimmers.

## Dates for 2007

European Junior Championships	18-22 July
European Youth Olympic Festival	23-27 July
ASA Championships, Sheffield	31 July - 5 August
Paris Meet	2-5 August
World University Games	8-18 August
Japan Meet	21-24 August

Several coaches have requested more details on the Commonwealth games performances. Do you have any details that you can provide? (See next page).

## 2006/07 WORLD CLASS PROGRAMMES SWIMMING

### Podium Athlete List

#### Female Athletes (11)

Rebecca Adlington - Nova Centurion - Bill Furniss  
Kirsty Balfour - City of Edinburgh - Frederic Vergnoux  
Julia Beckett - Loughborough University - Ben Tittley  
Rosalind Brett - Loughborough University - Ben Tittley  
Rebecca Cooke - City of Glasgow - Stephen Hill  
Terri Dunning - City of Birmingham - Adam Ruckwood  
Francesca Halsall - City of Liverpool - Colin Stripe  
Kate Haywood - Loughborough University - Ben Tittley  
Joanne Jackson - Derwentside - David McNulty  
Melanie Marshall - Loughborough University - Tittley/Turner  
Caitlin McClatchey - Loughborough University - Ben Tittley

#### Male Athletes (17)

Alan Bircher - University of Bath - Andrei Vorontsov  
Simon Burnett - Arizona - Frank Busch  
David Carry - Loughborough University - Ian Turner  
Matthew Clay - Swansea Performance - Bill Pilczuk  
Chris Cook - City of Newcastle - Ian Oliver  
Euan Dale - Loughborough University - Ian Turner  
Ross Davenport - Loughborough University - Ian Turner  
David Davies - City of Cardiff - Dave Haller  
James Gibson - CN Marseille - Romain Barnier  
Kris Gilchrist - City of Edinburgh - Frederic Vergnoux  
James Goddard - Stockport Metro - Sean Kelly  
Andrew Hunter - Stirling - Chris Martin  
James Kirton - City of Sheffield - Russ Barber  
Darren Mew - University of Bath - Kim Swanwick  
Robbie Renwick - Aberdeen - Eileen Adams  
Gregor Tait - City of Edinburgh - Frederic Vergnoux  
Liam Tancock - Loughborough University - Ben Tittley

## BRITISH SWIMMING CALENDAR OF EVENTS

### DECEMBER

IPC World Championships (**Disability**), Durban - 2-7  
British Championships (**Synchronised Swimming**), Gloucester - 2-3  
European Championships (25m) (**Swimming**), Helsinki - 7-10  
Camo International Meet (**Diving**), Montreal - 7-10  
British Championships (**Diving**), Manchester - 15-17

### JANUARY 07

Youth Olympic Festival (**Multi Sport**), Sydney - 11-22  
International Tournament (**Waterpolo**), Portugal - 18-21  
Paralympic Preparation Camp (**Disability**), Macau - 21-5 Feb

### FEBRUARY

Arena Diving Champions Cup (**Diving**), Stockholm - 17-18

### MARCH

Danish Open Championships (**Disability**), Esbjerg - 8-11  
World Championships (**Multi Sport**), Melbourne - 17-1 Apr  
British Championships (**Swimming**), Manchester - 26-1 Apr

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## Home Countries Medals by Coach – CWG'S

### England Medals by Coach

<b>Ben Titley – Loughborough University</b>	Gold – Liam Tancock 100 BK (England)
	Silver – Liam Tancock 50 BK (England)
	Silver – James Gibson 100 BR (England)
	Silver – Mel Marshall 200 BK (England)
	Bronze – Mel Marshall 200 FS (England)
	Bronze – Mel Marshall 100 BK (England)
	Silver – Julia Beckett 4x200 FS (England)
	Silver – Mel Marshall 4x200 FS (England)
	Silver – Mel Marshall 4x100 FS (England)
	Silver – Ros Brett 4x100 FS (England)
	Silver – Mel Marshall 4 x 100 Med (England)
	Silver – Kate Haywood 4 x 100 Med (England)
	Silver – Liam Tancock 4 x 100 Med (England)
	Silver – Matt Bowe 4 x 100 Med (England)
	<b>Ian Oliver – City of Newcastle</b>
Gold – Chris Cook 50 BR (England)	
Silver – Chris Cook 4 x 100 Med (England)	
<b>Frank Busch – Arizona</b>	Gold – Simon Burnett 100 FS (England)
	Silver – Simon Burnett 200 FS (England)
	Gold – Simon Burnett 4x200 FS (England)
<b>Ian Turner – Loughborough University</b>	Gold – Ross Davenport 200 FS (England)
	Gold – Dean Milwain 4x200 FS (England)
	Gold – Ross Davenport 4x200 FS (England)
	Gold – Alex Scotcher 4x200 FS (England)
	Silver – Ross Davenport 4 x 100 Med (England)
<b>Stephen Hill – City of Glasgow</b>	Gold – Rebecca Cooke 800 FS (England)
	Silver – Rebecca Cooke 400 IM (England)
<b>Bill Pilczuk – Swansea Performance</b>	Gold – Matt Clay 50 BK (England)
<b>Dave McNulty – Derwentside</b>	Silver – Jo Jackson 400 FS (England)
	Silver – Jo Jackson 4x200 FS (England)
<b>Kim Swanwick – University of Bath</b>	Silver – Darren Mew 50 BR (England)
<b>Adam Ruckwood – City of Birmingham</b>	Bronze – Terri Dunning 200 BF (England)
	Silver – Terri Dunning 4 x 100 Med (England)
<b>Colin Stripe – City of Liverpool</b>	Silver – Fran Halsall 4x100 FS (England)
	Silver – Fran Halsall 4 x 100 Med (England)
<b>Dave Legge – Kingston upon Hull</b>	Silver – Kate Richardson 4x200 FS (England)
<b>Steve Bayley – Loughborough University</b>	Silver – Amy Smith 4x100 FS (England)

### Scotland Medals by Coach

<b>Ian Turner – Loughborough University</b>	Gold – David Carry 400 FS (Scotland)
	Gold – David Carry 400 IM (Scotland)
	Silver – Euan Dale 400 IM (Scotland)
	Silver – Euan Dale 4x200 FS (Scotland)
	Silver – David Carry 4x200 FS (Scotland)
<b>Dave Haller – City of Cardiff</b>	Gold – Gregor Tait 200 BK (Scotland)
	Gold – Gregor Tait 200 IM (Scotland)
	Bronze – Gregor Tait 100 BK (Scotland)
	Bronze – Gregor Tait 4 x 100 Med (Scotland)
<b>Ben Titley – Loughborough University</b>	Gold – Caitlin McClatchey 200 FS (Scotland)
	Gold – Caitlin McClatchey 400 FS (Scotland)
<b>Frederic Vergnoux – City of Edinburgh</b>	Silver – Kirsty Balfour 200 BR (Scotland)
	Bronze – Kirsty Balfour 100 BR (Scotland)
	Bronze – Kris Gilchrist 4 x 100 Med (Scotland)
<b>Chris Martin – Stirling Centre</b>	Silver – Andrew Hunter 4x200 FS (Scotland)
	Bronze – Todd Cooper 4 x 100 Med (Scotland)
	Bronze – Craig Houston 4 x 100 Med (Scotland)
<b>Eileen Adam – COAST</b>	Silver – Robbie Renwick 4x200 FS (Scotland)

### Wales Medals by Coach

<b>Dave Haller – City of Cardiff</b>	Gold – David Davies 1500 FS (Wales)
	Bronze – David Davies 400 FS (Wales)

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