

# WORLD CHAMPIONSHIPS 2003

## SWIMMING TEAM REPORT

### Athletes

Zoe Baker	Loughborough University
Janine Belton	Loughborough University
Rosalind Brett	Loughborough University
Rebecca Cooke	City of Glasgow
Kathryn Evans	Nova Centurion
Joanne Jackson	U of Durham Aquatics
Jaime King	University of Bath
Georgina Lee	Camphill Edwardians
Karen Legg	Ferndown Otters
Melanie Marshall	Loughborough University
Karen Nisbet	City of Leeds
Karen Pickering	Ipswich
Sarah Price	Barnet Copthall
Alex Savage	Ferndown Otters
Katy Sexton	Portsmouth Northsea
Alison Sheppard	Milngavie & Bearsden

Simon Burnett	Wycombe District
Todd Cooper	Stirling Swim
Chris Cozens	Loughborough University
Ross Davenport	University of Bath
David Davies	City of Cardiff
Ian Edmond	City of Edinburgh
Adam Faulkner	Nova Centurion
Mark Foster	University of Bath
Robin Francis	University of Bath
James Gibson	Loughborough University
James Goddard	Stockport Metro
David Leith	City of Edinburgh
Darren Mew	University of Bath
Stephen Parry	Stockport Metro
Alex Scotcher	Loughborough University
Ed Sinclair	Millfield
Graeme Smith	Stockport Metro
Gregor Tait	City of Edinburgh

### Team Staff

National Performance Director	Bill Sweetenham
Head Coach - Men	Ian Turner
Head Coach - Women	Chris Nesbit
Coaches	Dave Champion
	Stephen Hill
	Rhys Gormley
	Ben Tittley
	Sean Kelly
	Tony Watson
	Ian Armiger (M 4x100m Freestyle Team)
	Bob Pay (M 4x200m Freestyle Team)
Team Managers	Craig Hunter
	Nora O'Brien
	Claire Huddart
Sports Scientists	Gary Phillips
	Jodi Cossor

Doctor	David Fodden
Physiotherapists	Pat Dunleavy Diane Elliot
Observers	Chris Martin (Scotland) Gary Rosser (Wales) Gary vanderMeulen Bill Pilczuk (Loughborough only)

### **Selection**

The initial team selection was made following the British Swimming Championships held at Ponds Forge ISC, Sheffield on 19-23 March. The relay teams were confirmed following the Scottish ASA National Championships held on 20-22 June in Glasgow, which formed the Stage 3 meet.

### **Orientation camp**

Immediately following the Trials in Sheffield, a team orientation camp was held in Loughborough from 24-29 March. The team stayed at the Quality Inn and trained at the university pool.

Loughborough is an ideal base for such camps as the facilities are first class. However there are the inevitable distractions for the National Performance Director when he is on camp but so close to the British Swimming office.

Following the camp, the usual stage meets and camps were held as follows:

9-11 May	Stage One meet, Bath
23-29 May	Men's and Women's camps, France
30 May - 1 June	Stage Two meet, Swansea
13-19 June	Stroke camps, various locations
20-22 June	Stage Three meet, Glasgow

There was some criticism of the Stage One meet because the swim down facility is situated a short walk from the main competition pool. With the benefit of hindsight, this proved to be an ideal scenario in preparation for the World Championships. When we arrived in Barcelona we became aware that the swim down pool was situated in another location which required the use of a lift, several flights of stairs and a walk of up to 6 minutes from the competition pool!

Clearly this is something which will become more common as major championships are held in conference centre style arenas.

### **Assembly camp**

The team assembled for its final preparation camp on Sunday 6 July at Loughborough University.

Following a recce to Barcelona in November 2002 it was decided that the most suitable base for the team in its final preparation stage would be Loughborough. The only downside would be acclimatisation (less of an issue when the competition is held indoors) and the distractions of the office. However with the amazing summer we enjoyed in the UK this summer, the temperatures were certainly comparable in Loughborough to those in Barcelona.

The team staff arrived late morning for an initial briefing session with the athletes arriving mid afternoon in time for a short induction meeting and the first training session.

The university campus is an ideal base for the team. Single rooms allow some privacy but with shared facilities etc. there accommodation is far from luxurious. A common room was provided with a TV, video and DVD machines for relaxation as well as doubling as a team meeting venue.

The team utilised the British Swimming water time, essentially five hours each day as well as taking advantage of the bio-mechanical analysis in situ at the pools, and the wealth of other facilities available on campus.

Initially there were some problems with the catering arrangements but these were resolved as soon as the team relocated to its own dining room.

One potential problem arose with a sudden announcement by the University accommodation office that because of an emergency electrical fault, the team would be required to relocate for 48 hours during the camp. However this was dealt with in an efficient manner and became a completely stress free exercise. The manner in which the deal dealt with this situation demonstrates their professionalism in the face of adversity.

As usual during a camp of this nature we hosted a media open day to give journalists access to the team members in a relatively relaxed environment. The event was managed by Dave Richards and proved popular with the written press and TV and radio.

### **Advance Party**

On Monday 14 July an advance party of five staff and two athletes travelled to Barcelona to prepare for the team's arrival on Wednesday 16 July. Immediately prior to the advance party's departure it became apparent that two athletes have conditions which are exacerbated by restricted leg movement, particularly on board an aeroplane. We managed to alter their flight arrangements so that they could travel in the advance party which would allow for longer recovery from the flight upon arrival in Barcelona. We were fortunate also to manage to negotiate an upgrade for these athletes so they enjoyed more leg room.

The main team transferred into Barcelona on Wednesday 16 July with the remainder of the team, the Men's 4x100m and 4x200m Freestyle teams, arriving on Friday 18 July.

### **Final preparation**

At the recce in November 2003 the Hotel Barcelo Sants was identified as the most suitable base for the team. A large four-star hotel situated above the Sants railway station, it was a 20 minute bus ride from the main competition pool. The team was accommodated in twin rooms on various floors around the hotel. Despite several requests to the Organising Committee and the hotel management, we were not able to secure all rooms on the same floor. This was frustrating as we were mixed with tourists and other teams, mainly the Chinese who proved to be very noisy and very heavy smokers (presumably the staff members!).

All meals were served buffet style which afforded the team greater flexibility with meals, rest and team meetings. The quality of domestic water has improved significantly and is perfectly safe to drink. However there was still great caution amongst the team members to drink tap water "just in case" they picked up a bug!

### **Kit**

Earlier in the year I visited Diana, our kit sponsor, with Sylvia Armiger and Wendy Coles, to discuss the provision of kit for the team. The philosophy for WC team kit is that it should be superior in quality and design and highly regarded to reflect the nature of the team. Diana certainly lived up to this challenge and designed an outstanding range for the team which was both popular with the team and perfect in providing team identity and unity.

### **The Championships**

A full summary of the results is attached, together with the usual statistical breakdown.

During the Championships we used walkie talkies to improve communication around the vast competition site. The main competition pool was a temporary facility in the Palau San Jordi with the swim down pool located in an adjacent pool, approximately 600m away.

Walking has been emphasised to team members as part of the daily preparation for both this competition and the forthcoming Olympic Games. The use of the Bath site as one of the stage meets raised the issue of the swim down facility being a separate location to the main competition pool; this was replicated at the World Championships. However the athletes and team staff handled this without making it an issue, which it certainly had become for certain teams.

During the competition one manager was located in the last call room, one in the mixed zone with the Press Officer and one in the stands with the team. The sports science team and physios were located at the swim down facility. The operation of the team during the Championships was very slick and is one which we will replicate in the future.

The Championships were well run by the Spanish Swimming Federation. The allocated team seating, which rotated on a daily basis, was the best provided at a major event and was appreciated by the athletes and team staff.

**Media**

There was a significant media presence in Barcelona. The team hosted a Press Conference at the Main Press Centre two days prior to the start of the Championships. Following this session, there was a 48 hour “black out” period which has become the team’s protocol.

The team’s Press Officer, Dave Richards, worked well with the team at his first major event and will grow into the role over the coming months and events.

One recommendation for the future is that the Press Officer should accompany the team at its preparation camp on a full time basis to develop stories for distribution to the media.

**Support**

It was fantastic to see the overwhelming support for the team in Barcelona and to receive so many messages of support and congratulations from the UK during the Championships.

**Post competition testing**

Following the conclusion of the Championships, the team returned to Loughborough for post competition testing. This work provides vital and invaluable information to the team staff to assist in the future training and preparation of teams.

On Monday evening we hosted a team dinner at a local restaurant at which time was announced the winners of the buddy group prizes.

Following a final session of testing on Tuesday morning, the team dispersed.

**Craig Hunter**  
**Team Manager**

## SUMMARY OF PERFORMANCE STATISTICS

### MEDALS

Gold		2
Silver		3
Bronze	3	

6 in Olympic events and 2 in non-Olympic events

### RECORDS

Championship	1	
British		6
Commonwealth	5	

### SWIMS

Total Personal Bests	16	(including 3 relay lead offs)
Total Individual Swims	75	(not inc 2 semi withdrawals)

No. Heat Swims	37 Individual	6 x Relays
No. Semi Final Qualifiers	20	(including 2 withdrawals)
No. Final Qualifiers	20 Individual	5 x Relays

Heats swims within 2%	21 Swims	(including 4 PB's)
Semi-Final swims within 1%	8 Swims	(including 6 PB's)
P'B's in Finals	6	