

EUROPEAN YOUTH OLYMPIC FESTIVAL
28th July – 1st August 2003
Paris, France

Swimming Team Manager's Report

THE TEAM

Helen Slatter	Team Manager	
Paul Du Feu	Head Coach	
Andrei Vorontsov	Group Coach	
SWIMMERS	HOME CLUB	HOME COACH
Chris Alderton	Durham Aquatics	Gary Hollywood
Mark Branch	North Ayrshire	Sandy Blackwood
Scott Houston	Ren 96	Graham Wardell
Simon Le Couilliard	AIB Tigers Jersey	Paul Du Feu
Martin Handley	Burnley	Alan Moorhouse
Max Underhay	Portsmouth Northsea	Chris Nesbit
Liam Smith	City of Leeds	Ian Greyson
Lewis Owens	Canterbury	Tony Smith
Michael Rock	City of Liverpool	Colin Stripe
Charlotte Wright	Kingston Royals	John Wright
Francesca Halsall	City of Liverpool	Colin Stripe
Rebecca Adlington	Nova Centurion	Bill Furniss
Hollie O'Connor	Kingston upon Hull	Dave Legge
Stacey Tadd	University of Bath	Andrei Vorontsov
Julie Gould	Guildford	Richard Garfield
Claudia Coleman	Plymouth Leander	Jon Rudd

ASSEMBLY

The team manager and head coach organised an assembly for all swimmers at Crystal Palace National Sports Centre. The team trained twice and this gave the swimmers an ideal opportunity to get to know each other prior to Paris.

TRAVEL

This was organised entirely by the British Olympic Association. Team GB travelled in its entirety on Eurostar to Paris. This was quick and comfortable and reduced the carrying of bags to a minimum.

KIT

The BOA supplied the kit, which was of exceptional quality and plentiful. Each sport's technical kit was supplied by their relevant governing body. British Swimming provided each swimmer with 2 racing suits and 1 swimming cap.

One point of observation; the pull strap for the main holdall on wheels was very short and resulted in many of the swimmers receiving cuts and bruises to the ankles.

Unfortunately the spare kit sent out to the Team Manager was too late having been signed for by neighbours and could not be retrieved prior to departure. This did in fact leave one swimmer without a racing costume (the wrong size had been sent originally) and so had to borrow from a fellow teammate.

COMPETITION

The swimming was of a high standard and all British Swimmers rose to the occasion winning a total of 17 medals including 4 Gold and setting 4 British Junior Records.

All team members supported each session regardless of whether they were competing keeping spirits high amongst the team.

When swimmers had finished competing they continued to train as normal.

Please see Head Coaches report (attached) for further details. Final medal table attached.

ACCOMODATION

Team GB was housed in the University accommodation. The rooms were basic but comfortable and the BOA HQ staff provided additional support when required.

As this was a multi-sport event, it gave the swimmers an opportunity to experience first hand difficulties that can be associated with such meets ie; noisy corridors, different sports people with different needs, queuing for meals, waiting for buses, lengthy journeys to and from the competition venue, security checks etc – all a great learning curve.

MEDICAL/PHYSIO SUPPORT

The BOA provided both medical and Physio support.

The swimming team received excellent support throughout the competition from the physio team. This proved invaluable for the quick recovery of swimmers after their races, as there was no swim-down facility at the competition pool.

Medical support received as follows;

One swimmer received medical help from the BOA doctor after being diagnosed with a viral throat infection on arrival in Paris.

One swimmer was given antihistamines and cream from the BOA doctor following an insect bite on the leg.

One swimmer received basic first aid at the pool from the EYOF doctor after a collision in the pool that resulted in a cut above and below the eye.

FUTURE RECOMMENDATIONS

Training/Assembly:

A 1-2 day training camp/assembly is planned for the team, and therefore part of the future budget of the Governing Body.

Kit:

Any spare kit to be sent to the Team Manager more than 1 day prior to departure and the Team Manager informed that it has been despatched so arrangements can be made.

Consideration is given to the swimmers being issued with more than one swimming hat and a training costume as well as racing suits if they are to be required to wear the Governing Body sponsored brand.

ACKNOWLEDGEMENTS

- ❖ Congratulations to all the swimmers on their individual and team performances.
- ❖ Thank you to all staff and swimmers for their hard work and commitment.
- ❖ Thank you to Mark England, Samantha Nunn and the HQ staff from the BOA for the support prior to and throughout the EYOF in Paris.
- ❖ Thank you to John Atkinson for his advice and support prior to and during the competition and for giving me this opportunity.

Helen Slatter

Team Manager, EYOF 2003

Attached; Head Coaches report
 Final Medal table

EUROPEAN YOUTH OLYMPIC FESTIVAL 2003

Swimming Team Head Coaches Report

PRE GAMES

The team was selected after the March trials and had an orientation day towards the end of the Easter Holidays though this was a late addition to the programme and poorly attended.

The full team met at Crystal Palace on the Friday prior to the trip and trained that evening and on the Saturday morning.

I feel this was most valuable as we had time to chat and work together without interference and with only those in the group involved. The sessions covered race warm-ups & swim-downs and relay take-overs. Andrei took the girls.

On Saturday all the sprinters went with Helen.

Recommendation: In 2005 I feel 2 days together should be built in as part of the trip instead of the orientation day although the provisional team could be asked to stay at the trials on the last day if an early get together is was thought important.

SUNDAY

The team trained twice on the Sunday so that the team experienced the routine and so many problems could be ironed out. The sessions were tailored to individuals needs with staff overseeing swimmers as necessary.

RACING (Monday, Tuesday, Thursday, Friday)

The team's results speak for themselves. The few swims that were not PB's were so close to be fractional. There was generally an improvement between heats and finals and often places were gained. The relays were strong but I felt there was a better team effort by Friday compared at the outset, maybe due to confidence and spirit.

The improvements between sessions was often down to the time spent chatting and swimming (warm-up) to improve specific areas in the race or to check pace work.

It is amazing how many swimmers did not have a clear race plan and were totally unaware of their stroke rates, stroke counts and pace etc.

The staff responsibilities were not divided as originally planned, with Andrei working more with the Breaststroke and Individual Medley swimmers most days. I oversaw the others.

Those swimmers not racing had individual programmes. We kept those who had finished competing focused by adapting their sessions and adding challenge swims. They are young to have 5 days away with no races.

DAY OFF

On the Wednesday we trained in the morning.

This was a good opportunity to re-assess the situation and go through relay take-overs. Once again there were many sessions happening and Helen took a group.

GENERAL

The staff were excellent.

Helen worked tirelessly and had an excellent rapport with the swimmers.

Andrei's experience and knowledge was invaluable.

The BOA staff and medical team were very helpful and supportive.

I found the whole experience a joy and feel proud of what was achieved. Thank you to those who gave me this opportunity.

Yours,
Paul Du Feu

MEDAL TABLE: EUROPEAN YOUTH OLYMPIC FESTIVAL 2003 – PARIS

(By no of Golds)

	COUNTRY	GOLD	SILVER	BRONZE	TOTAL
1	HUNGARY	10	7	4	21
2	RUSSIA	8	4	6	18
3	GREAT BRITAIN	4	5	8	17
4	ITALY	3	3	5	11
5	PORTUGAL	2		1	3
6	ROMANIA	2			2
7	GERMANY	1	6	3	10
8	BELGIUM	1	1		2
9	UKRAINE		1	2	3
10	SWEDEN		2		2
11	BELARUS			2	2
12	SPAIN		1		1
13	GREECE		1		1
14	AUSTRIA		1		1
15	POLAND			1	1

(By total no of medals won)

	COUNTRY	GOLD	SILVER	BRONZE	TOTAL
1	HUNGARY	10	7	4	21
2	RUSSIA	8	4	6	18
3	GREAT BRITAIN	4	5	8	17
4	ITALY	3	3	5	11
5	GERMANY	1	6	3	3
6	PORTUGAL	2		1	2
7	UKRAINE		1	2	10
8	ROMANIA	2			2
9	BELGIUM	1	1		3
10	SWEDEN		2		2
11	BELARUS			2	2
12	SPAIN		1		1
13	GREECE		1		1
14	AUSTRIA		1		1
15	POLAND			1	1

(By no of points 8-1 A finals only)

1	HUNGARY	186
2	GREAT BRITAIN	148
3	RUSSIA	143
4	GERMANY	104
5	ITALY	102
6	UKRAINE	43
7	PORTUGAL	42
8	ROMANIA	34