



# ZIMBABWE SWIMMING BOARD OF CONTROL

2010/2011 SEASON REVIEW

Our Successes of the season. Provincial news, Records broken, Tours, Coaching, ZOC courses. National Meets and results. 50m Order of Merit.

31/03/2011

## MASHONALAND

Both the senior and junior programmes have gone well this season. Numbers at both galas appear to be going up and this bodes well for next season. Mash Champs continues to take up two weekends which again clashed with the Water polo activities and resulted in kids rushing between the two activities. The Mashonaland Board have undertaken the organisation of Senior Nationals and are responsible for sending out tours to both Level 1 and Level 2

## MATABELELAND

Regrettably numbers in the province are down this year which is very worrying. Friday night galas went according to plan with our invitation to Senior schools joining us on occasion working out very well; this idea will be encouraged again next season. Junior Nationals were held at North End pool a couple of weeks ago and went extremely well. The pool surrounds were given a massive overhaul but sadly, there are no clubs running there, a definite facility for anyone looking to establish a club, school etc. The Isemonger boys together Andy Cyprianos from Penguins broke records as did Mieke Koen from Crusaders.



THE MATABELELAND JUNIOR TEAM 2011

## DEVELOPMENT SWIMMING.

A number of development programmes are in operation and vary from province to province.

Mashonaland have been developing school and club coaches on Friday afternoon prior to their Friday night galas. This programme has been very popular and will definitely be continued in some form.

Matabeleland hold development galas and invite all schools who have swimming pools to compete. Swimmers with talent are identified and club talent scouts try and bring them into the system.

Manicaland have been running a very successful Learn to Swim Programme at their City pool for many years and this is a hugely productive talent identification method.

Midlands are proactive in Triangle with the Sugar producers making every effort to keep children safe and ensuring that the community takes learning to swim as a priority as there are many canals filled with water in their area.

*Keep us updated on development in your area.*

## MASH COUNTRY DISTRICTS

### OFFICIALS NEWS DESK.

*An all out effort was made by Caroline Hawgood this season. It began with a clinic following her trip to the symposium in Singapore, where all our local officials had the opportunity to hear about changes to the rules and regulations that govern our sport.*

*Some 15 timekeepers were qualified in Mashonaland this season and 1 Chief timekeeper, congratulations to them all.*

*Matabeleland had a determined drive for qualification and had 10 new timekeepers, 1 Chief Timekeeper, 7 Judges of Stroke and one Inspector of Turns.*

*The only major controversy of the season was the positioning of the butterfly kick within the breaststroke pull, with the world cup clearly showing swimmers inserting the kick before the arm stroke and not being disqualified! In Dubai FINA technical expert Don Blew was very clear that this would not be allowed and the rules state "a single butterfly kick is permitted DURING the first arm stroke, followed by a breaststroke kick" and that this was to be strictly enforced.*

*Next season short individual clinics will be given to people interested in learning a particular role, i.e. a stroke judge clinic or a chief timekeeper's clinic. Hopefully Caroline will be able to take her clinic around to other provinces next season too.*

*Her ultimate wish for next season is that parents of junior swimmers are able to run galas for those swimmers and give parents of senior swimmers some time off!*

This year has seen growth in the number of senior competitive swimmers, at seeded galas, although at a junior level we have had fewer swimmers competing in Junior League galas in Harare. Senior Nationals was fairly successful for us with swimmers achieving PBs, a number of individual medals and also relay medals (we have the depth to "upset the apple cart" in a number of age groups and also to field 2 relay teams). For Junior Nationals we fielded a full team in all age groups. Most of our swimmers achieved PBs and a fair number made finals, although I think that this number was down on past years. We won 9 individual medals and were very proud of our 10 year old boys who won 2 gold relay medals!

Our growth in Senior level of swimming is reflected in the number of MCD swimmers who achieved required time/s necessary for the Level 1 and 2 Age Group Championships in South Africa and had the opportunity to travel with Mashonaland to these competitions: 7 at Level 1 and 13 at Level 2 (out of a total of 36 competitive Senior swimmers). They have maintained a high level of training so we hope that they achieve their goals at these competitions.

On the Junior side we are struggling with swimming in general starting at school level. We have tried to help, especially as far as technique is concerned, by organising mini-clinics for swimmers and coaches using our more experienced coaches. It is a long process and one we will endeavour to maintain.

Several of our coaches attended and qualified at the Beginners and Intermediate Coaching Courses run by the Zimbabwe Olympic Committee.

### MIDLANDS

Midlands have had quite an exciting season this year, a number of new faces have emerged, old faces have returned and next season will be more interesting than ever.

Aquarium swimming club opened their doors this season in Gweru, sharing the Midlands Christian School pool with Maple Leaf; their fearless leaders are bounding with enthusiasm and will be taking their swimmers to Harare for a clinic in April. Graham Pallister and Sherlyn Visage both ex Midlands's swimmers are back in Hippo Valley and taking an interest in swimming from a coaching perspective and Heather Brand the 27 year old former Olympic swimmer is also working in the vicinity and we hope to learn from her experience in some way next season.

*Thanks to ZOC via the Olympic Solidarity Fund for sending us Josh Neuloh who conducted both a beginners and an intermediate coaching course in Harare. There were a total of 35 interested parties at the beginners' course and 19 on the Intermediate. Thanks to Mary Kloppers for her amazing organisation of the course. Congratulations to all those who attended and learned so much!*

## MANICALAND

We held our Manicaland Championships in November last year and were able to incorporate more non-club members from the local private school which gave us a better range to select a Manicaland Squad from. Local government schools were invited but failed to appear. 7 swimmers made Level 1 times this year and for the first time in many years one swimmer achieved Level 2 times. With the help of community fund raising we are able to send all of the swimmers who were able to go.

We attended both Senior and Junior Nationals, with small, but enthusiastic squads. Most of our Senior swimmers achieved personal bests. A lot of our Junior swimmers were first timers and overawed by the whole experience. Our Head Coach Anneke ChanJack was indisposed due to ill health for a couple of months this half of the season, but we were pleased to welcome back Natalie Ratcliffe to help with Squad training. She was also able to attend the FINA Intermediate clinic and has come back brimming with knowledge to pass on to us all. A fairly successful season, thanks to everyone pulling together!

## ZIMBABWE TOURS

### ZONE 6

A number of exciting tours went out this season, starting with the Government sponsored and organised Zone 6 team who travelled to the Youth Games in Swaziland in early December 2010. We sent a team of 11 Swimmers, with 2 coaches (Dion Kruger and Lindsey Tudor Cole) with Manager Claire Carey Smith and technical staff Kim Rennie and Gareth Desmond. They returned home victorious with 2 Gold medals, 2 silver medals and approximately 10 bronze medals to their credit.

## WORLD CHAMPS DUBAI

This team of senior swimmers, Nick James, Kirsten Lapham, Maxine Heard assembled in December 2010 to compete in the World Short Course Championships. (Manager) and Sue accompanied the swimmers on a wonderful time seeing the boys competing in the brand new built for the occasion. Results were wonderful for the boys with almost every swim a new



Grant Beahan, Tim Ferris, Nicole Horne and Lorna Riley Bradshaw (Coach) and had a fantastic facility were wonderful for the national record!

## CANA 3 & 4 GABORONE, BOTSWANA

Mary Kloppers, Julie Price and Di Stirling set off with 36 swimmers to take part in the latest African encounter. Results were good at the well organised event in Gaborone and we again came a creditable second to the host nation despite the comparative sizes of the teams! This event is becoming more and more competitive and is definitely gala more senior swimmers should once again consider.

## LEVEL 3: DURBAN, SOUTH AFRICA

This team left in the safe hands of Julie Price and Sheelah Crause on Wednesday 16<sup>th</sup> April to compete in the annual Age Group bonanza. The team consisted of 10 swimmers, 5 from Mash and 5 from Matland and results were very satisfying. Good times were achieved by all swimmers. Nick Burnett achieved a couple of bronze and Luke Isemonger after several 4<sup>th</sup> places finally achieved a bronze as well.

*The Fina Aquatics  
Mag 2010/5  
reported that  
Kirsty Coventry  
has signed with  
Arena until 2013*

### PROVINCIAL TOURS

#### LEVEL 2

Mashonaland had a large contingent travelling to the Level 2 affair at Hillcrest pool in Pretoria. The team of 45 went with Tracey Doorman and Sandy Weaver managing, and Sue Bradshaw and Mairead Goncalves coaching. Matabeleland could only convince 3 swimmers to attend.

#### LEVEL 1

Border Dolphins from Mutare have a team of 6 swimmers attending the Central Gauteng Level 1 Champs being swum at Delville Pool, Matabeleland have 5 swimmers and Mashonaland have a team of 30 swimmers under the management of Jackie Quinlan and Nicky Hultum.

## WHAT'S HAPPENING NEXT!

S A Champs, Port Elizabeth.

World Long Course Champs, Shanghai China – JULY 2011. Swimmers have been provided with the qualifying times for this event but as yet only Kirsty Coventry has qualified.

Junior World Champs, Peru – AUGUST 2011

All Africa Games, Maputo, Mozambique – SEPTEMBER 2011

**ZIMBABWE OLYMPIC COMMITTEE  
ADMIN COURSE : 18 – 20<sup>TH</sup> MARCH  
2011.**

*Various members of the Swimming fraternity attended a ZOC Sports Administration course to update our administration skills at both National and Provincial level thereby ensuring that we remain compliant!*

**THANK YOU OLYMPIC SOLIDARITY**

#### *Records this season!*

*Records have tumbled this season especially in the short Course arena with a total of 157 National records falling and 131 provincial! Long course records which can be deemed a little more difficult to break considering how much older they are have also taken a hit with 41 National and 19 provincial records falling. This shows that swimming is getting stronger and stronger.*

*The majority of these records fell at meets held outside the country – S A Short course in Pietermaritzburg accounted for 88, Mash short course 100, zone 6 48 and of course World Champs 13. Long course records fell regularly but in smaller numbers with the KZN Provincial Champs being the major provider with a total of 31 records falling.*

*Congratulations to you all!*

Swimmers hoping to take part in the London Olympic Games are obligated to attend both the World Championships in China and their Continental Games so the pressure to qualify is on!

**BELOW ARE THE 50M RANKINGS FOR GIRLS AND BOYS FROM SEPTEMBER 2010 TO SENIOR NATIONALS 2011. THEY WILL BE UPDATED AFTER THE SPRINT CHAMPS NEXT SEASON.**

**GIRLS 50M FREESTYLE**

1. SAM WELCH	29.07
2. TARRYN RENNIE	29.09
3. NATS DE CHASSART	29.21
4. KAYLEIGH GRAHAM	29.31
5. SYANNE GRAHAM	29.38
6. MEGAN C-SMITH	29.70
7. NATASHA RUSCH	29.80
8. ALEXA MORRISBY	29.90
9. SARAH THOMSON	30.05
10. MIEKE KOEN	30.42
11. KIM BELLRINGER	30.57
12. SHANICE BUYS	30.86
13. BREE CATTERALL	30.89
14. RATI MUTANGADURO	30.98
15. SIOBHAN H-DAVIES	31.09

**BOYS 50M FREESTYLE**

1. NICK BURNETT	25.39
2. SEAN GUNN	25.74
3. RICHARD WELSH	26.08
4. SLOANE MARSHALL	26.23
5. JAMES LAWSON	26.48
6. LEBO NGWENYA	26.51
7. MARC ROSS	26.73
8. LUKE ISEMONGER	26.75
9. BRIAN WHITE	26.82
10. CHAD IDENSOHN	26.87
11. ANDY CYPRIANOS	27.25
12. FRANK LANG	27.28
13. MATT WEAVER	27.89
14. TREVOR PRICE	28.11
15. RYAN B-ROGERS	28.16

**GIRLS 50M BACKSTROKE**

1. TARRYN RENNIE	33.44
2. AVALON BRUCE	34.89
3. SAM WELCH	35.64
4. NICOLE CILLIERS	35.72
5. RATI MUTANGADURA	35.92
6. ALEXA MORRISBY	36.13
7. SIOBHAN H-DAVIES	36.32
8. NATS DE CHASSART	36.32
9. MEGAN C-SMITH	36.73
10. MAXINE ZIEHL	37.11
11. LORNA DOORMAN	37.14
12. SARAH THOMSON	37.71
13. MIEKE KOEN	37.83
14. MISTY BATCHELOR	37.86
15. AMY CHANJACK	37.89

**BOYS 50M BACKSTROKE**

1. NICK BURNETT	29.64
2. TREVOR PRICE	30.86
3. CHAD IDENSOHN	31.23
4. ANDY CYPRIANOS	31.23
5. LUKE ISEMONGER	31.32
6. FRANK LANG	31.57
7. SEAN GUNN	31.81
8. JAMES LAWSON	32.26
9. MARC ROSS	32.48
10. SLOANE MARSHALL	32.51
11. A J STAMBOLIE	33.01
12. BRIAN WHITE	33.20
13. PETER WETZLAR	33.22
14. COREY SCHULTZ	33.61
15. KYLE MITCHELL	33.80

**GIRLS 50M BREASTSTROKE**

1. SYANNE GRAHAM	35.55
2. SAM WELCH	35.80
3. MARY HAWGOOD	37.69
4. NATASHA LAWSON	38.61
5. ROBIN MASON	38.75
6. MIEKE KOEN	38.98
7. TARRYN RENNIE	39.26
8. SHANICE BUYS	39.67
9. MISTY BATCHELOR	39.92
10. KIM BELLRINGER	39.92
11. MIKAYLA QUINLAN	40.07
12. NICOLE CILLIERS	40.07

**BOYS 50M BREASTSTROKE**

1. JAMES LAWSON	30.32
2. LUKE ISEMONGER	31.51
3. RICHARD WELSH	32.57
4. KYLE MITCHELL	33.14
5. CONNOR PRITCHARD	33.76
6. JAMIE ISEMONGER	34.73
7. BRIAN WHITE	34.83
8. DOUG GRINHAM	35.16
9. TOM HILL	35.80
10. A J STAMBOLIE	36.67
11. NARDUS BRITS	36.67
12. NICK BURNETT	37.61

## **GIRLS BREASTSTROKE CONTINUED**

13. LAURIE STEPHENS	40.36
14. MEGAN C-SMITH	40.61
15. ANNE STACK	40.77

## **GIRLS 50M BUTTERFLY**

1. TARRYN RENNIE	30.32
2. ALEXA MORRISBY	30.89
3. KAYLEIGH GRAHAM	31.19
4. SAM WELCH	31.39
5. SYANNE GRAHAM	31.99
6. MEGAN C-SMITH	32.09
7. NICOLE CILLIERS	32.71
8. AVALON BRUCE	32.95
9. RATI MUTANGADURA	33.01
10. MIEKE KOEN	33.16
11. ROBIN MASON	33.97
12. NATS DE CHASSART	34.07
13. CERISE DINGISWAYO	34.22
14. BREE CATTERALL	34.51
15. NATASHA RUSCH	34.54

## **BOYS BREASTSTROKE CONTINUED**

13. MARC ROSS	37.67
14. FRANK LANG	38.09
15. LEBO NGWENYA	38.09

## **BOYS 50M BUTTERFLY**

1. SLOANE MARSHALL	27.73
2. ANDY CYPRIANOS	28.09
3. MARC ROSS	28.16
4. SEAN GUNN	28.23
5. JAMES LAWSON	28.45
6. NICK BURNETT	28.83
7. LEBO NGWENYA	29.11
8. LUKE ISEMONGER	29.37
9. FRANK LANG	29.70
10. CHAD IDENSOHN	29.71
11. KYLE MITCHELL	29.83
12. TREVOR PRICE	29.98
13. BRIAN WHITE	30.32
14. PETER WETZLAR	30.86
15. MATT WEAVER	31.20

## **NATIONAL GALA RESULTS**

### **Mutare Sprint:**

1 <sup>st</sup> Place	Sharks Swimming Club	262.5
2 <sup>nd</sup> Place	Crusaders Swimming Club	182
3 <sup>rd</sup> Place	Penguins Swimming Club	179
4 <sup>th</sup> Place	Pirates Swimming Club	176.5
5 <sup>th</sup> Place	Highlands Swimming Club	144

### **National Senior Championships**

1 <sup>st</sup> Place	Mashonaland	2963
2 <sup>nd</sup> Place	Matabeleland	1356.5
3 <sup>rd</sup> Place	Mash Country Districts	381.5

**Aggregate Matabeleland**

### **National Junior Championships**

1 <sup>st</sup> Place	Mashonaland	1044.5
2 <sup>nd</sup> Place	Matabeleland	779
3 <sup>rd</sup> Place	Mash Country Districts	382.5

**Aggregate Matabeleland**

**Comments and submissions can be e mailed to :  
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