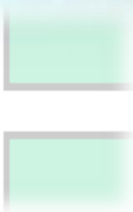
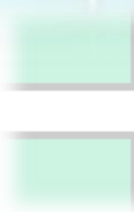




AMATEUR SWIMMING ASSOCIATE SOUTH WEST REGION



INTER COUNTY CHAMPIONSHIPS - 2014



SOMERSET



AMATEUR SWIMMING ASSOCIATION - SOUTH WEST REGION

Welcome to the 2014 Inter-County Championships organised by the ASA SW Region. These Championships are an annual event and it is the aim of the ASA SW Region to ensure that each of the County Associations of the ASA are represented within the discipline. So that you know who represents the discipline at a Regional level, the Committee thought it would be helpful to set out the Committee's membership in case you have any queries or suggestions as to how the Region can assist you, your Club, or your County Association.

Fred Fowler



Chairman

Fred helped start the revival of Dorset County Water Polo in 2006 and Dorset won their first County title in 2013. Fred leads the ASA SW Committee and represents the Region nationally.

e. fred.fowler@thinklogic.co.uk

James Baker



General Secretary / Coach

Aka 'Jaggers', has been the Gen. Sec, of the SW since 2010, and coaches at England Talent as well as sitting on the ASA Judicial Panel.

e. james.baker@michelmores.com
t. 07557055775

John Spicer



Glouc Rep / Coach

John is an 'unsung hero' of the sport, and is probably responsible for producing more top 5 club players in the UK over recent years than any other single person. A superb youth development coach!

Mike Coles



Somerset Rep / Officials Co-Ord

Mike is a stalwart of the sport in Somerset and the SW generally and heads the officials group within the SW Region. Mike also is the Lead Referee for the Inter-County Championships.

Martyn Thomas



Head Coach

Martyn is quite probably the most experienced coach within the SW Region having been a former GB Coach and has guided the Cheltenham Club to many titles over the years. Martyn is the Head Coach for SW Region Teams.

Brian Steer



Devon Rep

Brian is one of those 'back room' individuals, without whom events like today simply would not happen. Be it admin, table officiating or general tournament management (as today), Brian is one of a few who make up the 'backbone' of the sport in the SW.

Ian Mair



Masters Rep

Ian or 'Piggy' is the Masters Rep on the Committee and is responsible for oversight of all competitive elements of the sport in the SW for the over 35's. Tournaments in Liverpool, Plymouth and abroad fall within his remit, as well as being a dedicated coach and referee.

Ben Bately



SW Region President

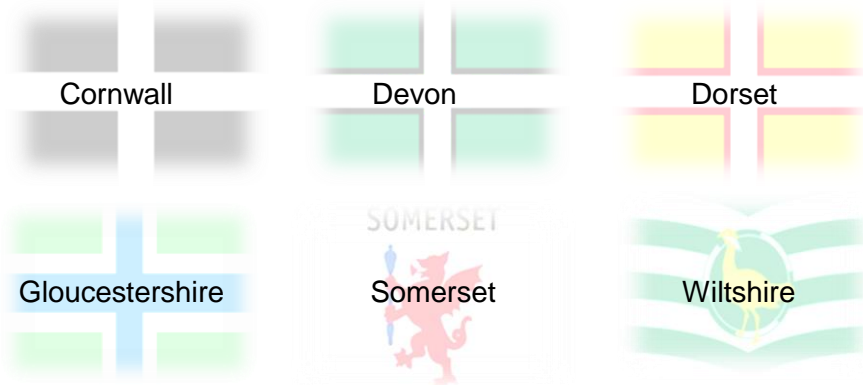
Mr Bately is the President of the SW Region for this Competition Year, and will be presenting the medals at today's Tournament. Please do feel free to approach Mr Bately to ask any questions regarding the operation of the SW Region generally.

HISTORY & FORMAT OF THE CHAMPIONSHIPS

The ASA SW Region has run the Intra-Regional Championships for over 100 years.

This year is somewhat special in that for the first time in living memory, each of the 6 counties that make up the SW Region are represented in this year's Championships, and all are represented today!

The 6 counties are:



In the post-war years, it has been the Counties of Gloucestershire and Devon that have traditionally split the honours of winning the Inter-County Championships, with the odd win from Somerset in a variety of Junior Age Groups. Recent years results are summarised below, and of note – Dorset won their first ever County Championship in 2013.

Age Group	2010	2011	2012	2013
U13	1. Devon 2. Somerset	1. Devon 2. Glouc	1. Devon 2. Dorset	1. Devon 2. Glouc
U15	1. Glouc 2. Devon	1. Devon 2. Glouc	1. Devon 2. Glouc	1. Glouc 2. Devon
U17F	1. Glouc 2. Devon	1. Devon 2. Dorset	1. Devon 2. Dorset	1. Dorset 2. Devon
U17M	1. Devon 2. Glouc	1. Glouc 2. Devon	1. Glouc 2. Devon	1. Devon 2. Glouc
U19M	1. Glouc 2. Devon	1. Glouc 2. Devon	1. Glouc 2. Devon	1. Glouc 2. Devon
SNRF	1. Devon 2. Dorset	Not held	1. Devon 2. Glouc	1. Glouc 2. Devon

YOUR LOCAL LEGAL EXPERTS

Offering a full range of legal services.

Our services include:

- Residential Conveyancing
- Personal injury / Medical Negligence
- Civil Litigation
- Wills, Trusts & Probate
- Commercial Services
- Divorce & separation

What you can expect

- Direct lawyer contact
- Same-day response
- No hidden costs
- Free First Advice



Exeter

21/22 Southernhay East,
Exeter, Devon
EX1 1QQ

01392 285 000

Cullompton

38 High Street,
Cullompton, Devon
EX15 1AE

01884 338 18

Newton Abbot

16 Devon Square,
Newton Abbot, Devon
TQ12 2HR

01626 330 127

Changing the way you see lawyers.

mail@dunnandbaker.co.uk www.dunnandbaker.co.uk

Order of Play

Time	Pitch	Age Group	Event	Result	Notes:
0930-0945	A & B	U17F and U17M	Warm Up		<ul style="list-style-type: none"> Pitch A is at the reception end of the pool;
0945-1030	A	U17F	Dorset v Devon v	<ul style="list-style-type: none"> The Team named first will wear white caps, the Team named second will wear blue (or a contrasting colour) caps;
	B	U17M	Dorset v Gloucestershire v	
1030-1045	A & B	U13 & U19	Warm Up		
1045-1130	A	U13	Devon v Dorset v	<ul style="list-style-type: none"> Medal and Trophy presentations are will be undertaken at the far end of the Pool away from the reception area;
	B	U19	Gloucestershire v Devon v	
1130-1215	A	U17F	Gloucestershire v Dorset v	<ul style="list-style-type: none"> Anyone wishing to take photographs is required to register with the Tournament Manager who will be based with the Table Officials for Pitch A;
	B	U17M	Devon v Dorset v	
1215-1300	A	U13	Gloucestershire v Dorset v	
	B	U19	Dorset v Gloucestershire v	
1300-1345	A	U17F	Devon v Gloucestershire v	<ul style="list-style-type: none"> Teams must be ready to play at the end of the previous match;
	B	U17M	Gloucestershire v Devon v	
1345-1430	A	U13	Devon v Gloucestershire v	<ul style="list-style-type: none"> All matches will be 4 quarters of 8 minutes 'running clock', with a strict 2 minute break at the end of each quarter;
	B	U19	Devon v Dorset v	
1430-1445	A&B	U15 and SNRF	Warm Up		
Presentation of Medals – U17F, U17M, U13, U19					
1445-1530	A	U15	Devon v Gloucestershire v	<ul style="list-style-type: none"> Ultimate responsibility for decisions relating to the application of the rules of the sport to matches rests with Mr Mike Coles;
	B	SNRF	Dorset v Devon v	
1530-1615	A	SNRM	Cornwall v Wiltshire v	<ul style="list-style-type: none"> Ultimate responsibility for anything other than the application of the rules of the sport to matches within the Championship rests with Mr Brian Steer;
	B	SNRM	Somerset v Dorset v	
1615-1700	A	U15	Dorset v Devon v	<ul style="list-style-type: none"> Scores will be posted on Orders of Play around the Pool Facility for spectators ease of reference, and updated regularly throughout the day;
	B	SNRF	Gloucestershire v Dorset v	
1700-1745	A	SNRM	Wiltshire v Somerset v	
	B	SNRM	Dorset v Cornwall v	
1745-1830	A	U15	Gloucestershire v Dorset v	<ul style="list-style-type: none"> If any parent or player wishes to offer assistance to the Table Officials for a match, please do approach either of the Officials Tables and offer to help. If you are experienced at table officiating this offer would be most welcome from our table officials for whom this will be a very long day – and they are all volunteers!
	B	SNRF	Gloucestershire v Devon v	
1830-1915	A	SNRM	Somerset v Cornwall v	
	B	SNRM	Dorset v Wiltshire v	
Presentation of Medals – U15, SNRF and SNRM					

Who to look out for ...

There are some very talented athletes participating at Millfield throughout the day, here are three to look out for ...

Kathy Rogers (15, Christchurch, Dorset, SW, GB)



Kathy started playing Water Polo at her local Club in Christchurch, Dorset at the age of 10, and in five years has risen from winning the Dorset League in 2009, to representing Great Britain in 2014!

Kathy attended the Exeter Regional Training Centre before moving on to England Talent training in Cardiff.

In 2011 Kathy started playing in the British Water Polo League for Southampton and recently has moved Clubs to play in Division 1 for Otter.

Kathy's advice for those players wishing to follow in her footsteps is ... to be very focussed to succeed, *"you will have to do your homework in the car, and even on poolside!"* Kathy also notes that she has had to travel far and wide, Manchester, Cardiff and London have become frequent destinations for Kathy as sought to achieve national representation.

In the summer of 2014 Kathy hopes to be selected to represent Great Britain in the European Championships in Rome – the SW Water Polo Committee wish her the best of luck!

Spencer Wilks (15, Christchurch, Dorset, SW, GB)

Another rising star of Water Polo within the SW Region is Spencer Wilks – also from Christchurch in Dorset. Spencer started playing at the age of 12 when his brother invited him to come along to the local Club session. Having been a competitive swimmer with a bright future and also a rugby player, taking on another sport took up a lot of time.

In 2011 Spencer performed well for Dorset in the Inter-County Championships at Millfield and as a result was invited to train with the Exeter Water Polo Club to further his development by playing in the Bristol & West Water Polo League and the British Water Polo League.



Spencer then managed to be selected to attend England Talent sessions in Cardiff where he currently trains with a view to being selected to represent Great Britain in the European Qualifiers in March 2015.

One of the biggest decisions Spencer had to make was giving up playing Rugby in order to follow his dream of playing Water Polo for Great Britain.

Meritxell Manzano (29, Exeter, Devon, Spain)

Probably the most experienced player, Coach and referee present today is Meritxell. With a whole host of credits to her name, Meritxell started playing Water Polo aged 8 in Barcelona. A very talented junior, Meritxell rose through the junior ranks and was the Top Goal Scorer in Spain's top-flight woman's league in 2002 and 2003, and represented Spain in European and World Championships.

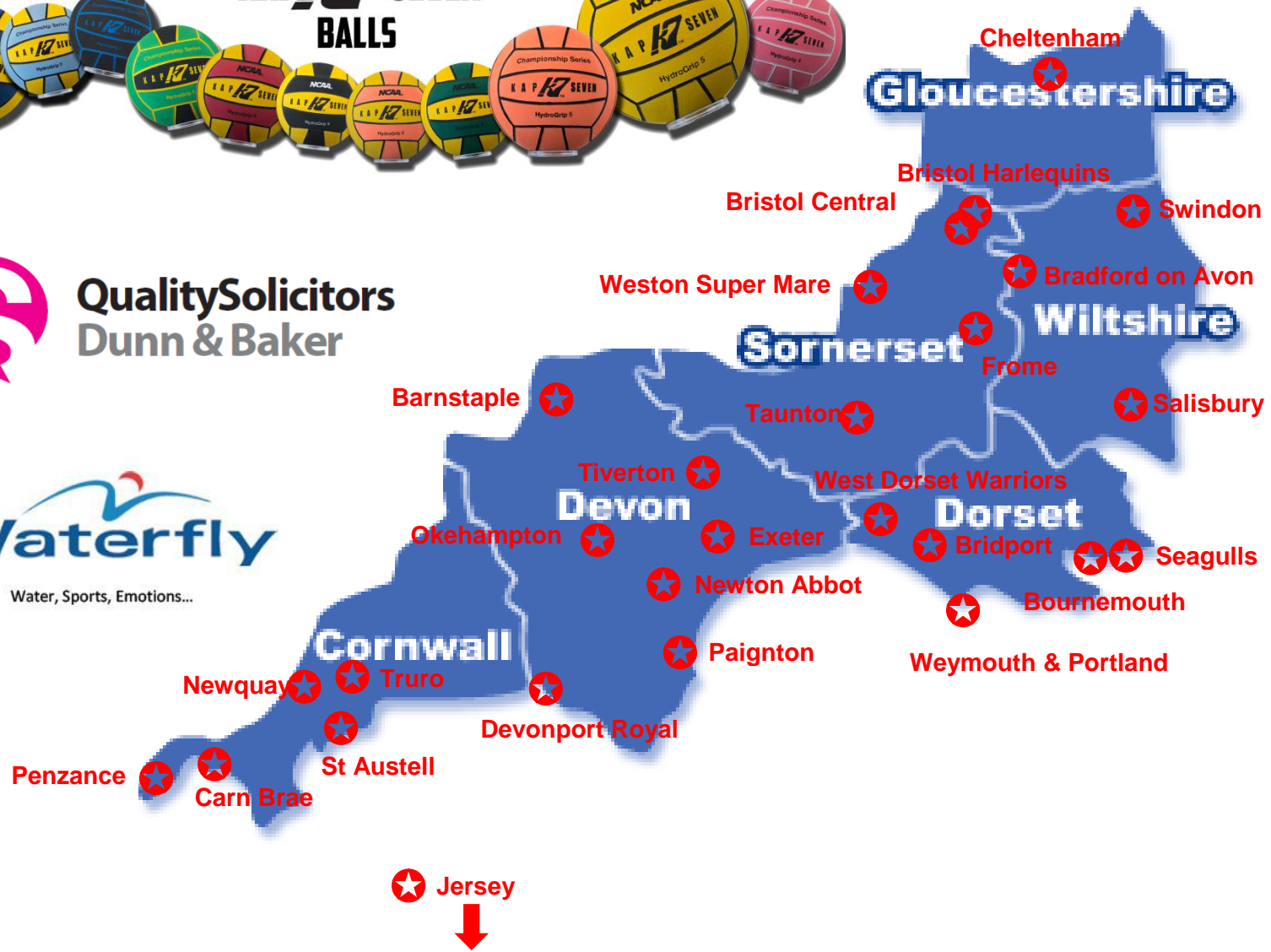
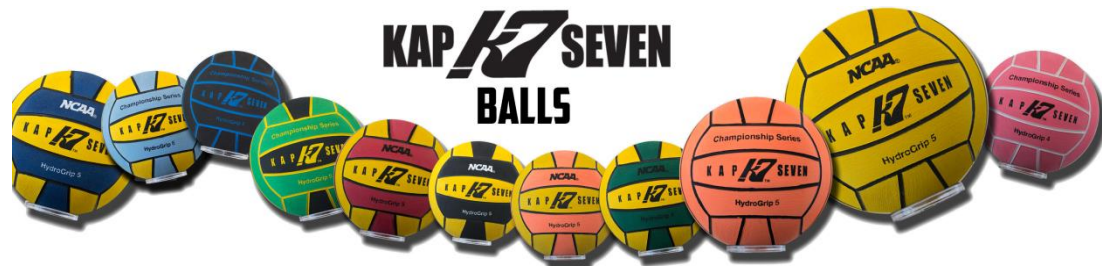
Meritxell is also a qualified and nationally recognised coach in Spain. Having moved to the UK in 2012, Meritxell has assisted with the development of a number of talented athletes at the Exeter Water Polo Club for whom she plays, as well as representing Liverpool in the British Water Polo League, winning the 'Super Fives' in 2014.

Meritxell (pictured below in the blue cap) is definitely a player to watch, and learn from! Meritxell's top tip for becoming an elite player – *"...you need to watch as much European Water Polo as possible, it is refereed in a way which permits far more contact than in the UK – if you want to play internationally it is imperative that you get exposure to higher standards of matches..."*.



Water Polo in the Region

There are many Clubs operating within the ASA SW Region, if you would like more information regarding a Club near you, please do contact the General Secretary (Jaggers) at james.baker@michelmores.com / 07557055775 . On behalf of the ASA SW Committee we thank you for attending and would like to take this opportunity to thank our suppliers for making the event happen.



RNAS Culdrose Senior Tournament
June 2015



Dartmouth Regatta
August 2015



ASA SW Inter-Club Champs
All Age Groups
Throughout 2015

If your Club wishes to take part in the any of the events mentioned above in 2015 please make contact Jaggers at james.baker@michelmores.com / 07557055775.