



*City of Leicester*  
*swimming since nineteen seventy eight*

Leicester Mercury  
**SPORTS AWARDS**  
FINALISTS





# The Club

City of Leicester Swimming Club is a specialist squad formed in 1978 to provide enhanced training for talented swimmers from Leicestershire swimming clubs. Working in partnership with British Swimming, the Amateur Swimming Associations and Leicester City Council the club currently has over 100 swimmers in the scheme, these swimmers enter the club aged 9-10 years of age and through part time development squads they progress to full time performance squads and most stay until they leave for university at 18 years old.

In 2010 the club was awarded the prestigious title of British Swimming World Class Development Club for performances at the British Swimming Championships. This accolade is only achieved by six clubs nationally each year. More recently the club has been awarded the Leicester Mercury Sports Awards Club of the Year for outstanding achievements in both domestic and international levels of competition.

The club currently holds two Swim 21 accreditations for competitive development and performance awarded by the ASA. These awards promote the ASA Long Tem Athlete Development programme for swimmers wishing to achieve their potential.



# Coaching Staff



City of Leicester Swimming Club current employs three full time coaches to deliver land and swim training seven days a week to the 100+ swimmers training within the programme.

Our Head Coach Alex Dawson is a talented, enthusiastic and highly respected coach. He has achieved the following accolades:

**Great Britain World Cup Coach**

**Great Britain World Junior Championship Coach**

**British Swimming World Class Development Club Coach**

**British Swimming Select Coach**

**ASA England Talent Regional Head Coach**

**Leicester Mercury Sports Awards Coach of the Year 2010**

**British Swimming Coaches Association Alan Hime Memorial Award 2010**

Our Youth Coach Jamie Evens joined us after finishing her Sport Science degree at Stirling University, since joining he has become a valuable member of the coaching team and has had commendable success.

Our Age Group Coach Laurence Mills joined us after two successful coaching roles in the Northeast of England developing his coaching professionalism as part of the ASA England Talent Coach Development Programme.



# Swimmers

During the club's 30 year history of providing coaching excellence there has been numerous British junior and senior internationals, British age and junior record holders, National senior, youth and age champions. As well as continual placing of individuals on ASA England Talent and British Swimming World Class Programmes.

In recent years there has been outstanding performances from the individuals on the following pages that have the following achievements:



**Commonwealth Youth Champion**  
**European Youth Olympic Champion**  
**European Junior double Champion**  
**WISE International Champions**  
**UK School Games Champions**  
**British Age and Junior Record Holders**

**Name:** Elliot Tointon

**Born:** 1996

**Club:** Braunstone S.C.

**Events:** Backstroke & Ind.Medley

**Achievements:**

UK School Games Medallist

International Children's Games Medallist

National Age Group Medallist

Regional Age Group Medallist

ASA England Talent Programme



Sainsbury's

2013 SCHOOL GAMES

LOTTERY FUNDED SPORT ENGLAND



**Name:** James Grieve

**Born:** 1992

**Club:** Leicester Sharks

**Events:** Freestyle

**Achievements:**

Swim Scotland Gold Youth Squad

UK School Games Champion

Regional Champion



**Name:** Jamie Thorpe

**Born:** 1992

**Club:** Leicester Penguins

**Events:** Freestyle & Butterfly

**Achievements:**

British Senior International

British Swimming World Class

Potential Programme Athlete

National Youth Champion

National Senior Champion

British Age Group record holder

Regional record holder



**Name:** Tsubasa Nakagawa

**Born:** 1992

**Club:** Knighton Fields S.C.

**Events:** Freestyle

**Achievements:**

England International

British Junior International

England Schools International

British Age Group record holder

British Junior record holder

Regional Junior record holder

National Youth Champion

UK School Games Champion

Great Britain 2012 Potential Programme Athlete

ASA England Talent Programme



coupe *Canada* cup



finalist





**Name:** Megan Morrison  
**Born:** 1998  
**Club:** Loughborough Town S.C.  
**Events:** Breaststroke

**Achievements:**

International Children's Games Champion  
UK School Games Champion  
National Youth Medallist  
National Age Group Medallist  
Regional Age Group Champion  
British Swimming Select Programme  
ASA England Junior International



WINDSOR ESSEX 2013



Sainsbury's

2014 SCHOOL GAMES



**Name:** Candice Hall

**Born:** 1997

**Club:** Market Harborough

**Events:** Backstroke & Ind. Medley

**Achievements:**

National Youth medallist

Regional Youth Champion

British Swimming Event Programme

ASA England Talent Programme



Sainsbury's

2014 SCHOOL GAMES



**Name:** Harriet West

**Born:** 1997

**Club:** Braunstone S.C.

**Events:** Butterfly & Ind.Medley

**Achievements:**

Welsh Junior International

UK School Games Champion

National Age Group Champion

International Children's Games medallist

Welsh ASA Talent Programme



Sainsbury's

2012 SCHOOL GAMES

LOTTERY FUNDED | SPORT ENGLAND

change 4 life



**Name:** Harriet Cooper  
**Born:** 1997  
**Club:** Leicester Penguins  
**Events:** Freestyle & Backstroke

**Achievements:**

European Youth Olympic Champion  
European Junior medallist  
UK Schools Games Champion  
National Youth Champion  
National Age Group medallist  
British Junior International  
English Schools International  
British Age Group Record Holder  
International Children's Games Champion  
British Swimming World Class Potential Programme  
ASA England Talent Programme



**Name:** Sophie Smith

**Born:** 1994

**Club:** Leicester Penguins

**Events:** Freestyle & Ind. Medley

**Achievements:**

Aspiring World Class Performer Programme Athlete  
British Swimming World Class Potential Programme Athlete  
British Senior International  
British Junior International  
England Junior International  
English Schools International  
Double European Junior Champion  
Commonwealth Youth Champion  
UK School Games Champion  
National Senior Champion  
National Youth Champion  
National Age Group Champion  
British Age Group record holder  
Regional record holder





# International Honours

## 2013

|                     |               |                               |
|---------------------|---------------|-------------------------------|
| Harriet Cooper      | Great Britain | European Junior Championships |
| Harriet West        | Wales         | Celtic Tri Nations            |
| Jack Warren Ballard | England       | W.I.S. E. International       |

## 2012

|                     |               |                                     |
|---------------------|---------------|-------------------------------------|
| Sophie Smith        | Great Britain | European Short Course Championships |
|                     | Great Britain | US Open                             |
| Harriet Cooper      | Great Britain | European Junior Championships       |
| Jack Warren Ballard | England       | W.I.S. E. International             |

## 2011

|                  |               |                                 |
|------------------|---------------|---------------------------------|
| Tsubasa Nakagawa | Great Britain | Canada Cup                      |
| Jamie Thorpe     | Great Britain | World Cup                       |
| Sophie Smith     | Great Britain | World Cup                       |
|                  | Great Britain | Duel in Pool (GB v Germany)     |
|                  | Great Britain | World Junior Championships      |
|                  | England       | Commonwealth Youth Games        |
| Harriet Cooper   | Great Britain | European Youth Olympic Festival |
|                  | England       | W.I.S.E. International          |

## 2010

|              |               |                                     |
|--------------|---------------|-------------------------------------|
| Sophie Smith | Great Britain | European Short Course Championships |
|              | Great Britain | European Junior Championships       |
| Carla Read   | England       | W.I.S.E. International              |

## 2009

|                  |               |                               |
|------------------|---------------|-------------------------------|
| Gareth Keating   | Great Britain | European Junior Championships |
|                  | Wales         | Celtic Tri - Nations          |
| Tsubasa Nakagawa | Great Britain | European Junior Championships |
|                  | England       | World School Games            |
| Sophie Smith     | England       | World School Games            |
|                  | England       | W.I.S.E International         |
| Jamie Thorpe     | England       | W.I.S.E International         |





# Swimming Records

## British Records

Harriet Cooper

50m Freestyle British Junior Record

50m Backstroke 13yrs British Age Group Record

Sophie Smith

100m & 200m Ind.Medley British Junior Records

200m & 400m Ind.Medley 15yrs British Age Group Records

200m Ind.Medley 16yrs British Age Group Records

200m Ind.Medley 17yrs British Age Group Records

Jamie Thorpe

50m Butterfly 17yrs British Age Group Record

Tsubasa Nakagawa

50m Freestyle British Junior Record

50m Freestyle 15yrs British Age Group Record

50m Freestyle 16yrs British Age Group Record

50m Freestyle 17yrs British Age Group Record

50m Freestyle 18yrs British Age Group Record

## English Records

Harriet Cooper

50m Freestyle English Junior Record

50m Backstroke 13yrs English Age Group Record

Sophie Smith

200M Ind.Medley English Record

100m & 200m Ind.Medley English Junior Records

200m & 400m Ind.Medley 15yrs English Age Group Records

200m Ind.Medley 16yrs English Age Group Records

200m Ind.Medley 17yrs English Age Group Records

Jamie Thorpe

50m Butterfly 17yrs English Age Group Record

Tsubasa Nakagawa

50m Freestyle English Junior Record

50m Freestyle 15yrs English Age Group Record

50m Freestyle 16yrs English Age Group Record

50m Freestyle 17yrs English Age Group Record

50m Freestyle 18yrs English Age Group Record



# Domestic Honours

## 2013

Harriet Cooper

50m Freestyle National Youth Champion  
100m Freestyle National Youth Champion

## 2012

Sophie Smith

Harriet West

4x100m Girls Medley Team

50m Freestyle Youth Champion  
100m Butterfly National Age Group Champion  
National Age Group Champions

## 2011

Jamie Thorpe

Harriet West

4x100m Girls Medley Team

100m Butterfly National Youth Champion  
100m Butterfly Age Group Champion  
National Age Group Champions

## 2010

Jamie Thorpe

Sophie Smith

50m Butterfly Senior National Champion  
100m & 200m Butterfly National Youth Champion  
200m & 400m Butterfly National Youth Champion  
200m Freestyle National Youth Champion

## 2009

Sophie Smith

200m Freestyle National Youth Champion

## 2008

Tsubasa Nakagawa

50m Freestyle National Youth

THE OFFICIAL MAGAZINE OF THE ASA AND BRITISH SWIMMING

# Swimming times

SWIMMING > DIVING > WATER POLO > SYNCHRO

SEPTEMBER 2010  
£2.80

> **STARS OF TOMORROW**  
NATIONAL AGE GROUP CHAMPS

> **LONDON CALLING**  
5,000 IN CAPITAL SWIM

> **DIVERS HIT THE HEIGHTS**  
RECORD TALLY IN EURO JUNIORS

> **NIGHT AND DAY**  
LONGEST EVER CHANNEL SWIM



## Sophie's spectacular

Smith's a Golden Wonder in Euro medal bonanza

THE OFFICIAL MAGAZINE OF THE ASA AND BRITISH SWIMMING  
the asa  
09 >  
9 770059 742110



# Media Exposure

City of Leicester Swimming Club has developed a strong media presence at local, regional and national levels of exposure using all media formats to publish every success story produced at competition by our swimming stars. Below is a few examples of where the club is regularly featured.

Leicester  Mercury

 *City of Leicester*  
*swimming since nineteen seventy eight*

**soar**<sup>✈</sup>  
magazine

**swimming.org**

THE OFFICIAL MAGAZINE OF THE ASA AND BRITISH SWIMMING  
**Swimming** *times*  
For all your  
swimming times



**SwimNews.com**  
*Worldwide Swimming News*

**BRITISH**  
Swimming



**LEICESTER-SHIRE  
& RUTLAND SPORT**  
SPORT & PHYSICAL ACTIVITY



# Sponsorship

## Sponsorship proposal

Our aim is to preserve and enhance this already successful training environment despite local council funding cuts and to ensure that our swimmers have the opportunity to represent Great Britain in the 2016 Rio Olympic Games and beyond

## What can we offer a sponsor?

- Space on the swimming clubs website for logo and company promotions.
- Space on team kit for logo and company advertising.
- Club banners at competitions with logo and company advertising.
- At our two popular annual competitions promotional opportunities for display panels and all related promotional media.
- Our top swimmers would be available to the sponsor for marketing and advertising purposes.

## Sponsorship opportunities

Each swimming season the swimming club sends swimmers as part of a squad to the following target competitions:

- Regional Championships
- National Championships
- British Championships (incorporating Olympic, World, European Championship Trials)

Each of these prestigious levels of competition cost in the region of £1000 -£2000 each to provide the necessary team kit and athlete support for individuals to feel confident of their performances.

Twice a year the swimming club holds two home competitions which attract clubs from all over the country who are looking to achieve qualification to the above championships. To hold these competitions it costs in the region of £3000 each to provide a highly professional competitive environment for our own athletes and visiting clubs to perform to their potential.

City of Leicester Swimming Club are open to any potential sponsorship by becoming the sole main sponsor for all of the above or a part sponsor for any target competition or one of our home competition.

If you wish to find out more please contact:

City of Leicester Swimming Club  
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Melton Mowbray  
LE13 0HR  
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E mail: [p.r.s.270911@gmail.com](mailto:p.r.s.270911@gmail.com)  
Web: [www.cityofleicesterswimmingclub.co.uk](http://www.cityofleicesterswimmingclub.co.uk)

