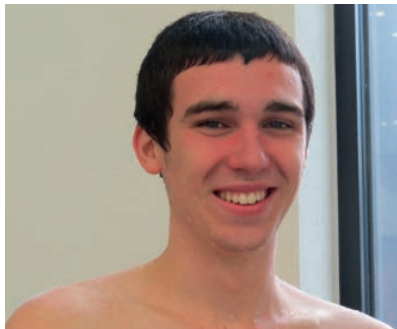
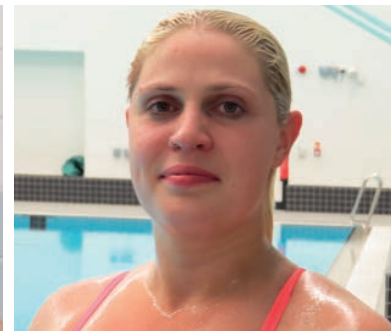


2014 – 2020



ABERDEEN

AQUATICS STRATEGY



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1 Executive Summary

Welcome to the Aberdeen Aquatics Strategy which seeks to plan for the current and future development of aquatic sport and activity between 2014 and 2020. This strategy is one of a suite of two associated documents namely:

- **Aberdeen Aquatics Strategy**
- **Action Plans for Aquatics – 2014-2016 and 2017-2020 (to be developed)**

The strategy provides detailed information on aquatic sport and relates to the policy for the management of water in Aberdeen. It also contains a framework which has been created for delivering key objectives, and captures what success will look like in the future. Action plans aligned to the framework will be developed to guide and direct partners on implementing work plans for achieving key measurable targets. To ensure this is a successful process, baseline data must be collated across the city along with current key performance indicators (KPI). From this information, actions and additional KPI will be set for measuring progress in the future.

The direction and guidance from the strategy will be helpful in ensuring the provision of aquatic activities meets the needs of all citizens. With a stock of high quality facilities the city has some unique opportunities to offer users such as:

- **Improved access for disabled people**
- **Access to participate and compete in aquatic disciplines such as Diving, Water Polo, Swimming, Synchro and other aquatic activities**
- **Localised access to a world class 50m swimming pool**
- **Hosting high calibre aquatic events in the city**
- **Attracting more visitors and students to the city**

2 Forewords

From Council Leader, Jennifer Laing



Aberdeen has a long standing history and tradition of people participating in aquatic sport both recreationally and competitively. This strategy reflects 'Fit for the Future', a sport and physical activity strategy for the city, and embraces the vision of 'More People, More Active, More Often'. The strategy represents the collaboration of key partners to provide a joint approach and strategic direction for the development and delivery of aquatic sport and activities across our communities.

Aquatic activities are highly popular to all ages across the city and can improve, enhance and have a positive impact on peoples' social, physical and psychological wellbeing. By focusing on key areas such as participation and programming, we will address barriers that stop people from participating and encourage changes from inactivity to activity.

Learning to swim is a vital life skill and can lead to increasing opportunities for people to enjoy health and wellbeing benefits. As a Council we are one of the leading local authorities in Scotland to commit to continued investment in primary school swimming – ensuring every primary school pupil has the opportunity to achieve Scottish Swimming's Safe Swimmer Award. Through the partnerships we will continue to identify needs within communities and provide opportunities for everyone to benefit from. With our ambitious plans I look forward to seeing local citizens and visitors enjoying their experience, reaching their potential, and also an increase in attracting major events to the city.

From Chief Executive Scottish Swimming, Forbes Dunlop



Scottish Swimming congratulates national and local partners for their vision, commitment and collaboration in developing the outstanding new Aberdeen Sports Village Aquatics Centre. Critically, partners have used this development as the catalyst to produce the Aquatics Strategy for Aberdeen, providing vision and direction for the development of aquatics across Aberdeen for years to come.

Scottish Swimming believes passionately that every child should be given the opportunity to learn to swim, and this strategy makes a commitment to make this happen in Aberdeen. Again Scottish Swimming congratulates partners on this commitment and looks forward to working with them in years to come to make this a reality.

With the addition of the Aquatics Centre, Aberdeen now has a suite of facilities which can provide for all user groups, from learn to swim to performance, community access to major events. The management and programming of all facilities will be critical to delivering the ambitions within this strategy.

The development of the Aquatics Strategy has engaged national and local stakeholders and critically the local aquatics clubs and the volunteers who run these clubs. The commitment and passion for aquatics has been clear from all those engaged, not surprising given the history of Aberdeen and the North in providing a rich source of athletes, volunteers, coaches and officials who not only make things happen locally but also contribute significantly to national developments.

In summary, this is an ambitious strategy which will require the continued support and commitment from all involved with aquatics to make it happen in the coming years – Scottish Swimming are committed to playing our part.

3 Building a Plan for the City!

The key objectives are taken from the already established, 'Fit for the Future' – a Sport and Physical activity strategy for Aberdeen City.

Fit For The Future was launched in 2009. The overall vision for sport and physical activity is:

"More People, More Active, More Often"

Fit for the Future identified five key areas of activity and set objectives to:

- 1 Promote and increase opportunities for participation in sport and physical activity for everyone in Aberdeen.
- 2 Provide a comprehensive and high quality range of sports facilities in Aberdeen.
- 3 Maximise the social, educational, health and economic benefits of sport and physical activity in Aberdeen.
- 4 Develop and sustain pathways which nurture local, regional and national sporting people to reach their potential.
- 5 Raise the profile of sport in Aberdeen.

Below the key objectives are statements that explain how each objective will be met in relation to aquatic activity. These statements also reflect an **aquatic vision up to 2020** and a set of **Water Management Core Principles** which were derived from the Water Management Planning Group.

The group consists of representatives from the following groups:

- Aberdeen Sports Village
- Sport Aberdeen
- Scottish Swimming
- Disability Swimming
- University of Aberdeen
- Robert Gordon University
- Scottish Amateur Swimming Association – North District
- sportscotland
- Aberdeen City Council
- Performance Swimming
- Affiliated Clubs



Partnerships & Investing In Aquatic Sport & Activity

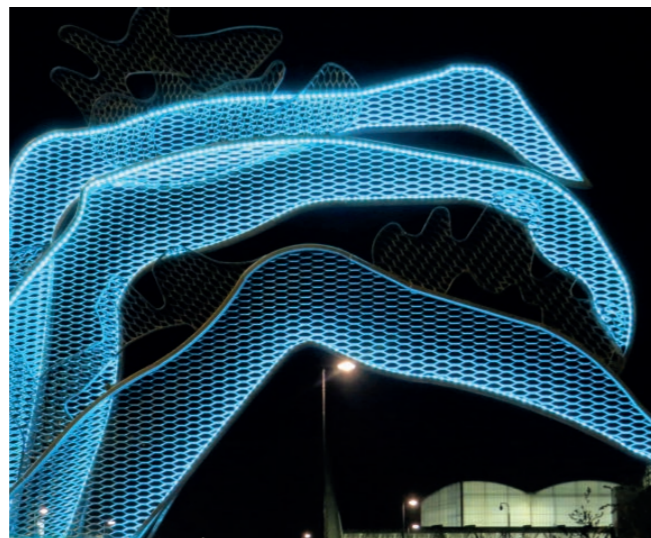
The Water Management group is an example of effective partnership working from those associated with developing aquatic sport at national, regional and local levels. There are many benefits for all key partners working together. For example, without strong and effective partnership working the development of Aberdeen Sports Village's world class Aquatics Centre would not have been possible.

The partnership working is helpful in creating opportunities for funding current and future aquatic programmes and projects. In April 2014, key partners created a steering group for hosting the "Homecoming" 3rd Commonwealth Water Polo Championships in Aberdeen. The group comprised members of Aberdeen Sports Village, Aberdeen City Council, British Swimming, Scottish Swimming and Event Scotland. Through partners collaborating, financial resources were secured for the event and for Water Polo development programmes. Consequently, this major event raised the profile of sport for the city, and brought a positive impact on the local economy; with over 6000 tickets sold and over 2000 beds booked through Visit Scotland and other agencies.

Having a long standing history of supporting aquatic sport and activities in the city, Aberdeen must remain ambitious in this area, and continue to keep aquatic sport and activities as key priorities for the future.

Defining Aquatics

- **Swimming**
- **Diving**
- **Synchronised Swimming**
- **Water Polo**
- **Sub Aqua**
- **Lifesaving/ lifeguarding**
- **Aqua Fit (and associated activities)**
- **Under Water Hockey**



Aquatics Vision for 2020

Aberdeen's aquatic facilities consist of an appropriate mix of high quality well maintained facilities in suitable places. The facilities are accessible to all and include a performance centre along with a range of community facilities.

Aberdeen's core aquatics development pathways are a model of best practice in the UK/Europe. Through effective joined up delivery and integrated planning, Aberdeen delivers an appropriate balance of inclusive recreational as well as competitive programmes, allowing all citizens of and visitors to Aberdeen to enjoy water based activities, maintain and improve their fitness levels and quality of life and realise their performance potential.

In Aberdeen, all young people are able to swim by the time that they move onto secondary school. World class athletes stay in and are attracted to come to Aberdeen to train and compete. Local people regularly enjoy participating in aquatics activities.

The facilities and their associated programmes and activities are part of an economically sustainable water management infrastructure.

Local Heroes

NEIL COCHRAN

Born in Torphins, Scotland in 1965, Neil Cochran had his greatest successes in the 200 Individual Medley (IM). Neil Cochran's greatest achievement came at the 1984 Olympics where he won a bronze medal in that event (the only individual medal for GB at those Olympics). He also gained another bronze medal at the same games when he swam the opening leg of 4 x 200 freestyle relay. He went on to win the World Student Games 200 IM title in 1987 and a silver medal in the 4 x 100 medley relay at the 1987 European Championships. Cochran also represented Scotland at the Commonwealth Games in 1982 and 1986 and was third in the 200 IM on his home soil in Edinburgh and also won a 4 x 200m freestyle relay bronze in 1982 in Brisbane.

Neil set the British record of 2 min 3.20 seconds for 200 IM in January of 1988. He held the British record for 12 years, until James Hickman broke it in 2000. He also held the Olympic record briefly in 1984.

Mr. Cochran currently resides in Boulder, Colorado, USA and has 3 children with his wife Eileen. He owns a small manufacturing business with 10 employees.

Medal highlights

1987: World Student Games Gold 200 Individual Medley (IM)

1987: European Silver 4x100m IM relay

1986: Commonwealth Games Bronze 200 IM

1984: Olympic Bronze 200 IM, Bronze 4x200 Freestyle relay

1982: Commonwealth Games Bronze 4x200m Freestyle relay

DAVID CARRY



"As a child I started swimming and soon found that I enjoyed being in the water. It was when I joined my local swimming club, Aberdeen Dolphins that enjoyment turned to love! I made so many new friends and that has always been

my constant drive to stay in the water. Following my experience in 2002 at the Commonwealth Games in Manchester I realised the opportunity to make a career from swimming.

Once I committed to my new profession, I really started to explore my boundaries and set goals that pushed me to become Double Commonwealth Champion.

Now that I have retired from competitive swimming, I have found a new love of recreational swimming. Swimming has a massive impact on my health and wellbeing and has given me huge passion for my new role as a Board Member for Scottish Swimming. We work on ensuring Scotland's swimming from participation to elite performance, is in the best possible shape, sharing the message that 'everyone can swim'.

I am so excited that Aberdeen has gained such a fantastic world class facility and looking forward to seeing the world class events that it brings to Aberdeen. The recent Commonwealth Water Polo Championships event was a fantastic example of that and brought people from as far as South Africa."

Medal highlights

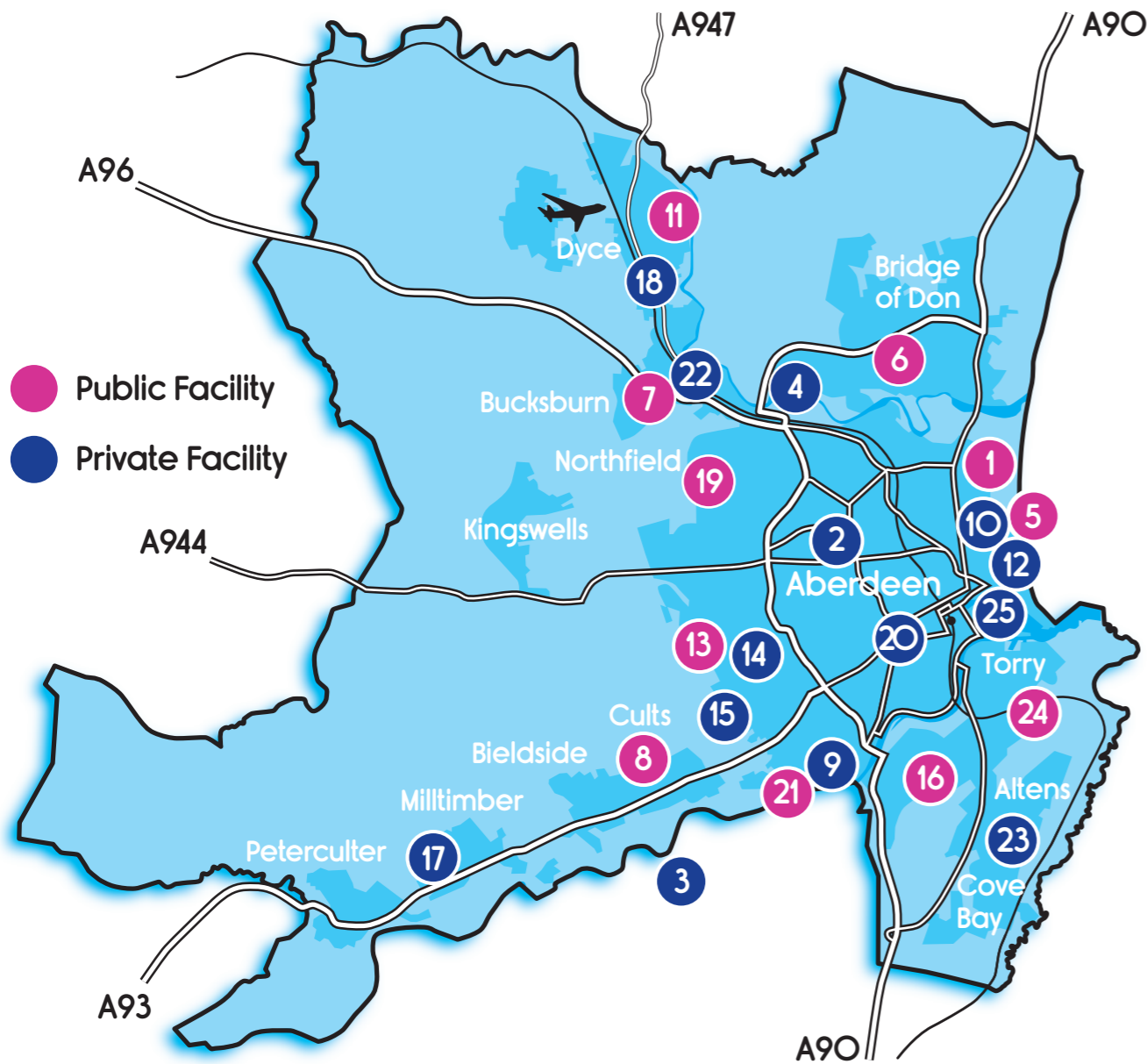
2010: Commonwealth Games (CG) Bronze medallist 400m Freestyle, Silver in 4x200m Freestyle relay

2008: World Short Course Silver medallist 4x200m Freestyle relay

2006: CG Gold 400 Freestyle, Gold 400 IM, Silver 4x200m Freestyle relay

2006: European Silver 4x200m Freestyle relay

Aberdeen Pool Facilities Map



- | | |
|---|---|
| 1 Aberdeen Sports Village Aquatics Centre | 14 Hilton Aberdeen Treetops |
| 2 Aberdeen Grammar School | 15 International School |
| 3 Ardoe House Hotel | 16 Kincorth Academy |
| 4 Bannatyne's Aberdeen | 17 Kippie Lodge Sports and Country Club |
| 5 Beach Leisure Centre | 18 Marriott Dyce |
| 6 Bridge of Don Academy | 19 Northfield Swimming Pool |
| 7 Bucksburn Swimming Pool | 20 Nuffield Aberdeen |
| 8 Cults Academy | 21 Robert Gordon University |
| 9 David Lloyd Aberdeen | 22 Spindles Health & Leisure Club |
| 10 Double Tree Hilton | 23 Thistle Hotel Altens |
| 11 Dyce Academy | 24 Tullos Swimming Pool |
| 12 DW Sports Fitness | 25 The Warehouse Health Club |
| 13 Hazlehead Swimming Pool | |

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3.1 Water Management Principles

A set of core principles has been developed and grouped into:

- Participation and Pathways
- Facilities and Programming
- Branding and Marketing

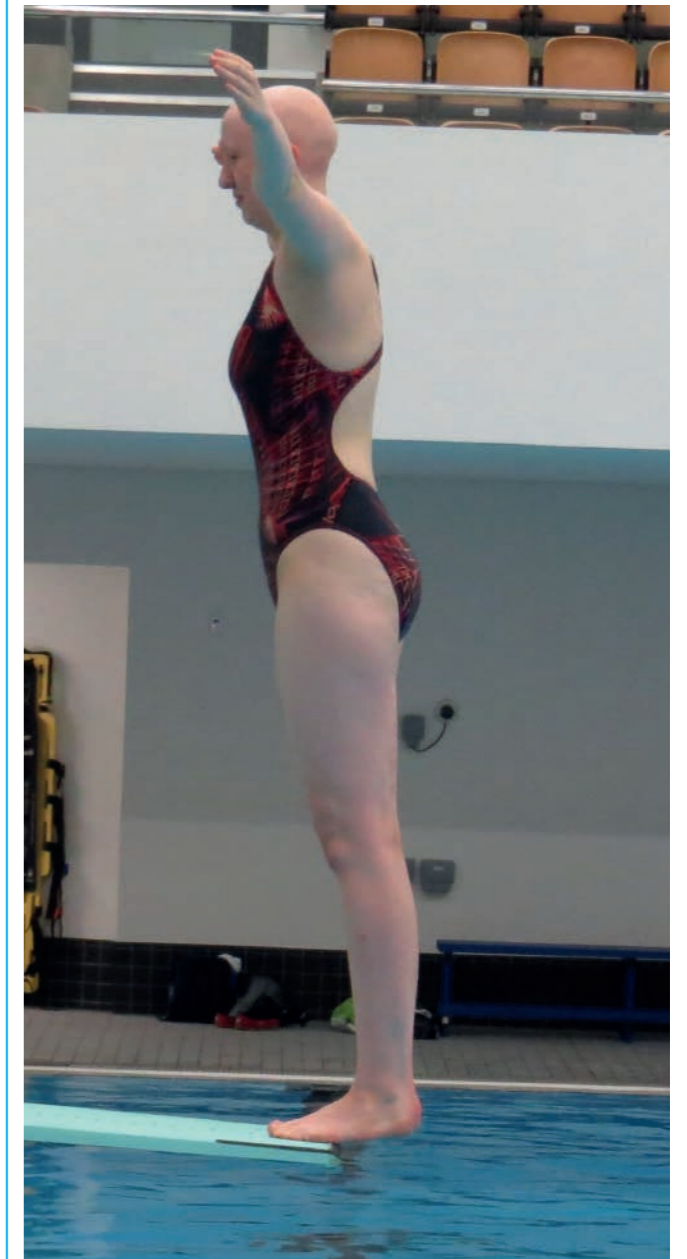
Participation and Pathways

Every child in Aberdeen is supported to achieve the Scotland Safe Swimming award by the end of primary school through an entitlement to swimming in curriculum time.

An appropriate aquatics pathway is in place:

- There are clear and effective links between learn to swim and aquatic sports clubs.
- The transition between learn to swim and swimming club swimming development takes place at an appropriate level (the appropriate level is currently identified as level 7).
- Experiences within learn to swim, clubs, courses and activities are of a high quality.
- Staff, coaches and volunteers have the appropriate level of skills and training, supported by an appropriate educational programme.
- Different stages in the swimming development pathway (learn to swim through to performance swimming) are delivered by the appropriate delivery vehicle.
- The aquatics development pathway is fully inclusive where children, young people and adults with disabilities are supported and encouraged to reach their potential.
- There are clear links between Active Schools and aquatics development.

- There are clear links between Active Communities and GP referrals and aquatics development.
- The swimming club level of the swimming development pathway is always delivered by swimming clubs.
- Secondary School PE aquatics activities have clear links to the aquatics pathway.
- There is a single performance programme for swimming and a single performance programme for diving in Aberdeen.
- Performance programmes for aquatic sports are supported.



Water Management Principles

Facilities & Programming

From 7am through to 9pm Monday to Friday and 8am – 5pm at weekends there is access to the public for recreational swimming and swimming for fitness at a community swimming pool in the north of the city and a community swimming pool in the south of the city.

- There is public access to the Aquatics Centre for swimming during opening hours (apart from during major events.)
- Across the city there are a range of specific sessions on a weekly basis, at an appropriate time, for the following groups:

Ethnic Minority Groups

Physical Disability Groups

Groups with Learning Disabilities

Young Mums

GP Referrals

Parents and Children

Women

Older People

Masters

Pre and Post Natal

There is an appropriate amount of high quality water space in Aberdeen, which is appropriately programmed to meet the needs of the population.

- Access to community pools (both freestanding and linked to schools) is arranged through an effective booking process which maximises and effectively balances the use of these facilities by schools and the wider community.
- Every recognised community aquatics club has a “home” pool.
- The “home” pool for the city’s swimming and diving performance programmes is the Aquatics Centre.
- Recognised clubs for swimmers with a disability have a fit for purpose “home” pool.
- Aquatics clubs are allocated water space linked to set criteria, including the number of swimmers, club accreditation and the performance of the club.

Branding & Marketing

There is an effective single portal (one stop shop) for information about aquatics provision and development in the city.



Local Heroes

ROBBIE RENWICK



“Swimming is such a huge part of my life and has been from a really young age, from surfing at Aberdeen beach to racing in the London 2012 Olympic final. I began learning to swim at the age of five when my parents took me to my local

pool in Aberdeen, for them it was about their kids learning a lifesaving skill, but for my sister and I it was all about having fun and playing in the water. Things really developed for me, however, around the age of nine when I joined a club and was able to compete. I have always been a competitive person and swimming became a fantastic outlet for my competitive spirit, and really nurtured my drive and ambition for the sport.

From the small North District competitions in Scotland, right through to finals at the Olympic Games, I always strive to be the best I can be. Swimming has given me so much throughout my career so far, I have travelled all over the world to places I’d never otherwise have seen, I lead a fit and healthy lifestyle and I have a community of other swimmers around me who will be my friends for life.

I just hope that somewhere along the road I can inspire the younger generations, and even the not so young, to get involved in swimming more regularly. It’s an amazing sport and one which may just save lives in the future. And who knows, in the process of having fun in the pool, we may also discover a future generation of potential Olympic or Paralympic stars.”

Medal highlights

2014: Commonwealth Games (CG) Silver medallist 4x200m Freestyle relay

2012: World Short Course (SC) Silver medallist 4x200m Freestyle relay

2010: CG Gold 200m Freestyle, Silver 4x200m Freestyle relay

2008: World SC Bronze 400m Freestyle

2006: CG Silver 4x200m Freestyle relay

HANNAH MILEY



“I was very fortunate as a young child to participate in many activities such as horse-riding, netball, brownies, dancing and piano. However, with swimming being a lifesaving skill, my dad wanted to make sure that all of his

children could swim for safety reasons and he took us to the local swimming pool in Inverurie where he taught us how to swim. I attended swimming classes and progressed through their stages and when I was five years old, I joined Garioch amateur swimming club. Dad has always had an influence on my swimming and he has helped to develop my technique.

My training sessions are based at Inverurie, RGU and the new Aquatics Centre which is such an asset for everyone. There are often occasions when I’m training in a lane during public sessions and every Tuesday I share the Inverurie pool with the local primary 4 pupils. I didn’t realise that people would pay particular attention, but children and adults share their experience with me and the school children often learn skills by watching.

I think swimming has so many benefits such as relaxing, calming and various different water based activities to enjoy. Having a local 50m pool to train in now means that the younger generation have a fantastic opportunity to grow up with this training experience. When they stand behind the blocks I believe it will not be so daunting for them to race for the first time in a 50m pool having benefited from attending training sessions.”

Medal highlights

2014: Commonwealth Champion 400m Individual Medley (IM) and Bronze Medallist 200m IM

2012: World SC Champion 400m IM, 200m IM bronze, European SC Champion and double silver, GB Olympic Team 400m IM 5th, 200m IM 7th, British Champion

2011: World Silver Medallist, European Champion, British Champion

2010: Commonwealth Champion, British Champion

2009: European Gold medallist 400m IM

2008: World SC Silver medallist 400m IM and Bronze 200 IM

3.2 Aquatic Framework

OBJECTIVE 1 Promoting and increasing the opportunities for participation in sport and physical activity for everyone in Aberdeen

STATEMENT	WHAT WOULD SUCCESS LOOK LIKE?
Creating and supporting learn to swim programmes that will support participation in aquatic sports	An increase in opportunities through a wider range of aquatic activities
Developing structures that will ensure every child in Aberdeen is supported to achieve the Scotland Safe Swimming award by the end of primary school through an entitlement to swimming in curriculum time	A sustainable structure and finance in place to support the Scotland Safe Swimmer Award for all pupils in local authority schools
Engaging with schools, universities and health care providers to grow participation in aquatic sports and create clear links into aquatic pathways Developing, enhancing and promoting links between Active Communities, GP referrals, Active Schools and aquatic staff to increase opportunities for aquatic development	Key partners collaborating to achieve shared goals Increased awareness and benefits of participating in aquatic sport Behavioural change from inactivity to regular active participation
Maintaining a fully inclusive development pathway where children, young people and adults regardless of ethnicity, age, background or ability are fully supported and encouraged to reach their potential	All providers remain committed to ensuring everyone has the opportunity to participate in aquatic activities and no individual discriminated against for reasons of gender, race, disability, age, religion, political belief, sexual orientation or social background
Developing new partnerships in the public and private sector and building on existing partnerships	Sustained and effective partnership working through understanding and accepting limitations and opportunities where partners can support each other
Actively seeking investment through partnerships to support participation programmes	Sustainability and growth in supporting existing participation programmes and providing support for new initiatives
Ensuring the range of experiences associated with aquatic activity is of the highest quality	Quality assurance process implemented



OBJECTIVE 2 Providing a comprehensive and high quality range of sports facilities in Aberdeen

STATEMENT	WHAT WOULD SUCCESS LOOK LIKE?
Maintaining an appropriate amount of high quality water space in Aberdeen which is appropriately programmed to meet the needs of the population. Creating a clear set of programming guidelines that will afford access to the public, including those with specialist requirements for recreational swimming and swimming for fitness at local community swimming pools	A clear and flexible set of programming guidelines reflecting needs of local communities and incentives for targeted groups
Creating and maintaining effective booking processes which maximise and effectively balance the use of community pools	Effective booking process created and implemented
Ensuring there is adequate public access to the Aquatics Centre for swimming during opening hours (apart from during major events)	Public access in line with provision that is appropriate to the needs of the public and frequently reviewed
Ensuring that every recognised community aquatics club and performance programme has a "home" pool that is fit for the needs of the club/programme	Home pools are allocated Identity and stability for clubs in the community Performance programme hosts appropriate athletes at Aberdeen Sports Village Aquatics Centre
The needs of aquatics clubs are identified and promoted using a supportive system which allocates water space linked to set criteria. Creating a system whereby aquatics clubs are allocated water space linked to set criteria, including the number of swimmers, club accreditation and the performance of the club	Guidelines are identified and adhered to



OBJECTIVE 3

Maximising the social, educational, health and economic benefit of sport and physical activity in Aberdeen

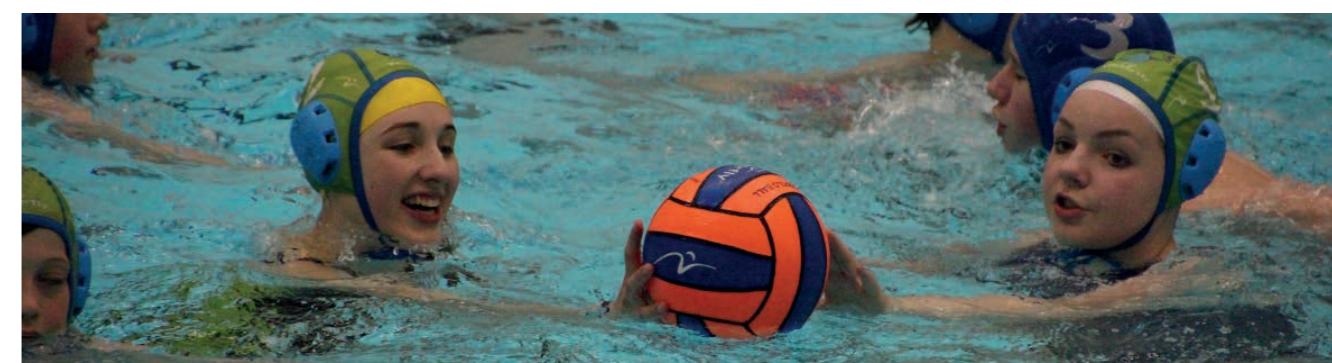
STATEMENT	WHAT WOULD SUCCESS LOOK LIKE?
Engaging with partners in maximising potential for promoting a diverse and exciting range of aquatic activities	Partnerships in place and delivery of suitable programmes that meet the needs in communities
Supporting young people and to motivate and inspire more young people to participate in aquatics	An increase in young people becoming involved in aquatic activities
Raising awareness of opportunities to participate in aquatics through schools, clubs and healthy living initiatives	Stronger engagement from the workforce to encourage participation
Raising awareness and promoting major aquatic events in the city	Successful marketing Securing significant aquatic events Increased opportunities for recruiting and retaining volunteers New activities established through succession planning by partners
Collaborating on a regular basis with partners and identified groups to maximise the benefits of aquatic resources	A full and well balanced programme of activities in facilities across the city



OBJECTIVE 4

Developing and sustaining pathways which nurture local, regional and national sporting people to reach their potential

STATEMENT	WHAT WOULD SUCCESS LOOK LIKE?
Identifying appropriate groups as deliverers for coaching and pool operators as deliverers of learn to swim programmes in local authority/partnership facilities	Clear roles and responsibilities at every stage of the pathway
Provide clear and effective links between learn to swim and aquatic sports clubs with the transition between learn to swim and clubs taking place at level 7	Strong partnerships evidenced between learn to swim deliverers and clubs. Agreed levels of transition attained
Creating and sustaining clear pathways for competitors in all aquatic sports through clubs and teams to national representation in all aquatic disciplines	Retaining all athletes in their competitive pathway and participants in various recreational activities
Recognising a single performance programme for swimming and a single performance programme for diving in Aberdeen, where performance for aquatic sports is supported through opportunities and appropriate funding	Support services and finances directed towards both performance programmes Successful implementation of marketing plans
Establishing and supporting education programmes that encourage participation of teachers, coaches, officials and support staff at all levels	An education programme that identifies and meets the needs of people who wish to contribute towards the delivery of aquatic sport
Nurturing a high performance attitude from competitive athletes, coaches, and officials	A recognised culture of excellence amongst peers
Implementing and monitoring quality assurance for National Governing Body endorsed pathways across the city	Sustainability through attainment of quality assurance at each level of the pathway across the city
Increasing the number of athletes, coaches, officials and support staff on national teams for all aquatic sports	Increased number of local coaches, athletes, and officials on national teams
Building and maintaining productive relationships between providers in Aberdeen City, club associations and national governing bodies	Key partners collaborating to achieve shared goals

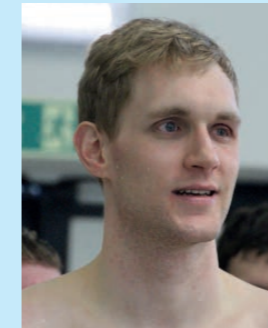


STATEMENT	WHAT WOULD SUCCESS LOOK LIKE?
Attracting and delivering local, regional, national and international competition to the highest standards Promoting and encouraging participation and spectator attendance at all aquatic events in the City of Aberdeen	Support from local communities and increased participation in events
Promoting aquatic sports through the selection and promotion of local aquatic sporting ambassadors	Showcasing and supporting our local athletes
Promoting participation in aquatic sports at every opportunity through active marketing	Implement a marketing plan successfully and achieve targets
There is identification for aquatics provision and development in the city	The identity of 'City of Aberdeen' as a national brand/logo for aquatic sport of the city
Create an effective one stop portal for information about aquatics provision and development in the city	People gaining access to a user friendly portal that communicates the range and availability of aquatic activities and directs users to deliverers' booking systems



Local Heroes

MARK SPEED



"I started playing the mentally and physically challenging sport of Water Polo for Dunfermline WPC in 1998 and have been a member of the Scottish National Team since 2001. In 2003 I moved to Aberdeen to study Geography at the

University of Aberdeen and completed a PhD in Environmental Science. Since 2005, I have played for Caledonia, a composite Scottish team formed to compete in the British Water Polo League.

I have enjoyed success at all levels and competed in the Commonwealth Water Polo Championships in Aberdeen in 2014. An excellent team performance was critical to the Scottish men beating South Africa in a robust third place playoff. Winning the bronze medal in a commonwealth year was some recompense for the trip to hospital to treat an eye injury sustained during the match! Now recovered, I remain in Aberdeen working as a senior business analyst in the oil and gas industry.

I'm committed to supporting grass roots water polo and contribute as a volunteer and coach the University of Aberdeen water polo team. Water polo relies heavily on volunteers – even the Scottish coaching team do everything on a voluntary basis. Volunteers from all over Scotland travelled to dedicate time and contribute significantly; making sure the recent Commonwealth Water Polo Championship was a huge success. Now we have raised the profile of this exciting sport, I look forward to seeing more people involved whether playing or supporting water polo."

ANDREW McGOVERN



Andrew developed his swimming with the City of Aberdeen Swim Team. Andrew studied accountancy at Robert Gordon University and as a sports bursar found his sporting abilities growing.

Selection to the Scottish Universities teams coupled with British University success in the Backstroke events preceded Andrew's breakthrough in Open competition. During his time at RGU Andrew won both the 100m and 50m Backstroke Scottish Open championships as well as placing in the finals of both British and continental competition. Andrew competed at the 2014 Commonwealth Games in Glasgow qualifying for the semi-finals in the 50m backstroke.

JACK NESS



Jack began swimming with COAST as a tenacious and wild 12 year old. Filled with talent and ambition he was a handful for his coaches who with patience and care managed to nurture him through his transitional teens.

Jack balanced both his academic and sporting ambitions, and during his time at Robert Gordon's College he developed into a straight A student and was accepted to study Chemical Engineering at Edinburgh.

Jack broke the British Age Group record for 50m Backstroke in 2013 and in 2014 and lowered the Great Britain standard set by current world record holder Liam Tancock. He broke the national senior record in qualifying for the 2014 Commonwealth Games despite suffering glandular fever beforehand.

4 Pathways

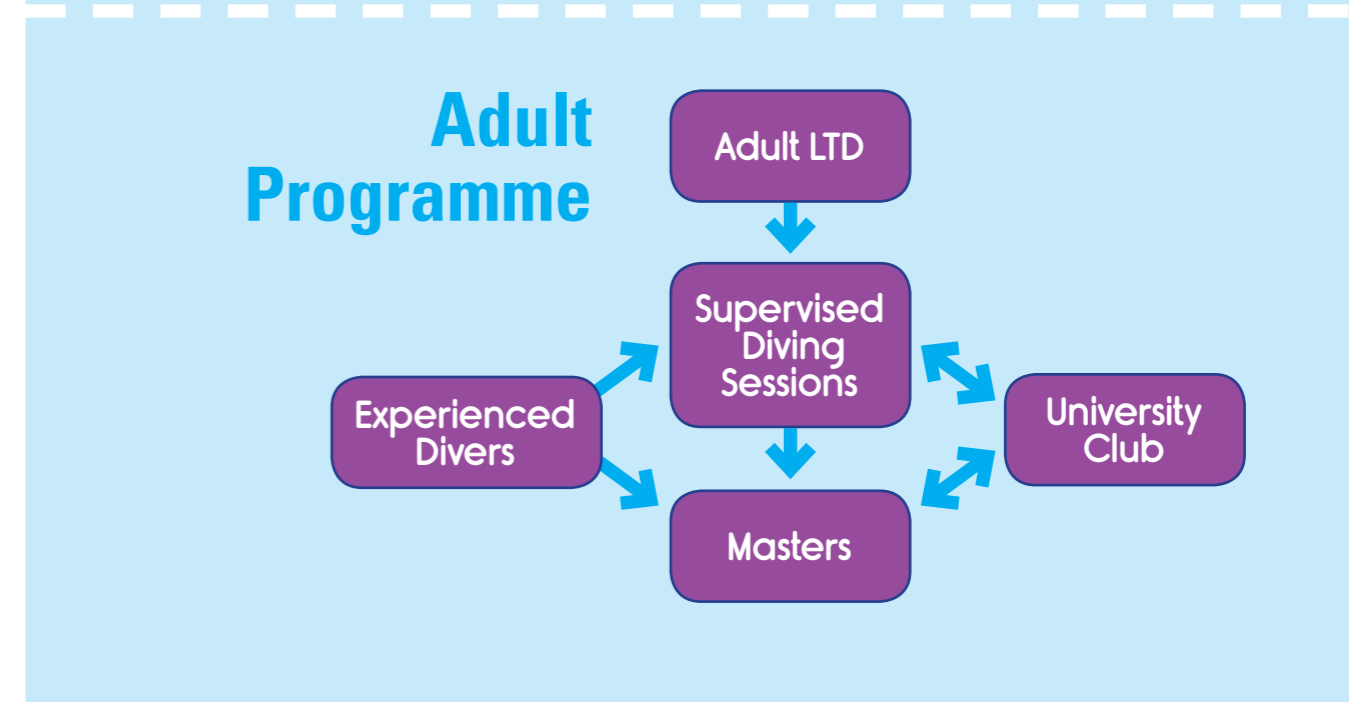
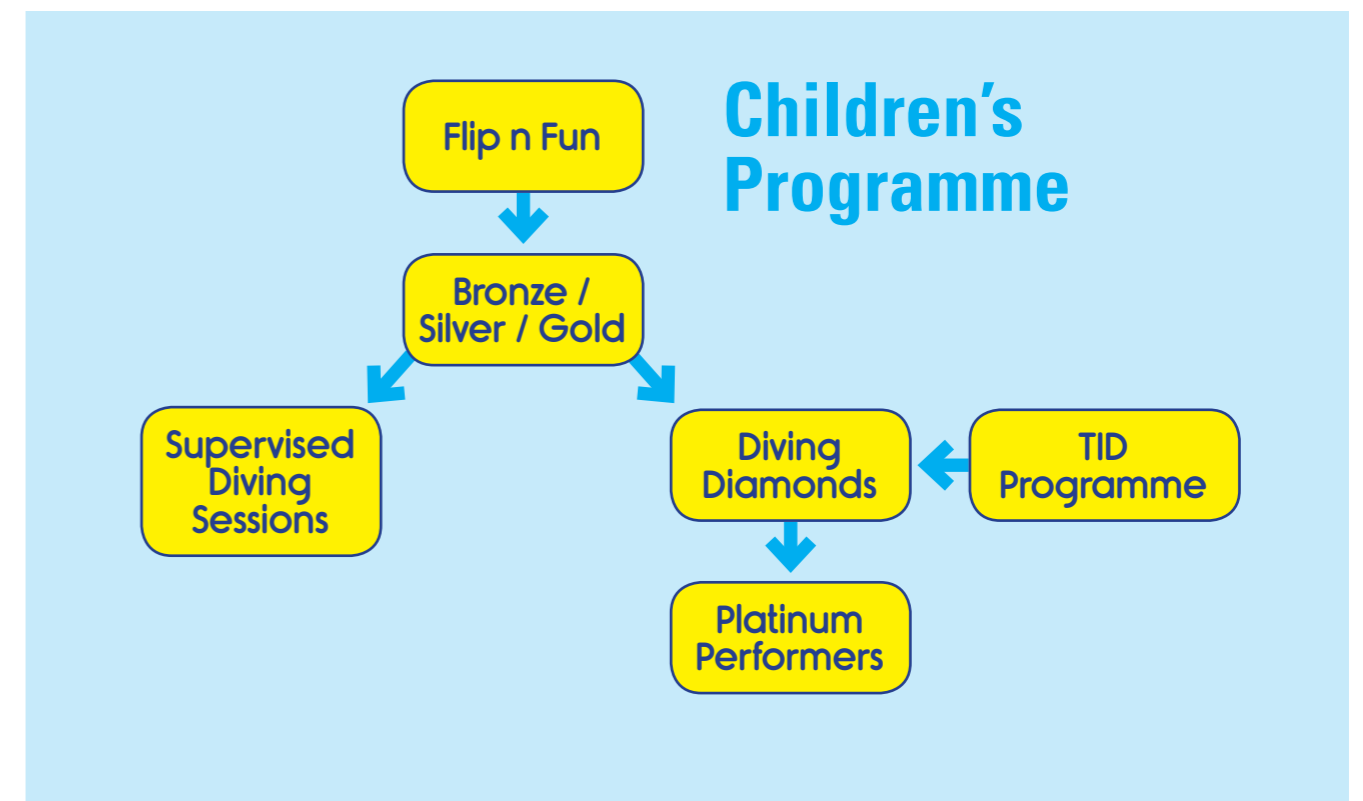
Swimming Pathway



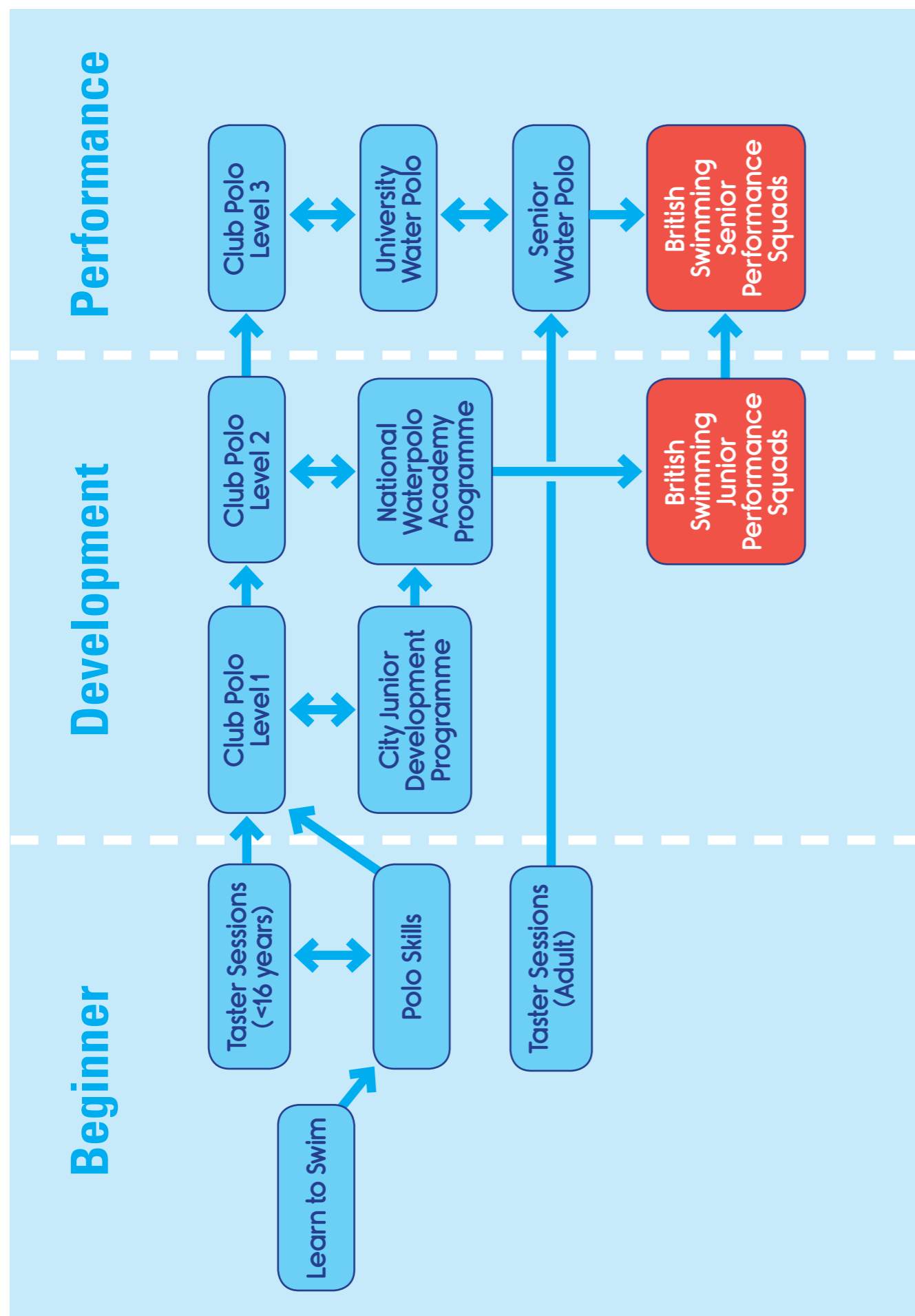
Diving Pathway

Aims and Objectives

- Reintroduce diving to Aberdeen
- Provide developmental, recreational and competitive opportunities for all ages and abilities
- Develop coaching network and expertise
- Work with other diving facilities to develop the programme and ensure involvement in national programme development



Water Polo Pathway



City Athletes

Success continues for city athletes who compete from local to international level

SULEMAN BUTT



"Swimming is my passion and has allowed me to meet many great people whilst opening many doors for me along the way. I've learnt that if you are willing to put in the time and effort, you will succeed in life."

My greatest achievements are breaking Mark Foster's 15 year old 100m Freestyle Short Course Record. In 2013 I was selected for the European Youth Olympics Festival in the Netherlands. Later, in December of 2013, I broke 2 Scottish Junior Records for the 100m and 200m Backstroke at the Scottish Gas National Short Course Open Championships. I was part of the World Class Swimming Programme – Podium Potential Squad, which provides training camp and competition opportunities, science and medicine services."

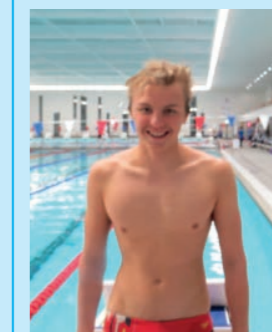
KIRSTY SIMPSON



"I started swimming when I was 10 years old after being encouraged by my family. My Grandad closely missed out on swimming in the Olympics when he was younger and I am keen to take my journey a step further. I am originally from Dundee and chose to move to Aberdeen as the mix of swim programme, academics and facilities give me a great balance in pursuing both my studies and dreams of racing at a world level."

I enjoyed competing at the 2012 and 2014 Olympic and Commonwealth Trials. I am the 17/18 British Champion over 100m Backstroke and am a member of the Scottish Swimming Senior Gold Squad."

FINLAY DEANS

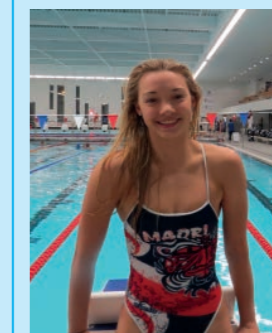


"I started swimming with the Bridge of Don club after spending my younger years at pools watching my sister compete. I have made many friends through the sport and I enjoy the positive atmosphere in my training group at COAST."

I am just at the beginning of my journey as an athlete and am inspired by Andy McGovern and David Carry who visited us when he was home. I have won national age group titles, broken a number of district records and been part of some great relay teams who took gold at the National Age Groups in 2014. It was also an honour to be a recipient of the Aberdeen Sports Council Male Junior Sports Personality of the Year award.

My ultimate goal would be to represent my country at the Commonwealth Games in 2018, and qualify for the Olympic Games in Tokyo 2020."

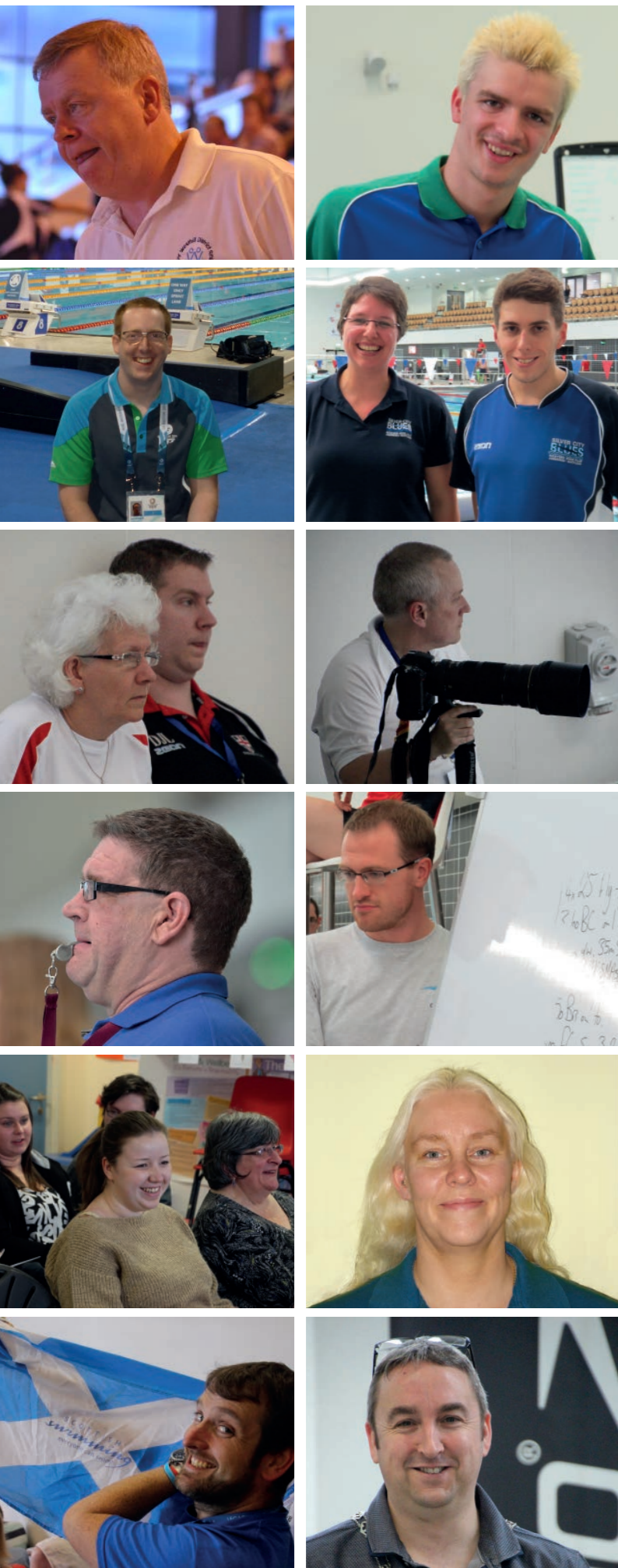
CAITLIN TOOTILL



"After falling in love with swimming as a youngster I have enjoyed opportunities and experiences not available to many girls my age. Since moving to COAST aged 14 I have achieved and experienced much more than I could have imagined."

I have competed in the UK School Games, W.I.S.E International, and had success in Spain and Italy. I've competed in British finals and achieved a National Record along the way.

I am currently focused on the Commonwealth Games in Australia as well as trying to make European or World Championships teams. With the amazing facilities in Aberdeen these goals feel well in reach."



5 Volunteers and Contributors

All sports benefit from and indeed rely on the input from volunteers to enable them to deliver opportunities for participants. Aquatic sports are no different. Within the Aberdeen City Aquatics Strategy there is an expectation that there will be a cohort of willing volunteers supporting all the clubs and societies. Without the dedicated commitment and time from these volunteers, clubs and other voluntary groups simply would not be able to offer and sustain quality experiences to members of the community.

Volunteering does not have to be about massive commitment, an hour or two a week goes a long way to support the participants and athletes in the clubs. It can be very rewarding and lots of fun helping out – whether a busy mum giving an hour of time each week to help provide a newsletter, or a grandma baking for a bring and buy sale to raise funds, whether the club treasurer, or website guru, whether a qualified official or the social event manager, the time, enthusiasm and expertise brought to the sport by volunteers is invaluable.

Aberdeen City is especially proud of this rich resource and recognises the dedicated work and contributions volunteers have made. Not only is this recognised locally within the city but also at a national level where volunteers regularly gain roles at International events. These roles often lead to people gaining employment and developing careers in aquatic sport.

Partners are committed to supporting clubs and groups in developing their volunteer workforce, and would like to thank people who contribute tirelessly in supporting the aquatic community in the city.

The partnership wishes to acknowledge and sincerely thank Scottish Swimming, GBswimstars and Brian Battensby for permitting the use of photographs in this document.

Volunteers

In the background, a wide range of volunteers enjoy making a contribution at all levels

KEVIN PATERSON



Kevin Paterson has been volunteering with Bridge of Don Amateur Swimming Club for over 12 years. He has been a coach and a technical official, spending four years as head coach at Bridge of Don.

He qualified as a referee in 2007 and has spent a number of years as the Swimming Technical Official Convenor for the North District. He had a very visible presence at the Glasgow Commonwealth Games where he was one of the two official starters at the swimming competition at Tollcross International Swimming Centre.

His contribution to swimming in this area has already been recognised by the awarding of Scottish Swimming's John Gunning Volunteer Award. Kevin continues to play an active role at Bridge of Don and in the North District, with a particular interest in the training of officials.

SEAN BREEN



Sean Breen, volunteer head coach of Dyce Swimming Club, joined when the club was suffering in numbers due to a couple of years of threatened pool closure and on-going equipment faults at Dyce Academy pool.

He was like a breath of fresh air for the club, getting stuck right in by assessing all the swimmers and coaches, talking to them all individually. By finding out all the problems and liaising with the committee, he went on to work on them all.

Sean's unique way of coaching gets the best out of the swimmers without them feeling they have worked hard. Swimmers have joined our club, recognising the excellent morale of our swimmers and coaches and the continued success at competitions throughout Scotland and some further afield. Our numbers have more than doubled and we now have access to the new aquatics centre, which gives us access to practice racing dives every week as Dyce pool has no diving facilities. Sean attends competitions with the swimmers most weekends as well as holding down a full time job and coaching 5 nights a week. We can't thank him enough for all the work he does for us.

LIZ KEMP



"I've been volunteering in swimming circles for – it seems like forever! I've organised and taken part in numerous fundraising events from bag packing in the supermarket to jumping up and down at a fit-a-thon! I've helped out at and helped run swimming galas, been a member of and chaired various committees and groups I am proud to have been involved in the setting up of the city's swim programme, COAST.

I've been involved as a coach for 25 years – from my nervous beginnings as a club helper, to club coach, to COAST programme coach at various levels – from poolside helper to National grass roots district coach – I've loved every minute. I love helping youngsters develop skills they didn't know they had and then watching them go on to win Olympic Gold medals knowing I helped them become the athlete they are.

When I was a child I swam competitively and the buzz of doing that was amazing but watching those little boys and girls develop their skills and achieve their goals is much more rewarding."

Aberdeen Aquatics Strategy 2014 – 2020

