**Update for South East Academy October 2019**

Racing:

This year has seen some good reward for our athlete’s commitment and dedication to performance at youth and junior level.

**Racing Highlights include:**

Annabel Morton qualifying for the European Junior championships 2019

Joseph Martin, Hamish Reilly, Beth Cook qualifying for the European Youth championships 2019. Hamish 7th o /a Beth 4th o/a both 1st British Finishers.

**Super League Jersey:**

This was qualifying only based on SS rankings for the GB athletes and was an international field. In the SE we had Noah Canby qualify for JB, Abi Bedwell, Almi Nerurukar for JG (Annabel Morton turned in down as did Sam Hart due to starting Uni). Luke Van Outdshoorn, Joseph Martin, Hamish Reilly, Jack Kennedy, Beth Cook, Megan Ormiston qualify as youths A&B. Podium finishes for Beth winning Youth girls and Joseph 2nd in youth boys.

**National super series:**

Noah with 2 wins this season & very narrowly missing out on qualifying for World Juniors was the top junior boy, Morgan West showing vast improvement finished 9th in the series both have another year as juniors left. Almi Nerurkar came in with a late charge to the season winning Eton and taking 3rd O/A in the female juniors end of year rankings again with another year to go. Abi Bedwell got her 1st podium at Eton and showed a marked improvement all round finishing the year with a 4th place ranking in the SS final standings.

Youth boys saw Ollie Curd in 20th as our highest finisher in the series with Michael Gar and Matt Howson racing strongly throughout the year.

Youth girls saw Beth win the Super Series o/a and Megan finish 13th. Both with another year as youths to go and again backed up well by Issy Hayes, Hannah Mitchell and Noemie Thomson.

Hetton in July: this was a super series event consisting of heats and finals for all and relays in the evening. We entered 4 teams for the SE. our 1st team had a strong battle with the East Midlands but we held them off and won the inter regional relay with a team of: Beth, Hamish, Annabel, Luke. This was repeated at the British Championships where we had Joseph Martin in in place of Hamish and again held off the East Midlands team to take the win.

Academy 2019/20: We had our trials on September 15th and the second stage on the 6th October. On the second selection day we looked at bike skills / ability are looked at as well as S&C, attitude, swim robustness etc... To give us a fuller picture of each athlete before deciding on the academy.

The final academy for the new year is:

Junior boys: Noah Canby, Morgan West, Hamish Reilly, Joseph Martin, Luke Van Oudtshoorn, Jack Kennedy

Junior girls: Almi Nerurkar

Youth B boys: Oliver Curd, Matt Howson

Youth B girls: Noemie Thomson

Youth A boys: Michael Gar, Oliver Horne.

Youth A girls: Beth Cook, Megan Ormiston, Hannah Mitchell, Issy Hayes, Amy Strode, Daisy Burton.

Affiliate athletes: Tom Hutton, Max Selby

Guests: Josh Prendergast, Alex Dack,

*(Affiliates have some specific things to work on and are invited in to several academy days before Christmas and will retrial in Jan)*

*This year we had a large number of T3 boys apply who are below the standard needed with the swimming. This is currently seen with our current youth boy’s results this year. The swim level is so important for them to be able to come out and compete at National level and I have advised them of the need to really put some time into the swimming training over the winter to see if they can bridge the gap up. They are not on the academy as were below the point score needed.*

**SE academy camp 2020 Monte Gordo Portugal 14th-24th February.**

Our athletes have the opportunity to come on training camp from the 14th to 24th Feb in Portugal. This is an extended opportunity for them to learn about their training, to ride outdoors, open water swimming, and to be living and training together with athletes and coaches. All athletes are self-funded, the coaches who come are not paid and most pay to come. Please may I ask again to the committee if it would be possible for you to fund 1 coach to come out to enable the camp to go ahead. In the past few years Glenn (Cook) who is a coach on the current Olympic programme has come out freely and has given his time to help coach the athletes. This has been invaluable to all of us and has supported the work I have been doing. I would not expect him to pay to come out as well as give up 10 days of work to do so so if it is at all possible to help with the costs that would be much appreciated. The current projected budget is £750 per person.

If you have any questions around the academy do please let me know. I will update you further once we have got started with the new academy sessions at the end of the month.

Kind regards,

Sarah

**Sarah Coope**

**Regional Academy Head Coach – South East**

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