



**Honorary Life Vice President: Collette  
Crow Kingston Synchro SC**

Collette started Synchro aged five when her swimming teacher recommended that she would be good at the sport as she was always upside down and under water.

She first swam for Seymour and then Newham Synchronettes before her parents set up the Hounslow club as there wasn't a club nearby. Her successes began aged eight when she became the under 10 Southern Counties (SCASA) champion, and then went on to win every age group national solo title.



Building upon this precocious talent, Collette was selected for the GB senior national team at the age of thirteen and competed at this level for twelve years - this included representing England at the 1990 Commonwealth Games, where she earned a silver medal, and in the 1994 Commonwealth Games.

She won the senior national duet title with her partner Jemma Moreau shortly after the 1994 Commonwealth Games. Collette then retired from competing and was selected as coach for the 1998 Scotland Commonwealth squad.

Collette then took a break from the sport to have a family, before joining Kingston Synchro in 2008 where she took on the roles of both Chair and Head Coach. From 2017 she focused on her role as Head Coach and led the Club to obtain many regional, national and international medals.

Collette has been an amazing role model and support not only for Kingston but for the wider sport. She has a natural talent for synchro and so much passion! Beyond her devotion to Kingston, Collette has supported Surrey's Competitions Committee for many years as Synchro representative and served as our County President for 2018/19.

Many thanks to, and best wishes from, her colleagues at Kingston who provided input to this citation confirming that Collette Crow is a very deserving nominee as a Surrey County Honorary Life Vice President.