



LEICESTERSHIRE & RUTLAND AMATEUR SWIMMING ASSOCIATION

Minutes of Meeting held on Tuesday 10th October 2023

Present: Ursula Beck, Geoff Robilliard, Val Dunton, Ron Brewin, Sue Wainscot, Alan King, Paul Sippitt, Lee Smith, Jamie Evans, Helen Bickerstaff, Tracy McGhie

63/23: Apologies: Judi Leader, Rachel McClaren, Abi Crane, Trevor Hincks, Angela Bird. The following were also not present at the meeting – Leslie Johnson, Lee Taylor, Lindsey Hackworth, Maryjoy Appleton, Jill Stidever and Rebecca Pope.

Tracy was welcomed to the meeting as the new delegate for Melton Mowbray Swimming Club.

64/23: Confirmation of the Minutes of the meetings held on Tuesday 11th July 2023

Minutes were proposed by Val and seconded by Geoff as being a true record subject to the following correction – 59/32 Secretary's Report Guy Worrel's name being corrected to read Guy Worrow Those present accepted the Minutes.

65/23: Matters Arising from the meeting held on 12th September 2023,

62/23 Any other Business – in response to Angelas query with regard to the number of older swimmers leaving the sport, Ursula said that having spoken with the Region they could not pinpoint any particular reason other than those suggested by us, covid and school taking preference. Val said that some of their senior swimmers had reduced their training sessions but were still with the club.

66/23: Correspondence & Secretary's report:

- a) Ursula said that despite advertising again on the website for a County Secretary there had not been any response. It was to be hoped that when the nomination forms went out for Officers prior to the AGM there may be a response at that time.
- b) A reminder to the Standing Committee Managers to let Ursula have their reports, if possible, by the 31st October please.
- c) County Governance Code – as mentioned in the previous minutes, the County were now expected to complete a number of elements to be uploaded to the SE Portal, as was the case for Swim Mark within the clubs. At this time, Judy, Sue, Paul, and Geoff were assisting in preparing the necessary information required to complete all Elements. Those involved were looking at workforce, County constitution, Risk Assessments and Diversity and Inclusivity.

67/23 Acceptance of Records – Trevor Hincks

No records to be ratified at this meeting.

68/23a: Treasurer's Report – Judy Leader

The Accounts had been circulated prior to the meeting and in the absence of the Treasurer, Ursula said if any person had a query, please contact Judy.

Summary

- There was a mistake in the value of the Masters Entries for August which is now correct. The value reported was too low, having included the 'transfer of funds from PayPal to the Bank (a negative value) as an entry transaction.
- In preparing the Year End it was identified there were (inherited) errors in some formulas in the spreadsheet which have now been updated, but it has altered the figures for the months June-Aug. These all now reconcile correctly.
- Income for September is attributed to Masters Meet & Championships entries, Affiliation Fees and polo shirts for the Inter Counties Team

- Expenses for September are attributed to the Coaching fees for the September Development camp, Equipment (Printer etc), Prizes & Expenses for Masters Meet, and the bus (£735) for the Inter Counties Gala which had to be paid 7 days before the event, thus appearing in Sept Accounts.
- The Masters Pool Hire is yet to be paid, awaiting final invoices, together with some expenses.
- The Year End Accounts are nearly complete and will be submitted for inspection by the end of the month. The fee for inspection has been confirmed as £50, as per previous years.
- Although the EOY accounts are not finalised the final position is positive with an expected surplus of around £4400 (taking account of the Masters pool fees yet to be paid and the Inter Counties Bus which should be accredited to Oct accounts). This is only £600 below the value budgeted.
- Summary of Events (to be verified)

| | Income (£) | Expenditure (£) | Surplus/Loss (£) |
|--|------------|-----------------|------------------|
| Age Groups & County Championships | 25,966 | 20,998 | 4,968 |
| Leicestershire Masters Open & County Championships 2023 | 3,423 | 2,418 | 1,005 |
| Mini Meet Series 2022/23 | 1,941 | 1,444 | 797 |
| Athlete training including County Development Camps 2023 | 1,500 | 2,340 | 840 |

68/23b: East Midland Region Report – Ursula Beck

Nothing significant to report at this meeting. Helen confirmed that three Leicestershire clubs would be reviewed at the next Swim Mark Panel taking place on 25th October 2023.

68/23c: Swimming Report – Paul Sippitt

It was confirmed that a Swimming Committee meeting would be taking place on Saturday 21st October.

Age Group & Championships - from Geoff

County Licence numbers have been received (indebted to Sue for her work on this)

County Laptop will be going from Ron to Kim for sorting out LASA Age Groups and Championships 2024 meet entry files immediately after LASA Mini Meet 21/10/23- Should be ready for issue to clubs first week of December 2023.

Braunstone is venue for all 3 weekends (still working on timings for Sundays but currently same as Saturdays 13.00 - 21.00). Need Lasa Swimming to update his pdf sheet of schedule with Venue and timings and issue to LASA IT, for website update, and copy me please.

T and C's being updated - need input from some to complete

Entry Conditions, with Licence numbers, are accepted by SE so they can go to LASA web site please.

It should be noted SE have made changes to some aspects of Licence Meets and I will issue notations separately for LASA Swim Committee 21/10/23 meeting as an update. It will not affect the Age Groups greatly.

Regarding the Mini Meet Gala due to take place on Saturday, 21st October, Paul said he was a little concerned that only one club as at this time had completed the entry details. The deadline for the entries was Friday, 13th October 2023. Two clubs had indicated that they would not be sending swimmers. A reminder had gone out to all clubs. Val said that Market Harborough would be sending swimmers, they were still sorting. It was pointed out that this was half term, but Paul said that all clubs had been made aware of the date of this event at the Club Chair and Coaches meeting held in June. At this Mini Meet Jamie would be talent spotting for the next intake of Development Swimmers.

68/23d: LASA Development Report – Sue Wainscot

Chair/Head Coach Meeting:

An agenda and arrangement will be sent out to all clubs in the next week. The county has invited two speakers (one in person & one via a recorded session) to give information on Inclusivity & Diversity & The Swim England Development Pathway. Conference room and refreshments again booked at Whitwick & Coalville Leisure Centre. The agenda will also include a presentation and discussion regarding the Leicester League.

I have a meeting scheduled with Loughborough University pool in the coming week to investigate the viability of organising regular long course training for LASA clubs and the use of the facilities for Swim Camps in the future. Further information will be provided at the Chair/Head Coach Meeting

Inter County Team Championships:

These took place on Sunday 8th October at Ponds Forge. All swimmers swam well and the county finished 9th in Division 2.

Congratulations to all the swimmers and many thanks to the following who supported the team on the day:

Coaches: Jamie Evans & Jack Stretton

Team Managers: Donna Streeter & Steve Platts

Officials: Matthew Streeter & Jack Coleman

Transport: Trevor Hincks

Ursula & Michael Beck and Paul attended the event as a guest of Swim England.

The event was live streamed and if anyone gets the chance to watch the opening parade prior to the racing, please watch out for our Captains, Foteini Kalkani & George Moore (hidden in a very large inflatable Fox suit)!

Young Teams Gala Saturday 25th November at Braunstone:

Conditions of Entry have been finalised and will need to be circulated to clubs soon. We will need to sort out an entry file, running the AOE system on the night and trophy presentation (Norma Smith Trophy). The pool has been booked. I will organise Referees, Starter & Chief Timekeeper.

I will organise the purchase of selection boxes and other chocolate for the night.

68/23e: City of Leicester Development Report – Jamie Evans

In depth stroke focus has been front crawl

- In the first two weeks the focus was exclusively body position - long legs kicking from the hips.
- Drills for this have included vertical kicking (ensuring an even kick in front and behind the body line ensuring activation of the glutes. This progressed into streamline kick with snorkels and superman kick with and without snorkels, focusing on the body being in a rotated position with one dry shoulder with no extra roll to breathe (which there is a tendency from a number of swimmers.)
- More recently arm recovery has become the focus (elbow first exit, knuckles facing forward during recovery and ensuring the lead arm is held in front until the recovering arm is about to enter.)
- The following drill progression is now well known by the swimmers consisting of
 - **Streamline kick** – to focus on the head looking neutrally at the bottom.
 - **Superman kick** (with or without high elbow) – to focus on the idea that the rotation is really determined by the hip position and that the shoulders will naturally follow rather than being forced out of the water. Point to note is that the legs should naturally follow too.
 - **Catch pull rotate** (arms shoulder width, body flat, pull and rotate to superman and hold. Recover high elbow, knuckles forward to shoulder line position – 4 pulls per length.) – to understand the difference between a flat and a rotated position and to enable the arm recovery to be practised. Doing this with snorkel emphasises that rotation should occur every stroke and not just when breathing.
 - **Superman switch** – as a development of the above – effectively removing the full catch up and replacing with 3/4.
 - **Full stroke with stroke counting (SC)**. Every swimmer has a “magic number” of strokes that they aim to achieve every length off only 3 fly kicks underwater and 3 kicks per pull normal fluid action. – This will later be developed into an understanding of stroke efficiency when we look at the catch and acceleration through the pull later on.
- This drill progression has now been incorporated into every warm-up and the length of each repeat has progressed through from 25 → 50 → 75m (eg drill 1/drill 2/SC swim)

Non-Negotiables – These have gradually been added to – expect more as the season progresses.

- Leave the wall in a tight streamline.
- Minimum of 3 fly kicks
- Reaching the flags (swimmers are to take themselves back to repeat a turn if they come up short – this is seen as a learning point with a no blame culture to make them accountable at the very start of their swimming journey. It is very much seen as a positive if they do this automatically.
- Tumble turn fc & bk / legal open turn br & fl every time.
- If on back push off on back and finish on back.

Other

- The max distance of a repeat – 75m without any pressure to a stopwatch. Sessions generally 2000 – 2700m with a huge technical focus. Emphasis on correct practising swimming tech at all times.
- Simple fly drill and breaststroke drill progressions introduced (More to follow in a later report)
- Turn techniques introduced for tumble and open turns. Importance of a tight tuck and use of core to get legs to the wall in an open turn.
- Underwater fly kick as an action from the core and the importance of being able to move the hips forward and backward – done vertically as well as on front and back.
- Introduction to the concept of HVO as 15m starts, 10 in 10 out turns and 10m finishes on all strokes.

- Fun stuff – relays and games to promote certain skills but without them realising.
- Team camaraderie and cohesion – lane rotations and shuffles to allow swimmers to get to know their peers.

If anyone wishes to have any further information or to visit the City of Leicester programme, please let me know, my contact details are on the bottom of this report which had been circulated to the Executive.

Thank you to LASA for your continued support.

Ursula pointed out that the more in-depth report had been requested by the County and Jamie was thanked for the information contained within the report.

Jamie said that Col intended to run three coaches' meetings which he hoped club coaches would attend. Col would cover all costs for these sessions, The timing of these meetings would be a) start of the swimming year (September), b) one of the weekends of the County Championships c) End of swimming year (June/July). Sue also said she would liaise with Jamie with regard to the possible skill sets that she was looking to have at the Loughborough Pool which could hopefully link in with these coaching meetings.

68/23f: Masters Report – Alan King

Our LASA Masters Meet was held on September 17th at Braunstone Leisure Centre, and I can report it was a great success.

All the swimmers who attended from within Leicestershire and also from outside Leicestershire have advised they really enjoyed attending our Meet. They thought it was well run and they loved the pool and have said they will return and will bring more of their colleagues next year. The number of swimmers attending was slightly higher than last year, and also the number of swims entered was significantly up compared with last year which was great news. I consider any increase in numbers (swimmers and swims entered) is really positive considering our Meet clashed with the Radio 2 Music Festival in Leicester and this did impact on the availability of swimmers and officials. I can advise that financially the event made a modest profit for Leicestershire although this was achieved with the direct help/support from our Sponsor Carter Jonas who directly paid for prizes.

I would like to thank everyone for their support for our Leicestershire Masters meet including swimmers, all Officials and helpers, and our Sponsor it was all really appreciated.

Extra special thanks must go to the officials who attended – we just got enough to run the meet after a lot of requests - and without their support the event would not have been able to run so thanks again to all those who did attend.

The new AOE scoreboard was out of use for the first half of our Meet. It was only due to the great efforts made by David Fortescue (who we booked to help) and experts at Swiss timing who were working "online" with David on a Sunday that we got the problem fixed. Also, David kindly allowed his virtual scoreboard software to be used so that although we had no visible times on the display all swimmers were able to watch live times for each race and see results summarised using their smart phones and this was great as a good plan B. I would really like to thank David for his service, skill and kind support provided to get us through the difficulty – we pay for his services but his skill knowledge and ability to resolve problems is really worth it - and I plan to budget for David to attend and help us with our Meet next year.

The date for Next year's Leicestershire Masters meet has been set as Sunday 15th September 2024 and the Braunstone Leisure centre has received our booking form.

Thanks again to everyone.

Masters Inter-Counties (Midlands) 2023.

Leicestershire has officially notified the organisers that we will be providing a Leicestershire ASA Masters team to take part in this year's competition.

The event is booked for Sunday 12th November at Moorways Sports Village Derby and the warm up is 11. 30am. I have notified all Leicestershire Masters club representatives and requested to be advised names of all masters swimmers who would like to be selected and I have also advised that our team will be selected after 20th October. All events are 50m swims and the main competition this year is combined with West Midlands Counties as well. I really hope we get a positive response from our Leicestershire Masters swimmers willing to take part so that we can put out a strong Leicestershire team and build on the success we had last year.

68/23g: Emergency/Disciplinary Rules –Paul Sippitt

Paul said that the Rules committee had met again and were hopefully putting the final changes to the constitution which he would bring to the November meeting for confirmation from the Executive of the changes being recommended.

Within the County Governance Code there was now a template to act as guidance when updating the constitution. This would be just one or two changes of wording within our constitution, and he was aiming to get this sorted prior to the AGM. If not then within the new year when an SGM would need to be called to accept any further changes. Once accepted by the Executive the updated constitution would be sent to SE for them to clarify that all was correct.

68/23h: Officials Report – Lee Smith

I'd like to congratulate our recently qualified Judge 2's, Some of these did complete towards the end of last season but I thought I would include them in with our more recent completers.

Gary Patterson, Ian Morley, Stacey Currie, Christine Davis, Charlotte West, Simon Corbett.

After receiving the latest "qualified officials" report just this week I was surprised to see that the records of the above 6 haven't been updated. I have questioned this with renewals as I have received an email for all of them saying that their records had been updated. Hopefully I'll get an answer soon.

I have emailed out to all county Judge 1's in September to encourage stepping up to a Judge 2. Having more Judge 2's on poolside can really help coordinators and referee's when allocating roles. Hopefully I will receive many emails with application forms in the coming weeks.

Events

Joint East and West Midlands Para Swimming Meet - Queens Diamond Jubilee Centre Rugby - 15th October

As this is a joint East and West Midlands meet we have been asked to provide some of the officials for it.

If you are available and would like to get experience of working at a Para gala please reply to:

ian.lamb@blueyonder.co.uk

Information about the meet can be found at:

<https://westmidlandswimming.org.uk/midlands-para-swimming-meet-2023/>

Market Harborough Swimming club are looking for officials to help them run their club championships over the three following Saturday's: Saturday 28th October, Saturday 4th November, Saturday 25th November
For each Saturday there will be two sessions from 13:00-16:30 and 17:00-21:00, these times may vary depending on entries and will be confirmed. The events will be held at Market Harborough leisure centre.
Please can you contact Nic James (MHSC Chair) with your availability on mhsc.chair@gmail.com
An email has been sent out with the above information to all County officials

With regard to the missing information on the new Officials report, following discussion it was suggested that Lee contact Helen Aker to ask why this was happening.

Post Minute note – Lee contacted Helen who replied that following the change over of the OMS system there appeared to be a fault with producing an updated Officials Lists and this was being looked into.

68/23i: I.T. Report - Judy Leader

Website:

Updates have been made to the site:

- Amend Record pages to reference Male/Open; the Records Claim form still needs to be updated
- Restructured the Resources page to add additional links to useful information, particularly around SE policies and guidance
- Mini Meet information
- Leicester League information
- New items for Inter Counties, Secretary Vacancy and more

Social Media

When a News item is posted, it is also posted to Facebook via a direct Wix to Meta (FB) function. This should also post to Instagram, but for some reason, even though the FB & Insta accounts are linked in Meta, Wix doesn't recognize this, thus Instagram posts are few and far between. Investigation required.

Full Email Accounts:

The welfare@ email address has now been created upgraded to a Google account with log-on details. This means emails can now be sent and received directly into this account and documents stored in their own DRIVE folder within the LASA Workspace. This removes the need for the use of personal emails and all documents can be stored centrally. During October the following emails will be upgraded to accounts:

- masters@

- officials@
- development@
- records@
- promoter@ (new email)

68/23j: Any further reports

There were no further reports presented at this meeting,

69/23 Trophies

- Ursula confirmed that a new Trophy list had been circulated to all clubs which now included the new Trophies - 13/14 year old open/male and female for 200m IM and all 4 x 100m Events and the LASA Annual Coach Award.
- With regard to the 13/14 year old trophy, Ursula said she had done a small video for Trevor to take to Charlies to ask if he would like to have these two trophies named after himself. Trevor was visiting Charlie tomorrow (Wednesday).
- Trevor Henson Trophy**
Two nominations – Alex Casey and Jacob Mills.
- Swimmer of the year Trophy**
Open Male – three nominations Jacob Mills, Sean McCann, Miles Willet.
Female - four nominations – Abby Mitchell, Darcie Platts, Janie Finch and Charlotte Byron
As per the rules for the nominations, in the event of there being more than one nomination then the Executive to have 1 vote and most votes given to a swimmer would be awarded the trophy. In the case of a tie with the voting, the Chair would have the casting vote.
It was agreed that the nominations would be sent to all voting members of the Executive (not just those present at this meeting) so that they could cast a vote and they were then asked to return their votes to the Chair. The winner for each trophy would be confirmed at the November Executive meeting.
- A reminder that nominations for the LASA Annual Coach award did not close until 15th October after which time the non-coaching members of the Swimming Committee would be asked to vote should there be more than one nomination.

70/23 Nomination for Honorary President 2024

Two nominations had been received for Judy Leader

Geoff 's nomination

I would like to nominate Judy Leader for our next LASA Honorary President as she has over many years supported LASA by being on the executive committee and various sub committees. She is also a very respected referee, attending not only County Events but supporting clubs with their galas. She has given the county an excellent new website which she continues to maintain supporting others to add to the website and latterly taken over the reins of LASA Treasurer, from a long serving member, and it has been seamless. Her contribution has been immense in helping the county move forward.

Ron's nomination

I should like to nominate Judy Leader as LASA president for 2024.

Over the past year she has set up and maintained a new website which is considerably more user friendly than the previous version and contains current and useful information.

Also she has taken over the role of county treasure and made reporting the county's financial information in an easy to read format. She has supported the county at a variety of galas during the year.

Secunder for these nominations Sue and all in favour of Judy being nominated as LASA President 2024. This would be confirmed at the AGM.

71/23 Nomination for Life Members

There had been no nominations received for Life Membership of the County.

72/23: Any other Business accepted by the Chair as relevant.

- Val informed the meeting that the Officials Coordinator for Market Harborough had stood down from this role.

There being no further business the meeting was closed at 8 pm.

Confirmed date of next meeting 14th November 2023 commencing at 7 pm via google meet.