

LEICESTERSHIRE AND RUTLAND AMATEUR SWIMMING ASSOCIATION

Affiliated to Swim England East Midlands Region



ANNUAL REPORT 2023

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LASA CHAIR REPORT – 2023 – Ursula Beck

2023 has been a busy year again for the County. We had a very successful Age Group and Championships at the beginning of the year, followed by our County Mini Meet Gala in June. It is always good to see our younger swimmers taking part in the Mini Meet Events as for some it is their first taste of what it is like to compete. Whilst we held a further Mini Meet event in October, due to a number of circumstances only two of the Clubs were able to enter. Again, though some very good swims and PBs recorded.

A new event for this year will be the resurrection of the Young Teams gala. Those of you who have been around for some considerable time will remember that we did run this event annually for many years.

In October we attended the Inter Counties Gala at Ponds Forge. We came 9th in the Second Division but if we put this into context, we are one of the smallest Counties, there were 37 County Teams taking part split between Division One and Two with 740 swimmers. It was an amazing day which I and Paul attended. Our swimmers did so well.

In September we held our second County Masters competition since the pandemic and again this was a very successful day thanks to Alan and his team. Many good comments from the Masters swimmers following this event with a promise that they would attend next year's gala.

I know I am echoing the comments made in other reports, but I do want to say how gratifying it was to be able to hold a Club Chair and Coaches meeting in June, with a further meeting due to be held in November. Sue put a great deal of hard work into organising this event. Thank you to Fiona and Helen for attending the first meeting when they went through everything that the Region do to support the clubs.

At the second meeting it is to be hoped that Richard and Trevor will be attending to discuss the future of the Leicester League and proposed changes to make the event even better. We also will have the opportunity to watch a video concerning Diversity and Inclusivity which is very much at the forefront for Swim England. We have booked Tom McManus, National Talent Officer – Swimming and Para Swimming from Swim England to come and give a talk to the Club Chair and Coaches on the development of swimmers.

The County are now in the process of completing the County Governance Code which is the County's equivalent to the Club Swim Mark Process. As I write this report, I am hopeful that most of what is required for this year will be well on the way to being completed and I thank Judy, Sue, Paul, and Geoff for their input. As with Swim Mark the County will be required to complete this every year moving forward. What it does, as for Swim Mark, is make us aware of having everything in place including our Constitution, Workforce requirements, Finance, and Risk Management.

We now have an excellent Website which I hope all clubs are looking at and we are attempting to keep this up to date. All SE Policy details can be found on the website which we hope will help the clubs when they are trying to find information. The LASA Minutes are also now available on the Website for all to see. Although I am still trying to get to grips with Facebook and Instagram it is there for everyone to communicate with one another. I must thank Judy at this time for getting this set up for us. Most important as well is that all of our Standing Committee Managers along with the Officers of the County and the Welfare Officer now have generic emails allowing them to use these instead of their own personal email addresses. If when looking at the website, you believe we need to add other items to the website then please let us know.

And again, we have done very well as a County for the Regional Awards this year. The East Midlands Region held a Regional Awards afternoon and at this ceremony the following received awards.

Jack Coleman (Coalville SC) – Youth Volunteer of the Year
Sue Wainscot (Hinckley SC) – Volunteer of the Year

It is so important that you thank your volunteers for what they are doing and whilst they may not be the winner on the day that does not matter. So, at this stage I will thank all volunteers throughout the County for what they do for their clubs. We all know that without volunteers, whatever the sport, we would not survive.

At this time, I do need to say a big thank you to Judy, Sue, Paul, Alan, Ron and Geoff, Abi and Trevor. Judy stepped into the breach when John resigned as Treasurer and added that to her list of volunteering with the Website and officiating.

Sue has worked so hard this year to get the Clubs talking to one another with the Club Chair and Coaches forum, organising the officials for all County Events, organising the County Development Camps and the Inter Counties at Sheffield and the Young Teams Gala being just a few of the duties that Sue has performed.

Paul, Ron, and Geoff have again demonstrated their skills when organising the County Swimming Events throughout the year. I know that Ron now has Lee working with him ready to take over as the Officials Manager and he too has done a great job this year.

Also thank you to Abi and her team who continue to make our Championships run smoothly organising the swimmers and handing out medals to our swimmers. Trevor continues to manage our records, thank you.

Alan once again put on an excellent Masters Gala for the County and again he was able to get sponsorship from "Carter Jonas" who provided the finance for the winners at this gala. Thank you for their support.

Finally, and certainly not least, I would like to thank Abi for being such an excellent Honorary President this year.

I look forward to a positive 2024 for the County.

Ursula
LASA Chair

LASA SECRETARY'S REPORT - 2023

Unfortunately, the County have been unable to recruit a Secretary this year and therefore there is no report. It is to be hoped that this vacancy can be filled as soon as possible.

Ursula Beck
County Chair

LASA TREASURER'S REPORT 2022-23 – Judy Leader

John Thompson, the County's Treasurer for several years, stepped away from the role in April 2023, and was replaced by me, Judy Leader. John left the finances in good order and with systems that I was able to pick up quickly. There were challenges in gaining access to the banking systems, but these were overcome, and policies and practices implemented to avoid such challenges in the future. On behalf of the County, I wish to place on record thanks to John for his exemplary control of the County's finances and his service as Treasurer, a valued Officer to the Executive.

With regard to competitions, this has been a successful year with the Age Group & Championship, the Mini Meet and the Masters Open Meet & Championship showed a surplus, albeit collectively not as much as budgeted. The surplus deficit to that budgeted is due to increased costs of facilities and the fact that it was not possible to run the full Mini Meet series.

CoLSC have successfully provided the first year of the three-year Development Programme which was negotiated last year. LASA facilitated two SE's County Development Camps that were well supported by County swimmers and coaches alike. Due to the change in the age criteria introduced by SE, LASA will not be supporting the SE programme next year as the same swimmers who have met the criteria for this and last years will qualify again and it is the opinion of all concerned that another Camp would be of limited benefit. It is proposed that LASA run alternative camps, such as skills sessions, to different sets of swimmers.

While there had been investigations and discussion into becoming a Limited Company by Guarantee it was agreed that it wasn't appropriate or necessary at this time. Therefore, LASA remain as a unincorporated organisation.

Responsibility for determining individual budgets has been delegated to each of the Standing Committees and Officers for approval by the Finance Committee rather than the Finance Committee drawing up these budgets.

A number of capital expenditure purchases, such as new printers and network cables, have been made to enable us to become self-sufficient in operating competitions, particularly Age Groups & Championships. A SumUp card payment machine has also been purchased to automate and simplify the collection of spectator payments at LASA organised events.

A new website was launched this year on the Wix platform on a 3 year agreement. This has reduced the annual expenditure for website licenses and hosting. Further technology improvements are planned for 2023-24 to enhance the maintenance and continuity of operation and governance.

LASA have again supported those undertaking training to support the counties aquatic athletes.

Level 1

Hinckley SC	Teaching Aquatics	1 successful candidate
Loughborough Town SC	Coaching Swimming	1 successful candidate
Leicester Sharks CSC	Teaching Aquatics	2 successful candidates
Market Harborough SC	1 Teaching Aquatics	1 successful candidate

Level 2

Hinckley SC	Coaching Swimming	5 successful candidates
Hinckley SC	Teaching Aquatics	1 successful candidate
Loughborough Town SC	Teaching Aquatics	1 successful candidate

Summary

Level 1 Teaching Aquatic (Teaching Assistant)	5
Level 2 Teaching Aquatics	2
Level 1 Assistant Swimming/Water polo Coach	1
Level 2 Swimming/Water polo Coach	5
Swimming/Water polo Senior Coach	0

For the coming year it is proposed to allocate £10,000 from the Reserves to Special Projects. A suggestion for one of the projects is to support the facilitation of Long Course training for County swimmers.

To finish this report, I convey my thanks to the members of the Executive and the Finance Committee for their patience, support, and assistance in my taking over this role.

A summary of the LASA Income and Expenditure, and the year-end Balance Sheet are presented below.


INDEPENDENT EXAMINER'S REPORT TO THE LEICESTERSHIRE ASA

I report on the accounts of the Leicestershire ASA accounts for the year ended 30 September 2023, which are set out behind.

My examination includes a review of the accounting records kept and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Stuart Sharp
Accountant

19 Hanover Drive
Sileby
Loughborough
Leicestershire LE12 7PL
November 2023

2022/23 Leicestershire ASA Treasurer's Report

	<u>2022/23</u>	<u>2021/22</u>
WHERE DID OUR INCOME COME FROM		
Club Affiliation fees	9,036	8,547
Training	1,500	900
Age Group + masters swimmer entry	22,669	21,351
Age Group + masters door takings	7,595	5,045
Commercial activities	1,055	-
Merchandise	514	4 00
Other	671	1 18
Total LASA income	43,039	36,361
WHAT DID WE SPEND OUR MONEY ON		
Facility hire fees for Age Groups + masters gala	11,498	9,009
Other Age Group + master gala expenses	7,579	3,575
Other galas, facilities hire & expenses	508	3,511
Payment to CoLSC for Development swimming	6,972	5,894
Other athlete development	-	1,258
Engraving and trophies	5,291	4,504
Funding for coach and officials' education & licensing	1,553	1,242
Support for swim teams representing LASA inc. transport	-	650
LASA management inc. facility hire, stationary, equipment and office expenses	854	1,173
Swimmer grants	1,316	2 00
Payments made to swimmers for county records	420	3 15
Merchandise	930	1,610
Other	1,462	2 43
Total LASA expenses	38,384	33,184
Nett	4,656	3,177

2022/23 LEICESTERSHIRE ASA BALANCE SHEET

	30th Sept 2023 (£)	30th Sept 2022 (£)
Cash	52	79
Current Account	1,490	7,802
Deposit Account	56,537	46,490
Paypal Account	-	-
Debtors Those who owe money to LASA	-	-
Creditors Those LASA owes money to	727	1,674
Nett Balance	57,353	52,697

MERCHANDISE (FOR SALE OR OTHERWISE)

Size	XS	S	M	Ladies L	L	XL	2XL	3XL	Total
Blue Polo Shirts (New Style)	20	13	14		14	19	10	4	94
Blue Polo Shirts (Old Style)					2	6	5	4	17
White Polo Shirts (New Style)		9	7		6	16	15		53
White Polo Shirts (Samples)	3		1		1		6		11
White Polo Shirts (Old Style)				1	1	1			3
Totals	23	22	22	1	24	42	36	8	178

County Swim Caps	176
Development Swim Caps	17

Balance Sheet Notes

1. Due to the positioning of the Leicestershire Master Open gala, near the end of financial year, there are some costs yet to be invoiced.
2. Creditor is GH Watts for the transport of the team to the Oct 2023 Inter Counties which was invoiced as date of booking.
3. LASA holds merchandise (as of 30th Sept 2023) some of which will be sold, value not noted.
4. Neither the cash balance nor the quantities of merchandise have been examined

Capital Assets Owned by LASA

Asset	Description	Year brought	New value (£)
Lap Cards (8 off)	WIN lap cards for 800 & 1500M events	Not known	Not known
Starter box	Swizz Timing Omega StartTime III Acoustic Start	Not known	Not known
Hand bells (8 off)	Charbrias Ltd 8 off Handbells 16cm Reception Bell (181908304268)	2017	71
Starter box	Swizz Timing Omega StartTime V Acoustic Start	2018	1,722
Starter box Transport case	Swizz Timing StartTime V Transport Case	2018	300
Strobe + 5m and 25m cables	Swizz timing Omega Flash Start with 25m cable	2018	346
Laptop computer	Hewlett Packard Pavilion 14-ce0594sa	2019	379
Laptop rucksack	Targus Geolite 12-15.6	2019	35
Printer	Brother HL-L3270DN	2019	79
Strobe + 10M Cable	Swizz Timing Omega Flash Start	2019	356
PA Microphone	Model AKG WMS 40 Mini Dual Vocal System (ISM2 +3 Channel 70)	2020	125
Printer/MFD	Brother MFC-L6900DW	2020	678
Printer	Brother HLL235DW	2023	140
Equipment Trolley	Rainberg Folding Trolley on Wheels	2023	73
2 x Wireless Mouse	Logic Optical Mouse	2023	20
Various Network Cables	AOE Swiss Timing Extension Cables,	2023	52

Quantities are singular unless otherwise noted.

Judy Leader
Treasurer

SWIMMING MANAGER'S REPORT 2023 – Paul Sippitt

As Swimming Manager, I would like to thank everyone on the Swimming Committee for all the support you have provided to me and LASA during 2022/2023 for all the LASA events we are responsible for.

If Leicestershire is to provide a swimmer or swimmers to the British Olympic team, we are only going to achieve this if we all work together. It is my recommendation we all (Clubs and LASA) work together, ensuring opportunities are made available for all swimmers with the swimmers being the sole focus and always our main priority. If we continue into the future the way we have behaved in 2022/2023 we are going to miss that swimmer who may just go on to be a member of the British Olympic team.

LASA is the facilitator, and it is incumbent on all Clubs to have their say at events where LASA and its associates bring everyone together i.e., Coach and Chair meetings, Coach meetings and LASA Executive meetings as well as all other events that we collectively decide we need to get a Leicestershire swimmer into the British Olympic team. Your failure to get involved will be the reason Leicestershire swimmers lose out.

AGE GROUPS AND CHAMPIONSHIPS

The 2023 LASA Age Groups and Championships were perhaps the first year since COVID that all swimmers had a full year of training prior to the Championships. The event ran smoothly, and I would like to thank the LASA Promoter Geoff Robilliard and his team of volunteers and officials for all the work they did in arranging and running the County Championships so that we could hold an event we could be proud of. I would also like to say thank you to all the swimmers together with all coaching staff, team managers and chaperones that supported the swimmers throughout the event.

Following the 2023 Championships, LASA sought comments from all clubs involved in the Championship and based on the feedback we have made changes for 2024 Championships. This included a full review of the qualifying times; the aim of which was to give a greater number of swimmers the opportunity to obtain a qualifying time. There is a consequence to this in that if too many swimmers qualify, we may have to reject some swimmers; LASA will do its utmost not to reject any swimmers, but this cannot be guaranteed.

The dates, qualifying times and entry conditions for the 2024 LASA Age Groups and Championships are all available on the LASA website.

MINI MEET

The 2022/2023 event due to many different circumstances was restricted to one round with 126 entered over three age groups. The event was swum at Braunstone LC for three age groups 9, 10 and 11 and was a successful event. Thank you to all the swimmers, coaches, team managers and officials that made the event the success it was.

Following the Mini Meet, we asked for feedback and presented our findings at the Chair and Coach meeting in June. This included the dates of all rounds and the events to be swam. At the meeting the Clubs asked for the 2023/2024 Mini Meet to be reduced from three to two rounds due to the number of events in the calendar.

Sadly, due to issues with ages of swimmers under the licencing conditions we had to restrict the event to one round, which as confirmed at the Coach and Chair meeting would be 21st October 2023. It was therefore very disappointing when only two Clubs entered. LASA decided to proceed with the event so as not to disappoint the swimmers that had entered. The event was swum at Hinckley Leisure centre. What was pleasing was many swimmers improved their entry times across all three events swam. I would like to specifically thank Braunstone and Hinckley for their support of the event and for providing the swimmers and the required officials to allow the event to proceed.

The poor attendance will be discussed at the up and coming Coach and Chair meeting on 11th November.

YOUNG TEAMS and INTER COUNTIES

At the Chair and Coach meeting in June 2023 the Clubs asked LASA to reintroduce the Young Teams and Inter Counties relay competitions, this despite the number of events in the calendar.

LASA looked into the possibility and identified it would not be possible to hold the Inter Club Relay event until 2024. LASA however did consider it was possible to hold the Young Teams in November where it used to be swam. LASA consulted all licenced meets being held and selected 25th November informing all clubs in July of the proposed date. Not one club advised they could not attend this date, so LASA booked Braunstone LC for the event.

Because of the of the poor club attendance at the Mini Meet LASA decided to contact all Clubs to confirm their attendance at the Young Teams event on 25th November. LASA was extremely disappointed with the response as only four clubs initially confirmed they would attend, and after further canvassing by LASA two clubs agreed to enter as a joint team.

Sadly, with only five teams entering LASA took the decision to cancel the event as it was considered that with so few Clubs entering it would devalue the Norma Smith Trophy that would have been presented to the winning club.

The reasons for not entering were varied but all were known to the clubs for many weeks even months and they did not think to advise LASA that the date of 25th November was not suitable. This will be discussed further at the up and coming Coach and Chair meeting on 11th November.

LASA COUNTY DEVELOPMENT SQUAD

The LASA and City of Leicester agreement was updated to secure the future development of swimmers in Leicestershire for three years from September 2022. LASA and CoL met in September to review the first year of the agreement and agreed to make some small changes to the agreement to support how we have been using the agreement during the first year. We are now in the second year of the agreement and there are 20 swimmers from our base clubs in the squad. The reports we are receiving from CoL provide greater detail of what the swimmers are doing each month within the squad, the details of which LASA are passing onto the Clubs.

SWIM ENGLAND COUNTY TEAM CHAMPIONSHIPS

The swimmers attending raced very well and did Leicestershire proud, there were two first places Jacob Mills, Open/Male 16/17 100m Freestyle and Jannie Finch, Female 12/13 100m Butterfly. The team captains who represented LASA in the parade before the start of the competition were Foteini Kalkani and George Moore.

I would like to thank Jamie Evans and Jack Stretton for coaching the team as well as the team managers Donna Streeter and Steve Platts and our officials Jack Coleman and Matthew Streeter.

Ursula Beck, LASA Chair and Michael, her husband, as well as Paul Sippitt LASA Past president and Swimming Manger, were invited as VIPs by SE to represent LASA at the event.

LASA finished ninth with 369 points, this is LASA's lowest position since 2012 when we finished twelfth in Division 2 and for me is another indication that collectively we are not working together to give our swimmers the best opportunity they have to succeed.

I and the swimming committee would like to wish all swimmers and their clubs a successful 2023/24 season.

Paul Sippitt
Swimming Manager

LASA DEVELOPMENT REPORT 2023 - Sue Wainscot

Work has continued during 2023 with Club Chairs and Club Coaches to strengthen the network between clubs within Leicestershire & Rutland.

The first "in person" Chair & Coach Meeting was held on the 10th of June 2023 with almost every club being represented. This was an excellent opportunity for Chairs & Coaches to share experiences and challenges at club level and was particularly useful for those who were new into their role.

From the discussions at this meeting work has been undertaken on the following relating to Development within the County:

- Mini Meets for the younger inexperienced swimmers
- Fun events under the LASA umbrella
- Alternative Development Camps/Skills sessions for swimmers at all levels
- Long Course training and competition experience
- Developing links between clubs to support the provision of Level 2 coaching requirements
- LASA County Age Group & Championship entry times

Work on all of the above is ongoing and will be reviewed at the next Chair & Coaches Meeting scheduled for Saturday 11th November.

Since the Chair/Coach Meeting in June I have had the opportunity to visit a number of clubs within the county to talk through challenges relating to the development of swimmers and again this will form part of the plans for 2024.

LASA ran two 1 day Swim Camps for 12 year old swimmers in July & September under the Swim England County Development Programme. Many Thanks to the following Coaches who worked with the swimmers at the camps: Joel Eadie (Braunstone); Matt Lowe & Jordan Chappell (Leicester Sharks); Helen Atton (Leicester Neptune); Josh Simpson (Oadby & Wigston) and Jenny Sumner & Jo Green (Hinckley).

Swim England has issued the guidelines for the 2024 programme and in line with a national change in the age groups for all camps, the 2024 cohort is the same as for 2023 and 2022. Therefore, LASA has decided to organise alternative camps and events during 2024 to benefit a wider number of swimmers at different ages.

Many thanks to everyone within the clubs who have supported me in my first full year as Development Manager and I look forward to working with everyone to introduce new ideas and events in the coming year.

Sue Wainscot
Development Manager

OFFICIALS ANNUAL REPORT 2023 – Ron Brewin

The bare statistics are, that as at the end of September, the County has the following number of licensed officials –

J1T	30	Last Year	30	Previous Years	17
JL1	57	Last Year	54	Previous Years	43
JL2	23	Last Year	28	Previous Years	29
JL2S	16	Last Year	11	Previous Years	14
Referee	10	Last Year	9	Previous Years	10

Thank you to all who give up their time to mentor officials.

Best wishes to the 30 trainee J1 candidates and don't forget to upload your competency form when completed to finalise your course. Congratulations to Louise Mair who became a licensed referee this year.

Perhaps it is time for clubs to once again persuade parents to take the online courses. Details of these can be found at [Courses for Officials and Volunteers \(swimming.org\)](http://Courses for Officials and Volunteers (swimming.org)) The J1 online course is available to anyone over 15 so older swimmers who may be interested. The more officials there are, the less everyone will have to do.

A number of World Aquatics updates took place during March – May with 91 licensed officials having completed the presentation. There are still a few officials who have not attended the presentation which is a mandatory part of relicensing. Can anyone who has not attended please contact me and we will arrange a couple of clear up presentations. All should have completed the presentation before next year's County Age Group competitions.

As reminder officials also have to complete the online Contemporary Issues course during their license period. Please do not leave it until the last minute as it delays your license renewal application.

If anyone has an interest in becoming an open water official, can they please let me know. There is no requirement to be already qualified as a poolside official. If there is sufficient interest, then we can probably run a course during the summer.

Thanks to all who have volunteered for any of the regional competitions this year. It is useful for new officials to work at higher level licensed galas. Travelling expenses are paid, you are provided with food between sessions, and you don't have to pay as a spectator.

Personal thanks to Lee Smith who took on the responsibility of looking after Trainee J1, Judge level 1 and Judge level 2 officials this year. His email address is officials@leicestershireasa.org

One final point is that the county will pay for your relicense on the proviso that you attend 12 county age group sessions during the life of your license. Over 4 years this works out at just 3 sessions per year. For many officials this is not a problem but as stated on many occasions, the more volunteers we have, the easier the workload is for everyone. Please respond promptly to Sue when she sends out her requests for next year.

Once again if anyone wants to contact me you know where I am.

Ron Brewin
Leicestershire Officials Co-ordinator

MASTERS REPORT 2023 – Alan King

This year has continued very positively for Leicestershire Masters swimmers.

For the first half of the year, I attended a few Masters Open Meets, and I was proud to see so many Leicestershire Masters swimmers swimming in these meets and doing well. There were strong attendances from Leicester Masters SC, Loughborough SC and Braunstone SC plus regular attendances from all other Leicestershire Masters clubs including swimmers from Penguins Melton, Market Harborough, Hinckley, Coalville, and Neptune – which was really good to see.

In July several swimmers took part in the National Masters short course and currently we have a number of Leicestershire Masters taking part in National Masters Long Course Championships at Ponds Forge as well and well done to all of them.

Preparations went smoothly this year for our Leicestershire Masters Meet and Championships at Braunstone Leisure Centre held in in September. Entries were higher this year and the meet went very smoothly apart from a technical hitch with the scoreboard. Everyone who came performed very well and enjoyed it and commented how well run it was and pledged to return next year with even more of their teammates and so hopefully we can continue building this meet up year on year.

Also, we were once again supported by kind sponsorship from “Carter Jonas” and with the support of their sponsorship we were able to cover all our costs and make a small profit this year for which we are really grateful.

I would like to also say a big thankyou to everyone who supported me to get our Master Meet to run this year at this really high standard, especially the back room support team collating entries and preparing and running AOE and all the Officials and helpers - all your hard work is appreciated as without their help this event would not happen - so thanks again.

The Inter Counties (Midland) Masters competition for this year has changed to be a combined event with both East and West Midlands teams at Moorways Pool Derbyshire. Leicestershire has once again entered a team and we hope to do well in this competition with our strongest team yet – we shall see! Best wishes and good luck to all the Masters swimmers who will be representing Leicestershire in this event November 12th.

Masters swimming in general is gaining popularity and I would just like to mention that in order for our Masters to take part in selected competitions and Meets we do need the support of qualified officials. This regularly is a problem, but can I please just ask all officials to consider helping out at least once in the year for Masters when a request for the help from qualified Officials is made. Our Masters swimmers train hard and regularly within a large number of Leicestershire clubs, and we do need to support them when they want to race. Please can you consider helping and supporting them as an official when you can – it makes a difference and helps them to compete in competitions in the way that our younger swimmers enjoy doing as well. Thanks, in anticipation.

I believe next year 2024 will be an even better year for Masters swimming thank you.

Alan King
Leicestershire Masters rep.

EMERGENCY/DISCIPLINARY/RULES REPORT 2023 – Paul Sippitt

Emergency and Disciplinary

There has been no requirement to invoke the Emergency or Disciplinary Procedures of the Association during the reporting year.

Rules Revision

Constitution and General Rules

As is practice the Constitution and General Rules are kept under constant review so as to ensure that they meet the ever changing needs of the Association. In addition to which this year Swim England have developed a 'standard' constitution for County Associations, which was published too late to be used; this said we have attempted to ensure our constitution is aligned with the proposed standard.

For the above noted reasons, the Constitution and General Rules have been updated to reflect changes necessary to ensure LASA is meeting current good practice. Please find under Appendix 4 a clean copy of the updated Constitution and General Rules together with a comparison based on the approved Constitution and General Rules from the 2022 AGM.

The changes were presented to the November meeting of the Executive and were approved for submission to this AGM for ratification of the changes.

Paul Sippitt

Manager, Emergency Disciplinary Rules Revision

HONORARY PRESIDENTS SPEECH TO LASA AGM - 2023

I would like to start by saying it was a great honour to be nominated to take up the role of Honorary President for LASA.

My first engagement was attending the Open Masters Championships in December at Moorways Sports Village, this was the first master's long course meet in the pool and it was a privilege to be invited to.

This was closely followed by hosting Stephen Ward, East Midlands Regional President at our County Championships where we presented numerous awards to our swimmers and volunteers.

Following the County Championships, I had the honour of visiting many of the LASA base Clubs to present swimmers with their LASACAT awards, all visits were during the clubs training sessions ensuring the swimmers got the recognition they deserved.

I was then kindly invited to attend the Artistic Swimming Champs and Master competition at the beginning of April in Walsall, I had a great afternoon watching and supporting a discipline which I knew very little about.

It has been a pleasure to represent Leicestershire at a variety of events and disciplines and one which I will look back on with fond memories and I am thankful for being given this honour.

Abi Crane
Honorary President 2023

LASA COUNTY RECORDS AS AT 30th NOVEMBER 2023 – TREVOR HINCKS

There have been 25 County Records ratified in the period 1st December 2022 – 30th November 2023.

All of the County Records set have been in either the Junior Boys or Open Men's categories. There have been 4 Junior Boys Short Course and 10 Junior Boys Long Course records. In the Open Men's category, 5 were Short Course and 6 Long Course.

13 of the County Records were set by Jacob Mills and 10 by Alex Casey.

A full up to date list of all of the County Records can be found on the LASA website.

Congratulations to all of the swimmers for their great achievements.

RECORDS

FEMALE JUNIOR SHORT COURSE

Event	Swimmer	Date	Time
FREESTYLE 50M	Harriet Cooper	21/04/2013	00:25.78
FREESTYLE 100M	S Smith	08/11/2009	00:56.48
FREESTYLE 200M	S Smith	25/04/2010	01:59.57
FREESTYLE 400M	S Smith	08/08/2009	04:13.05
FREESTYLE 800M	S Smith	19/03/2010	08:47.21
FREESTYLE 1500M	Michaela Glenister	29/10/2017	17:11.23
BREASTSTROKE 50M	S Smith	21/03/2010	00:32.86
BREASTSTROKE 100M	S Smith	18/10/2009	01:10.43
BREASTSTROKE 200M	Megan Morrison	16/11/2013	02:29.87
BACKSTROKE 50M	S Smith	20/03/2010	00:28.93
BACKSTROKE 100M	Harriet Cooper	21/04/2013	01:01.71
BACKSTROKE 200M	Harriet Cooper	25/11/2012	02:12.53
BUTTERFLY 50M	Maisie Elliott	16/12/2018	00:27.97
BUTTERFLY 100M	Maisie Elliott	15/12/2018	00:59.73
BUTTERFLY 200M	Maisie Elliott	14/12/2018	02:11.68
INDIVIDUAL MEDLEY 100M	S Smith	21/03/2010	01:02.01
INDIVIDUAL MEDLEY 200M	S Smith	24/04/2010	02:10.95
INDIVIDUAL MEDLEY 400M	S Smith	23/04/2010	04:40.25

FEMALE JUNIOR LONG COURSE

Event	Swimmer	Date	Time
FREESTYLE 50M	Harriet Cooper	26/06/2013	00:25.87
FREESTYLE 100M	Harriet Cooper	07/03/2013	00:56.51
FREESTYLE 200M	S Smith	06/08/2010	02:00.79
FREESTYLE 400M	Michaela Glenister	22/04/2017	04:18.55
FREESTYLE 800M	Michaela Glenister	07/05/2018	08:58.75
FREESTYLE 1500M	Michaela Glenister	04/03/2018	17:20.27
BREASTSTROKE 50M	S Smith	01/04/2010	00:33.11
BREASTSTROKE 100M	S Smith	01/04/2010	01:11.32
BREASTSTROKE 200M	Megan Morrison	02/08/2013	02:33.12
BACKSTROKE 50M	Harriet Cooper	30/06/2013	00:29.44
BACKSTROKE 100M	Harriet Cooper	09/03/2013	01:02.40
BACKSTROKE 200M	Candice Hall	02/08/2013	02:17.50
BUTTERFLY 50M	Maisie Elliott	25/07/2018	00:27.88
BUTTERFLY 100M	Maisie Elliott	29/07/2018	01:00.83
BUTTERFLY 200M	S Smith	04/08/2010	02:13.91
INDIVIDUAL MEDLEY 200M	S Smith	18/07/2010	02:14.48
INDIVIDUAL MEDLEY 400M	S Smith	14/07/2010	04:44.46

FEMALE SENIOR SHORT COURSE

Event	Swimmer	Date	Time
FREESTYLE 50M	Emily Crane	08/12/2019	00:24.75
FREESTYLE 100M	Sophie Smith	17/12/2015	00:53.81
FREESTYLE 200M	Sophie Smith	15/12/2013	01:56.01
FREESTYLE 400M	Michaela Glenister	07/12/2019	04:08.99
FREESTYLE 800M	Michaela Glenister	06/12/2019	08:25.70
FREESTYLE 1500M	S Smith	03/12/2010	16:50.29
BREASTSTROKE 50M	Megan Morrison	05/12/2019	00:30.76
BREASTSTROKE 100M	Megan Morrison	07/12/2019	01:06.45
BREASTSTROKE 200M	Megan Morrison	06/12/2019	02:22.07
BACKSTROKE 50M	Emily Crane	03/12/2021	00:26.80
BACKSTROKE 100M	Emily Crane	05/12/2019	00:58.99
BACKSTROKE 200M	Candice Hall	15/12/2018	02:08.67
BUTTERFLY 50M	Emily Crane	16/12/2018	00:26.32
BUTTERFLY 100M	Harriet West	17/12/2016	00:57.75
BUTTERFLY 200M	Candice Hall	17/11/2019	02:11.16
INDIVIDUAL MEDLEY 100M	Sophie Smith	23/11/2012	01:00.47
INDIVIDUAL MEDLEY 200M	Sophie Smith	13/12/2013	02:07.48
INDIVIDUAL MEDLEY 400M	Sophie Smith	07/12/2013	04:37.64

FEMALE SENIOR LONG COURSE

Event	Swimmer	Date	Time
FREESTYLE 50M	Harriet Cooper	02/08/2015	00:25.61
FREESTYLE 100M	Harriet Cooper	07/11/2015	00:55.19
FREESTYLE 200M	Sophie Smith	19/07/2013	01:59.49
FREESTYLE 400M	Michaela Glenister	23/08/2019	04:15.30
FREESTYLE 800M	Michaela Glenister	21/08/2019	08:43.74
FREESTYLE 1500M	Michaela Glenister	25/01/2020	16:46.46
BREASTSTROKE 50M	Megan Morrison	23/07/2019	00:31.59
BREASTSTROKE 100M	Megan Morrison	28/07/2019	01:09.53
BREASTSTROKE 200M	Megan Morrison	24/07/2019	02:28.36
BACKSTROKE 50M	Harriet Cooper	06/11/2015	00:28.43
BACKSTROKE 100M	Harriet Cooper	07/11/2015	01:00.95
BACKSTROKE 200M	Sophie Smith	03/08/2013	02:13.19
BUTTERFLY 50M	Harriet West	19/02/2017	00:27.30
BUTTERFLY 100M	Harriet West	03/12/2017	00:58.88
BUTTERFLY 200M	Candice Hall	22/06/2019	02:13.75
INDIVIDUAL MEDLEY 200M	Candice Hall	03/06/2021	02:12.04
INDIVIDUAL MEDLEY 400M	Michaela Glenister	20/08/2019	04:39.35

OPEN/MALE JUNIOR SHORT COURSE

Event	Swimmer	Date	Time
FREESTYLE 50M	Jacob Mills	25/06/2023	00:22.88
FREESTYLE 100M	Jacob Mills	03/12/2022	00:50.51
FREESTYLE 200M	William Bell	19/11/2017	01:50.95
FREESTYLE 400M	William Bell	06/11/2016	03:56.31
FREESTYLE 800M	J Warren-Ballard	25/03/2011	08:27.12
FREESTYLE 1500M	William Bell	27/02/2015	15:54.66
BREASTSTROKE 50M	Lewis Boyd	06/11/2022	00:31.01
BREASTSTROKE 100M	William Bell	08/10/2017	01:05.79
BREASTSTROKE 200M	William Bell	19/11/2017	02:21.70
BACKSTROKE 50M	Jacob Mills	03/12/2022	00:27.05
BACKSTROKE 100M	N Oxford	12/12/1998	00:57.65
BACKSTROKE 200M	Thomas Beamer	14/12/2018	02:04.00
BUTTERFLY 50M	J Thorpe	01/11/2008	00:25.90
BUTTERFLY 100M	Lewis Kerrod	17/12/2015	00:56.73
BUTTERFLY 200M	Joel Weston	19/12/2015	02:07.95
INDIVIDUAL MEDLEY 100M	William Bell	16/09/2017	00:59.45
INDIVIDUAL MEDLEY 200M	William Bell	17/11/2017	02:04.85
INDIVIDUAL MEDLEY 400M	William Bell	19/11/2017	04:26.47

OPEN/MALE JUNIOR LONG COURSE

Event	Swimmer	Date	Time
FREESTYLE 50M	Jacob Mills	27/07/2023	00:23.28
FREESTYLE 100M	Jacob Mills	25/07/2023	00:50.82
FREESTYLE 200M	William Bell	14/12/2017	01:55.12
FREESTYLE 400M	William Bell	13/12/2017	03:58.77
FREESTYLE 800M	Daniel Kennedy	26/07/2019	08:42.00
FREESTYLE 1500M	William Bell	15/12/2017	15:49.77
BREASTSTROKE 50M	Lewis Boyd	25/03/2023	00:30.95
BREASTSTROKE 100M	Alexander Casey	31/07/2019	01:08.37
BREASTSTROKE 200M	Alexander Casey	26/07/2019	02:25.94
BACKSTROKE 50M	Luca De Zilva	13/01/2019	00:27.94
BACKSTROKE 100M	N Oxford	01/08/1998	00:59.72
BACKSTROKE 200M	N Oxford	18/04/1999	02:10.58
BUTTERFLY 50M	Jacob Mills	30/04/2023	00:26.34
BUTTERFLY 100M	Lewis Kerrod	28/07/2015	00:58.61
BUTTERFLY 200M	Joel Weston	30/07/2015	02:08.73
INDIVIDUAL MEDLEY 200M	William Bell	17/12/2017	02:08.33
INDIVIDUAL MEDLEY 400M	William Bell	27/07/2017	04:31.55

OPEN/MALE SENIOR SHORT COURSE

Event	Swimmer	Date	Time
FREESTYLE 50M	Jamie Thorpe	14/04/2012	00:22.57
FREESTYLE 100M	T Nakagawa	15/05/2011	00:49.95
FREESTYLE 200M	William Bell	05/12/2021	01:46.86
FREESTYLE 400M	William Bell	11/12/2022	03:44.66
FREESTYLE 800M	William Bell	09/12/2022	07:51.62
FREESTYLE 1500M	William Bell	04/12/2021	15:00.46
BREASTSTROKE 50M	J Thorpe	27/03/2011	00:29.27
BREASTSTROKE 100M	Alexander Casey	10/12/2022	01:01.76
BREASTSTROKE 200M	William Bell	22/10/2023	02:14.09
BACKSTROKE 50M	Luca De Zilva	04/12/2021	00:25.10
BACKSTROKE 100M	Luca De Zilva	05/12/2021	00:54.87
BACKSTROKE 200M	Gareth Mills	15/11/2014	01:58.76
BUTTERFLY 50M	J Thorpe	27/03/2011	00:24.15
BUTTERFLY 100M	Jamie Thorpe	04/12/2011	00:53.90
BUTTERFLY 200M	Gareth Mills	15/11/2014	01:57.78
INDIVIDUAL MEDLEY 100M	Alexander Casey	10/12/2022	00:55.30
INDIVIDUAL MEDLEY 200M	Roberto Pavoni	06/11/2016	01:57.32
INDIVIDUAL MEDLEY 400M	William Bell	06/12/2019	04:15.14

OPEN/MALE SENIOR LONG COURSE

Event	Swimmer	Date	Time
FREESTYLE 50M	Jamie Thorpe	08/03/2012	00:22.99
FREESTYLE 100M	Jacob Mills	06/04/2023	00:50.84
FREESTYLE 200M	Gareth Mills	18/04/2015	01:49.60
FREESTYLE 400M	William Bell	14/04/2021	03:50.84
FREESTYLE 800M	William Bell	15/04/2021	08:00.40
FREESTYLE 1500M	William Bell	18/04/2019	15:21.83
BREASTSTROKE 50M	David Trickett	19/04/2017	00:28.97
BREASTSTROKE 100M	Alexander Casey	04/04/2023	01:02.47
BREASTSTROKE 200M	Alexander Casey	07/04/2023	02:14.85
BACKSTROKE 50M	Luca De Zilva	23/07/2022	00:26.24
BACKSTROKE 100M	Luca De Zilva	24/07/2022	00:57.50
BACKSTROKE 200M	Jack Warren-Ballard	29/07/2015	02:02.46
BUTTERFLY 50M	J Thorpe	21/08/2010	00:24.54
BUTTERFLY 100M	Jamie Thorpe	10/03/2011	00:54.40
BUTTERFLY 200M	Gareth Mills	15/04/2015	02:01.41
INDIVIDUAL MEDLEY 200M	Alexander Casey	28/05/2023	02:03.24
INDIVIDUAL MEDLEY 400M	William Bell	18/05/2019	04:27.39

Trevor Hincks
Records Officer