



LEICESTERSHIRE & RUTLAND AMATEUR SWIMMING ASSOCIATION

Minutes of Meeting held on Tuesday 13th February 2024

Present: Ursula Beck, Judy Leader, Geoff Robilliard, Val Dunton, Ron Brewin, Alan King, Paul Sippitt, Trevor Hincks, Abi Crane, Lee Taylor, Angela Bird, Jamie Evans, Rachel McClaren, Maryjoy Appleton, Helen Bickerstaff, Jill Stidever.

13/24: Apologies: Sue Wainscot, Lee Smith, Jenny Beech. Leslie Johnson was also absent from the meeting.

The Chair opened the meeting by informing them that Lee Smith was now the delegate for Leicester Sharks.

14/24: Confirmation of the Minutes of the meetings held on Tuesday 9th January 2024

07/24a – Treasurers Report – final paragraph to read “Judy said the clubs needed to remind their Coaches and Team Managers to apply for a poolside accreditation pass” not that Judy would remind the clubs. The minutes were then proposed by Judy and seconded by Ron as being a true record. All present in favour.

15/24: Matters Arising from the meeting held on 9th January 2024.

09/24 – Standing Committee Members – Swimming Committee. Agreed at the last meeting that Paul would speak to Josh to see if he wanted to stay on the Swimming Committee. However, although Josh had indicated to Paul that he would like to remain on the Swimming Committee it had come to light that he was now a Coach at two clubs outside of Leicestershire and in this respect, it was not felt prudent for him to attend LASA Swimming committee meetings. Those present were not in favour of him staying on the Committee. Paul said he would let Josh know.

Ursula said she had two further volunteers who had indicated an interest in joining the Swimming Committee. Jack Coleman and Jenny Beach. Paul had spoken with Jack to explain what and when the meetings were held, and the Executive unanimously agreed that he should be voted onto the Committee. Ursula said she had emailed Jenny to ask if she was interested. She had not yet received a reply, but it was agreed that if Jenny was interested, she would also be allowed to join the Swimming Standing Committee.

16/24: Correspondence & Secretary's report:

The Chair said she had advertised in the Age Group & Championships programme for a County Secretary, but no one had come forward. She again asked the delegates to go back to their clubs and ask if anyone was interested. She explained that the basics of the role was sending out monthly agendas, minute taking and looking after the correspondence for the County and sending out information to the clubs when required. The busiest time for the County Secretary was November/December when preparing the Annual Report and preparation for the AGM.

Ursula did take the opportunity to thank all present for the work they and their clubs had done to ensure that the Age Groups ran well. Despite having to move to Hinckley at such short notice this had not impacted on the success of the Age Groups. There had already been some very positive feedback from clubs and a “thank you” card had been received from Loughborough Town SC and a message from Melton Mowbray SC. Ursula said she had emailed both the Leisure Centre and Hinckley Club to thank them for their support over the last three weekends. The East Midlands President had written following her visit for the first weekend thanking the County for the way she had been looked after and saying that she had very much enjoyed the afternoon with us.

All results should now be on the website along with County Trophy Winners.

17/24: Acceptance of Records – Trevor Hincks

Age Group	Event	Course	Name	Date Achieved	Time achieved	Venue	Competition	Current record
Mens	100m Breaststroke	SC	Alex Casey	16/12/2023	01:01.09	Sheffield	Swim England Winter Short Course	01:01.47
Mens	100m Breaststroke	SC	Alex Casey	16/12/2023	01:00.70	Sheffield	Swim England Winter Short Course	01:01.09
Mens	200m Breaststroke	SC	Alex Casey	17/12/2023	02:10.28	Sheffield	Swim England Winter Short Course	02:11.77

Judy queried why the records for Alex had not been brought to the January meeting. Trevor said that he had missed these records when checking for the January meeting. Once he realised he had apologised to Alex for this omission, The records were then accepted by all present.

18/24a Treasurers Report – Judy Leader

Main Points

- **Income** attributable to 2024 Age Group and County Championship entities, door takings and Accreditation Passes.
- **Expenditure** is accredited to the regular outgoings (COL, Workspace), and costs associated with the 2024 Age Groups and County Championships.

A Portable Wi Fi Router (Dongle) has been purchased for use by the AOE & Results Team to assist in the smooth running of competitions. This has been recorded as 'Equipment' in the Accounts, and the Laminator, purchased last month has been updated to also show as 'Equipment' instead of 'Sundry' expenses.

All other equipment owned by LASA will be added to the Accounts in due course.

- The amount owed to Suppliers is the first weekend Hinckley LC Pool hire & Food invoice received 30/1/2023 but not yet paid and Coach Education

2024 Age Groups and Championships

- Invoices for Club Entries were issued, and all paid on time.
- Accreditation Pass applications were slow to start with the majority of passes being applied for in the week immediately prior to the first weekend of competition.
- Door takings very positive with a 54/46 split on card vs cash payment types
- February will see all the expenses for the competitions being realised.
- Competition P&L will be produced for next month

Attached reports: - previously circulated.

Cash Flow for the Financial Year – showing financial year to date.

Profit & Loss for January - income exceeded outgoings as expected with the Age Group income.

Balance as of 31st January 2024.

Age Group & County Championships P&L showing budget, estimates and actuals where final.

Judy thanked for the report and there were no questions regarding the accounts for this month.

18/24b: East Midland Region Report – Ursula Beck

Due to the Age Group & Championships being held in all Counties during January and February it had been decided that the next EMR Board meeting would be held on 9th March 2024.

18/24c: Swimming Report – Paul Sippitt

No report this for this meeting. With the Age Groups having been completed the weekend before the Executive meeting there had not been time to produce a report. Clubs would be asked to give feedback to Paul, and this would be reviewed at the next Swimming Committee Meeting.

Paul thanked all who had worked over the three weekends to make the Age Groups a success.

18/24d: LASA Development Report – Sue Wainscot

In the absence of Sue, the report was reviewed with the Executive.

There is little progress since the January 2024 report due to the County Age Groups & Championships.

A Summary is as follows:

Coaches Meeting:

This is booked for Saturday 24th February. I have liaised with Clubs on the last day of the County Championships and have been able to confirm that the following clubs are aiming to attend:

Braunstone, Coalville, Hinckley, Penguins, Sharks, Loughborough & Neptune. I will follow up with Melton, Oadby & Wigston, Market Harborough & Shepshed as they were not on poolside when I checked (this was during the girls 800m Freestyle on Sunday evening). I will also check with Leicester Masters.

The Agenda includes the following:

Development Agreement

Mini Meet

Young Teams

Inter Clubs

Swim Camps

Long Distance Training

SE Development Camps

Initial Feedback from County Championships

Sue Wainscot- Development Manager

18/24e: City of Leicester Development Report – Jamie Evans

Throughout the closure of the main pool at Braunstone development have continued to train. Since Christmas the squad had generally been able to train for two sessions per week and have had a more consistent training pattern. We are grateful to the base clubs who have been able to accommodate the squad swimmers over this time, and the clubs who have touched base with us regarding planning.

The squad have benefitted from the arrival of Gen who brings a wealth of expertise with her.

Gen joins the City of Leicester SC from Rackley Swim Team, Brisbane Australia. Gen was the Junior Development Coach at Rackley where she grew the programme from 7 to 70 swimmers. Gen then moved to the Colmslie pool where she became the Head Junior Coach and continued her great results. One being at the Australian Age Swimming Championships (April), the Rackley swimmers came home with 1,106 team points which placed them 9th in Australia for Age Swimming.

Gen comes to us with a fantastic background in coaching and a postgraduate degree in Sports Coaching from the University of Queensland. Gen's role at CoLSC is "Head of Age Group", she will be the lead coach for the Regional Squad and oversee (along with Harry and I) the day to day running of Development.

Sessions for Development have consisted largely of technical drills on all four strokes and race skills, we have been mindful of the fact that during counties our session on a Monday fall after a long weekend of racing and so that time has largely consisted of a long warm up of relatively low intensity 200m swimming with fins but with the expectation that swimmers are focusing on their turns, underwater work and transition into stroke every time. The expectation being a tight streamline, an attempt of at least three fly kicks to at least the flags and no breath first stroke off all tumble turns. Obviously, every child is different and those that find this easy are challenged to go further whilst maintaining consistency over the whole swim. Drill based work has followed, mixed in with HVO swims to keep them up to speed.

Our other sessions have generally started with a warmup consisting of 50m repeats as drill swim that are equally front crawl and backstroke based. The swimmers know the progressions and we are able to focus on individual needs during this time. The rest of the hour has been IM based full stroke with some HVO work. Again, we have been mindful that during counties, the children will be racing potentially most of the weekend.

It was really nice to see the swimmers performing so well at Counties - the results for the squad overall were very pleasing. It was lovely to be able to stand poolside, watch the swimmers, encourage, and generally see their smiling faces whilst they partook in the sport that they clearly love.

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.

Thank you to LASA for your continued support.

Jamie headcoachcol@gmail.com 07912732023

Ursula asked if their new Coach Gen would be able to join the Coaches meeting on 24th February so that she could be introduced to the other coaches. Jamie said he would ask her but was aware that she was in the middle of moving from London at the weekends,

18/24f: Masters Report – Alan King

Nothing to report.

18/24g: Rules Revision—Paul Sippitt

Nothing to report.

18/24h: Officials Report – Lee Smith and Ron Brewin

Judge Completion

Congratulation to Hayley Wilson on competing her Judge Level 1 course. Also, Ian Abbey, Jennifer Sawyer and Robert Sawyer on completing their Judge 2 qualification, and Simon Corbett for passing his J2S poolside examination.

Swim England officials update.

We have now received the latest update from Swim England (Jan 24), it appears all discrepancies reported between September 23 and December 23 have now been recorded and are showing on the latest report.

Whilst at County Championships we have encouraged more officials to make use of the Swim England online membership system where they can update their details and select their preferences regarding what is shown on their Swim England profile, which can help coordinators check qualifications if required.

It has been noted at County Championships the lack of Judge 1's in training attending to gain mentoring and to log hours towards their qualification. The recent Judge 1 in training list from Swim England has 30 candidates, 13 of which completed the theory over 12 months ago and are more than likely not pursuing the qualification which does leave a small pool of new Judges coming through.

Upcoming events

English Schools Swimming Association have their Inter-divisional Championships taking place on 9th & 10th March 2024 at Alan Higgs Centre, Coventry. They are looking for officials to support this event, the details are below:

Should you be interested in officiating at this event, please use the following link to sign up
<https://forms.office.com/e/iGaDJuBuM3>

Uniform required for this event will be BLACK full-length trousers with BLACK shoes/trainers.

White ESSA polo shirts will be issued (If you have a shirt that was issued from Birmingham, please bring it with you)

Please can we respectfully ask that no shorts are worn.

Lockers are operated with a refundable £1 coin.

Please be aware, live streaming will be in operation at this event.

This event will be licensed as a level 1, All Officials are required to be qualified and licensed.

Regards

Lee

Ron said that they were missing two Radios from the Age Groups. Geoff said they had checked the room that the AOE equipment had been in, and nothing had been found. Geoff was asked to speak to Hinckley SC to see if they had picked them up. If this not the case, then an email to go out to all clubs asking if anyone had accidentally picked them up.

18/24i: I.T. Report - Judy Leader

Judy said the website was now in the process of being updated with all results and trophy winners being added.

Traffic on the website and Facebook had been busy during the Age Groups which was positive,

Angela queried whether the Top Club results had been updated. Judy checked during the meeting and said although not yet on the website the results were **Top Club – Girls – Braunstone Swimming Club and Top Club – Boys – Loughborough Town Swimming Club.**

Ron said there had been an issue with Sessions 6 and 7 results, but this had now been rectified.

18/24j: Disability Report — Jill Stidever

Jill did not have anything to report on other than there had been a small number of disability swimmers who had entered the Age Groups this year.

Ursula said that she and Judy had spent some time with Lauren Needham who was coaching the disability swimmers to see what the County could do to assist them. It was agreed that Lauren would put together a piece to go onto the LASA Website outlining where disability was at the present time. Lauren was also asked to let the County know if they needed any financial assistance to help with training of volunteers or additional water time. It was to be hoped that a disability page could be set up on the LASA Website.

18/24k: Any other Reports

There were no further reports.

19/24: Any other Business accepted by the Chair as relevant.

- a) Geoff took the opportunity to thank Helen Bickerstaff for her support on the first weekend of the Age Groups when she assisted in sorting out the poolside accreditations.
- b) Judy said she was still waiting for some clubs to come back to her with dates for her to visit to present medals and trophies. She asked that delegates go back to their clubs and ask that this information be sent to her as quickly as possible so that she could organize the best times to visit the clubs.
Ursula also confirmed that Charlie Dilkes would be attending the two clubs where the swimmers had won his trophies.
- c) Maryjoy said that there did not appear to be a Coach L1 course on until November in this Region. Helen explained that Clubs needed to register an interest in courses for them to be set up. Fiona and IOS needed to know as a course could only be run if there were 10-16 people wanting to attend a course. The EM Newsletter also gave details of all courses being run. The last club to register any interest was Market Harborough early last year. Agree that this item should be put on the LASA Website to see if any other clubs had volunteers who were interested.
- d) Angela asked when all the results would be placed on the Website. Judy said it would either be after the meeting or in the morning. She queried if there was a mistake in one of the results. Agreed that there was and this would be corrected.
- e) Abi confirmed that all the medals had been boxed up for Judy to present. Agreed that Abi would take them round to Judy's house the following morning. Thank you to Abi for sorting this.
- f) Ursula asked that all delegates report back to their clubs the need for them to update their websites with the new Wavepower 2024 and also for clubs to let her know if there had been any changes to the Officers of the Club so that information went out to the correct people.

Confirmed date of next meeting 12th March 2024 commencing at 7.00 pm via google meet.

There being no further business the meeting was closed at 7.45 pm.