



## LEICESTERSHIRE & RUTLAND AMATEUR SWIMMING ASSOCIATION

### Minutes of Meeting held on Tuesday 14<sup>th</sup> November 2023

**Present:** Ursula Beck, Judy Leader, Geoff Robilliard, Val Dunton, Ron Brewin, Alan King, Paul Sippitt, Trevor Hincks, Abi Crane, Lee Taylor, Angela Bird, Harry Pickering, Helen Bickerstaff, Tracy McGhie, Jill Stidever

**73/23: Apologies:** Lee Smith, Sue Wainscot, Rachel McClaren, Jamie Evans, Maryjoy Appleton. The following were also not present at the meeting – Leslie Johnson, Lindsey Hackworth, and Rebecca Pope. Harry was welcomed at the meeting as Jamie was unable to attend.

### **74/23: Confirmation of the Minutes of the meetings held on Tuesday 10<sup>th</sup> October 2023**

64/23 “Confirmation of the Minutes” should read 11<sup>th</sup> September not July. Subject to this correction the minutes were proposed by Val and seconded by Abi as being a true record. All present accepted the minutes.

### **75/23: Matters Arising from the meeting held on 10<sup>th</sup> October 2023,**

No matters arising that would not be dealt with under the Reports,

### **76/23: Correspondence & Secretary’s report:**

Nothing to report except still need to find a volunteer willing to take on the role of County Secretary, It may be necessary to advertise this vacancy outside of swimming.

Work was still in progress with regard to the County Governance Code. A meeting was due to be held the following night to review all items requiring to be uploaded to the Portal. More details at the next meeting.

### **77/23 Acceptance of Records – Trevor Hincks**

Age Group	Event	Course	Name	Date Achieved	Time achieved	Venue	Competition	Current record
Mens	200m Breaststroke	SC	William Bell	22/10/2023	02:14.09	Moorways Derby	Loughborough University International Meet	02:15.45
Mens	100m Freestyle	SC	Jacob Mills	05/11/2023	00:49.71	Harvey Hadden Notts	East Midland SC Regional Meet	00:49.95
Mens	100m Freestyle	SC	Jacob Mills	05/11/2023	00:49.34	Harvey Hadden Notts	East Midland SC Regional Meet	00:49.71

Judy queried whether William’s record was eligible as he had swum for Loughborough University. Trevor said he would check the rules, but William was both a member of Loughborough Town Swimming Club and Loughborough University, both being affiliated to the County.

The other two records were accepted, and it was agreed that the record for William would be checked before acceptance being given. Subject to the rules allowing for this record to be accepted the meeting were happy for this to be accepted as well.

**Post note** – Following the meeting, the rules were checked – Rule 19.1.1 states that at the time of the swim a swimmer must be a member of a base Club affiliated to the Association. 19.1.2 states that a swimmer is only entitled to claim a record if they have swum in the name of an affiliated club, or team encompassing the counties of Leicestershire and or Rutland. William’s record should therefore be accepted.

## **78/23a: Treasurer's Report – Judy Leader**

### **Main Points**

- The Year End Accounts have been submitted to Stuart Sharp for Inspection. His report is awaited.
- The Spreadsheet used to manage the accounts, while very comprehensive, is not straightforward to modify and use for a new financial year, nor is it as easy to use as it was intended when originally developed, particularly for anyone who does not possess advanced MS Excel skills. I have therefore identified a free, easy to use Cloud based Accounting Software PANDLE and have moved LASA accounts to this platform. October's finances have been managed through this tool and the attached reports are the output and result of its use. Some further work needs to be undertaken to identify if the reports can be modified to show the LASA name and logo etc.
- Income is accredited to the Mini Meet entities & door takings and sale of polo shirts for the Inter-counties competition.
- Expenditure is accredited to Facilities (pool hire for Sept Masters, and a meeting room), Coach Education/Bursaries and general expenses

### **Mini Meet 23rd October 2023**

The two clubs that entered, with a total of 44 swimmers, generated total revenue of £610 (entries + door) with final expenses expected to be £632.20 resulting in this event making a loss of £22.20. This figure is much less than was feared when it was agreed to run the event with so few clubs entering and is obviously not the surplus that was anticipated when preparing the budget.

### **Attached reports:**

Cash Flow for the Financial Year - currently only shows October and will build as the year progresses.

Profit & Loss for October - outgoings exceed income this month which was not unexpected.

Balance for October

All reports have been previously circulated to the LASA Executive.

## **78/23b: East Midland Region Report – Ursula Beck**

The next Board meeting Saturday 18<sup>th</sup> November. As most would already know, sadly Brian Collis passed away recently. He had been a volunteer for many years and would be well known for sorting out the Arena League. Brian was the Vice Chair of the Region and also a Life Member of the Region.

Helen reminded the delegates that the SE Health Checker had reopened. It was a useful tool to use as a benchmark for any concerns that the clubs may have, and it enabled Swim England to support the clubs if needs be.

Judy asked Helen if she could review the process for claiming bursaries as there had been a number of queries from clubs. Agreed that Judy and Helen would look at the process to make sure all working correctly for the County.

Val queried whether the Regional membership cost would be increasing. Helen said that it had yet to be circulated to clubs, but it was thought to be increasing from £8 to £9. Judy confirmed that she had received this information from Fiona just prior to the meeting.

## **78/23c: Swimming Report – Paul Sippitt**

Mini Meet October 2023

The Mini Meet was held on 21<sup>st</sup> October 2023 with 48 swimmers entered from two teams, Braunstone and Hinckley. The event was a success with many swimmers beating their entry times in all three events. The results have been published on the LASA website.

### **Young Teams November 2023**

LASA had to make the sad decision to cancel the Youngs Teams because as of the date of closing only four clubs had entered the event; a fifth entry was considered from two club entering as a single team. However, it was felt that the lack of entries would have devalued the Trophy for the event, hence the decision to cancel the event.

### **LASA 2024 County Championships**

All aspects of next year's event are running to plan. An updated report from Geoff has been circulated to LASA Executive prior to this meeting. It was hoped to have the entry file open the first week in December.

### **Chair and Coach Meeting November 2023**

The second Chair and Coach meeting was held at Whitwick and Coalville on 21st October and was well attended; we had ten clubs attending together with members of SE East Midlands.

The meeting covered an overview by SE East Midlands of the SE Talent Pathway and what is expected of a County Development Pathway. There was also a SE video on inclusivity within swimming.

The disappointing uptake related to the Mini Meet and Young Teams was also discussed as was the structure of the County development pathway. It was agreed that a Coach forum take place as a matter of urgency to explore how the county can improve and work better together going forward. Arrangements were being made to set up a further meeting to discuss the development pathway in December. It was clear that there was a need for the County Calendar to be reintroduced so that clubs could upload their calendar which would enable the County if wishing to put on an event to identify the most suitable dates. This calendar would be accessible via the LASA website.

It was to be hoped that the County run the Mini Meets, Young Teams and Interclub in 2024 but this would be subject to finding suitable dates which did not clash with Club events.

A full set of meeting notes will be issued in due course.

### **Swimming Meeting**

There was a swimming meeting held on 21<sup>st</sup> October and the notes from the meeting have been circulated to the LASA Executive and will be available to read on the LASA website.

Paul Sippitt, Swimming Manager

### **78/23d: LASA Development Report – Sue Wainscot**

#### **Chair/Coaches Meeting:**

This took place at Whitwick & Coalville Leisure Centre on Saturday 11<sup>th</sup> November. All but two clubs were able to send representatives and we were joined by Tom McManus from Swim England.

The key areas discussed were:

- SE Talent & Development Programme: County to National level
- Leicester League
- Equality & Diversity presentation by SE
- County Update including LASA County Championships 2024; LASA organised competitions for 2024; Long Course Training at Loughborough University & Swim Camps through LASA in 2024.

Full notes will be circulated in the next few days along with copies of the two presentations made and a meeting will be organised with Club Coaches, Tom McManus & LASA in the near future to progress discussions about the Development Pathway within the county.

Angela said that Matt, one of the coaches at Loughborough Town Swimming Club who was present at the meeting had offered to support the Leicester League.

### **Young Teams Gala 2023:**

A decision was made to postpone this as entries were received from only 4 clubs. This was discussed at the above meeting and clubs committed to supporting in 2024 and a date to be set ASAP, ideally at the end of November.

### **Inter Club Relays Gala:**

Again, there was commitment at the Chair/Coach meeting to support this in 2024 and the suggested date is the beginning of September; the date will be finalised ASAP and circulated to all clubs.

### **78/23e: City of Leicester Development Report – Jamie Evans – in the absence of Jamie, Harry presented the report. In depth stroke focus has been backstroke**

- Initially the focus was exclusively body position - long legs kicking from the hips.
- Drills for this have included revisiting vertical kicking (ensuring an even kick in front and behind the body line ensuring activation of the glutes). This progressed into streamline and superman kick focusing on the body being in a rotated position with one dry shoulder and the head looking directly up at the ceiling in a neutral position.
- The following drill progression is now well known by the swimmers consisting of
  - Streamline kick – to focus on the head looking neutrally at the ceiling.
  - Superman kick – 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. Sometimes a flag arm position is used.
  - Superman switch – as a development of the above

- Single arm with full rotation - emphasising a press, catch, high elbow bent arm pull (elbow to floor) and down sweep to finish in time with the rotation of the hips.
  - Full stroke - Stroke passing through a superman position each time without actually pausing in that position. Timing of arm stroke connected with hip rotation.
- This drill progression has now been incorporated into warm-ups and is mixed and matched with the previous front crawl drill progression. Distances of repeats has varied from 50 - 75m - 100m.

#### **Non-Negotiables – These continue – 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 and Bk / legal open turn Brs and Fly every time.
- When leaving the wall on Bk - push off on back + finish on back.

#### **Other**

- The swimmers have been introduced to the concept of an aerobic set – that it is important to try to maintain stroke technique and skills throughout, to endeavour to finish each repeat and the set as a whole.
- Work has been done varying the distance of repeats aerobically.
- Simple Fly drill and Brs drill progressions have continued with more full stroke swimming than previously but generally 25m repeats with short rest. Emphasis in Fly being to understand that the length of the pull is really important (high elbow early catch, water held and pulling past the hips without releasing early).
- Work has been done to try to ensure swimmers can comfortably breathe to both sides by incorporating expectations relating to specified breathing patterns into Fc swims (e.g breathe every 4 to bad side, good side then every 3 to both)
- Kicking sub-sets over 25m repeats ranging from 50-40s
- Fun stuff – relays and games continue.
- Team camaraderie and cohesion – lane rotations and shuffles to allow swimmers to get to know their peers and to train to their full potential.

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

It was confirmed that following a of meetings with CoL, the CoL/LASA Development Agreement had been reviewed with a small number of amendments being made to it. These amendments had now been signed off by CoL and LASA.

#### **78/23f: Masters Report – Alan King**

##### **Midlands Inter-Counties Masters Competition Moorways Pool Derby.**

This year the Inter-Counties Masters Competition was run as a combined East and West Midlands Competition. Leicestershire entered a team of 36 Masters swimmers, and we finished a Brilliant 3<sup>rd</sup> place. NB This was our best-ever result in the Inter-Counties Masters competition.

Our Swimmers were simply fantastic - all giving their best with many Personal best times recorded. Also, there was an excellent team spirit encouraging everyone to do well and this is what they did. Our Team on the day was complete and as selected - which is great – no last-minute changes needed! I was very pleased and proud to be part of this great success for Leicestershire Masters and all the swimmers deserve a big “well done”.

NB This event was also part of a National Competition. Once all regions have run their competitions, all results will be rolled together to enable us to see how Leicestershire Masters performed across the whole of the Country and I will advise the results at our Next meeting.

Since preparing this report Alan had been informed that the team score had been reduced by 1 point with no explanation. He asked if this could be queried. This now meant that the team would finish in fourth place,

Also

I would like to thank Pam Tilley and Geoff Robillard for attending as our Leicestershire Officials. The meet could not run without our volunteer Officials, and I would like to say thank you to both of them for giving up their personal time to attend this Competition on behalf of Leicestershire.

Alan King

### **78/23g: Emergency/Disciplinary Rules —Paul Sippitt**

#### **LASA Constitution and General Rules.**

The rules standing committee have been working on a revised Constitution, to ensure it reflects our current operation as well as the need to make changes that we need to adopt following changes by SE.

I can confirm that the Clubs did not provide LASA with any recommendations for changes to the constitution and general rules.

Included with this report is a clean copy of the proposed constitution as well a marked up version.

Please be aware that we challenged a number of the SE changes, receiving SE's response late Friday 10<sup>th</sup> November and we are currently working on making the changes recommended. I have provided below the comments from SE. LASA will issue the final version of the constitution in the next few days.

#### **Paul Sippitt, Rules Manager**

It was agreed at the meeting that subject to no further comments to Paul over the next couple of days the Constitution would be sent to SE for them to confirm all ok and then would be presented at the AGM for acceptance.

### **78/23h: Officials Report – Lee Smith and Ron Brewin**

#### **Judge 2 Completion**

Congratulations to Nicola Allsager and Peter Bevan on completing their Judge 2 qualification.

#### **Swim England officials reports.**

Following Octobers LASA meeting I contacted Helen Akers regarding the discrepancies within the September SE officials report, where officials have not had their qualifications updated and new qualified Judge 1's had not been added.

Helen replied stating that SE records were switched over to a new server early in September, when the report was run, it reverted to a previous version of the data and so recent updates are not showing. There is still no update on this.

I can confirm that any updates that have been received by SE have been updated on individual's records and these updates can be seen on their profile if they have selected the preferences for these to be shown via the OMS (online Membership System).

#### **Contacting Club Coordinators**

To try and get some of my own data, I contacted each club coordinator to ask for an up-to-date list of officials and current qualification. I have had replies from some clubs but not all, so I haven't been able to compare the records.

Angela queried whether the Club coordinator had replied. In the absence of Lee Ursula said she would query with Lee. Val also explained that their club coordinator had resigned and for the present time Nicola, Chair would be looking after officials. Val asked to let Lee know.

#### **LASA Officials Google account**

The google account for LASA officials has now been set up and files have been added to the google drive. All emails relating to LASA officials are now being sent from this account.

Lee

There is a Regional Masters & Senior Age Group Championship at Moorways Sports Village, Derby on Sunday 10th November 2023. To date we only have 4 officials volunteered to help. Many of the competitors are officials who work at galas where your children swim. So, if you can pay back by giving up a few hours on the Sunday would you please complete the link below. Travelling expenses will be paid. [Officials](#)

As this is not a licensed meet any offers of help from timekeepers and J1 trainees would be welcome.

Ron Brewin.

## **78/23i: I.T. Report - Judy Leader**

### **Website:**

- Age Group information updated
- News items added as and when requested
- Further Age Group info will be added over the coming days to highlight the key dates
- Investigations into reintroducing a calendar with all club's fixtures on to improve the transparency of competitions within the county.

### **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 be posted to Instagram, but for some reason, even though the FB & Insta accounts are linked in Meta, Wix doesn't recognise this, thus Instagram posts are few and far between. Investigation is still required.

### **Full Email Accounts:**

The following emails have been upgraded to full accounts and should be able to be accessed via GMAIL to send & receive emails. Please advise if you have not been able to access the account.:

- masters@ - Alan King
- officials@ - Lee Smith & Ron Brewin
- development@ - Sue Wainscott
- records@ - Trevor Hincks
- promoter@ - Geoff Robilliard

Judy asked that those with the new generic emails test them to ensure that they were working correctly. Any issues back to Judy please.

## **78/23j: Disciplinary Report – September and October – Jill Stidever**

Having missed producing a report for September I apologise have combining the two months. There would be difference little between the two. The coaches have continued with two sessions each week but with the large rise in pool hire costs, we will have to consider the viability for the future. The squad has vacancies at all levels, from non - swimmers to competitive ones. Extra teachers and coaches would also be welcome to keep the working ratio per lane.

On a positive note, all the members are now swimming at least 25m of three (mainly legal strokes) and are used to deep water. Another person is trialling with the group at the next session. Others are competing at Masters Events or local meets, returning with medals. Special thanks go to Hinckley, Coalville, and Leicester Penguins for encouraging their strugglers to join us for extra sessions while keeping them with their home club peers.

One correction to my earlier report is that our lead coach has finished Level 1 coaching and is hoping to start Level 2 during the New Year.

Jill Stidever

## **78/23k: Any further reports**

There were no further reports.

## **79/23 Trophies**

Following a vote online when all of the Executive were asked to vote, the winners were.

Trevor Henson Trophy – Alex Casey

Swimmer of the Year Open/Male – Jacob Mills

Swimmer of the Year Female – Darcie Platts

Annual Coach Award 2023 – There had been three nominations which had been voted on by the non-swimming members of the County Swimming Committee – Winner - Claire Palfrey

All trophies would be presented at the Age Groups and Ron asked Abi to let him know when the presentations would be made so that he could adjust the programme accordingly.

Just the Masters nomination to be received from Alan he confirmed he would sort.

Confirmed that having made a visit to see Charlie, Trevor said that Charlie was very pleased to have two trophies (Open/Male and Female 13/14 year old) named after him. Arrangements would be made to ensure that he was at the pool so that he could present them himself.

Also, a reminder that the East Midland President had not yet been invited to attend the Age Groups,

### **80/23 Nomination for Officers 2024**

Geoff was thanked for sorting out the nominations which were as follows.

Position	Name	Proposer	Seconder
Chair	Ursula Beck	Geoff Robilliard	Ron Brewin
Secretary	No nomination		
Treasurer	Judy Leader	Ron Brewin	Sue Wainscot

The nominations having been accepted by those Delegates present would be voted on at the AGM on 12<sup>th</sup> December 2023.

### **81/23 Nomination for Standing Committee Managers**

Again, thank you to Geoff for sorting out the nominations which were as follows:

Position	Name	Proposer	Seconder
Development	Sue Wainscot	Ron Brewin	Geoff Robilliard
Rules	Paul Sippitt	Ron Brewin	Geoff Robilliard
Finance	Judy Leader	Geoff Robilliard	Ron Brewin
Swimming	Paul Sippitt	Sue Wainscot	Geoff Robilliard
Masters	Alan King	Pam Tilley	Tracy Goodson

Regarding the nomination for Masters Manager, a change was being made to the Constitution with the Masters Manager now becoming the Masters Officer. Therefore, this nomination would now be accepted at the January meeting. All other nominations were accepted and will be voted upon at the AGM 12<sup>th</sup> December 2023.

### **82/23: Any other Business accepted by the Chair as relevant.**

- a) Val said that Market Harborough (being a small club) and Coalville had linked up to look at the way they ran their clubs, which Market Harborough had found very useful.

There being no further business the meeting was closed at 8.30 pm.

**Confirmed date of next meeting 12<sup>th</sup> December 2023 commencing at 7 pm via google meet. This will be the AGM.**