

Minutes of the Swimming Committee held on 14th June 2023 at 19.00 via Zoom

Present:

P. Robbins (PR) Regional Vice Chair
B. Caslake (BC) Cornwall Representative
C. Robinson (CR) Swimming manager - temporary
N. Vause (NV) Officials Representative
A. Smart (AS) Dorset Representative
G. King-Limb (GKL) Coaches Representative

Apologies:

D. Avery (DA) Devon Representative
A. Osborne (AO) Gloucester Representative
G. Pearce (GP) Regional Finance Officer
C. Vickery (CV) Admin & Events Co-Ordinator
L. Leffers (LL) Swimming Licencing Officer
S. Yeoman (SY) Wiltshire Representative

SC/2023

14. Welcome

1.1 CR welcomed everyone to the meeting.

15. Declaration of Interests

2.1 Nothing declared

16. Minutes of 1st March 2023

3.1 Accepted as a true record after amending 3.1 from SO to SY.
Proposed by AS and seconded by NV. Agreed unanimously by those who attended.

17. Matters arising from above minutes

17.1 7.2 DA raised by email that Mount Kelly had been given dates for a Zoom meeting well before the last meeting to discuss the problems that arose at the County Champs but they had not responded. GKL disputed this.

18 Officials Report

18.1 Appendix A

18.2 NV added that there are currently Para Officials CPD's taking place hence DA absence tonight. Some officials had also taken advantage of the Foundation of Inclusivity CPD that was available free of charge for one week only.

18.3 Officials uniform: Following on from the Regions decision to allow black trousers or skirts to be worn by officials since November 2022 it was proposed that as from 2024 black would be the uniform trouser and skirt colour. This was agreed unanimously by those attending the meeting. There was a discussion re shoe and belt colour but this will be individual choice of the official, either black or white.

19. Masters Report

19.1 No report

19.2 A Masters rep is still urgently required especially to coordinate their competition in October. CR will call a meeting of County reps to try to progress this.

20. County Reports

20.1 Cornwall:

We held our Masters County Comp on 12th March 2023 at Bodmin Leisure Centre and our County Teams Relays on 10th June 2023 at Penzance Leisure Centre. Both Meets were well attended with some very positive feedback. We are still struggling to recruit volunteers, but our recent Teams Relays event did spark some interest from our clubs and consideration of various roles that need filling.

We have not been able to resume participation in the County Development Programme however we are looking at participation for 23/24 start in September.

Planning for 2024 events is already underway. There have been some discussions about where we should hold our main County Championships event and we are planning to take a vote at our AGM about where this should be.

20.2 Devon:

Not a lot to report from Devon, just had our first weekend of Developments and numbers were down, we will be changing our meet conditions for next year to allow more swimmers to enter.

Clubs and coaches are very concerned about the new rules coming into effect in September re: the number of coaches and team managers having to attend meets, and reckon a lot of clubs will now not be able to attend meets.

GKL added that Mount Kelly had not entered swimmers in the Developments which may have led to the low numbers but this all relates to 17.1.

20.3 Dorset:

Not much to report this time. The County ran its Graded Meet in May at Dorchester which went well. The Development meet is well in to planning for July. Poole Swimming Club is running a Masters Open meet next weekend which will incorporate the 2023 County Masters Championship, so good luck to all.

The County is looking at buy some backstroke ledge to help in the development of its swimmers

20.4 Gloucester:

All going well within Glos. The County Blocks were very successful and produced considerably more profit than anticipated. This was due to the increased budgeted pool hire costs never materialising, and the entry numbers being more than anticipated. Because of this, the County exec has decided to give all clubs a grant (based on certain criteria). The size of this grant will be based on competitive numbers of swimmers within the club. Arrangements for County Blocks 2024 are well advanced.

Craig Skinner has been appointed as County Swim organiser for 2023/4. He will organise County swimming events for the Three Counties and the Inter Counties events. We are already finding problems hiring buses for both events, but I'm sure that will be overcome. Craig will also deliver the Phase 1 events for the coming year. He was assistant in previous years so this is seen as a good progressive pathway appointment.

Congratulations to Lisa Atkinson (CoB) on her selection for the Coaching team for European Juniors and to Jess Lawton (also CoB) for her selection for the same meet.

The County has a new Secretary Lorna Farbowski. Keith Smith will work alongside her for a year to help her into the role.

South West regional results were encouraging for the County.

Discussions are afoot regarding introducing a "Festival of Open Water". This will not be a Championship event as the County Open Water will continue to be held within the Regional event, but the County is keen to develop Open Water to more swimmers if possible.

20.5 Somerset:

No report received

20.6 Wiltshire:

No written report received.

An Inter Club gala has recently taken place at Hengrove which was supported by all except one County club. It was well received by all attending and was intended as a prelude to the reintroduction of county leagues that have not restarted since Covid.

Pools have been booked for the 2024 County Championships but have proved very difficult to source.

21. Licensing Report:

8.1 No report as little has been happening

22. Coaches Report:

22.1 See minutes dated 04/05/2023

22.2 The new programme format has worked really well with the exception of officials volunteering for the 800 / 1500 at the end of the weekends. Also need to make sure that there is a separate lane for para athlete warm ups especially at Plymouth and the Winter Champs at Millfield.

22.3 more information about the overseas meet will follow the next coaches meeting.

22.4 Regional Athlete and Coach recognition – see Appendix C

23. Competition:

23.1 Dates for 2024:

20/21 April 2024	Hengrove
27/28 April 2024	Millfield
4/5/6 May 2024	Plymouth
22 September 2024	Para Development Gala at Hengrove
13 October 2024	Masters at Millfield
1/2/3 November 2024	Winter Champs at Millfield
10 November 2024	Masters Inter County at Millfield

23.2 Qualifying times:

For the Summer Champs 2024 only LC times will be accepted and these are also what will be on the Psych sheets published. Clubs will do any conversions of times required using only the conversion table decided by the Region. This will prevent the conversions that Hytek does in the background.

23.3 Presentation and announcements

A final decision will be confirmed following the SE and BS champs in the summer. At most presentations will only take place at Age Groups but not at Youths.

24. Development:

24.1 Dates for 2023 / 2024

17 September 2023	Millfield	RDP
21 October 2023	Marlborough	Para training day
26 November 2023	Millfield	RDDP
6 April 2024	Taunton School	Para Training day
26 May 2024	Millfield	RDP
1 June 2024	Lake 86 & De Vere Hotel	RDDP
6 July 2024	Plymouth	Para Training day
29 September 2024	Millfield	RDP
17 November 2024	Millfield	RDDP

Online sessions awaiting confirmation
24.2 Appendix B for reports.

25. Swimming Leadership Minutes:

25.1 minutes of 16/03/2023 circulated.

13. Dates of Future meetings:

13.1 18/10/2023

Meeting closed at 20.13

Appendix A

SW Officials Secretary report 11/06/23

SW Summer Championships

The response to officiate at the Millfield / Hengrove Age Groups and Plymouth Youths was good. As always, the finals and distance events were initially short, but officials came forward at the last minute to ensure licensing was met.

Compared to last year there were less J1 trainees present since the mandatory element to attend a level 1 meet was removed from the training requirements. Mentoring opportunities were given to trainees across all judging levels where numbers permitted at sessions.

World Aquatics Rules Update

Jill Beard is holding the final regional Zoom session on 15 June, after this date County Coordinators will be responsible to deliver the update. To date the SW region is sitting very close to 90% of all licensed officials having attended the update. From the end of June license renewal applications must evidence their CPD attendance; this will be checked by the licensing department.

Training

Since the new J1 online course, which included the WA Rules Update was launched on 16 Marc, 26 SW funded vouchers have been issued and started the full process, 6 the shortened version for those candidates already Timekeeper competent.

J2 theory Zoom sessions have been run monthly by Jill, with an average of 4 signing on per month. The final session takes place on 28 June and will recommence on 30 August and monthly until the 20 December.

J2 S training continues to be delivered by County Coordinators.

National Events

Officials from the SW region continue to be appointed, this provides them with the opportunity to officiate at the highest level and share current good practises upon their return.

British Para Swimming International Meet – Dave Avery (Devon), Martin Walters (Devon), Fiona Wilkinson (Cornwall).

British Swimming Championships – Dave Avery (Devon), Adrian D’Cunha (Devon), Sue Gabriel (Cornwall), Fiona Wilkinson (Cornwall), Nicky Vause (Somerset).

British Masters- Dave Avery (Devon), Michele Trevithick (Wiltshire), Paul Robbins (Wiltshire), Nicky Vause (Somerset).

Nicky Vause

SW Officials Secretary

Appendix B

South West Development Programmes Update

Regional Development Programme (RDP)

Our Regional Development Programme is just under a year in length and is for 24 female and 24 male athletes aged 12 years old. The programme consists of two pool sessions and an online education session. Upon selection athletes and home coaches are notified and we ask for commitment to all three sessions for the athletes to have the best experience on this programme.

The Coaching and Team Managing Team for the 2022/23 season were:

- **Lead Coach** – David Cousins, Bristol Penguins
- **Skills Coaches**
 - Craig Skinner – Gloucester City
 - Carolyn Nicholls – Warminster
 - Christopher Neilson – Poole SC
 - Martin Littlefair – Seagulls
 - Ashleigh Blackhouse – Plymouth Leander
 - Paul Perry – Yeovil and District
 - Gavin Whitworth – Taunton Deane
 - Iain Chalmers – Dawlish
- **Lead Team Manager** – Rebecca Smith, Bradford on Avon
- **Assistant Team Manager** – Sarah Edmonds, Exeter City

We started the 2022/2023 season with a Pool Camp held at Millfield School Street, this was on 25th September and was attended by all 48 athletes.

The day consisted of two pool sessions and a land training session. The athletes were split into 8 groups each having their own lane coach who would deliver sessions and monitor athletes on their development across the day.

In the first pool session the key areas of OADF were covered and the focus was on being a good learner and technically excellent. They focused on Butterfly and Backstroke technique, progression into IM turns.

The land Session was focused around Fundamental Movement Skills to include exercise such as a Glute Bridge and Split Squats.

The final pool session again used the same Key areas of OADF. The focus was on Backstroke and Breaststroke technique, progression onto IM turns again especially introducing and development the Back to Breast Crossover turn.

Next we held an Online Workshop which was held on 5th March 2023 via Zoom. This was attended by 40 athletes, a number of athletes were unavailable due to this workshop clashing with other sporting/academic commitments. Our Lead Coach David led this session and expressed his delight in the effectiveness and focus of those athletes attending. They were all really engaged with the content and good discussions were held throughout the session. Topics covered included Learning to fuel and self-awareness and race process goals. There was also an opportunity to split into male and female breakout rooms, the male session focused on lifestyle and recovery and the female session focused on puberty and performance.

The programme finished with a second pool camp at Millfield School on Sunday 28th May 2023. This was attended by 38 athletes, 10 were unable to attend due to illness and other commitments. This session was similar to that held back in September and was a good

opportunity for the coaching team to see how the athletes had progressed over the past 8 months.

The morning pool session covered Backstroke and Breaststroke technique with progression into IM turns again, this meant they could recap on the learning from September and have another chance at developing the Back to Breast Crossover turn.

The Land training session focused on fundamental movement skills again and how best to develop the principles in order to improve performance.

The final pool session covered Breaststroke and Freestyle technique again progressing onto IM turns. As this was the final session of the Camp David also planned in some relays and fun challenges to conclude the programme.

Throughout the programme the level of engagement from the athletes was excellent with many of them taking on board the feedback from the coaches and putting this into practice throughout their training and racing when returning to their home programmes.

Regional Distance Development Programme (RDDP)

The Regional Distance Development Programme is a new programme that was introduced by the Region in 2023. Usually this programme would run alongside the RDP programme from September to June, this programme was slightly different in that we ran the sessions from January to June. This programme is for 24 male and 24 female athletes aged from 12-15 years old. This programme consists of one pool session, one online education session and one Open Water Session. Upon selection athletes and home coaches are notified and we ask for commitment to all three sessions for the athletes to have the best experience on this program, this programme was run at short notice and due to not having all of the dates at the start of the programme we couldn't ask for full commitment on this occasion. Out of the initial 48 selected athletes 28 committed to the programme for this season.

The Coaching and Team Managing Team for this season were:

- **Lead Coach** – Neil Edwards, Mount Kelly Swimming
- **Skills Coaches:**
 - John Ferguson, Bristol Penguins
 - Paddy Noon, City of Bristol
 - Craig Skinner, Gloucester City
- **Lead Team Managers:**
 - Craig Hanson (pool session), Taunton Deane
 - Sarah Edmonds (Open Water session), Exeter City
- **Team Support** – Cassandra Patten OLY supported the coaching team at the Open Water Camp.

The pool session for this camp was held at Millfield School on Sunday 16th April and was attended by 23 of the selected 28 athletes.

The objectives for the first pool session was to develop Frontcrawl turns and breakouts, develop efficiency in Frontcrawl technique and skills and develop pacing using RPE.

This was followed by a land training session which was around fundamental movement skills and how this can impact training and competition development.

The second and final pool session focused on maintaining Frontcrawl DPS and SC, performance of efficient Frontcrawl Turns, introduction to Open Water Techniques and Skills.

Following the pool session we held an online education session which was attended by 20 athletes and these sessions covered stroke mechanics and technical considerations in relation to Open Water Swimming.

The third camp was an Open Water Camp which was held at Lake 86, Cotswold Water Park and the DeVere Hotel on Saturday 3rd June 2023. This was attended by 19 athletes, 7 of which were athletes not on the programme who we offered the opportunity to attend to up the numbers at this camp due to a number of the selected athletes not being available. We also had the support from Olympian Cassandra Patten at this session whose knowledge, experience and guidance was invaluable throughout the day.

The first session in the lake covered Pack Swimming, Sighting and Turning along with an introduction to swimming in Open Water as a number of the athletes had not done this before.

After the Lake Session they worked through a presentation on how to develop race day strategies at the hotel. The athletes were able to ask questions and learn more about the technical side of Open Water Swimming.

The group then headed back to the lake for the final session of the day where they completed a race simulation session over a 750m loop.

Although the planning for this programme was late we were still able to give a valuable experience to a number of athletes of which some of them had never experienced Open Water Swimming before.

Planning for next season

At the moment for next season we have all of the practical sessions booked:

RDP	RDDP
Pool Session 1 – 17 th September 2023 at Millfield School	Pool Session – 26 th November 2023 at Millfield School
Pool Session 2 – 26 th May 2024 at Millfield School	Lake Session – 1 st June 2024 Cotswold Water Park and DeVere Hotel

The online education sessions will differ slightly in that they will be prescribed and delivered by Swim England Talent employed staff, however, we have booked provisional dates for both of the camps to be held on Zoom should this not happen.

The Skills Coach Adverts for both programmes have now gone out and we have had 5 applications.

The Head Coach for the RDP has said he will continue for the 2023/2024 season and the Head Coach for the RDDP is unable to commit for the next season so that will be hopefully selected from one of the Skills Coach Applicants if they are acceptable and if not then I will put it out to advert.

Appendix C

Regional Athlete and Coach Selections 2023

European Junior Championships – Belgrade 4th to 9th July

Athletes:

- Vadim Bosc, Mount Kelly
- Rue Fowler, Team Bath AS
- Adam Graham, Millfield
- Blythe Kinsman, Mount Kelly
- Jessica Lawton, City of Bristol
- Erin Little, Mount Kelly
- Matthew Ward, Mount Kelly
- Solomon Williams, Millfield

Coaches:

- Lisa Atkinson, City of Bristol
- Greg King-Limb, Mount Kelly

LEN European Under 23 Championships – Dublin 11th to 13th August

Athletes:

- Jonathan Adam, Bath Performance Centre
- Ed Mildred, Bath Performance Centre

Coaches:

- Calum Jarvis, Bath Performance Centre

2023 World Aquatic Championships – Fukuoka, Japan 23rd to 30th July

Athletes:

- Matt Richards, Millfield
- Cameron Brooker, Bath Performance Centre
- Luke Turley, Bath Performance Centre
- Brodie Williams, Bath Performance Centre
- Freya Anderson, Bath Performance Centre
- Tom Dean, Bath Performance Centre
- James Guy, Bath Performance Centre
- Emily Large, Millfield
- Jacob Peter, Bath Performance Centre
- Ben Proud, Bath University

Coaches:

- Jamie Main, Bath Performance Centre
- Ryan Livingstone, Millfield
- David McNulty, Bath Performance Centre