

Minutes of meeting on Saturday 9 February 2019 at 1.00pm in the SASP Offices, Wellington

Present: Ian Stuart, Mary Hooper, Mike Shortman, Chris Seall, Alyson Bashford, Jean Pitfield, Sarah Pullan, Georgina Coombs, Christine Merrifield, Paul McNally, Viv Ebbs, Clair Murphy, Paul Davis, Sarah Darragh

**ACTION**

1. Apologies  
Apologies were received from Lou Collings, Roger Downing and Keren Element
2. Minutes of Previous Meeting  
Following the addition of Chris Seall under "Present", the minutes were approved as a true record and signed by the Chairperson.
3. Matters Arising not covered by the Agenda
  - 3.1 Item 5.2 Grade Days  
Mary reported that the procedure for payment for grades by clubs is improving.  
  
Lou is implementing the new timescale for the closing date to be 3 weeks prior to grade day.
  - 3.2 Item 5.4 Costing for Courses  
Mary reported that the Level 1 Judges Course and the Poolside Helpers Course are both fully funded.
  - 3.3 Item 6.1 New Competitions, Venues, Officials etc  
Mary has contacted Richard Crisp who advised that any old scorers should attend a scorers course in order to be updated.
  - 3.4 Item 6.2 Committee Structure 2019 – County Reps, Club Reps, Responsibilities etc  
Work in progress
  - 3.5 Item 6.3 Grades, Certificates, etc  
Mary reported that Lou has a stock of badges and certificates. To note that badges and certificates can be ordered through Lou for Grades previously passed but evidence of the Grade level and the date passed must accompany the request. The cost of a badge and certificate is £2.50.  
  
Mary reported that she is investigating the possibility of a Routine Grade assessment day at Honiton.
  - 3.6 Item 6.4 Multi Regional Competition 2019  
Alyson explained that the only dates available for the Multi Regional Competition in 2020 are 6/7 March at GL1. Georgie reported that the South East Region have said that the date is too late for Multi Regionals which is a competition in preparation for National Age Groups scheduled for early March.  
  
Georgie proposed that the criteria for Regional age groups should be one Grade level below NAGS. Sarah P to draft a letter for circulation to all with alternative proposals. **SP**
  - 3.7 Item 6.5 Development Days  
Mary reported that Development days will be funded by the Region. Clubs to send dates of availability to Mary for Development days at Honiton for the south of the Region. **All Clubs**  
  
Georgie will co-ordinate Development days at Bath for the north of the Region. **GC**

- 3.8 Item 6.6 Regional/National Calendar
- 3.8.1 South West Region Figure and Combo Competition  
Alyson reported that she has booked the pool at Cheltenham for 22 June till 7.30pm.
- 3.8.2 Competition Sub-committee Meeting  
Mary reported that the meeting had been successful in planning the South West Region's competition and training year.
- 3.8.3 Grade Days  
All the officials had agreed that the Judges meeting in the Community Centre was better than having it at the pool. Lou to book the room for future Grade days. **LC**
- Due to overcrowding during stretching it was agreed that stretching would take place in the large room at the Community Centre. Mary to contact Lou to book the room. **MH/LC**
- 3.9 Item 6.7 Courses – Officials/Teachers
- 3.9.1 Recognition of Prior Learning  
See Item 4.1.3 below
- 3.9.2 South West Region Training Camp at Bath  
Georgie reported that the club is still awaiting costings. **GC**
- 3.10 Item 8.2 Scorers Course  
Paul reported that the Scorers Course is organised for 18 May 2019
- 4 Presentation by Sarah Darragh  
Sarah reported that Stephanie Gadd has taken up her appointment as Regional Club Development Officer.
- 4.1 Regional and Club Development  
Sarah has visited every club and she will work with those clubs that are interested in the Development Plan. She pointed out that it is important to also involve parents.
- Christine pointed out that for St Austell Synchro, it was proving difficult to introduce the 10 week blocks of Synchro Stages 8-10 of the Swim England Learn to Swim programme because County, Regional and Club fees would have to be paid and it was proving to be too expensive. Sarah agreed that this issue would be picked up under the Club's Development plan. **SD/CMer**
- Mary reported that there are 14 people registered for the Poolside Helpers Course at Honiton and 4 registered for the course at Cheltenham. Alyson and Clair are attending Honiton and Cheltenham respectively with a view to becoming presenters. To note that the closing date is 23 February.
- Mary reported that there are 11 people registered for the Level 1 Judges Course being run by Georgie on 10 February
- 4.1.1 TRY  
Referring to the PowerPoint presentation, Sarah explained that "This Girl Can" is a national campaign funded by Sport England and clubs can apply for funding for "Try Synchronised Swimming". This is to encourage clubs to work with local groups e.g. Youth clubs, Brownies, Gym Clubs, Community groups. Funding would help pay for a coach and extra training sessions. Clubs to contact Sarah for application forms for funding. **All Clubs SD**
- 4.1.2 Courses and Funding  
Sarah reported the following:
- £1,000 funding will be released in May to set up a community-based programme aimed at university swimmers to enable them to study and train.
  - There is £1500 to release for course costs for a Level 1 Assistant Teachers course

- She is working with Sarah Robinson and Louise Ross to organise courses and a training camp. They are trying to find a venue central to everyone for September. The sport has moved on so Sarah and Louise are looking at new course guidelines involving transitions and landwork rather than figures

The following suggestions were put forward for a venue: in the South West Region

- Quantock Lodge.
- Exeter School
- Bryanston

They are also considering a mentor programme where planning and periodisation could be done over a WebEx course.

#### 4.1.3 Recognition of Prior Learning

Georgie noted that it was difficult to log on to the RPL website and therefore information was not getting through to coaches who were enquiring. Sarah reported that candidates need to pay £20 for an application form which will be reviewed, following which RPL will contact the candidate.

Sarah noted that currently there is only RPL for Level 1 and nothing for Level 2. She reported that a Level 1 course can be run alongside a Level 2. The Level 2 is a blended course followed by 4 days face to face tuition. The Club rate fee is £420 and there is a County bursary available. Clubs to let Sarah know how many people would like to take their Level 2.

**All Clubs**

#### 4.2 Synchro City

Sarah reported that there are 2 more years of funding left for synchro, and UK Sport funding has just been confirmed for the national Duet. A lot of adjustments have been made over the last few years. with a High performance Programme across the 2 universities in Bristol. This allows athletes to study and train. Expansion across the North and Midlands is planned over the next 2 years.

After starting with Bristol, the plan is to go county by county across the Region to raise the profile of synchro. Feedback from Bristol so far has been really positive. Sarah said they are looking to work with community groups and expecting participation from all levels. There is a need to increase officials and coaches to encourage people to introduce synchro to their community groups making this sport the sport of their choice. The Project Manager role would also be a coaching role, relying heavily on the University for support, e.g. Sports Psychologists, Nutritionists, Therapists etc.

The project will start in April with a view to using school and community pools as well as private operators' facilities. Dry land work will be tested first by going into primary schools for a talent ID session. There will be a fund for low income athletes.

A High Performance Centre is being established in Bristol and will outreach to the Region as it progresses. They will work with a research team at Bristol University to develop specialists where coaching could become a paid role.

For any further information contact. Sarah D.

**SD**

### 5 Competitions and Courses

#### 5.1 Competition Sub Committee Suggestions

Mary reported that the sub-committee had proposed the following changes for the Regional Synchro Competitions for 2019:

- The competition previously known as the Walsall Trophy Competition, and booked for 22 June at Cheltenham, would be reorganised to include figures and exclude duets. This competition would be called the Regional Figure and Combination Competition. The combination event would run as per 2019 National Combo rules. The closing date would be 28 days prior to the event. The Grade entry would need to be achieved 20 days prior to the closing date. Regional medals would be awarded for all events.

- A new training duet competition would be introduced to take place in November. Categories for the duets to be discussed further by the Competition sub-committee. **Comp Sub Ctee**
- Clair to check the availability of St Mary's School pool for the Duet event in November. **CMur**
- A Regional Club League would be introduced in 2019. Points for the Regional events (Combos, Figures and Duets) would be awarded to each club on their results. The club with the highest total points would be awarded the Walsall Trophy. The presentation would take place following the Duet event.
- Paul to discuss with Mary how the league points can be calculated and develop a spreadsheet. **PD/MH**

5.2 22 June Competition Format  
The Conditions for the Figure and Combo Competition were circulated and agreed.

6 Regional Updates

6.1 Regional Strategy Meeting 23 March 2019  
To note Mary, Clair and Alyson will be attending the Strategy Meeting.

7 Any other Business

7.1 Bristol University Competition  
Paul reported that he has been approached by Bristol University about an unlicensed competition where they need a Referee.

7.2 Routine Grade Day at Bath

Georgie reported that Bath Synchro is organising a Routine Grade day on 23 March. Numbers are restricted. Georgie to let Mary know what certificates are required. **GC**

7.3 Modular Pools

Sarah agreed to give a presentation on Modular pools at the next meeting. **SD**

8. Meeting Dates

The next meeting will take place on Saturday 8 June 2019 at 11.00am

There being no further business the meeting closed at 4.00pm

**Agreed by Chairperson and agreed to be a true and accurate record**

**Date: ...5.3.2019.....**

Signed .....

Date.....

Chairperson

Circulation: Ian Stuart, Mary Hooper, Mike Shortman, Chris Seall, Alyson Bashford, Jean Pitfield, Sarah Pullan, Georgina Coombs, Christine Merrifield, Paul McNally, Clair Murphy, Paul Davis, Lou Collings, James Hutchings, Sarah Darragh, Roger Downing, Viv Ebbs