**VIKING SWIMMING CLUB**

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**ANNUAL GENERAL MEETING**

**DATE:** Monday 30th November 2015

**TIME:** 8.00 p.m.

**VENUE:** Kenny’s, Lucan, Co. Dublin

**In Attendance:**

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| Paul Allen |
| Nigel Brennan, Treasurer |
| Isabel Collins |
| Paul Collins, Chairman |
| Brendan Curtin, Committee Member |
| Bronagh Early, Childrens’ Officer |
| Conor Foley, Coach |
| Avril Feeney |
| Kertin Glueck |
| Ciara Kane |
| David Long |
| Stephen McManus |
| Jackie Roche, Head Coach |
| Brenda Shannon, Secretary |
| Paul Smyth, Committee Member |
| Anne Marie Tallon, Gala Secretary |

**The meeting commenced at 8.20p.m.**

1. **The Chairman, Paul Collins, opened the meeting, welcomed those in attendance and introduced the Club Officials and Coaches.**
2. **Minutes of Annual General Meeting held on 26th November 2014.**

The Chairman, Paul Collins, read the minutes of the Annual General Meeting held on 26th November 2014 into the record.

There were no matters arising from the minutes

The minutes were adopted without amendment.

1. **Chairman’s Report:**

“The past year has seen our club settle into a new home in Ballyfermot after many years at Stewarts Leisure Centre. I would have to say that the relationship between the Club and staff at our new pool has been extremely positive, and they have been a pleasure to deal with. We had some minor issues during the year, and one or two unscheduled cancellations, but on the whole the transition has gone smoothly and successfully.

We have had a number of new developments in the training programme for the current competitive squad. We have a new Transition squad, swimming 4 sessions per week, and we have a new Land Training session for the Senior swimmers on Saturday mornings. We have also introduced Evening training session on a Tuesday evening and Sunday evening.

We had tried to arrange a mid-week evening session in Ballyfermot, but unfortunately there were no suitable slots. Through our coaches we learnt of a slot in Stewarts on a Tuesday evening, and made contact with them. Stewarts is under a new management team, and following negotiations we agreed to take on the session, at the rate we had previously paid. This is a substantial reduction on their normal rates, but still amounts to a spend of €4k per annum.

This development brought us to another new departure for the Club, and this was to set up our new Minnows Teaching Classes on a Tuesday evening. Stewarts are under pressure with the amount of swimmers that they currently have, and have a waiting list. The management at Stewarts had no difficulty with us taking on a teaching class, so in agreement with the coaches we decided to go for this new venture. We have held trials, and the classes began on Nov 10th last. This new development is very significant for the Club, as it opens up a new revenue stream that we have not had before. It also provides us with a secure feeder group for our competitive squads, which now means that we have 2 pools linked to the club.

Our financial position has improved greatly over the last year, with our reduced pool fees, and will get even better with the introduction of the Minnows. Nigel will give more detail later. Worthy of note is that we were successful in our Sports Capital Grant application this year, and we have secured funding of €8k for projects related to our activities. We can now begin to invest in the club in a way that we have not been able to before.

We continue to communicate with our members via our Website, Facebook, Teamer and E-mail. We have recently secured ownership of our website domain, and purchased a hosting package with Blacknight, so we are now fully in control of our online presence. One project that I am keen to work on this year is a re-development of our Website, it is a little dated and needs a makeover. If there are any parents who are involved in this line of work, I would be very interested in hearing from you!

We will continue to fundraise, and will plan a Bake Sale for early in the New Year. We will also continue to organise Social events such as Ice skating over the Christmas holidays. We also have plans to hold a team building challenge later in the season, when the weather improves!

My thanks to the committee for their attendance at our Monthly meetings over the last year, we have worked very successfully together. Special mention to Brenda Shannon is deserved for all of the work that she does, she is very visible at our training sessions handling subs, memberships and gala entries, but is also very busy in the background with administration. Some of our committee members are standing down this year, my thanks to them for their time and effort over the last number of years.

My sincere thanks to the Coaches for all of their work and dedication over the last year. They have embraced our new pool, and have taken the opportunities that presented themselves to develop the training programmes and introduce new initiatives. We have a very strong working relationship, and their support has been key to the survival of the club.

Thank you also to all of the parents who give up their time to bring swimmers to training and Galas, and cover Pool Bank duties, help at Fundraisers and act as Officials at Leinster Galas. Being a parent of a swimmer is not an easy task, with early mornings and all day galas, and requires almost as much dedication as the swimmers!

We have a fantastic Squad of swimmers, they are inspiring in their application to their sport, and it is a pleasure to watch them progress and improve. As a Club we wish them continued success in their endeavours.”

1. **Head Coach’s Report**

“The Club took part in 13 Galas throughout last season. Attendance was mixed throughout; some were good, some not so good. We had 5 swimmers at National D2 in Limerick: Ronan & Orla Tallon, Hollie & Scott Curtin and Lauren Neville-Thomas all took part. Out of a total of 14 swims between them, 12 were PBs – a great achievement at this level.

Looking at the attendance of swimmers at training over the last season, we have noticed some improvement over the previous year, but still have a less than desirable level of attendance, especially among the Juniors. Punctuality, also among the Juniors, is similarly an on-going issue. So far this current season we have had to issue ‘gentle reminders’, but it is essential that there is an improvement in both these areas.

We are now using different schedules for Junior and Senior and our new Transition squads. The younger Juniors are now swimming a new six-week programme, repeated throughout the year, with each repeat increasing in intensity. The older Juniors are now following a twelve-week programme with an increasing emphasis on aerobic fitness as well as technique. Our aim is still to have competent 200IM swimmers. With the continued success we have had at IM events at Galas, this plan is working.

The Seniors work on a repeat three-week programme, again increasing in intensity. As each of the week’s work on a different energy system, it is critical that swimmers do no miss sessions.

The Transition Squad are following a less-intense adaptation of the Senior Squad programme.

During the past season we have continued to pursue the professional development of the coaching staff. Sinead completed her Level 2 in June and Sonia, who started her level 2 some time ago, will complete hers early in the current season. Looking forward to the new season, the most exciting development for me is that Labhaoise Collins has just completed her Level 1 Teachers and is now well on the path towards becoming a fully-fledged Viking Coach.

The four current coaches are all licenced with Swim Ireland and regularly attend Swim Ireland conferences and CPD sessions.

We are now over a year in our new ‘home’ in Ballyfermot Pool and we have seen numerous improvements in the Club. We are now running a Sunday afternoon session for Senior and Transition squads and Land Training on Saturday mornings. Our latest addition this season is the extra Senior session in Stewarts on Tuesday evenings. In the last couple of Club trials, we have seen several accomplished swimmers coming forward from the Ballyfermot swimming classes and it has been a great boost for the teaching staff there to see the value of their work. It has given them great encouragement to continue to improve their standards.

Another success story, due to the hard work of the Committee over the last season, has been the award of the Capital Grant that will be of great assistance to the Club as we go forward into the next season.

Each year we have had a group of swimmers participate at D2 in Limerick. During this past season we have attempted to increase ‘away’ participation by taking a group to the Wexford Gala. Whereas numbers were a bit disappointing, those that took part had a really enjoyable day and we hope that their experience will lead to a greater turn out at a similar ‘away’ event this season.

Last December we had our Christmas Gala in Ballyfermot Pool. If anything it was even more successful and enjoyable than any we have had before! Our award winners were Sean Connaughton & Aoife Keating from Juniors and Hollie Curtin & Aoife Crowley from Seniors. The overall Swimmer of the Year award went to Leah Ellis.

We are in a new season now and exciting developments for the Club continue. The new Transition squad are offered four sessions a week in order to bridge the gap between Juniors and Seniors. We have a new Minnows class of 25 ‘pre-Club’ swimmers training in Stewarts on Tuesday evenings. We have already seen huge improvements in times in this season’s first galas, including one National qualifier so far.

In order to continue to improve there are a number of things that both parents and swimmers have to take on board.

* Look on the Swimming Board, the website and Facebook for the latest gala information.
* Be aware of the galas that your child should be entering.
* Swimmers should know all their times.
* Swimmers should eat the right food; get enough rest and drink enough water during sessions in order to maximise their performance.
* With the very poor attendance at 50m training in the last season, we will really have to decide if it is worth continuing with this format.

There will be further trials for Minnows and Club in the new year – dates TBC.

Finally, I would like to thank the Committee for all their hard work and the support they have given us over the past year. Once again I have to single out Paul Collins for the exceptional effort he has made on behalf of the Club. Thanks, too, to my fellow coaches; we all find it difficult to fit our real lives into our busy schedule and I really appreciate their efforts. And last, but not least, thanks to all the swimmers (and their parents) whose hard work and dedication make our job so rewarding.

1. **Secretary’s Report**

Current Membership:

Total number of Swimmers is 83 (63 Families)

24 Minnows

35 Juniors (10 new members since September)

9 Transition (1 new member since September)

15 Senior

Net increase in membership is 22, including Minnows

1. **Treasurer’s Report**

The Financial Statement for the period to 31st October 2015 was circulated at the meeting.





1. **Election of Management Committee Members**
   * Paul Collins informed the meeting that Paul Smyth, Committee Member and Bronagh Early, Club Childrens’ Officer are departing from their roles and thanked them for their service to the Club and its members.
   * The following Committee Members put themselves forward for re-election:
     1. Officers of the Club
        1. Chairman: Paul Collins
        2. Secretary: Brenda Shannon
        3. Treasurer: Nigel Brennan
     2. Committee Members
        1. Anne Marie Tallon
        2. Alan Cummins
        3. Brendan Curtin
     3. Club Childrens’ Officer
        1. Stephen Dooley

It was proposed by Paul Collins, seconded by Paul Smyth and unanimously agreed that the Officers of the Club, Committee members and Club Childrens’ Officer be re-elected.

* + 1. Vacancies for Committee Members: Nominations were sought from the floor for the vacant positions. No nominations were received. Bronagh Early and Paul Smyth agreed to continue in their roles until replacement are identified and co-opted by the Committee.

1. **Changes to Club Constitution**

Paul Collins informed the meeting that the following sections of the Club Constitution required amendments:

* section 7 paragraph 7.6 (i) to be amended to reflect the fact that The Club Childrens’ Officers are now Members of the Committee
* section 2 paragraph 2.2 to be amended to include Minnows lengths classes.

The changes were unanimously agreed by a show of hands.

1. **The Chairman opened the floor to questions. The following issues were discussed:**
   * 1. Diving Blocks: Parents expressed concern that the diving blocks were not being used at training sessions. Paul Collins informed the meeting that part of the Sports Capital Grant would be used to purchase replacement diving blocks for Ballyfermot. Jackie Roche explained that the current blocks were difficult to manoeuver and fit. It was agreed that a number of parents would attempt to fit the blocks this Saturday morning. Another suggestion was to use the blocks at Stewarts on Tuesday evenings.
     2. Club Gear: Paul Collins informed the meeting that quotes have been obtained for t-shirts, hoodies and performance t-shirts. Paul Collins and Brendan Curtin will arrange orders over the coming weeks. Parents also requested that consideration be given to designing and purchasing club togs. The quality and size of the new swimming hats was also brought up; Paul Collins indicated that a new supplier is being examined
     3. Pool Bank Rota: The issue of Parents not turning up or turning up late for duty was discussed. The Senior Pool Bank Rota up to July 2016 is on the club website. In future when parents are late or do not turn up they will be contacted.
     4. Sports Nutrition: Jackie Roche will be attending a CPD module on this subject. The Committee will seek to engage a sports nutritionist to talk to the swimmers and put together a circular for parents. It was also suggested that appropriate links should be put on the website and that perhaps tasting sessions could be held.
     5. Land Training: The inconsistency in the length of the class was discussed. It is hoped that this matter will be resolved in the coming weeks.
2. AOB

* The Christmas Gala will be held in Ballyfermot on the 19th December. The Minnows will be invited to participate in a fun relay.
* Ice Skating will take place over the Christmas break, possibly on 27th December.
* A Sea Swim will also take place, possibly on the 1st January. Date TBC.

The Meeting concluded at 9.30 p.m.

**ATTENDANCE AT AGM**

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|  | **Total No. of Swimmers** | **Represented at AGM** | **% of Swimmers Represented** |
| Minnows | 24 | **2** | 8% |
| Junior | 35 | **5** | 14% |
| Transition | 9 | **3** | 33% |
| Senior | 15 | **6** | 40% |
| **Overall** | **83** | **16** | **19%** |