

# Oxfordshire & North Buckinghamshire Counties ASA

President: Sandra Wrenn

Chairman: Mr Peter Shaw



## MINUTES of EXECUTIVE COMMITTEE MEETING AT BICESTER LEISURE CENTRE

ON 25<sup>th</sup> SEPTEMBER 2018 AT 7PM

Present:

P Shaw (Chair)	N Mellings (Sec & WDSC)	I Powell (Treasurer)	S Wrenn (President & CMK)
D Wheatley (Fixtures Sec & AVSC)	M Fuller (Synchro Sec & Witney Synchro SC)	J Murphy (COSC)	S Barber (ADSC)
S Wynne-Jones (CMK)	S Wratten (4SSC)		

	Agenda Item	Discussion and Decision	Action
1.	Apologies	O Stockland, K Weetman (4SSC), H Patrick (NSPC), W. Patrick (NSPC), S-A. Clavaud (WDSC) and H Mack (SER).	
2	Minutes of Executive Meeting held on Tuesday 15 <sup>th</sup> May, 2018	Chairman asked if all those attending had read the minutes of the meeting held on Tuesday 15 <sup>th</sup> May and if they were a true record. It was agreed they were and the minutes were duly signed by the Chairman.	
3	Matters Arising from Previous Mtg	None.	
4	Minutes of Executive Meeting held on Tuesday 10 <sup>th</sup> July, 2018	Chairman asked if all those attending had read the minutes of the meeting held on Tuesday 10 <sup>th</sup> July and if they were a true record. It was agreed they were and the minutes were duly signed by the Chairman.	
5	Matters Arising from Previous Mtg	None.	
6	Correspondence	<p>- SER Annual Council Mtg on 15<sup>th</sup> Sept was attended by Kim Weetman.</p> <p>- The Chair briefed the cttee on a Swim England update regarding S15 swimmer starts noting that 'it has been highlighted to Swim England that deaf swimmers often have unequal starts especially when there is no secondary strobe light available'. Following consultation with UK Deaf Sport, the Swimming Management group agreed the following actions: 'from 1<sup>st</sup> Jan 2019 Level 1-3 will have to stipulate if they have access to secondary strobe for their meet and by the end of the 1<sup>st</sup> September 2020 Level 1-3 must provide a secondary strobe'. Swim England will map out facilities and their AOE and then work with partners to identify funding to purchase additional strobes.</p>	

	Agenda Item	Discussion and Decision	Action
7	Apointment of Honorary Secetrary	The Chair introduced and nominated Nicky Mellings as ONB Honorary Secretary; this was seconded by Ian Powell. Nicky then took over as mtg Sec.	
8	Chairman's Report	The Chair presented his report which is duly attached.	
9.	Treasurer's report	Ian Powell presented his report which is duly attached.	
10.	Disciplines	<p>a. <b>Swimming.</b> Oliver Stockland sent his apologies; the Chair presented the report on his behalf which is duly attached. It was noted at the mtg that tests of the paperless entry system had been conducted and had revealed a few teething issues which were being addressed.</p> <p>b. <b>Fixtures.</b> The Chair presented the fixtures report which is duly attached.</p> <p>c. <b>Records.</b> Peter Shaw presented the Records Claim Report which is duly attached.</p> <p>d. <b>Synchro.</b> Mandy Fuller presented her report which is duly attached.</p> <p>e. <b>Masters.</b> This post remains vacant – therefore no report received. Still actively seeking a volunteer for this role. Karen Dela has agreed to organise the Masters Team for November.</p> <p>f. <b>Disability.</b> Kim Weetman sent his apologies; the Chair presented the report on his behalf which is duly attached. It was noted that the Regional Disability Competition on 29<sup>th</sup> Sept had been cancelled.</p> <p>g. <b>Masters' Records.</b> No report received.</p> <p>h. <b>Facilities.</b> It was noted that the new timing equipment at Aqua Vale had been installed and was working well. The equipment was tested successfully during the 22/23 Sept meet.</p> <p>i. <b>Officials.</b> No report received.</p>	
11.	Funding Applications	No applications for funding had been received.	
12.	Swim England South East	Helen Mack sent her apologies; the Chair presented the report on her behalf which is duly attached	
13.	AOB	<p>There were 3 AOB items:</p> <p>- The Chair notified the cttee that ONB were planning on moving to a Team Unify website as the current website was out of date and unwieldy to use. This change of website won't happen until after 2019 Counties had finished. The new website will not cost ONB anything as Teamunify had offered it gratis.</p> <p>- The Chair highlighted that all County Championships Trophies for Jan/Feb 2018 must be cleaned and returned by the 20<sup>th</sup> November 2018 Exec Mtg.</p> <p>- Clarification was requested by Stephen Wynne-Jones (CMK) regarding the requirement for members to have a current DBS when helping out at County Champs Mashalling (previously known as Whipping area). The Chair confirmed that all volunteers helping out in the Marshalling area upstairs were to have a current DBS. It was agreed that the ONB Sec would remind Clubs of this</p>	<p>ALL</p> <p>ALL</p> <p>ONB SEC</p>

	Agenda Item	Discussion and Decision	Action
		requirement.	

The Exec Cttee Meeting closed 8pm.

The next Meeting will be held at Bicester Leisure Centre starting as 7pm on Tuesday 20<sup>th</sup> November 2018.

Nicky Mellings  
ONB Sec

Date: 28<sup>th</sup> Sept 2018

Chair Signature:

Date:

## Oxon & North Bucks ASA Executive Committee

### Chairman's Report 25<sup>th</sup> Sept 2018

After a record breaking number of ONB swimmers at the British Summer and English , Scottish & Welsh Summer Champs we look forward with confidence to holding our Division 1 position at the National Inter County Champs at Sheffield on October 7<sup>th</sup>. Good luck to Amanda , Chantal , Marc , Emily and all the swimmers competing there.

I am very pleased to welcome Nicky Mellings on her election as Honorary Secretary this evening. Nicky has until recently been Chair of Witney SC.

Finally I must comment on the unfortunately, necessary decision to drop the 100IM from the County Championships programme. Four years after the revamped Pathway document was announced ( October 2014 ) , Regional Licensing noticed , after weeks of chasing by Oliver for a response to his initial application, that we ran the 100IM as a HDW event. As an indication of their prowess in this field they also queried from our programme whether we held any Finals at all!!! Oliver requested that we kept our existing programme as the inclusion of approximately 150 swims in the morning heats and a further 7 Finals on both Saturdays not only would necessitate a re-write of the schedule at a very late date , when Clubs were waiting for information but it would also bring back up the "over swimming " issue that had to be dealt with , with the introduction of 200m Finals post the new Pathway document from October 2014, which led to the dropping of our 4 x 100m relays and the very popular "Skins " event. I also interceded , from a commercial view point , saying that the introduction of reverse gender long distance events had already extended our programme by an extra day, which combined with the massive increase in costs at our main venue , Aqua Vale , was reducing the profit that the Champs produce which is our only income and puts our Development , Club Funding and Coach training programme under enormous pressure. After further chasing by Oliver , Regional Licensing rejected our views and insisted that we introduced a full set of heats and age group Finals or dropped the event altogether. Hence the demise of the 100IM , for the time being.

Peter Shaw

**TREASURE'S REPORT SEPT 25<sup>th</sup> 2018**

Below is a statement of the accounts as at 25<sup>th</sup> September 2018, there are no outstanding payments.

**Exec Income and Spending**

**Between 01/04/2018 and  
25/09/2018**

Subcategory

<b><u>Income Categories</u></b>	<b>Total</b>
Investment Income	
Bank Interest	£23.93
Swimwear	-£10.00
<b><i>Total Income Categories</i></b>	<b><u>£13.93</u></b>

**Expense Categories**

Championships	
Hire Charges - Pool	-£3,750.00
Funding IT Equipment	£594.00
Funding Training-Coaches	£750.00
Hire Charges	
Room Hire	£152.00
IT	
Software	£70.19
Miscellaneous	
Miscellaneous - Unassigned	£24.00

Sundry

Audit Fee-Gift £50.00

Insurance £460.49

**Total Expense Categories** **-£1,649.32**

**Grand Total =** **£1,663.25**

**Exec Net Worth**

**As of 25/09/2018**

Account

Assets

<b><u>Bank and Cash Accounts</u></b>	<b>Total</b>
Cash - Competition A/C	£0.00
Cash - General A/C	£0.00
Competition Account	£1,230.34
Creditors Account	-£3,085.75
Debtors Account	£0.00
General Account	£220.92
High Interest Business Account	£34,620.73

**Net Worth =** **£32,986.24**

Ian Powell

Treasurer, Oxon & North Bucks County ASA



## **OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA**

### **SWIMMING SECRETARY REPORT - SEPTEMBER 2018**

Preparations for the Oxfordshire and North Buckinghamshire County championships is well underway, the entry time criteria and meet schedules have already been released along with the meet conditions. I am in the process of finalising the paperless entry process, a copy of which is attached to this report. I will release these details along with the high-tech electronic file in due course. I also plan to arrange a conference call with all meet managers to go through the entry process to ensure there are no delays in releasing the accepted entries. This call will include things such as ensuring the; club code and club names match those detailed on British rankings, the correct long course to short course conversion tool is been used (Sport System) and details of the entry time criteria (rounding up, rounding down etc).

I am pleased to report that the majority of key volunteer roles have been filled this includes the AOE operators, recorders, officials and volunteer coordinators, welfare officer & awards trustee etc. However, I have learned recently that Moyna Merrison is no longer available to support as meet coordinator at the aqua vale. I would like to thank her for her support over the last couple of years. I am therefore looking for a volunteer to fulfil this role for the five days of competition at the Aqua vale. This role involves liaising with the centre to arrange refreshments, purchasing of sweets and water, the coordination of the volunteers on the day, and being on hand and available to support the promoter during the course of the day. This is a key role and therefore would appreciate anyone wishing to voice their interest, contacting you directly.

I will also in due course be writing to the various county referees so as to ensure wherever practicably possible there are two timekeepers allocated to each lane, therefore, avoiding a recurrence of last year.

For those of you who have studied the promotes conditions you will have noted that at 2019 championship we will be permitting photography, there are conditions surrounding this which have been shared with all clubs, I ask you to ensure they are published with the meet information on your respective club websites. They will be detailed in the programmes and at the door.

With the introduction of the girls 1500m and boys 800m freestyle events we will need to purchase four additional trophies, should anyone wish to sponsor a trophy please let me know.

Oliver Stockland

Swimming Secretary

Oxford & North Buckinghamshire Counties ASA

## **Fixtures Secretary's Report 25/09/18**

A team of 28 swimmers has been selected to represent ONB at the forthcoming County Team Championships at Ponds Forge Sheffield on 7/10/18. All swimmers have now confirmed their availability to swim and will be accompanied by Amanda Ford as County Coach. Chantal Clavaud as Lead TM, Emily Solloway as Girls TM and Marc Butcher as Boys TM. Stephen Wynne-Jones and Mark Govan have volunteered to act as our officials on the day.

The coach has been booked and all kit needed has been ordered.

Donna Wheatley



## RECORD CLAIMS

## LONG COURSE

Male

## Junior

100 Free	Jamie Hanss	City of Milton Keynes	53.37	26/07/18	Sheffield
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## Open

50 Breast	David Murphy	City of Oxford ( equals Alex Murphy's time from 2014 )	27.99	25/07/18	Sheffield
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100 Breast	David Murphy	City of Oxford	1.01.03	24/07/18	Sheffield
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4 x 100 Medley Relay		City of Oxford ( Dan Jenkins , David Murphy , Chris Motha , Chris Wood )	3.53.43	29/07/18	Sheffield
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Female

## Junior

1500 Free	Megan Smit	City of Oxford	18.07.49	27/07/18	Sheffield
Junior & Open					
50 Breast	Ilizane Pinfold	City of Oxford	32.54	24/07/18	Sheffield
Open					
800 Free	Nicole Ryan	City of Oxford	8.55.16	25/07/18	Sheffield
1500 Free	Nicole Ryan	City of Oxford	17.02.75	27/07/18	Sheffield

Peter Shaw  
25/09/18

### **Oxon & N Bucks Counties ASA**

### **Disability 25<sup>th</sup> Sept 2018**

With the Counties approaching it would be good to see more competing.  
Please keep an eye out for suitably qualified swimmers within your area.  
Should you know of any swimmers please direct them to the ONB Website or the Swim England South East Region website.

<https://www.southeastswimming.org/para-swimming/>

[Kim](#)

### **September 2018 –County Synchro Report**

Following the AGM in July, squads from both Henley and Witney attended the National Combo Cup Competition at the London Aquatics Centre. Over 700 athletes competed on the day and several officials from the County were involved. Although the event was a National event stress levels were kept to a minimum (mainly from road closures around the Park!) and the event was enjoyed by all.

This past weekend both Clubs attended the South East Combined Competition at K2 in Crawley which saw figures, combination routines and Masters Routines on the one day. It was well attended for a competition so soon after the summer holidays but it was a shame that the majority of spectators left before the Masters competition. Organisers may need to rearrange events during the day to benefit all sections of swimmers.

Medals were presented by Jenny Gray in her first official role as SE President –she also had to have a quick change and take on a judging role for the Masters Competition!

There was also a demonstration swim by the South East Development Squad which contains swimmers from Clubs around the SE including Rowan Bisp and Kata Soros from Witney.

Laura Turberville from Witney was part of the England Squad competing in Seville in July and swam as part of the England Standard setting team for the European Championships in Glasgow this summer. She has been working hard over the summer holidays this coming weekend she is attending a trials day in Bristol for selections to the GB squads.

In August Clubs were informed of updated changes to the competition format, season and qualifying standards for 2019. This has meant a flurry of meetings in Clubs with athletes and parents notifying them of the changes eg removal of 15-18 years sections from NAGs for 2019. Coaches have been instrumenting alternative progression plans for athletes with some athletes who have just met qualifying standards having to work towards new standards in a shorter time frame. This is the third year running that Synchro Management have made significant changes for all concerned.

Regional managers have a meeting in Loughborough on 20<sup>th</sup> October so there may be more information yet to come.

Swimmers are now busy preparing for both the Multiregional and National Age groups in November and for grade qualifying days.

Mandy Fuller

County Synchro Secretary

## **Witney Synchro**

### **National Combination Cup:**

12& under Division 1 : 13<sup>th</sup> Sophie Berry, Maisie Cooke, Isabelle Cox, Olivia Eaves, Freya Parker, Charlotte Rothery, Wei Jean Tan, Lixuan Wang.

13-18 Division 1 : 5<sup>th</sup> Flora Kershaw, Issy Booth, Eve Ray , Kasia Gibson, Ria Larsen, Amelia Bolton, Wei Yen Tan, Libby Shaw, Katie O'Brien, Emily Whitear.

### **South East Region Combined Competition**

15-18 Years Figures: 1<sup>st</sup> Rowan Bisp , 3<sup>rd</sup> Alice Travers

13-18 Years Division 2 combo: 2<sup>nd</sup>: Rowan Bisp, Emma Johns, Phoebe Muir, Katherine Stevenson, Kata Soros, Alice Travers.

## **Henley Synchro Club**

### **National Combination Cup**

15&Under Division 1 : 8<sup>th</sup> : Alana Bassinger, Emma Buckley, Bethan Jones, Zara Warren, Eva Narewska, Annie Skaanild, Elodie Jones, Chloe Pullen, Courtney Mackworth-Praed,

13-18 years Division 1: 18<sup>th</sup> : Daisy Butler, Poppy Butler, Millie Coleman, Charlotte Jones, Francesca Whittle,

13-18 years Division 2: 4<sup>th</sup>: Amelia Jones, Alexandra Turner, Charlotte Young, Georgia Hunter, Iris Bennett, Lucy Jones, Eleanor Whittle.

## **South East Region Combined Competition**

13-18 years Division 1 : 1st : Daisy Butler, Poppy Butler, Millie Coleman, Emma Dixon, Charlotte Jones, Oliver Warren, Francesca Whittle,

13-18 years Division 2: 4<sup>th</sup>: Amelia Jones, Alexandra Turner, Georgia Hunter, Lucy Jones, Ruby Sarney, Eleanor Whittle.

15&Under Division 1 :4<sup>th</sup> : Emma Buckley, Bethan Jones, Zara Warren, Eva Narewska, Annie Skaanild, Elodie Jones, Courtney Mackworth-Praed.



### **Oxfordshire & North Bucks County ASA Meeting – September 2018**

#### **SwimMark (previously swim 21)**

The following ONB clubs completed their Annual Health Check at the September regional / national panels, Banbury SC, Bourne End SC, Kidlington & Gosford SC and Wantage White Horses SC.

City of Milton Keynes SC, Didcot Barramundi SC, Witney & District SC, Newport Pagnell SC, Bicester Blue Fins SC and Bletchley & District SC are due to submit evidence for all 16 elements by Friday 2<sup>nd</sup> November 2018 in preparation for the November Regional Panel meeting.

Please can SwimMark accredited clubs ensure they are using the SwimMark logo on websites / documents, and remove the old Swim 21 logos, thank you.

#### **Constitutions**

Please note that the club model unincorporated constitution has been updated and is available on the link below:

<http://www.swimming.org/swimengland/becoming-a-members-club/>

All clubs should look to update their constitution in the coming 12 months. SwimMark clubs should look to update the document in preparation for their accreditation panel.

#### **Young Volunteer Programme**

Details of the 2018/2019 Young Volunteer Programme running in ONB are;

**Saturday 17th November 2018**

The Leys Pool & Leisure Centre

Pegasus Road, Blackbird Leys, Oxford, OX4 6JL  
10.00am – 4.00pm  
Courses;  
UK Coaching Safeguarding for Young Volunteers  
Essential First Aid for Sports Coaches

### **Sunday 2<sup>nd</sup> December 2018**

The Leys Pool & Leisure Centre  
Pegasus Road, Blackbird Leys, Oxford, OX4 6JL  
11.00am – 7.00pm  
Courses;  
Swim England Aquatic Helper Certificate  
ASA Timekeeping

For further details and a booking form, please visit

<https://www.southeastswimming.org/workforce/young-volunteer-programme/>

### **Team Manager Training**

Team Manager Module 2 Workshop

Wednesday 10<sup>th</sup> October                      6.30pm – 9.30pm                      Stoke Mandeville Stadium

Please visit <https://www.southeastswimming.org/workforce/team-managers/> for further details and a booking form

### **Regional Swimming Pathway Camps 2018 - Coach Development Opportunity**

The third and final regional pathway camp is taking place on Saturday 24<sup>th</sup> November at ACS International School, Cobham, Surrey

We are inviting coaches from around the region to come and observe both the practical sessions and workshops. Full and half days are available. Please see the link for a booking form and the camp timetables

<https://www.southeastswimming.org/swimming/swimming-coach-development-opportunities-3/>

### **Swimming Coach Workshops**

Supported by the Swim England Talent Team, the South East Region will be running two coach development workshops on Saturday 1st December at Ashford School, Ashford, Kent.

#### **Youth Strength and Conditioning Workshop for Swimming Coaches**

**9.30am – 12.30pm**

This workshop is for swimming coaches who take land work with 14-17 year olds. It will cover the following information;

- How to use self-checks to create an individual pre pool plan
- Progression and regression of fundamental movement patterns in preparation for loading
- Specific exercises for starts and turns

#### **Nutrition Workshop for Swimming Coaches**

**1.15pm – 3.45pm**

- Varying nutrition for training loads over the annual plan
- Travelling and staying in hotels
- What changes do we need to make with the female athlete

Please see the link for a booking form; <https://www.southeastswimming.org/swimming/nutrition-and-s-c-workshops-for-swimming-coaches/>

### **The NxT Generation Home Nations Coaching Conference**

Bookings are now being taken for a unique conference which will give swimming coaches across the country the chance to learn innovative techniques.

The two-day **NxT Generation Home Nations Coaching Conference** takes place at **Lancashire County Cricket Club's Old Trafford ground** on Friday 16 and Saturday 17 November.

A wide range of speakers from across the country will be attending the event, which will give coaches who work within each of the home nations' national talent pathways the opportunity to share ideas ahead of the 2020 Tokyo Olympic Games and the 2022 Birmingham Commonwealth Games.

For more information see the link; <http://www.swimming.org/sport/join-us-nxt-generation-home-nations-coaching-conference/>

### **Swim England Talent Pathway 2018/2019**

Swim England Talent Team have produced a booklet to explain the national pathway for 2018/2019

See the link for further information; <https://www.southeastswimming.org/wp-content/uploads/2018/09/SE-Talent-Brochure2018-002.pdf>

### **South East Region Swimming Off-Shore Camp 2019**

#### **Flanders Cup, Antwerp 17<sup>th</sup> – 21<sup>st</sup> January 2019**

The region will be sending a team of athletes to compete in the 2019 Flanders Cup, Antwerp. The 17<sup>th</sup> and 18<sup>th</sup> will be travel and training days, with the competition over the weekend. The athletes will be selected from the South East Regional Winter Championships on the 3<sup>rd</sup>/4<sup>th</sup> November. See here for the selection criteria; <https://www.southeastswimming.org/swimming/regional-swimming-off-shore-camp-2019/>

### **Female Team Manager Required**

We are looking for a qualified and experienced Team Manager to support this event, expenses will be covered. If you are interested in this role please contact [Kristie.jarrett@southeastswimming.org](mailto:Kristie.jarrett@southeastswimming.org) /07725201601

### **Coach Development Opportunity**

In addition to the Head Coach and Assistant Coach roles, the region are inviting applications for a third coach to attend this meet as a learning and personal development opportunity. The successful applicant will be given specific duties and responsibilities throughout the camp. Applicants must meet the below criteria;

- Qualified Senior Coach (Level 3) or currently working towards
- A coach of athletes that competed at the 2018 British Summer Championships.
- Be enthusiastic about learning and personal development.

Please see the link for an application form; <https://www.southeastswimming.org/swimming/regional-swimming-off-shore-camp-2019/>

### **Swim England Talent - Swimming Performance Centre Talk**

**Saturday 3<sup>rd</sup> November 1pm (Time TBC)**

**Mountbatten Centre, Portsmouth – During the Regional Winter Champs**

Five national swimming Performance Centres have been created across the country to support talented young swimmers.

Swim England is working in partnership with swimming clubs and universities to give swimmers the opportunity to stay in the sport, achieve academic excellence and perform to the highest standards.

The five Swim England Performance Centres are located at High Wycombe, Leeds, Guildford, Manchester and Nottingham.

### **Swim England South East Awards**

The following individuals from ONB received regional awards at the South East Region ACM.

#### **Young Volunteer of the Year**

2<sup>nd</sup> Lily Patey – City of Milton Keynes SC

#### **Swimmer of the Year**

3<sup>rd</sup> Eleanor Lawrence – 4 Shires SC