

OXFORDSHIRE & NORTH BUCKINGHAMSHIRE ASA EXECUTIVE COMMITTEE

Chairman's Report

Tuesday, 12th May 2020

These are unprecedented times and the only thing that really matters is that you, your family and your friends are staying safe. The PM will announce tomorrow evening a "Road Map" for the next 3/6/9 weeks? I doubt though that it will include the re-opening of Leisure Centres in the short term and it may not be clear how far in the future that will occur.

It is difficult to plan anything at the moment but we do have to continue as if Events for later in the year and the beginning of 2021 are going to happen. Therefore the Executive Committee on Tuesday will mainly be discussing Oliver Stockland's Report on the County Championships De-Brief which necessitated written comment from Clubs this year, plus his recommendations for the event in January and February 2021.

Unfortunately the Talent Pathway Development Camps that Jo Ulyett and Amanda Ford worked so hard on to organise for 2020 have had to be cancelled.

Whether the 2020 National Inter Counties Championships can go ahead at the beginning of October will depend on advice and instruction from Swim England. It is one of the busiest, if not the busiest meet of the year, and that may present too much of a challenge. We may have to reconsider the Saturday Training camp and overnight stay if in fact the Meet does proceed.

Hopefully you are being able to keep your swimmers motivated as much as is possible in the current circumstances and that with the usage of the Government's Furlough scheme , for those of you that have salaried employees and the fact that you are not paying Pool Hire charges , you can keep your heads above water, financially.

Hopefully there will be some positive news by the time of our AGM in July!

Peter Shaw
9th May



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Treasurers Report 12/05/2020

The current set of accounts is for the period 06/03/20 to 09/05/20. I believe all outstanding invoices have been paid.

Opening Balances as at 06/03/2020

Exec Net Worth

As of 06/03/2020

<u>Bank and Cash Accounts</u>	<u>Total</u>
Cash - Competition A/C	£0.00
Cash - General A/C	£0.00
Competition Account	£17,531.45
Creditors Account	-£4,881.79
Creditors Account_Comp AC	£0.00
Debtors Account	£0.00
General Account	£528.40
High Interest Business Account	£28,438.63
Net Worth	£41,616.69

ONB Income since the 06/03/2020

General Account Income

The following income received into the General account.

Exec Gen AC Income and Spending Between 07/03/2020 and 09/05/2020

<u>Income Categories</u>	<u>Total</u>
ATHLETE DEVELOPMENT	
Swim Pathway Camps	-£75.00
Total ATHLETE DEVELOPMENT	-£75.00
Total Income Categories	-£75.00



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Competition Account Income

There was no income received into this account.

Business Account Income

There was no income received into the Business account.

ONB Expense since 06/03/2020

General Account Expense

Exec Gen AC Income and Spending
Between 07/03/2020 and
09/05/2020

<u>Expense Categories</u>	<u>Total</u>
I.T.	
Software	£76.79
Total I.T.	£76.79
OFFICIALS	
Training J1 Fee	£200.00
Total OFFICIALS	£200.00
<i>Total Expense Categories</i>	<u>£276.79</u>

Competition Account Expense

There was no expenditure for this account.



Exec Meeting Creditor Account In & Exp

Between 07/03/2020 and 09/05/2020

Income Categories

Swim Pathway Camps

Treasurers Report 10/05/20



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		Camps		
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,131.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,206.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,281.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,356.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,431.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,506.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,581.79



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31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,656.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,731.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,806.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,881.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£5,956.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,031.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,106.79
31/03/2020	Swim Pathway Camps Refund	ATHLETE DEVELOPMENT :	-£75.00	-£6,181.79



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		Swim Pathway Camps		
		ATHLETE		
31/03/2020	Swim Pathway Camps Refund	DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,256.79
		ATHLETE		
31/03/2020	Swim Pathway Camps Refund	DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,331.79
		ATHLETE		
31/03/2020	Swim Pathway Camps Refund	DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,406.79
		ATHLETE		
31/03/2020	Swim Pathway Camps Refund	DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,481.79
		ATHLETE		
31/03/2020	Swim Pathway Camps Refund	DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,556.79
		ATHLETE		
31/03/2020	Swim Pathway Camps Refund	DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,631.79
		ATHLETE		
31/03/2020	Swim Pathway Camps Refund	DEVELOPMENT : Swim Pathway Camps	-£75.00	-£6,706.79



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				-£1,825.00	
Total ATHLETE DEVELOPMENT				-£1,825.00	
Total Income Categories				-£1,825.00	
<u>Expense Categories</u>					
OFFICIALS					
Training J1 Fee					
31/03/2020	Institute of Swimming	OFFICIALS : Training J1 Fee	-£200.00	-£6,906.79	
			-£200.00		
Total OFFICIALS			-£200.00		
Total Expense Categories			-£200.00		
Transfers					
General Account					
26/04/2020	City of Oxford SC	Transfer From : General Account	£1,430.00	-£5,476.79	
26/04/2020	Annaliese Elford	Transfer From : General Account	£75.00	-£5,401.79	
26/04/2020	Gabriel Richmond	Transfer From : General Account	£75.00	-£5,326.79	



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26/04/2020	Finley Wood	Transfer From : General Account	£75.00	-£5,251.79
26/04/2020	Layla Richmond	Transfer From : General Account	£75.00	-£5,176.79
26/04/2020	Angelica Ross	Transfer From : General Account	£75.00	-£5,101.79
26/04/2020	Lucy Gooch	Transfer From : General Account	£75.00	-£5,026.79
26/04/2020	Annabel Barnard	Transfer From : General Account	£75.00	-£4,951.79
26/04/2020	Shalom Mbaziira	Transfer From : General Account	£75.00	-£4,876.79
26/04/2020	Amber Paul	Transfer From : General Account	£75.00	-£4,801.79
26/04/2020	Gabriel Wornham	Transfer From : General Account	£75.00	-£4,726.79
26/04/2020	Harry Woods	Transfer From : General Account	£75.00	-£4,651.79
26/04/2020	Josh Scrivener	Transfer From : General Account	£75.00	-£4,576.79
26/04/2020	Jonathon Francis	Transfer From : General Account	£75.00	-£4,501.79
26/04/2020	Chenai Mofola	Transfer From : General Account	£75.00	-£4,426.79
26/04/2020	Layla Clare	Transfer From : General Account	£75.00	-£4,351.79



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26/04/2020	Henry Purcell	Transfer From : General Account	£75.00	-£4,276.79
26/04/2020	Zac Stoddart	Transfer From : General Account	£75.00	-£4,201.79
26/04/2020	Institute of Swimming	Transfer From : General Account	£200.00	-£4,001.79
03/05/2020	Owen Anderson	Transfer From : General Account	£75.00	-£3,926.79
03/05/2020	Ruthie Galloway	Transfer From : General Account	£75.00	-£3,851.79
03/05/2020	Olivia Skinner	Transfer From : General Account	£75.00	-£3,776.79
03/05/2020	Heather Elrick	Transfer From : General Account	£75.00	-£3,701.79
03/05/2020	Myles Mistry-Lubbock	Transfer From : General Account	£25.00	-£3,676.79
03/05/2020	Oliver Bolborne-Baber	Transfer From : General Account	£75.00	-£3,601.79
07/05/2020	Caleb Gilks-Wenham	Transfer From : General Account	£75.00	-£3,526.79
07/05/2020	Alfie Toms	Transfer From : General Account	£75.00	-£3,451.79
Total General Account			£3,455.00	
Total Transfers			£3,455.00	
Grand Total			£1,430.00	-£3,451.79



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Creditors Account_Competition account

There was no expense for the Competition account.

Debtors Account Income & Expenditure

There was no transaction for this account.



Oxfordshire & North Buckinghamshire Counties ASA
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Closing Balance as at 09/05/2020

The net fund available to the county is:

Exec Net Worth
As of 09/05/2020

<u>Bank and Cash Accounts</u>	<u>Total</u>
Cash - Competition A/C	£0.00
Cash - General A/C	£0.00
Competition Account	£17,531.45
Creditors Account	-£3,451.79
Creditors Account_Comp AC	£0.00
Debtors Account	£0.00
General Account	£496.61
High Interest Business Account	£26,688.63
Net Worth	<u>£41,264.90</u>

ONB Net worth an excess of expenditure over income as detailed below:

	<u>Networth</u>		<u>Difference</u>
	<u>06/03/2020</u>	<u>09/05/2020</u>	
Income over spending	<u>£41,616.69</u>	<u>£41,264.90</u>	<u>-£351.79</u>

BUDGET Tracker

A new budget is being done so there is no report. An End of year budget track for 2019/2020 is circulated with this report so that the budget holders can re-evaluate budgets for 2020/21.

Ian Powell
Treasurer
Oxon & North Bucks County ASA

as at 31/03/2020

2019-20 ONB Budget Tracker - General Account

GENERAL ACCOUNT INCOME

Bank Interest	Estimated (2019/20)	Actual (2019/20)	Difference
Bank Interest	£50.00	£71.99	£21.99
Sub Total	£50.00	£71.99	£21.99
Athlete Development	Estimated (2019/20)	Actual (2019/20)	Difference
Swim Pathway Camps	£1,875.00	£75.00	-£1,800.00
Swim Kit	£500.00	£0.00	-£500.00
Transport	£25.00	£0.00	-£25.00
Sub Total	£2,400.00	£75.00	-£2,325.00
County Gala's Income	Estimated (2019/20)	Actual (2019/20)	Difference
Admission Charge	£100.00	£0.00	-£100.00
Transport_Gala		£0.00	£0.00
Miscellaneous Income		£0.00	£0.00
Sub Total	£100.00	£0.00	-£100.00
Sundry (Donation)	Estimated (2019/20)	Actual (2019/20)	Difference
Donation_ASA		£0.00	£0.00
Donation_Individual		£0.00	£0.00
Sub Total	£0.00	£0.00	£0.00
Miscellaneous	Estimated (2019/20)	Actual (2019/20)	Difference
Income unassigned	£0.00	£0.00	£0.00
Sub Total	£0.00	£0.00	£0.00
Total Income	Estimated (2019/20)	Actual (2019/20)	Difference
Total	£2,550.00	£146.99	-£2,403.01

GENERAL ACCOUNT EXPENSES

Athlete Development	Estimated (2019/20)	Actual (2019/20)	Difference
Accomadation		£0.00	£0.00
ASA Donation		£0.00	£0.00
Swim Kit	£1,000.00	£1,065.88	£65.88
Staffing Expenses	£1,570.00	£1,120.20	-£449.80
Guest Speaker		£0.00	£0.00
Micellaneous	£60.00	£0.00	-£60.00
Packed Lunches		£0.00	£0.00
Pool Hire	£1,340.00	£1,159.15	-£180.85
Refreshments		£63.00	£63.00
Room Hire		£486.67	£486.67
Transport	£950.00	£850.00	-£100.00
		£0.00	£0.00
Sub Total	£4,920.00	£4,744.90	-£175.10
County Gala	Estimated (2019/20)	Actual (2019/20)	Difference
Gala Expenses	£450.00	£0.00	-£450.00
Pool Hire_County Gala	£300.00	£0.00	-£300.00
Trophies_County Gala	£230.00	£0.00	-£230.00
Sub Total	£980.00	£0.00	-£980.00
Funding	Estimated (2019/20)	Actual (2019/20)	Difference
Funding Club Athlete Development	£1,666.67	£4,718.00	£3,051.33
Funding IT Equipment	£1,666.67	£1,408.40	-£258.27
Funding Training-Coaches	£1,666.67	£840.00	-£826.67
		£0.00	£0.00
Sub Total	£5,000.01	£6,966.40	£1,966.39
Hire Charges	Estimated (2019/20)	Actual (2019/20)	Difference
Room Hire - Exec	£250.00	£195.00	-£55.00
		£0.00	£0.00
Sub Total	£250.00	£195.00	-£55.00
Miscellaneous	Estimated (2019/20)	Actual (2019/20)	Difference
Audit Fee-Gift	£55.00	£55.00	£0.00
Expenses General	£100.00	£20.90	-£79.10
Gifts	£100.00	£0.00	-£100.00
Insurance	£490.00	£460.49	-£29.51
Equipment	£150.00	£1,895.20	£1,745.20
Software		£113.97	£113.97
Miscellaneous	£0.00	£0.00	£0.00
Sports Gear Purchases	£100.00	£0.00	-£100.00
Stationary	£15.00	£0.00	-£15.00
Sub Total	£1,010.00	£2,545.56	£1,535.56
Officials	Estimated (2019/20)	Actual (2019/20)	Difference
Software - Officials	£300.00	£300.00	£0.00
Training Expenses_Officials	£100.00	£0.00	-£100.00
Training J1 Fee	£0.00	£200.00	£200.00
Room Hire - Officials			
Courses	£660.00	£480.00	-£180.00
Sub Total	£1,060.00	£980.00	-£80.00
Total Expenses	Estimated (2019/20)	Actual (2019/20)	Difference
Total	£13,220.01	£15,431.86	£2,211.85

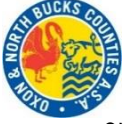
2019-20 ONB Budget Tracker- Championships

COMPETITION ACCOUNT INCOME

Admission Entries	Estimated (2019/20)	Actual (2019/20)	Difference
Admission Entries	£11,900.00	£10,580.68	-£1,319.32
	£11,900.00	£10,580.68	-£1,319.32
Championships Entries	Estimated (2019/20)	Actual (2019/20)	Difference
Age Group Entries- Individual	£24,800.00	£25,711.00	£911.00
Age Group Entries-Relays	£2,750.00	£2,504.00	-£246.00
Age Groups Coaches Passes	£1,470.00	£1,590.00	£120.00
	£29,020.00	£29,805.00	£785.00
Miscellaneous Income	Estimated (2019/20)	Actual (2019/20)	Difference
Charity Donation _Finals			
Program Sales	£200.00	£172.32	-£27.68
Charity			
Donation _Memorabilia			
Sales Profit	£2,500.00	£350.00	-£2,150.00
Clothing Sales	£0.00	£452.50	£452.50
Fines	£0.00	£100.00	£100.00
Individual Donation	£0.00	£0.00	£0.00
Memorabilia Sales	£1,140.00	£850.00	-£290.00
	£0.00	£0.00	£0.00
	£3,840.00	£1,924.82	-£1,915.18
Total Income	Estimated (2019/20)	Actual (2019/20)	Difference
	£44,760.00	£42,310.50	-£2,449.50

COMPETITION ACCOUNT EXPENSES

Refunds	Estimated (2019/20)	Actual (2019/20)	Estimated
Refunds _Coaches Pass	£0.00	£30.00	£30.00
Refunds _Entries	£435.00	£2,331.00	£1,896.00
Refunds _Medical	£0.00	£259.00	£259.00
Total	£435.00	£2,620.00	£2,185.00
Pool Facilities	Estimated (2019/20)	Actual (2019/20)	Estimated
Catering	£4,646.63	£4,377.59	-£269.04
Hire Charges - Pool	£11,451.00	£12,812.50	£1,361.50
Hire Charges - Furniture	£1,757.10	£0.00	-£1,757.10
Hire Charges - Dance Studio		£1,892.50	£1,892.50
Total	£17,854.73	£19,082.59	-£664.64
IT/Timing Maintenance	Estimated (2019/20)	Actual (2019/20)	Estimated
Computer Software & Equipment	£0.00	£81.92	£81.92
Timing Maintenance/Repair	£0.00	£0.00	£0.00
Total	£0.00	£81.92	£81.92
Miscellaneous	Estimated (2019/20)	Actual (2019/20)	Estimated
Clothing & Kit Cost	£900.00	£712.50	-£187.50
Expenses _Non Volunteers	£900.00	£750.00	-£150.00
Expenses _Officials	£1,118.81	£392.85	-£725.96
Memorabilia	£1,538.34	£773.34	-£765.00
Postage	£0.00	£0.00	£0.00
Printing-Copying	£0.00	£817.50	£817.50
Prize Money	£0.00	£0.00	£0.00
Stationary	£963.02	£624.00	-£339.02
Sundry	£0.00	£0.00	
Total	£5,420.17	£4,070.19	-£1,349.98
Trophies	Estimated (2019/20)	Actual (2019/20)	Estimated
Trophies	£6,089.70	£4,880.65	-£1,209.05
Total	£6,089.70	£4,880.65	-£1,209.05
Charitable Donations	Estimated (2019/20)	Actual (2019/20)	Estimated
Charitable Donations	£565.45	£522.32	
Total	£565.45	£522.32	£0.00
Total Expenses	Estimated (2019/20)	Actual (2019/20)	Estimated
	£30,365.05	£31,257.67	-£956.75



OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA

SWIMMING SECRETARY REPORT & CHAMPIONSHIP CONSIDERATIONS– May 2020

The ONB Counties ASA Championships 2020 debrief scheduled for the 20th April was with regret cancelled due to the Covid-19 pandemic. Instead, clubs were invited to submit feedback in writing to the Swimming Secretary for review and consideration.

When reviewing the 2020 championships, the following were taken into consideration; general feedback received pre, during and post the Championships, complaints and written feedback .

While the overwhelming sentiment of the feedback was positive, the feedback can be categorised into the following topics for consideration:

- a. Volunteer role allocation
- b. Finals
- c. Social Media
- d. The swimming programme
- e. Points based awards

Summary of each topic for consideration

VOLUNTEER ROLE ALLOCATION – This issue is raised every year, and the lack in availability of a volunteer workforce at worst threatens the future of the championships. Every year we make tweaks to the system to try and improve the process. The feedback asks that we allocate volunteer roles to clubs proportionate to the number swimmers competing in each gala as opposed to the number of entries and capped to three per club in the finals.

- **Recommendations** - We will once again review the process for allocating volunteers for the 2021 Championships before the release of the accepted entries to see if the proposal is viable and gives sufficient volunteer coverage. The concern is that this will be time-consuming and delay the process. Aside to this over the course of the next couple of months, we will consider reducing the number of volunteer roles, balancing the smooth running of the championships with the availability of volunteers. We will also investigate to see if the official's management software can be adapted and used for managing the volunteers.

FINALS – Full finals similar to the above is an issue raised every year, the fact that the finals are not full is concerning. However, out of the 128 finals (50m & 100m finals only), 18 had less than 8 competitors, 15 in the boy's events, 8 of which were in the 12 years age group. The most impacted events being 100m Fly and 100m Breaststroke.

It was suggested that we take the fastest 8 to 10 swimmers in each age-group for each event and apply the considered/accepted entries after that: the benefits being, greater retention of younger swimmers and the subsequent improvement in the swimming talent pool.

Note: This was discussed at length during the May 2019 Executive Committee, and it was decided not to manipulate the entry system, which would favour boys/men not meeting the entry criteria over the girls/women that had and to uphold the level of competition. There is a finite number of swimmers permitted poolside which in part governs the entry process. It should be noted that the entry criteria used are the same for both male and female swimmers.

- **Recommendations** – No change. The executive committee to consider any submitted fully formulated alternative proposals ahead of the 2021 championships debriefing.

SOCIAL MEDIA – This year, we received two social media complaints, whereby images of swimmers appeared on social media postings inadvertently.

- **Recommendations** – The social media guidance to be reviewed ahead of the 2021 championships (all be it the basic principle to remain unchanged), to ensure it's more evident in the programme, on signage and referred to during announcements.

SWIMMING PROGRAMME – The limited para-swimming programme was raised as a concern. Currently, only a limited number of events are open to para swimmers. It has been suggested that the para-swimming programme be broadened to include all events (relays excluded). It was also suggested that the entry criteria be reviewed and brought into line with the para-swimming guidance.

- **Recommendations** – Both suggestions to be implemented, the multi-classification para-swimming programme extended, and entry criteria brought into line with WPS recommended competition entry criteria. Para multi classifications entry will be merged into the main championships in the same way as present and swimmers will be positioned in heats based on their entry time.

POINTS BASED AWARDS – It has been suggested that a points-based system could be used to reward swimmers across both sexes and all age groups.

- **Recommendation** – Assuming we apply FINA points and that Hytek can facilitate the process, this could be applied. If awards were to be issued this would require 18 to 20 new trophies/awards.

The positive comments included; the general conduct of the championships, the paperless entry system, speed of release of the accepted entries, the atmosphere especially during the finals, the availability of mentoring for trainee officials, the use of meet mobile and the differentiation between 1st , 2nd & 3rd place medals to the 4th to 8th placed, the simplification of the withdrawal process and the allocated club lanes for warm-up at Leys.

Other proposals:

2021 Championships dates:

Saturday 9th January – Leys Pool (Oxford)

1500m Freestyle & Boy Age Group Relays 10-11-12 & 13-14

Saturday 16th January – Leys Pool (Oxford)

800m Freestyle & Girls Age Group Relays 10-11-12 & 13-14

24th January – Aqua Vale (Aylesbury)

400m events

6th/7th & 13th/14th February – Aqua Vale (Aylesbury)

Main Championships

Qualifying Period:

17th February 2020 to 7th December 2020 (all events, including long distances)

Entries:

Closing date for entries 7th December 2020

Entry fees:

No change

Programme:

No change other than the inclusion of a full para programme

Awards:

Inclusion of age group and championship awards; top male and female

Merchandise:

Under review

Equipment:

Purchase of a presentation podium backdrop circa £300+ £400.

General comments:

The condition of the Championships trophies is deteriorating and some badly need either replacing or repair.

A new Trophy Secretary is need ahead of the 2021 Championships to manage the trophies and order and sort the medals etc.

Finally, modifications to the 2021 Championships may become necessary due the Covid-19 pandemic, allowing time for limited consultation. I seek approval to make changes without full formal consultation if required. I envisage this to be, limited to; entry qualifying period, social distancing measures and any other changes required by Swim England.

Oliver Stockland
Swimming Secretary
Oxford & North Buckinghamshire Counties ASA

OXFORDSHIRE & NORTH BUCKINGHAMSHIRE ASA EXECUTIVE COMMITTEE

RECORD CLAIMS

12th MAY 2020

WOMENS

LONG COURSE

OPEN & JUNIOR

50 Breaststroke Ilizane Pinfold City of Oxford 32.05 14/03/20 Edinburgh

**Improves her Open & Junior time from last July in Glasgow of 32.14. Obviously likes Scotland!

JUNIOR

100 Freestyle Evie Mclean City of Oxford 58.11 15/03/20 Edinburgh

**Improves Hannah Askew's 2007 time of 58.30

O & NB Artistic (Synchronised) Swimming Report

May 2020

Hopefully this report finds everyone in O&NB safe and well in these strange times.

I mentioned in the March report swimmers from Henley and Witney had attended the National Artistic Swimming Age Groups at the beginning of March, but full results were yet to be published – I have listed relevant results below. Congratulations should go to Kata Soros of Witney (18th) and Eva Narewska from Henley (22nd) who placed highly in a field of 177 competitors of 13-15-year olds.

At the beginning of March, 16 swimmers from Witney attended a regional grade day assessment with 14 passes across figure and routine grades.

The last session of Witney Synchro was held on Monday 16th March and on March 17th all further sessions were suspended following Swim England advice. Administration has continued during the lockdown period to ensure that the Club will be able to recommence as and when allowed.

The Head Coach at Witney has used the time to “meet” with swimmers and parents/guardians for individual goal setting, reviews and to encourage/ascertain a level of fitness and flexibility. There was an interesting range of methods the swimmers (and parents) were using for fitness/flexibility from Joe Wicks to a trapeze in the garden! Our top-level swimmers were due to compete in their national championships in April and a virtual Champs weekend tea Party was held. Information on flexibility /fitness/ nutrition was sent out as well as activities such as wordsearches – design a new figure, deck work challenges and more to come.

A worldwide “Synchro” Land workout was held via Zoom and You tube (following all the advisories) – it was a great chance for swimmers to work out with the top swimmers from the leading countries ie Russia, Spain, Ukraine and the USA to mention a few. It also gave coaches a few new ideas!

Witney Synchro has successfully completed its Health Check and is busy updating policies in line with new requirements inline with WavePower 20-23. Several parents have used the opportunities of the online courses held for Safeguarding and Team Managers.

Guidelines are also being formulated for all Synchro Clubs on the legal needs and processes to be used for changing to Artistic Swimming Clubs and the specific emergence requirements particular to this discipline when allowed.

Mandy Fuller

Artistic (Synchro) Sec.

National Artistic Swimming Age Groups Results

13-15 years Figures

18th Kata Soros (Witney)
22nd Eva Narewska (Henley)
57th Annie Skaanild (Henley)
60th Zara Warren (Henley)
92nd Eleanor Bisp (Witney)
135th Iris Bennett (Henley)
163rd Amelia Bolton (Witney)

11-12 years Figures

27th Freya Parker (Witney)
47th Eve Nelson (Witney)

13-15 years Free Team Event

14th Henley – Iris Bennett, Eva Narewska, Annie Skaanild, Zara Warren.

ONB County Pathway Programme Report – May 2020

As you are aware the camps to take place at Stoke Mandeville Stadium, Aylesbury have been cancelled / put on hold as per the Swim England guidance due to Covid 19.

Swimmers were sent an email on 18th March to inform them. They were informed that we **may** be able to rearrange the camp(s) but as this may not prove possible were requested to send bank details so a refund could be arranged.

These bank details have been forwarded to Ian.

However, in the meantime the county tops and swim hats were ordered. If we are able to go ahead with the September camp then they can be used then, or if we are not able to go ahead with the camps at all, then they can be given to the swimmers in another way.

Jo Ulyett

Team Manager

ONB County Pathway Programme Camp

Oxfordshire & North Buckinghamshire Meeting – April 2020

COVID 19 – Update

We have created some on-line resources for clubs, coaches, athletes and volunteers

As we navigate through this time together, we remain committed to providing the whole of the South East swimming community with support in as many ways as possible. We have brought together a range of on-line resources that we hope will help clubs and their members.

- Staying Active
- Gain Qualification
- Wellbeing
- Club Resources

Web Link - <https://www.southeastswimming.org/on-line-resources-for-coaches-athletes-and-volunteers/>

Over the last couple of weeks we have also created a virtual get together for both Club Chairs and Coaches from South East Region Clubs.

Funding may be available to help with local clubs

- Sports England – Community Emergency Fund - This new fund aims to help community sport and physical activity organisations who are experiencing short term financial hardship or the ceasing of operations due to the ongoing coronavirus crisis. <https://www.sportengland.org/how-we-can-help/our-funds/community-emergency-fund>
- Swimathon COVID-19 relief fund to support aquatics community - The Foundation will seek to allocate grants of between £250 and £1,000 to small swimming and aquatic organisations experiencing short-term financial hardship from the effects of COVID-19, especially where access to financial support is not otherwise available. <https://swimathon.org/posts/swimathon-foundation-launches-covid-19-relief-fund-to-support-aquatics-community>

Swim Mark

The following clubs are due to be submitting evidence for the June SwimMark Panel; 4 Shires, Abingdon Vale, City of Oxford, Maxwell and Thame. The deadline for evidence is the 15th May.

Wavepower 2020-2023 has now been published. The relevant SwimMark templates have been amended on the portal for use. The Time to listen course for the 21st March at Stoke Mandeville was cancelled and will be rebooked for later in the year. If the county has a date preference please let Kristie know.

Stronger Affiliation

Clubs will be able to upload their evidence from June. As part of this process we are encouraging clubs to update their constitutions now, the following ONB clubs need to update their constitutions we believe; Bourne End SC, City of Oxford Water Polo Club, Henley SC, Oxford University WPC.

We have been in touch with all of these clubs and they are aware that they need to do this. The next workshop is planned for the 19th May 7-8pm, login information is available from Kristie.jarrett@southeastswimming.org

Swimming Coach Pathway Conference

The pathway coaches' conference is now planned to take place online; **Saturday 6th June – Zoom**

All county and regional coaches that have booked already have been informed, other interested coaches can book through the website <https://www.southeastswimming.org/swimming/conferences-and-workshops/>

Swimming Coach Seminars

The Regional Coaches Forum have run 3 and planned a further 2 seminars to discuss a variety of topics – bookings can be made through the South East Website, further sessions will be planned shortly -

<https://www.southeastswimming.org/uncategorized/online-swimming-coach-seminars/>

Training Models (Part 1): What are the benefits of the various physiological training models in the training of Youth swimmers?

- Wednesday 13th May 2-3pm - led by Lee Spindlow, High Performance Head Coach, Guildford City.

Training Models (Part 2): What are the benefits of the various physiological training models in the training of Youth swimmers?

- Wednesday 20th May 8-9pm - led by Lee Spindlow, High Performance Head Coach, and Guildford City.

Safeguarding

An aquatics-specific safeguarding course has been created by Swim England which will help members and its workforce meet the new Stronger Affiliation guidelines.

Bookings can now be made on the course at the specially-reduced rate of £25. SwimMark clubs can claim their bursaries through the Regional Office in advance.

News Article - <https://www.swimming.org/swimengland/safeguarding-cpd-stronger-affiliation/>

Booking page - <https://www.swimming.org/ios/search/free-text?filters%5BfreeText%5D=Safeguarding>

Team Manager Training

Upcoming Team manager Training Dates that are now available to be booked on the South East Website

- Team Manger 2 on 16th June 6.30 – 9.30pm @ Stoke Mandeville Stadium, Guttman Road, Aylesbury HP21 9PP
- Our Team Manager 1 workshops are now fully booked, additional workshops are being organised

Booking Page - <https://www.southeastswimming.org/workforce/team-managers/>