



## The Oxfordshire and North Buckinghamshire (ONB) Amateur Swimming Association

### Chair's Report November 2022

Our swimmers have had a busy few months; as I write this report our swimmers are off to the Winter Regional Championships, and I wish them the best of luck.

Our Masters' Swimmers recently competed at The Swim England National Winter Championships, congratulations to all, especially those who brought home medals.

And we can't forget our team at The Swim England National Team Championships which were back after a break. I loved seeing the pictures and it appeared that they all had a lot of fun. I was especially pleased to receive an email from a parent thanking Team ONB for making their child's first time at the competition so special

*"From selection medals presented by Oliver, wearing the ONB Presidential chain of office, to ONB hats and tops and to Hannah and the coaching team's kind and inspiring leadership ONB and Swim England simply couldn't have done any more to make the day special.*

*So thank you again, ever so much, for everything that you all at ONB contributed to blowing one 13 year old's mind."*

My view is that part of our role at ONB is to ensure our swimmers can have these positive experiences and my thanks go to all the team that made this happen both those on the day and those who help organise everything.

Karen



# The Oxfordshire and North Buckinghamshire (ONB) Amateur Swimming Association



**Oxfordshire & North Buckinghamshire Counties ASA**  
**Affiliated to Swim England Southeast**

**Treasurer's Report November 2022**

I am pleased to say that the issues with Barclays Bank were fixed in late October and so I am now able to produce a Report. Barclays gave us a £125 donation following the issues.

**Bank balances as of 31/10/2022**

	<b>As of 31/10/2022</b>	<b>As of 05/05/2022 (previous report)</b>	<b>As of 01/04/2022 (Beginning of financial year)</b>
<b>Competition A/C</b>	£3,275.20	£8,267.90	£8,267.90
<b>Creditors - Competition A/C</b>	£0.00	£0.00	£0.00
<b>Cash – Competition A/C</b>	£0.00	£0.00	£0.00
<b>General A/C</b>	£361.66	£379.30	£484.87
<b>Creditors - General A/C</b>	-£783.34	-£1,197.40	-£1,222.58
<b>Cash – General A/C</b>	£0.00	£0.00	£0.00
<b>Debtors – General A/C</b>	£0.00	£0.00	£0.00
<b>High Interest Business A/C</b>	£21,892.12	£26,532.43	£26,534.40

**Net worth**

<b>As of 31/10/22</b>	<b>As of 05/05/22</b>	<b>As of 01/04/2022</b>
£24,745.64	£33,982.23	£34,064.59

**High interest Business Account from 05/05/2022 to 31/10/2022**

£4650 has been transferred in total from this account to the General Account during this time period. £9.69 interest has been added into the account.



**Oxfordshire & North Buckinghamshire Counties ASA**  
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**Treasurer's Report November 2022**

**Income and expenditure General Account from 05/05/2022 to 31/10/2022**

<b>Income Categories</b>	
Swim Pathway Camps	£645.00
Donation from Barclays	£125.00
Transfer from High Interest Business Account	£4,650.00
<b>Total Income</b>	<b>£5,420.00</b>
<b>Expense Categories</b>	
<b>Athlete Development costs</b>	
Miscellaneous	£15.99
Pool/Room Hire	£441.00
Staffing Expenses	£445.00
Swim Kit	£1,239.65
Transport	£1,200.00
<b>Total Athlete Development Costs</b>	<b>£3,341.64</b>
<b>Funding</b>	
Funding Club Athlete Development	£200.00
Funding Training-Coaches	£288.34
<b>Total Funding</b>	<b>£488.34</b>
<b>Officials</b>	
Officials Training fees	£200.00
Software - Officials	£300.00
<b>Total Officials</b>	<b>£500.00</b>
<b>Other</b>	
Room Hire - Exec	£27.50
IT Software	£99.53
Audit Fee-Gift	£50.00
Expenses- General	£12.00
Insurance	£504.57
<b>Total Other</b>	<b>£693.60</b>
<b>Total Expenditure</b>	<b>£5,023.58</b>



**Oxfordshire & North Buckinghamshire Counties ASA**  
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**Treasurer's Report November 2022**

We had a County Development Camp in September 2022. One swimmer did not attend the day but asked for the kit. The income and expenditure summary is below.

Date	Item	Amount
<b>Income</b>		
Sept 22	21 swimmers @£30 each	£630.00
Oct 2022	1 non-swimmer at £15	£15.00
	<b>Total</b>	<b>£645.00</b>
<b>Expenditure</b>		
Oct 22	Staff Allowances	£475.00
Sept 22	T-shirts	£259.25
Sept 22	Swim hats	£112.50
Sept 22	Pool/Room hire	£441.00
	<b>Total</b>	<b>£1,287.75</b>
	<b>Overall loss</b>	<b>-£642.75</b>

We had swimmers who represented ONB at the Inter Counties in October 2022. The income and expenditure summary is below.

Date	Item	Amount
<b>Income</b>		<b>£0.00</b>
<b>Expenditure</b>		
Sept 22	T-shirts	£453.60
Sept 22	Swim hats	£414.30
Sept 22	Bus hire	£1,200.00
Oct 22	Face paint and pom poms	£72.32
	<b>Total</b>	<b>£2,140.22</b>
	<b>Overall loss</b>	<b>-£2,140.22</b>



Oxfordshire & North Buckinghamshire Counties ASA  
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Treasurer's Report November 2022

**Income and expenditure Competitions Account from 05/05/2022 to 31/10/2022**

It came to light that Wantage White Horses Swimming Club (WWHSC) had not received their refund for entries for the Counties 2022. This has now been paid. Medals and trophies have been ordered for the 2023 Counties.

<b>Income Categories</b>	
Age Groups Coaches Passes (WWHSC)	£90.00
<b>Total Income</b>	<b>£90.00</b>
<b>Expense Categories</b>	
Refunds Entries (WWHSC)	£567.00
Trophies	£4,515.70
<b>Total Expenditure</b>	<b>£5,082.70</b>

**Outstanding approved funding requests as of 31/10/2022**

I have been in touch with Bletchley about their March 2021 approved funding application to see where it is up to.

<b>Date approved</b>	<b>Club</b>	<b>Item</b>	<b>Amount</b>
09/03/2021	Bletchley & District	2 x Level 2 coaching courses	£170
12/02/2022	Bicester Blue Fins	1 x Level 1 coaching courses	£206.67
12/07/2022	Oxford & Witney Artistic Synchro	2 x Headstand stools	£200
14/09/2022	Bicester Blue Fins	1 x Level 2 coaching course	£206.67
		<b>Total</b>	<b>£783.34</b>

OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA SWIMMING SECRETARY REPORT –  
NOVEMBER 2022

The planning for the 2023 Championships is well underway, all meet information including the Hy-tek file has been released. All documents are available on the ONB Website and the Hy-tek file has been released by email to the relevant contacts at each club.

I am still looking for a trophy secretary but have proceeded with arrangements to do this myself for this year's competition and the trophies will be engraved with the 2022 championship winners' names over the coming weeks in time for 2023 championship.

All medals and trophies have been agreed and ordered

My plan is to release the accepted entries in mid-December along with invoices for payment as per the promoter conditions.

Sharon MacNab

Swimming Secretary

Oxford & North Buckinghamshire Counties ASA

## **O&NB County Artistic Swimming Report**

**November 2022**

Following FINA ratification in October, Artistic Swimming is to undergo the most significant changes in its history. There are extensive changes to every aspect of the sport throughout coaching, judging and scoring. There are a lot of questions and concerns as to how these far-reaching changes will affect everyone involved in the sport.

National Competition dates, potential venues and qualifying standards have been released but as yet rules and conditions are still unknown.

There is a coaches and judges conference planned for early December to prepare all concerned for the changes that come into play from January 2023.

November 12<sup>th</sup> sees the National Senior and Masters Artistic Swimming Championships take place at Harvey Hadden, Nottingham, where Steve Fuller will be the Referee.

There will be a trials day on 18<sup>th</sup> December for the South East Artistic Swimming Squad 2023 – details have yet to be sent out to clubs.

Mandy Fuller

(County Artistic Swimming Sec)





# The Oxfordshire and North Buckinghamshire (ONB) Amateur Swimming Association

## Officials' Report November 2022

There have been a few updates for Officials from Swim England and although everyone should have received them, I will highlight the changes:

Swimming hats designed for Afro hair:

<https://www.swimming.org/swimengland/swimming-hats-statement/>

Technical officials training and uniform guidance confirmed

<https://www.swimming.org/sport/technical-officials-training-uniform-update/>

Important changes to the 'Certificate of Swimming Disability' which has now become the 'Certificate of Exception

<https://www.swimming.org/swimengland/updated-resources-swimming-inclusion/>

### Referee Training

A reminder that anyone wishing to apply for the 2023 referee training programme needs to submit their applications by the year-end. See the link below for details.

<https://www.britishswimming.org/browse-sport/swimming/officials/officials-qualifications-training>.

### Judge 1 training update

Following a review, it has been decided the requirement to officiate for a minimum of 3 hours at a Level 1 or 2 meet will no longer be mandatory. It will now be mandatory for those officials wishing to train as a J2 to have completed a session / 3 hours at a Level 1 or 2 meet, either as part of their Judge 1 training, or as part of the requisite 20 hours post-qualification work in the Judge 1 role.

May I also remind all J1 trainees (and referees) that there is no longer a timekeeper assessment, instead the referee will certify a candidate as 'competent' having seen them working as a timekeeper at a meet and issue the certificate which the trainee must then themselves upload to their membership record

As always, any questions please contact us at [onbofficials@gmail.com](mailto:onbofficials@gmail.com)

Karen

## **ONB Disabilities Report Nov 2022**

My apologies for the late report.

I have passed on details of the latest south east region para training (distributed to clubs on the 24<sup>th</sup> October) please remember that if you have young (or older!) swimmers looking to move through the classification process they will need to attend a regional training event to have their skills signed off.

The National para-swimming engagement workshop took place on Tuesday 1<sup>st</sup> November. I attended this and enjoyed a very informative session looking at drag, how to overcome it and utilise it followed by a session on nutrition. There was a session running for coaches as well. When I receive notification of the next event I will forward it onto clubs.

Last weekend saw a new venture for those of us who are para swimmers over the age of 18. The Short course Masters National event held in Sheffield incorporated a limited para programme for the first time allowing those of us with classifications the opportunity to compete with swimmers of our own age with an adjustment for our disability. I thoroughly enjoyed myself and it was lovely to catch up with so many masters swimmers and for once I wasn't last! The ONB para representation was by myself and I came away with a silver medal in the 100IM. I look forward to more masters events including para swimmers in this inclusive fashion.

As I am behind in submitting this report I am writing this after returning from Winchester where the South East Regional Short Course Championships have been taking place. Again ONB representation was by myself, I competed in the 100fc, 400fc and 200IM placing 3<sup>rd</sup> in the 100fc, 2<sup>nd</sup> in the 400fc and the 200IM recording (subject to ratification on rankings) a new S8 SC ONB record for the 400fc.

The next major event for the para swimmers is the British Para Swimming Winter National Meet being held in Glasgow at the Tollcross pool on 26/27 November. I will update you all with how I get on in the new year. Finally if there are any clubs with swimmers who are looking to become classified as para swimmers please let me know so that I can ensure all the information gets to them as soon as possible.

Amanda Readhead

Disabilities Representative

## National County Team Championships Report for ONB Exec Cttee Mtg - 8<sup>th</sup> November 2022

National County Team Championships Sunday 2<sup>nd</sup> October 2022 at Ponds Forge,  
Sheffield.

All the pre-planning and admin work by Donna Wheatley and Chantal Clavaud worked well and we managed to co-ordinate everything needed beforehand. New decorations, biodegradable wetwipes and captains parade outfits were purchased from the ONB funding, the old box of Intercounties kit and the County banner were duly retrieved. Donna managed to replace an injured swimmer the week before the event. The Swim England Team Manager booklet had useful information in it which helped with doing changes and assisted Hannah with the electronic relay forms. Chantal printed all the swimmers' accreditation forms off.

We left 30mins earlier (6.15am) than in 2019 (when we last did Intercounties) which helped to reduce stress and meant all had plenty of time to get the ONB area set up, team photo taken, to do 1<sup>st</sup> swims presentations and for swimmers to relax. It is recommended that if we travel on the same day as the event in future, that these times stay the same. However, it would be preferable to travel up on the Saturday, as to travel to/from Sheffield on the same day made for a very long day indeed with first pick up at 6.15am and last drop off at 8.45pm.

The coach company was great, we had a brand new bus which was very comfortable. We had the same driver as 2019 so he knew exactly where to go and our plans. Please request him again next year!

The timetable of the day is below:

6.15am	Pick up at Pear tree services – <i>Chantal to do sign in</i>
6.45am	Pick up at Towcester services – <i>Hannah to do sign in</i>
9.15am	Arrive in Sheffield and park at Holiday Inn (Royal Victoria, Blonk Street)
9.20am	Walk to Ponds Forge
	Make camp in allocated seating area (J)
	Team photo out front of building
	Chantal to collect TM pack
10.30am	Chantal attend TM meeting
11am	Officials meeting
10.55am	Access to changing rooms and be ready poolside for:
11.05 – 11.40am	Warm up 3 (lane 2 & 3) Score board end of pool (Div 1) County coach Hannah to confirm warm up split
11.40 – 12.45pm	Eating packed lunches in team stand
	Post warm up do decorations
12.45pm	Opening ceremony – captains needed pool side downstairs entrance with banner by 12.35pm latest
1.15pm	Start of competition
5pm	End of competition Swimmers meet in reception area to leave as team
5.45pm	Get on coach for return journey – <i>sign in swimmers in foyer at meeting point. Any swimmers travelling home not on coach MUST sign out with parents to Chantal before leaving</i>

8.15pm approx.	Towcester Services <i>(traffic dependent)</i>
8.45pm approx.	Pear tree Services <i>(traffic dependent)</i>

All went to plan and there were no issues at all throughout the day. All the swimmers behaved very well although they were very messy with rubbish both on the coach and at the pool area.

We managed to leave the pool in very good time with no issues of swimmers leaving with parents. We got back to the coach ahead of time but unfortunately the other coaches had blocked us in, so we had to wait about 30mins before we were able to leave. Just bad luck of buses parking up.

Due to leaving later than planned the driver went over his allocated working hours so we did have to stop off at Cherwell services to change drivers for the very last bit. If we had left by 5.15pm we wouldn't have had to do this. The Coach company was very organised in sorting this out and we didn't lose any time with the change-over.

The pick and drop off points all worked well. We had 1 swimmer collected late at Peartree but the Girls TM waited with Chantal until parents arrived.

The County Banner was accidentally left at the Pool. Chantal has already spoken to Ponds Forge and they have it and will keep it safe until one of us goes back up there for a meet.

ONB Staffing for the event was: County Team Coach – Hannah Wilson; ONB Lead TM – Chantal Clavaud; Girls' TM – Emma Anderson and Boy's TM – David Treadall. Emma and David were excellent TM's and Hannah was an excellent county coach. Oliver Stockland attended in his capacity as ONB President and said he enjoyed himself. Thanks to our Officials Viv Elford and Kate, who were brilliant too.

Chantal has stored all the decorations for next year and is providing Paul Baybutt with a handover as he will take on the organisation of Intercounties.

Overall, all worked to plan and it was a very successful and enjoyable day.

Chantal Clavaud  
ONB Lead TM

### **Swimming Feedback from County Coach:**

Firstly, a big thank you to Chantel and Donna for all their support in the lead up to the competition and for Chantel's support on the day.

This was the first Inter Counties since Covid lockdowns. We were in the Division 1, so we faced a strong group of competitors. It was always going to be hard when we were missing a number of senior swimmers due to other commitments.

For a number of swimmers, it was their first time in representing the County. You could see the excitement and nerves in some of the swimmers as we arrived at Ponds Forge.

We definitely had some tough heats, but I thought the swimmers coped with that well. it was great to see that swimmers from other clubs working together as one whole team. We finished 18<sup>th</sup> in Division 1 and considering the competition we faced I was pleased with the result. Unfortunately, we drop down to Division 2 next year. However, we should be one of the strongest Counties in that group.

Hannah Wilson  
ONB County Coach

### **ONB Meeting – October 2022**

#### **Swim Mark – Workshop**

We will be hosting a SwimMark workshop on Monday 14th November 7-8pm. This will be an online session and will cover;

- The benefits of SwimMark accreditation
- The accreditation process including timescales, the portal and resources available
- The key details of the 15 required elements
- A closer look at the personnel report
- Questions

Date - Monday 14th November

Booking Link - <https://www.southeastswimming.org/volunteers/club-forum-meetings/>

#### **Club Affiliation**

The following ONB clubs will need to complete club affiliation by December 2022.

- Bourne End SC
- City of Oxford Water Polo Club
- Headington Phoenix Swim Squad
- Henley SC
- InSync - Milton Keynes Synchronised Swimming Club
- Oxford Brookes University SC
- Oxford University WPC
- Sunflower Swimming Club - Oxford
- Wantage Youth SC

#### **South East Region Para-Swimming Training Day – Sunday 13th November**

We are pleased to invite Swimmers and Coaches from around the region to attend the next South East Region Para-Swimming Training Day.

This Para Swimming Training Day is intended to engage and support swimmers with an impairment to develop their skills, experience and knowledge through their journey as a Para Swimmer. The training day is aimed at all swimmers from development level to those selected for England Para Swimming Talent Programmes, a chance to have their skills developed. This should be seen as an additional training to their home club training.

Location: ACS International School Cobham

Cost: £10 per swimmer, Coaches free

<https://www.southeastswimming.org/para-swimming/south-east-region-para-swimming-training-day-sunday-13th-november/>

#### **Young Volunteers Programme**

The Young Volunteers of today are the future Coaches, Team Managers, Club Volunteers of our sports. Are you aged between 14 and 18 years and looking for training opportunities to help you volunteer within aquatics.

This programme aims to:

- Engage young people in a wide range of volunteering experiences within clubs
- Provide young people with the opportunity to access high quality and accessible volunteer training
- Continue to improve the volunteer experience for young people across aquatics
- Provide Regional recognition for volunteering at your club

This programme is built around 2 key workshops delivered 4-6 weeks apart involving all disciplines (Artistic Swimming, Diving, Water Polo, Masters, Open Water Swimming, Para Swimming and Swimming). Each workshop will be delivered online using Zoom and will cover a wide range of topics. Intake one is now open

- Booking close – Monday 14th November
- Workshop 1 – Friday 22nd November 18:00-19:00
- Workshop 2 - Friday 9th December 18:00-19:00

Booking and further information can be found on our website

<https://www.southeastswimming.org/workforce/young-volunteers-programme-for-2022-23/>

### **South East Masters Regional Long Course Championship – Entries are now open**

The South East Masters Regional Long Course championship Entries are now open and this event is expected to hit capacity. Full information regarding this event can be found on our website

<https://www.southeastswimming.org/masters-open-long-course-competition-2023/>

### **Swim England South East Region Seeks New Regional Welfare Officer**

Applications are invited from suitably experienced individuals for the role of Regional Welfare Officer for Swim England South East Region.

This role is essential in providing the Region and its County and Club Welfare Officers with guidance and advice on child safeguarding and other welfare concerns. The Regional Welfare Officer ensures that the Swim England Child Safeguarding Policy and procedures are being adopted and implemented correctly, demonstrating duty of care to all children. For full details please see the Role Description below.

The appointment is for a 3 year term. The role is voluntary with all reasonable expenses paid.

Applications submitted in the form of a brief resume and a covering statement are welcomed from experienced candidates. Please send applications to: [bryony.gibbs@southeastswimming.org](mailto:bryony.gibbs@southeastswimming.org)

### **South East Training/ Workshops**

- Time to Listen course have gone online – Next available course is on Monday 16<sup>th</sup> January 2023 Booking Page - <https://www.southeastswimming.org/volunteers/time-to-listen-training/>
- Team Manager 1 – next available course is on Thursday 1st December 2022- Booking Page <https://www.southeastswimming.org/workforce/team-managers/>
- Team Manager 2 – next available course is on Thursday 19th January 2023 - Booking Page <https://www.southeastswimming.org/workforce/team-managers/>