

## Reports for ONB Exec Cttee Mtg 13<sup>th</sup> September 2022

Please find detailed below the reports for the ONB Exec Cttee Mtg

Agenda Item	
7	Chair's Report - see attached report.
8	Treasurer's Report – The new Treasurer is in the process of obtaining control of the ONB accounts and will give a verbal update.
9a	Swimming Sec - verbal update at cttee mtg.
9b	Fixtures Sec - report to follow.
9c	County Records Officer - nothing to report.
9d	Artistic Swimming Sec - see attached report.
9e	Officials Sec - see attached report.
9f	Masters Sec - no Masters Sec so nil report.
9g	Disability Officer Report - see attached report.
9h	Masters Records - nil records.
9i	Swim Mark Coord - nothing to report.
10	County Team Coach - report on Talent Pathway Dev Camp 2022 and 2023.
11	Welfare Officer Report - see attached report.
13	Policies - verbal update.
14	Swim England South East Report - see attached report.



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

### Report from The Chair September 2022

Firstly, I would like to, on behalf of the Executive and all members of ONB, give tribute following the death of Her Majesty The Queen and express our sincere condolences to the Royal Family at this sad time.

The Queen was the patron of what was originally known as the Amateur Swimming Association, and she served in this role for 63 years from 1953 until she passed this role to the then Duke of Cambridge in December 2016.

In recognition of her service, we will hold a minute's silence at the start of the meeting.

We have had an extraordinary summer of swimming and I personally especially enjoyed watching some amazing races during The Commonwealth Games. We also had some great achievements from our swimmers at The British Swimming and Home Nations Championships, congratulations to you all.

Recently our younger swimmers took part in the County Development Camp, which was headed by Hannah, thanks to her and all the team involved on the day, it looks like they had a wonderful time. However, I wish to make special mention of Chantal who stepped forward at the last minute to organise this event when we struggled to find a volunteer and to Nicky who as ever picked up all the other pieces in the background and between them enabled this camp to take place.

Karen Underwood

Chair

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

**September 2022**

Since July's AGM there have been two regional Grade Days attended by ONB athletes. In total 11 OWASC athletes attended and gained 16 grades split between Figure & Routine.

One athlete, Millie parker, was upgraded from Grade 2 Figures to Grade 3 Figures directly by Swim England under their new policy to reward competition results in the National Competitions. Millie was upgraded from her results in the National Age Groups 2022.

Steve Fuller is to be the referee for the national masters Championships in November.

Athlete's will be spending the next few months working on taking their grades to achieve entry standards for 2023 competitions and before the new Artistic Swimming Rules come in to play. Entry levels have been set at a very high standard in both Figure and Routine grade awards not just figure grades as previously.

Mandy Fuller

(County Artistic Swimming Sec)



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

### Officials' Report September 2022

We have been advised that although there is no requirement to cancel or postpone any events during the official period of mourning officials may wish to wear a black armband.

We have been asked to pass on a request to SE Region / Swim England that consideration is given to allow J1 trainees from small clubs an extension to 18 months to complete the practical stage. They state that as they do not attend/hold as many meets as the larger clubs they cannot offer a realistic pathway for their J1 trainees.

SE Region have asked us to pass on the message that

There has not been and will definitely not be; in the very near future; any changes to the way that the J1 training is undertaken and we are not returning to any kind of poolside assessments; used under the OLD regimes; for ensuring "competencies" are satisfied by poolside assessments.

Congratulations go to our newest referee in the County, Stephen Wynne-Jones, who is now fully qualified after what must be the most disrupted learning period ever!

Karen Underwood

Officials' Coordinator

## **ONB Disabilities Report Sept 2022**

Since the last report a number of disabilities events have taken place. There was a south east region para training day on the 10<sup>th</sup> July. Unfortunately there were no representatives from ONB able to participate in this one due to work commitments but I would like to remind clubs 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. I will pass on details of the next event when I receive it.

The British Summer Championships took place incorporating multiclassification events. ONB was represented by Amanda Readhead from Maxwell in the 50m freestyle, 100m freestyle and the 200IM. I was very pleased with my performance, particularly given I had COVID 2 weeks prior to the competition, and managed to achieve a position in the final for the 200IM. I thoroughly enjoyed my experience swimming with some of the paralympic stars even if all bar 2 of my competitors were young enough to be my children! The Swim England Championships also took place but I took the decision not to compete in these this year.

There are some very exciting developments for the para-masters swimmers. The short course masters nationals taking place at Sheffield on the 28<sup>th</sup>-30<sup>th</sup> October are trialling the first ever age adjusted para swimming competition. Para swimmers will be allocated British Disability Points in the normal way to allow for a multiclassification event and then the Rowson age adjustment formula will be applied allowing swimmers to be compared to those in different age groups (eg comparing a 25year old with an 80 year old). This, we believe, is the first time this has happened anywhere and, if a success, will be developed further in future years. This year is trialling the 50m freestyle, and the 5 100m events only.

The final piece of news for disability is that the joint South East and South West Region para competition is taking place on Sunday the 25<sup>th</sup> September at 3pm in Bristol. This is incorporating classification. I will not be attending and am unaware of any ONB participants. Whilst I believe that it is encouraging that a para competition is taking place I feel that the combination of the South West with the South East is not geographically the most sensible as the distances that need to be covered for a 2-3hr event on a Sunday afternoon do not encourage participation unless classification is required.

Amanda Readhead

Disabilities Representative

## County Coach Report on the Pathway Camp at Aylesbury Aqua Vale on Saturday 3rd September 22

I took up the post of County Head Coach in August 2022 and am pleased to provide an update on my first pathway camp.

The purpose of the camp was to provide additional skills and personal development opportunities to a group of 11-year-olds. The camp also enables the swimmers to experience a different sessions and coaches to their normal training activities.

Selection for the camp was based on a swimmer's county ranking. We invited 26 swimmers to the camp, with 23 turning up on the day.

I was supported on the day by a team manager, three coaches and a land training coach.

The structure the camp was as follows:

12:00 - 12:20	Introductions, briefing on the camp timetable and content. The swimmers were split into 4 groups.
12:30 - 14:30	First pool session. Session was undertaken in the selected groups and covered work on Freestyle skills, focussing on body position and arm action. This was followed by streamlining and transitioning into breakout phase. We finished on Breaststroke turns.
14:25 – 14:30	Post pool warm down
14:35 – 14:55	Lunch
14:55 – 15:45	Land training session. This was a new item for the camp. I was keen to add this session and invited a qualify S&C coach to lead it. The session focused on arm app. This is recommended by Swim England for this age group.
16:00 – 17:30	Second pool session. Session content was on Backstroke body position and Backstroke turns. Ended the session with some fun relays.
17:30 – 18:00	Post pool warm down. Followed by a de-brief with the swimmers asking them what they learnt and what was beneficial in pool and land training sessions. I asked them to identify what learnings they were going to take back to their home clubs training programme.

I would like to thank Chantelle, Justin, Marie, Bee and Louise for all their help and support with the camp. I thought the session was very successful and the swimmers appeared to enjoy it.

Following the training camp I attended the Swim England County Conference. At the conference the National Talent Officer presented a structure for County and Regional training camps. The aim is to ensure consistency of approach across all counties and region camps. For county camps they are asking us to follow the following structure:

1. 1<sup>st</sup> Face to Face 1 day training camp undertaken between September - December
2. 3 on-line education sessions to be undertaken between January- April
3. 2<sup>nd</sup> Face to Face 1 day training camp undertaken between May - August

Swim England have also asked that each swimmer fill in a CDP Athlete pack. The pack records the outcomes of the sessions and what the swimmers should focus on developing. These forms are then summarised and sent back to Swim England to track progress. I have the Athlete pack and Coach RAG template.

The County needs to consider how we align with the new structure proposed by Swim England.

As a way forward I suggest we retrospectively send out the CDP Athlete pack to each swimmer and ask them to fill it in and return to us.

Noel did do the online education sessions in August. I suggest I do one further follow up session between January and April.

Lastly we should arrange a 2<sup>nd</sup> camp for some time between May -August.

Happy to discuss the new Swim England approach with the County Committee.

Regards  
Hannah



## **County Welfare Office Report**

I have now gained ASA membership and am booked onto the following courses:

Time to Listen: 10/09

Safeguarding workshop: 24/09

Welfare Officer workshop: 26/09

I have also emailed the other County Welfare Officers in the region to get some ideas of what they do and what works etc but waiting on responses.

Once my ONB email address has been set up I will get in touch with club Welfare Officers. In the meantime, if they need to contact me, they can do so via the ONB Secretary.

Lucie Clarke

ONB Welfare Officer



### **ONB Meeting – September 2022**

#### **Swim Mark**

The following clubs are due an annual health check this quarter; Banbury, Buckingham Swans, Kidlington and Gosford and Wantage White Horse. Evidence should be submitted for checking by the 23<sup>rd</sup> September.

#### **Club Affiliation**

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

- Henley Leisure Swimming Club
- Oxford University SC
- Witney Water Polo Club

#### **Regional Open Water Camp 2022**

The region ran a one-day open water camp in June, congratulation to Lucia Lopez (CMK) on her selection.

The camp consisted of a morning pool session covering open water skills and an afternoon lake session.

#### **National pathway Coaches Conference – Sunday 25<sup>th</sup> September – bookings open**

<https://www.swimming.org/sport/swimming-pathway-conference-2022/>

#### **Swim England Distance initiative**

British Swimming and England talent have launched a new long distance initiative to support clubs and athletes with their distance training environments. This will consist of coach workshops, training resources and camps. Swimmers from 13 up have been selected. 17 swimmers from the South East have been selected including Harry Wynne-Jones (CMK)

#### **Regional Development Camp 2022**

The regional development camps 2022 will be held on the 11<sup>th</sup> September and 29<sup>th</sup> October at ACS International School. Congratulations to selected ONB swimmers Michael Gannon, Joseph Tsz Wai To (City of Oxford) and Ivy Manning (CMK). Hannah Wilson (CMK) and Ewan Quibell (Wantage) have been selected to support the camps as skills coaches.

#### **Learn to Swim and Workforce Audit**

Swim England will launch a survey on **21st September** to collect key Learn to Swim (LTS) and workforce data from across the sector.

The aim of the audit is to update the key statistics collected in the previous 'LTS Census', published 2018. These statistics will help us to track change since 2018, as well as create baseline figures for our next 10-year strategy. Additional product/resource data collected will identify areas of short- and medium-term focus

#### **Winter Short Course Championships 2022**

5<sup>th</sup> and 6<sup>th</sup> November, Winchester Sport and Leisure Park. The information is on the website. The dates have also been confirmed for the summer champs, however, the programme has not and there is likely to be changes from previous year.

<https://www.southeastswimming.org/swimming/winter-short-course-championships-2022/>

#### **South East Regional Youth Advisory Group – Recruiting now**

Swim England South East Region are launching a brand new Youth Advisory Group which will cover all disciplines and ensure the voice of the Young people are heard at Regional level from across the South East Region.

We are recruiting up to 12 group members aged between 16-21 who are prepared to engage and to represent the youth voice within the South East Region. We are looking for representatives from every discipline and members from every county.

Further information can be found on our website - <https://www.southeastswimming.org/youth-forum/south-east-regional-youth-advisory-group-recruiting-now/>

### **Swim England announce changes to licensing criteria**

For Licensing applications received on or after September 1st 2022:

- All meets licensed at Levels 1 or 2 MUST provide a secondary strobe where it is requested by an athlete at the time of entry unless a secondary strobe cannot be provided at the meet for technical reasons.
- In the case that a secondary strobe cannot be provided at the venue a full explanation of the issues preventing the provision must be provided with the licensing application and forwarded to the National Licensing Officer for recording purposes and to allow Swim England to investigate fully.
- Meet conditions must advise athletes that "a secondary strobe will be provided where it is requested by the athlete at the time of entry".
- If this cannot be met, for technical reasons only, it should be stated in the Conditions and a full explanation be submitted with the licence application.
- For licensing applications received on or after September 1st 2022, all meets Licensed at Level 1 or 2 MUST have a minimum depth at the starting end of 1.35 metres.
- Applications for the subsequent calendar year would not be accepted until after September, with no more than 8 months in advance at other times.

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

- Time to Listen course have gone online – Next available course is on Thursday 17th November 2022 Booking Page - <https://www.southeastswimming.org/time-to-listen-training/>
- Team Manager 1 – next available course is on Tuesday 13th September 2022 - Booking Page <https://www.southeastswimming.org/workforce/team-managers/>
- Team Manager 2 – next available course is on Tuesday 11th October 2022 - Booking Page <https://www.southeastswimming.org/workforce/team-managers/>