



## **Amersham Swimming Club**

### **54th Annual General Meeting**

**Saturday 15th November 2020 @ 2pm**

**held by Zoom call**

### **Minutes**

1. Chairman's welcome – Meeting started at 2pm, Peter acknowledged thanks to committee and attendees
2. Apologies for Absence: none
3. Minutes of the 53rd Annual General Meeting approved
4. Chair's Report – attached, Peter gave thanks for all the support and understanding from members for the many changes due to Covid.
5. Treasurers report – attached –
6. Received and adopted the accounts for the year end June 2020
7. Membership report – attached -
8. Coaches Reports
  - 1) Diving – report attached -
  - 2) Learn to Swim – report attached (read by Gemma)
  - 3) Masters – report attached (read by Guy Emerson), many successes highlighted
  - 4) Swimming - report attached - (read by Jason)
9. Introduction of Welfare Officer – Abi Finlay introduced herself and explained her role





10. Election of Executive Committee members for the period until the next AGM

All nominees were elected unanimously

**Election of Committee Members**

<b>Position</b>	<b>Nominees</b>
Chair	Peter Roycroft
Vice-Chair/Secretary	Jo West
Vice Chair	Beccy Jones
Treasurer	Simone Tyson/Lara Triall
Membership	Myfwany Ronchetti
Website	Ian Everett
Head Coach	Jason Keeler
Diving Head Coach/Representative	Shiraz Shamshudin

8. A.O.B - None

Meeting closed at 3pm



## Amersham Swimming and Diving Club

54<sup>th</sup> AGM – 15<sup>th</sup> November 2020

### Chairman's Report

Where to start?

I started by looking back at Chairmen's Reports from previous years and the topics that were covered. They talked about the successes of the previous year and looked forward to the coming year.

One report jumped out at me, it was Simon Dolan's report in 2016, our 50<sup>th</sup> Anniversary Year.

That report marked a huge milestone for the Club and looked forward to the next half century with rightly held optimism.

In fact, quoting Simon's closing remarks from his report is the best starting point for my report this year.

Simon wrote;

*"In Conclusion:*

*This year marked a significant milestone in the life of the club and we celebrated in some style. As I look forward, I am equally confident for the future. We have a great coaching team, a thriving Diving section, an improving swimming programme with increased attention to technique and feedback on poolside and we are becoming a more IT savvy club and using technology more effectively. But above all I sense a togetherness of purpose from coaches, officials and members that is going to propel this club forward in the future. We have opportunities to collaborate with our friends at Chalfont and Chesham, to work with the Council and GLL on a new pool facility to be built adjacent to where we now swim and we are seeking to generate increased financial revenue to further improve the quality of our programmes.*

*I wish you all the best and look forward to our future success for another 50 years (but not as chairman!!)"*

The reason I have quoted Simon's comments, is because as you look at all the things he highlighted, you see all the reasons why we as a Club have managed to get through the last eight months of the COVID 19 global pandemic that has so far taken the lives of 50,000 people in the UK.

The arrangements and preparations that we put in back in 2016 meant that when the Club was faced with unprecedented challenges we could and indeed will continue to weather the storm.

Any of you that read my weekly piece in the newsletter will know that I love my metaphors.

If we look at ASC as a ship, what has got us through the storm so far is the way that everyone on board has stayed calm and focused on the things that matter, the health and wellbeing of our swimmers and their families, the Club's finances, and the future of the Club. We don't know how





long we will need to continue to weather the COVID storm, but one thing is certain we will come out the other side and we will, unlike some clubs around the UK survive and thrive.

Back in early January, few of us had ever heard of Wuhan, but the Foreign and Commonwealth Office was advising against visiting there unless your trip was essential, so we knew things were not good. But it still seemed like something happening in other parts of the World but not here.

On 5<sup>th</sup> March the first death from coronavirus in the UK was reported and as a country we were now beginning to get worried.

In early March the Club had to make a very difficult decision, do we continue to train or do we, for the safety of our swimmers, stop. Stopping before we were obliged to held a financial risk as we would still need to pay for our booked pool time. We made the decision to stop and very shortly after that, Buckinghamshire County Council closed the leisure centres.

This was followed on 23<sup>rd</sup> March by the Prime Minister announcing a total lockdown and the Stay at Home instruction.

The details of what we as a Club did from that point on I hope will go down in the Club's history as being the right things at the right time and for the right reasons.

Our coaches went into what could be described as Joe Wicks mode and started running training sessions online, the only ingredient missing was water. But what with conditioning sessions, quizzes and Bake Offs we managed to stay connected with our swimmers.

All of this was possible because we took the decision not to furlough our coaches but to continue to pay them. That in turn wouldn't have been possible if our parents hadn't agreed to continue to pay fees, albeit at a reduced level. But some of our parents had seen their incomes literally disappear overnight, making it impossible for them to pay even the lower percentage fees. Our overriding objective was to keep all our swimmers as part of the Club, no one was going to be left behind or left out. So we made arrangements with the affected families, the only proviso was that their children stayed involved and part of the Club.

Then as we came out of lockdown we were going to be able to commence training again, but to be able to do that we needed to come up with processes and protocols to enable a safe return to swimming.

Led by Jason, we did all our risk assessments and in conjunction with the other two Chiltern Clubs, we put in the arrangements that meant we could get training once more.

But at that point the new pools' operator, Everyone Active, announced that they were going to keep Chalfont and Chesham pools closed until the end of the year. We knew that three clubs in to one pool would not work. We were given a lifeline when Everyone Active decided to keep the Chesham pool open whilst the rest of the centre underwent its £2 million upgrade.





We were then in a routine of COVID safe training which became the norm.

Fast forward to early November and the Level X competition sessions which had planned to run over a number of weeks.

But the prospect of another total lockdown in England meant that we had to rapidly change our plans.

This illustrates perfectly the way that we as a Club has dealt with the last eight months, we reacted, adapted and with the cooperation and support of our members we delivered.

At the end this rather unusual Chairman's Report, I would like to thank everyone in the club, swimmers, parents, coaches, volunteers, the committee for everything you have done to keep our club going.

So that has been 2019 2020 season. We hope that 2021 will be different and we have much to look forward to, not least our new eight lane swimming pool and what will be the only diving pool for miles around, which are still on schedule for opening in September 2021.

But whatever happens, as a club community we know that if we stick together, support each other and remain positive Amersham Swimming and Diving Club will continue to thrive and will be here in the year 2066.....but not with me as Chairman!!

**Peter Roycroft**

**Chairman – Amersham Swimming and Diving Club**

**15 November 2020**





## Diving Section Report

2020 has been a difficult year as COVID-19 restrictions has impacted delivery of training and competitions.

Members have been patient & supportive of the club, keeping engaged and keeping faith in the club's delivery.

The club has made changes to the club structure after the first lock down and implemented the clubs COVID-19 measures to promote safe diving through distancing and hygiene practices.

The structuring has been difficult, reducing the number of days we dive at the pool from 5 to 4 days. Weekend hours have remained the same, tailoring to give focused time to varying ability of divers and squads. Weekdays have been more difficult, the operator not giving the diving club earlier slots has meant having to dive up to 10pm on Mondays and Wednesdays. This has challenged some divers who have reduced their hours or having to leave the club altogether.

The club is still actively recruiting and promoting diving for everyone and has run a number of trials with reduced but focused numbers to work within safety guidelines. This has allowed the club to maintain number to just below 90 divers and to maintain focus of 120 members before the new pool is opened in late 2021.

We have maintained a concentration on the "Learn to Dive" programme and bringing in divers with similar abilities together in smaller but more focused groups, allowing the coaches to control the youngest of our divers keeping them safe and following distancing guidelines.

Restructuring has allowed the club to extend the coaching programme to provide greater diving opportunities for those who are showing ability, commitment and progress. We have introduced 2 more performing squads, now totalling 5 for divers who potentially would go on to compete at Regionals and potentially National competing events.







Although COVID-10 restrictions have diminished our competition program the club was able to attend 3 competitions earlier this year.

- 1 Bill Johnston Grand Prix competition
- Surrey level 1 Skills competition
- GBDF junior and intermediate competition

The divers have been successful winning many gold, silver and bronze medals in these competitions.

Our Parent Helper Jackie Hopkinson has been of great assistance on the on-boarding process dealing with all enquiries and arranging trials.

The aim of the Diving section & coaches remains to grow the club towards 120 divers in preparation for the new pool being opened on 2021.

Shiraz Shamshudin

Head Coach Diving





54th AGM 15th November 2020

## HEAD COACH'S REPORT

### Overview

The 2019-2020 season was my fourth season with the club and whilst it ended up nothing like any of us could have expected I am very happy to see how the club has pulled together and shown an amazing team ethos and dedication for the future.

Last year I said that we are now providing opportunities for every level of swimmer better than ever before and going forwards I am looking forward to progressing the opportunities even further for the older swimmers in the club. Despite everything that has happened I believe we have made that progression and are looking great for the future and very happy with the coaching team and fantastic support from the committee and volunteers.

With regards to the achievements of the club last year, I was very proud of all the swimmers that helped Amersham win the shortened version of the Thames Valley Junior League for the 2nd year in a row. With regards to Counties the club finished 2nd at Counties for the first time since 2013 with an incredible 73 swimmers qualifying for individual entries and winning an amazing 30 Individual County Age Group Gold Medals including Kreswin Smith & Lucy Quill finishing 1st & 2nd in the Top Overall Girls Standings.

After reviewing the performances of the last 2 years, our goals for this year are below;

- to win promotion back to the Premier Division of the Arena League in 2021.
- to increase the number of Finals & Medals at Counties, Regionals & Nationals.
- to finish at least 2nd overall at the County Championships.
- to win the Thames Valley Junior League again.
- to stay in the Premier Division of the Milton Keynes Junior League.
- to increase the number of swimmers at Nationals.







Whilst it has been an unusual year and this season will be unlike anything we've had before, swimming and competition will continue and I am looking forward to helping everyone achieve their goals this year and for years to come.

Jason Keeler

Head Coach - Amersham SC





## **Masters section report**

Unsurprisingly competitive elements this year have been much scarcer than in previous years. As a comparison I personally competed in 49 races last year and this year I have had just 2, with Gemma taking the plaudits with a massive 4 races!

However we have had posted some notable achievements despite the circumstances.

### **Pool competitions:**

#### **SE Regional (LC) Championships:**

- Gemma Jones won 3 Golds in 100m Freestyle, 50m Fly and 50m Freestyle and Silver in 100m Backstroke
- Sarita Coultate won Bronze in 200m IM

#### **Welsh National Masters (LC) Championships:**

- Guy Emerson won 2 Golds in 50m Backstroke and 100m Backstroke

#### **National Masters Inter-County Champs (Nov 2019):**

- Berks & South Bucks achieved an overall team position 7th nationally - with ASC represented by Kat Shaw, Gemma Jones, Maureen Tomlinson, Andrew Moore

### **Swimathon:**

- Gemma Jones also completed 5k Swimathon - (which remarkably included 1000m Fly) in 1hr 24mins which raised over £1100 for charity - so well done Gemma.

### **Open Water Swimming:**

This has been the mainstay of the Masters community this year with several of our members approaching 90 open water swims and 280 kms since the end of May when open water swimming





was permitted - and this still continues through Jubilee river swimming now the lakes are closed despite the 8C temperatures.

**Troy Bennetts:**

- Won Silver in the Dock 2 Dock 5k London swim
- Won Silver in the Conquer the Chilterns Aquabike event (Thames 2km swim, 80km cycle)

**Alberto Marigo**

Competed in 3 open water events in Italy:

- Lake Garda Swim the Island on both 1.8k and 3.2k races
- Romito Swim Race 1 mile in Livorno

**Thames Marathon 14km:**

With the official Thames 14k race being cancelled, several of our masters swimmers swam the distance over the official course between Henley Bridge and Marlow Bridge - including Mark Tudor, Troy Bennetts, Terry Bonnett, Nicola Conner, Guy Emerson plus a support team of Jonny Bennetts, Colin Slattery and Viv Emerson.

**Nicola Conner:**

- Won First Lady overall in the Conquer the Chilterns event (Thames swim 2km, 80km cycle)
- Qualified for the GB Age Group team for ETU standard distance triathlon - now due 2021

**Celia Paterson:**

- 10km Sea Swim event - Cornwall

**Tom Quick:**

- 10km Sea Swim event - Cornwall

**Caroline Whittaker:**

- Coniston water 8.5km event

**Nick Hughes:**





- Won Gold in the Blenheim sprint triathlon - qualifying for European standard triathlon in 2021
- Twice completed the Jubilee River 10km

We're not sure when the next competitions will be. The European Masters Championships (Budapest 2020) and World Masters Championships (Japan 2021) have both been postponed by a year, but as 10,000 swimmers compete it is not clear when they will be permitted.

With a vaccine on the horizon and a new pool complex here's hoping 2021 will be bright new start. Thank you for everybody for ensuring the future of the club is sound and so promising.

Guy Emerson





## ASC Swim School

Initially started in 2003, ASC continues to run a successful swim school that provides lessons at both the Learn to Swim and Stroke Development level. The programme caters for children from three years of age, assessing against the Swim England award system to progress swimmers from stages 1-6 and on to our club squads.

Our lessons are held at Heritage House, Royal Masonic and Maltmans Green Schools. This provides us with positive links to our local schools, offers provision widely across local areas and increases our catchment area to members. The main club has strong links to the swim school with Gemma Jones (Assistant Head Coach) managing the membership, booking and administration and Academy coach Alberto Marigo as the lead teacher of our Stroke Development Programme. Carl Akers is the lead teacher at Learn to Swim, and both are joined by previous swimmers ASC that are now qualified Swim Teachers/Coaches to form strong teaching programs that transition very successfully into the club.

The swim school continues to provide the majority of new swimmers into the club itself. In the first half of this season (September 2019-March 2020) a total of 40 swimmers transitioned from Stroke Development to our Academy or Fitness squads. After this point in the year our swim schools unfortunately had to close due to COVID-19 and are yet to reopen. This is due to the nature of using school venues but we are working closely with all schools to reopen as safe and as soon as possible in 2021.

Kind Regards

Gemma Jones

ASC Assistant Head Coach

