

## PBSC AGM 2021

**December 2<sup>nd</sup> at 20:45 - Location - Furzefield Goldfish Bowl**

### **Agenda:**

1. Chairmans Report
2. Treasurers Report
3. Performance Squad Report
4. Junior Squad Report
5. LTS Report
6. Membership Report
7. Nomination of Club Officials
8. Approve 2020 Minutes
9. Questions

# PBSC AGM 2021

## Chairman Report

Welcome everyone to the 2021 PBSC AGM.

The last 12 months have been very challenging for everyone, and it was such a shame to have to close again last December, but at least spinning up again in April was a little easier than the first time, although those of us who swam in the Open Air pool at Ware had a bit of a shock, but it was still good get back in the water.

Once we had moved back to the indoor pools, things got a little better!

Positively, we have now got more space in the pools, and rarely need to pool-share with the public. This has helped both the club and the pool operators, and allowed us to provide a better swimming experience. We lost some of the longer sessions, but the quality is better and the coaches can focus on developing better swimmers. Overall, I'm pleased with this outcome. We will continue to review the way we do things and evolve the club further, in partnership with the pools.

Saying that, I was shocked at the number of people who wanted to get back swimming – not previous members, but new young swimmers. This problem stemmed from the pandemic as many young people had missed out and couldn't swim at all. This was an issue up and down the country, not help by the number of pool and club closures. On one hand, this helped the club quickly re-establish itself, on the other, we are full, with a long waiting list across all squads.

Despite the long break, we have quickly got fit again across all squads, which is great news. The coaches will provide their thoughts on the swimming side of the club, but already there have been some wonderful swims and fabulous improvements across the board – just think where everyone will be in a years' time!

However, discipline. This has been incredibly disappointing since we reopened access to the changing facilities. Please can you all ensure you discuss behaviours and discipline with your swimmers and re-read the codes of conduct on the website. We will open the facilities again soon but have no doubt that we'll close them again if we see a repeat of the issues. Furthermore, we will also be reviewing our Codes of Conduct in our bye-laws to tighten them up and ensure people are adhering to them. These will be reissued shortly, and I expect everyone to read them through. We all appreciate that young people can be boisterous, but we have rules that everyone has signed up to, and we expect them to be followed.

From a governance perspective, I'd like to thank the committee, coaches, and volunteers for all they do. Without this talented and committed team, the club wouldn't function. Managing the club is very rewarding for us all, knowing that we are providing opportunities

for people of all ages to be healthy, learning life-skills, and have fun. We wouldn't do it if it wasn't.

That being said, when you communicate with us, please remember and respect that we are volunteers and have lives outside swimming with work, families, sport, and study, coupled with all the stresses of the world, just the same as you. Whilst we love what we do knowing that is helping everyone in the club, please remember we are doing our best.

However, we need more volunteers to get involved now so that when some of our team decide to step down, they can do so in the confidence that there will be continuity and the club can continue to go from strength to strength. Please feel free to email me to discuss how the club works and how you can help – I'll be happy to meet and discuss with you. It's not daunting, or too time consuming, and great to be part of the team.

With that in mind, Jacky Tape, our Honorary President has decided to step down after several years in this role. I'd like to thank her on behalf of the club for doing this for us. The good news - the committee have invited Ian Bays, our former chairman, to step into this role, and he has accepted. Congratulations, and thank you Ian!

I wish everyone a good break over the year end (training schedule is imminent!) and look forward to more success in the pool.

John Cunningham

# POTTERS BAR SWIMMING CLUB AGM

## ANNUAL ACCOUNTS 20/21

The statement of accounts for the swimming club; August 2020 to July 2021.

This year has been extremely challenging on the finance front, with restricted numbers of swimmers being able to train, we have not generated as much income as we would have liked or expected, due to the limited number of swimmers allowed by the Covid regulations. Also, we only had training for 8 months of the year and the pool management company have kept their pool hire fees static. In order to bridge (but not close) the financial gap, we had to put up training fees during the year.

In spite of this increase in fees there is still a significant deficit, due a reduction in income with no reduction in outgoings.

The opening statement for our financial year showed that our opening balance was £32,585 with £5000 in reserve. By the end of our year, our closing balance was £17,256; Down £15,329, with the reserve intact.

I would normally compare this year with last year, however, such a comparison is meaningless in the context of the shutdown for four months and the necessary rise in training fees.

The income from membership and training fees for the 8 full months we were able to train was £97,500. The total outgoings were £112,829; these break down as follows: pool hire (£64,370), coaching (£37,100), ASA fees (£8,664) and other expenses (£2,695). The 'other expenses' are made up of website and Teamunify expenses as well as funding for coaching courses and non training related room hire.

Going forward we cannot sustain this position of paying out more than we receive. The bulk of the projected deficit is made up of the discrepancy between swimmers training fees and coaching and pool hire.

If we are to restore financial balance, we are going to have to put up the training fees for swimmers. We will of course also look to maximise efficiencies in the organisation of coaching as our pool providers fees are fixed.

In line with my email from earlier on in the year, I did warn that we would be reviewing the training fees that you pay and may need to put them up again; I am looking at the current coaching costs by squad, to make sure that there is financial fairness in any proposed price rise, which will reflect proportionately the amount of coaching that each squad receives.

I will be making a proposal to the committee to increase fees again, once I've completed this piece of work.

## Performance Report- AGM 2021

We have taken a real positive step this year as we hope to recover and move out of the pandemic. We had a solid round of Level X and club champs earlier in the year, the East Region- Festival of Fun and, at the beginning of this season we already have open meets under our belt and it looks as though counties will be going ahead in 2022.

I'll spend a couple of minutes talking about the progress of each squad and will also mention the Land training and pre pool we have set up.

### **HiPerf Squad**

It's been enjoyable working and developing strong coach- swimmer relationships with the High Performance Squad over the last two and a bit years. A lot of the swimmers have taken on the training expectations and I think we have seen some huge results within the squad.

Notably over the past year, we have had four swimmers who have been swimming at a National Level by their ranking because of all the restrictions! Those swimmers are Jack Barnard, Gabriela Gomez- Pavon, Ethan Howard and Alex Mason who has now moved on to Kelly College.

We also had fifteen HiPerf swimmers competing at the Regional Short Course Champs at the beginning of November. This is more than double what we had in 2019 and I am really pleased with that. It meant we were able to get in Relay teams and give a good account of ourselves against some really tough opposition.

We have a young and upcoming group in the squad, who all seem to get along really well and push each other in training so I am excited to see how the squad develops over the next year as I review and look to how we can progress the squad.

### **Perf Squad**

This squad has evolved to cater for swimmers at various different stages of their swimming. The main ones being those who can't commit to more than three sessions per week but still want to compete. There are some who have come out of T2P but aren't quite ready for HiPerf who are now swimming very well in Perf.

The squad has progressed significantly this last year and my hope it will start to give us much more depth across the older age groups over the next year and give more option to the progressing T2P swimmers as the squad structure continues to gradually take shape.

We have swimmers in the Squad who are pushing for Counties but also pushing for a move to HiPerf too.

### **T2P Squad**

The last two meets at Luton and Watford have really proven how quickly this group are developing. Some of the times the swimmers have registered have been quite incredible. This is down to the swimmers taking on board what is asked of them. The Attendance League in the T2P Squad has probably been the closest and most competitive so far.

The T2P group spends most of the of time working on aerobic training, but they are also still improving their skills and drills work

I am looking forward to seeing lots of these swimmers in action at counties in January and hopefully we will have a number of them pushing towards Regionals when the times are released.

### **Competitive Squad**

This is a new squad set up, partly to relieve pressure on J1 but to cater for those swimmers who need to progress from J1 that aren't ready to move to T2P or even Performance.

The Competitive Squad trains with either the Performance or T2P Squad. This gives them the chance to experience both squads and I hope it will continue to inspire them to push for one of these two squads.

The expectation for the Comp Squad is to train once a week and enter Club Champs each year. Its my view that the Comp Squad helps to push on our T2P and Perf Squad and fits the bill for swimmers who don't want to commit too much but still want to be involved in the club.

### **Land Training**

The land training appears to have been a hit amongst the swimmers this term. It's probably down to a fresh face coaching them! Adam Martin, one of our HiPerf swimmers who recently graduated from UH with a degree in Sports Science and now works as a PT in London is taking the sessions and will obviously bring a wealth of Strength and Conditioning Experience.

### **Pre Pool**

Pre pool is something we have tried to reintroduce across all four squads, its being driven heavily by Swim England as a way to prevent injury and increase swimmers flexibility. Its a bit of a culture change after doing no pre pool for well over a year but it's something I would like completed properly just like part of actual our pool session.

It has been really encouraging to see the swimmers taking part in pre pool in groups at competitions, it makes us look more of a team and the younger swimmers enjoy getting involved with the older ones.

### **Going Forwards...**

So all in all its been a great few months and its great to be back getting a sustained period of meets and training. Its been really good to see the Potters Bar BBQ and also the Fun Gala. I

am hopeful that we will be able to put on lots more enjoyable events that continue to make the club a good place to be.

After managing through Covid with good progress, I hope that we can revert to a more structured approach of how our squads will look from the new year.

## Head Coach's Report – Junior Squad

We currently have 95 junior members, which is a reduction of around 20 on this time last year. This is reflective of around 25 J1 swimmers promoted to either the T2P or Competitive squads over the last 12 months.

There is a steady stream of new swimmers coming into the J2 squad from our Learn To Swim programme and we also have a waiting list in place for those who are non-members looking to join. Until we can secure additional pool time, we will continue to operate this waiting list to ensure the number of swimmers per coach does not exceed its maximum.

The range of ages within the J2 squad is between 8 and 14 with a high number of those in the 11 year old bracket. This is reflective of the impact of the pandemic on the development of these older children who we would have normally expected to have progressed through to the J1 squad and beyond by now.

We are actively looking at how we can secure additional pool time so that we can dedicate more coaches and space to the J2 squad. This will help in fast tracking the development as well as alleviate the overcrowding we are experiencing on Wednesday and Friday evenings.

I would normally be expected to give a detailed report on the Peanuts League, which is the major Hertfordshire annual competition aimed at 9-12-year olds. As was the case last year, this competition has not taken place, however, the Swim England Hertfordshire team have just announced an intention to run this event next year. With this in mind, I will hold a Junior Squad time trial event in the new year where we will give all swimmers in this age group a chance to record times so we can then select the best team to enter.

We will require Team Managers to assist with the organisation of swimmers on poolside at these events, so I am looking for volunteers to undertake the Team Manager course. It is relatively straightforward to become qualified and will help the club enormously. If you are interested, please let me know and I can advise on how to apply for the relevant course.

We have seen in the last few weeks a restarting of Open meets, with events being held at Luton and Watford. We have had a handful of J1 and J2 enter these competitions which has given them a first taste of racing against swimmers from other clubs. I am looking further ahead now to see if there are any Spring events that would be suitable for our juniors where we can get a large turnout.

The Hertfordshire County Championships have now been confirmed for January 2022, with qualifying times being published. With the lack of competition over the last two years, there will be few Juniors who will have the requisite times to enter, however, there are one or two who are close to achieving the consideration times with one further event in December where they will have the chance to improve.



We did have one Regional event in the Summer to report on. Billed as the Festival Of Swimming – Future Champions, this event was open to those achieving the relevant times in the year beforehand. We had five Junior swimmers who entered, however, due to various Covid related issues, only two were able to make the event:

- Valentina Tinnerello swam in three events recording a PB in all and came sixth overall in the 50m backstroke
- Liliana Czerwinska swam in five events recording PBs in four and achieving top 25 finishes in three events

Finally, I would like to thank Jamie and John and the committee for their tireless work behind the scenes. In addition, the unsung heroes who make our open meets happen, whether in organising, officiating or team managing need a special mention.

Kind regards

Jonathan Ball  
Head Coach of the Junior Section

## AGM 2021- LTS Head Coach Report

This year has been a fantastic year for the LTS. Since the return after Covid, the numbers have shot back up and we have been inundated with trials and children wanting to join the club. We are now at full capacity and will be soon starting a waiting list for some of the LTS groups. Across all 6 groups, we now have around 80 LTS members, ranging from non-swimmers to competent swimmers getting ready to go into the Junior squads. We have had some recent changes in the LTS after discussions with the Furzefield.

Moving into the new year, we will be phasing out our beginner group, Group A. This was a result of a conflict of interest on the Furzefield's behalf, which has now been resolved in the phasing out of this group. As a result of this, the LTS will no longer be taking on non-swimmers or children who are Stage 1 ability. We will however, be continuing to offer a service to those children who have just started swimming independently. It is a great shame to be losing a LTS group, but we will continue to offer a competitive pathway into swimming from Group B upwards.

Trials are running smoothly and each Friday we have a good uptake of children coming to trial for the club. It is lovely to see so many keen parents and swimmers each week who are enthusiastic about joining our club and working their way through the LTS groups or squads.

The LTS programme continues to train and support teenagers with volunteering and the Duke of Edinburgh scheme. This has been really useful to the club, as we have had a few teachers stay on and who now teach with us full time. The LTS Teachers are all doing a fantastic job and they support each other and the children really well. They have encouraged the children throughout this year and are always trying to make the lessons as fun and engaging as possible.

Finally, I would just like to say thank you to John, Jamie and Jonathan for being there when I need them and a massive thank you to Tracey who organises all the trials and is always there to support me too, I wouldn't be able to run the LTS so smoothly without her. Thank you for listening.

## Membership Report 2021

### **MEMBERS**

Current number of members in the club – 314 (2020 – 266, 2019 -330, 2018 – 344, 2017 - 290)

- High Performance – 22 (36)
- Performance - 22 (24)
- T2P – 26 (26)
- Squad J1 – 41 (58)
- Squad J2 – 54 (42)
- LTS – 82 (48)
- Uni – 6
- Masters – 50 (32)
- Competitive - 9
- (2020)

We lost 100 members after lockdown and have managed to build the membership back up. We are continuing to attract new members, we have a waiting list for Friday night trials and also for our J2 squad.

Tracey Barnard  
Suzanne Savage

## Nomination of Club Officials

### **Current committee members :-**

Chairman – John Cunningham

Secretary – Sarah Vooght – standing down

Treasurer – Jonathan Refson/ Suzanne Savage

Vice Chair - Daryl Mason

Welfare Officer – Jonathan Refson / Mairi White

Membership Sec – Tracey Barnard / Suzanne Savage

Gala Sec – Janet Moore

Officials Coordinator – Judy Martell

Records Secretary – Kirsty Tinnirello

Swim Mark – John Cunningham / Jonathan Refson

Social Secretary - Faye Barber / Tracey Barnard

Non-committee – Gala Sec – Emma Renton

Honorary President - Jacky Tape - standing down

### **Vacant:**

Club Secretary