



Soundwell Swimming club Committee Meeting Minutes

Location: Zoom
Date: 19th October 2023

Present: Jon Wills, Sarah Taylor, Matt Chubb, Emma Dodd, Marie Trott, Sue Long, Claire Kerslake, Corrine Moore, Laura Larder, Helen Mills

Apologies: None

Agenda Items:

1. Welcome, Updates and news – Sarah Taylor
2. Treasurer Update – Matt Chubb
3. Welfare Update – Claire Kerslake
4. Head Coach Update – Jon Wills
5. LTS Update – Emma Dodd
6. Camp Update – Emma Dodd
7. Disputes and Complaints
8. AOB

Key Discussion Points from 19.10.2023

Ref	Key Discussions
1.	Sarah welcomed the meeting and thanked everyone for attending. <u>National Update:</u> Low energy availability Guidance has been issued by Swim England. Versions available for coaches, athletes and parents to help identify the warning signs. This occurs when athletes don't eat enough calories to meet their training demands, resulting in the body not having enough energy to support all the physiological functions. It's worth reading – there is a link on the Welfare page of our website. New courses published for Chairs, Secretaries, Membership, Welfare and Treasurers – some of which will be mandatory for Swim Mark for us next year. Club officers should receive details directly, but anyone who hasn't should let me know and I'll forward them details. Courses are being booked up very quickly, and I had to email Swim England to get more added. This is going to become worse next year as Clubs have to complete training for SwimMark. <u>Regional news:</u> Nothing this month – focus on Regional Championships. Tried to move entry deadline with no success. Swim Mark elements all approved – just waiting for formal confirmation we have passed. Thanks to everyone who supported getting all the relevant documents ready for submission.

	<u>County news</u> Nothing this month. Next County Executive Meeting is mid-November. Probably going to be heavily focussed on what has happened at GL1. Very pleased to see that the centre has re-opened and that Gloucester Swimming Club are back training. <u>Club news</u> Our Level 3 was full a month before the formal closing date. We received some unexpected entries, and as a result we had to restrict Soundwell swimmers to a max of 8 races. This was done with Jon to ensure no-one missed out on vital races. We are very full and hoping for some more withdrawals to get to a comfortable set of timings. Won't be adding extra entries in this time. All Level 3s up to Christmas are over-subscribed! We'll be focussing on getting volunteers into roles after the Half Term break. Revised timetable as a result of our lost pool time at Winterbourne was sent out and details of the bridging option were circulated, as well as changes to fees. Squad criteria sheets have all been updated. In addition, the Half Term timetable was published in good time, and fee rebates agreed for those not going on camp. Because of numbers this year we have the majority of coaches going on camp so we are running a very reduced programme – but thanks to Paul Laughey for keeping things going. The Christmas timetable has been agreed and will be communicated shortly. Finally, we have submitted a request for a licence for a joint distance meet with Bristol North on Friday 8th and Monday 11th December at Winterbourne for 1500m races, and Friday 15th December at Kingswood for 800m races. Details will be sent out as soon as the licence comes through, but the dates are on the website.
2.	Treasurer update Main Account + £14k of fees received in the month, includes £1.4k of the 1st part of Annual fees, which has moved to the Natwest account to ensure it will be used for ASA fees + Camp balances for 2023 camp of £750 were received, and moved to the camp account + Camp deposits for 2024 received of £1,500, also moved to the camp account. + Kit sales of £400, no invoices yet received to offset this - £9.2k pool fees - £3.1k coaching fees Competition Account +£5.5k Entries into Soundwell Gala +£3.3k of Other entries - £2.3k Bristol North event - £1.8k Guildford (not yet fully charged parents for this given the Gloucester meet situation)

	Camp / Reserves +£3.1k of camp payments +£3k Grant from the council -£660 of coaching costs for L2 teacher Overall numbers down in the month, with squad levels dropping from 121 to 117, with the majority of the drop coming from County Age and Youth, but we have some good volumes coming into the bottom squads to help out. Academy remains pretty flat, overall seeing a drop of one to 94.
3.	Welfare Update • One issue raised and completed • 3 DBS applications put in place • Decision taken to keep a tub of sanitary products in the storage compartment at Kingswood for girls to help themselves to if required • Increased focus on pre-pool and more awareness of the benefits of external physio has helped with injuries and given better support to swimmers Discussion: around setting up of a physio register that coaches could direct swimmers/parents to. Reminder that Heather Witcombe is also advertising physio on our board with agreement.
4.	Head Coach Update <u>Training:</u> All Training running smoothly. Amendments to programme seem to have settled in well. We have one swimmer currently taking advantage of the bridging session. There have been a few drop out of CA&Y this week. We will be looking to build numbers back up with squad moves end of cycle. Additional swimmers will be moving from academy to Skills Dev squad. This will then allow us to fill up Comp Skills squad which is currently low on numbers. <u>Competition:</u> Arena League – Strong swimming from both teams in round 1. Soundwell team placed 4th in a very hard gala. BN team placed 5th from 7. Good report from Trina on swimmers' behaviour and performance. Inter counties – Great swimming from the team. Placed 7th up from 9th last year. <u>Camp</u> – All ready for camp. Program is written and looking forward to getting stuck in. <u>2024 Performance Camp</u> – NP & RA regional qualifier and above. Specified for the funding from British Swimming. Will take place in Crete.
5.	LTS update: Carrying out assessments this week with the aim of moving everyone around after half term. Lessons are pretty full at the moment so next step is to recruit another swim teacher in order to run 2 groups at the same time.

6.	Camp update: All ready for next week. Have set up the Whatapp group and ready to go. Emails for next years camp have been sent out.
7.	Disputes and complaints: None
8.	AOB: None