



Middlesex County Amateur Swimming Association

(www.middlesexswimming.com)

Minutes of the Executive Meeting held on 14 March 2018

at
Perivale Community Centre

Item		Action
	<p>Those in attendance:- Frances Prentice (President), Gillian Neal, Flo Barnes, Phillip Prentice, Brian Kapp, Tony Burton, Leah Pullen, Pam Crofts, Bob Bloomfield, Karin Vazirani, Maria Abrams and Sam Whitmore</p> <p>Apologies for absence:- Norman Edwards, Colin Jones, Tasha Coupland, Sofia Marcal-Whittles, Trevor Hyde, Jeanette Edmiston, Andy Woska, Souad Abdellaoui, Suzette Muhammad</p>	
	Meeting opened at 7.05pm.	
<p>XC18/011</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p> <p>(iv)</p>	<p>Matters Arising from meeting 15 January 2018</p> <p>XC18/002(ii) Gillian Neal confirmed that the list of officers and Articles of Association had been archived.</p> <p>Frances Prentice e-mailed both Natare West London and Chelsea & Westminster regarding the double entries. She received a response from Natare who apologised and said it would not happen again.</p> <p>XC17/66(vi) Trevor Hyde had sent the Water Polo contact details to Gillian Neal and Frances Prentice.</p> <p>XC18/003(ii) Flo Barnes said nothing had moved on since last time. FB will contact Norman Edwards again to chase.</p> <p>XC18/003(iv) The handbook has been printed and distributed. Frances Prentice thanked Flo Barnes for her efforts.</p> <p>It was noted that a lot of the contact details for officials etc were out of date. Gillian Neal is to produce a new contact form for people to complete. The form will then be sent to course leaders to send out as necessary. Form has been drafted and sent out</p>	<p>FB</p> <p>GN</p>

Item		Action
(v)	<p>XC18/004 Gillian Neal confirmed that an e-mail had been sent to Souad Abdellaoui asking for an explanation to her report. Nothing has been received.</p> <p>Leah Pullen requested that all information regarding synchro competitions should be given to her to upload onto the website.</p>	<p>SA</p> <p>SA</p>
(vi)	<p>XC18/006 Tom Watson has officiated at the County Championships.</p>	
(vii)	<p>XC18/008 Ray Haggan had been invited to present his new trophy at the LAC during the Youth Championships, but did not attend.</p>	
(viii)	<p>XC18/009 The London Region Conference took place and one of the young Hillingdon coaches commented to Gillian Neal that it was very useful and informative.</p>	
XC18/012	<p>Treasurer's Report</p> <p>Phillip Prentice confirmed that the County was doing well and should be in surplus for the year. There were still some expenses to come in from the Paris trip. Leah Pullen said she hoped the Len Badcock meet would break even this year.</p> <p>PP stated that he has had to amend the limit at the bank to allow for payments greater than £2,000. There are also some other changes he intends to make but he would report on those later. The constitution will need to be amended at the ACM to reflect these changes.</p>	
XC18/013	<p>Minutes from Swimming Committee – 22 January</p> <p><u>County Championships</u> The County Championships had had a mixed reception. Pam Crofts had received a few e-mails from some clubs saying thank you. There were also some negative comments from coaches. A small sub-committee (working party) has been set up to deal with the comments made.</p> <p><u>Overseas Trip</u> The overseas trip to Paris has gone over budget by about £4,000 because of the need for four nights' accommodation. The competition itself was of a very high standard and part of a very prestigious group of meets. Allan Thornton has written a report – see attached.</p> <p>Bob Bloomfield commented on the risk assessment of such trips and how families who cannot afford it are accommodated. Pam Crofts confirmed that this is dealt with in the letter offering swimmers a place and each case is looked at individually. Two swimmers were helped this year.</p> <p>The Executive wanted to extend its thanks to both Allan and Sharon Austin for all their hard work in making the trip such a success. GN to send an e-mail to both. E-mails sent on 21 March 2018.</p>	<p>GN</p>

Item		Action
(iii)	<p><u>Spring Dev Meet</u> Pam Crofts had struggled to get officials but we were compliant on all sessions. We managed to get several new officials qualified – timekeepers (3), J1 (3) and J2 (3 or 4). We also assessed a referee with a further assessment due next week.</p>	
(iv)	<p><u>Autumn Dev Meet</u> Pam Crofts had omitted from the Minutes that there would not be any 50s in this meet.</p>	
	<p>From 1 January 2019, we will be obliged to include the reverse distance events (800 for males and 1500 for females). It was agreed to include these in this year's Autumn Development meet. Leah Pullen advised that this might require a fourth day of competition, in which case, the 50s could be reinserted.</p>	Swimming Committee
(v)	<p><u>Len Badcock Para Meet</u> The invites have all gone out and the advert has appeared in the Swimming Times. Both Leah and Brian Kapp are attending a para meet in Leicester in May to see how it runs. It was agreed they could stay overnight as it is an early start.</p>	
	<p>Flo Barnes has e-mailed Marie Badcock to invite her to attend the meet to present medals etc. No reply as yet.</p>	
	<p>Leah and Brian are going to see if the meet information can be put into East Region's April meet programme.</p>	LP & BK
XC18/014	<p>Swimming Officials Committee Tony Burton confirmed that all information is now on the website concerning the new format for the running of courses. The referee and starter courses will be arranged on demand.</p>	
	<p>There will be a mentoring CPD on 28 April at Perivale from 10am-12pm.</p>	
	<p>There will also be a Team Manager's course on 21 April at Southbury Road.</p>	
XC18/015	<p>Diving</p>	
(i)	<p>Frances Prentice went to a County competition in January. Frances commented that it was sad to realise the County now had only 2 diving clubs. There was, however, lots of enthusiasm and goodwill.</p>	
(ii)	<p>The new Barnet Copthall pool will not have a deep pit so there will only be one club then.</p>	
	<p>In this regard, Frances had been approached by North London Aquatics which is a charity organisation. They are trying to raise £3.5 - £4 million in order to get a diving pit within the new Copthall centre. They are trying to crowd fund and use social media. The Council has agreed to fund £500,000. Frances asked for the Exec's permission to have their details put on our website to raise the awareness. This was agreed. Frances will send the information to Leah to put on the website.</p>	FP & LP
	<p>Frances would contact London Region to see if they would offer their support too.</p>	FP

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<p>XC18/016</p> <p>(i)</p> <p>(ii)</p>	<p>Trophies</p> <p>See Trophy Secretary's report attached</p> <p>Presentation of the overall trophies had been delayed because of damage on delivery and problems with engravings.</p> <p>Frances' proposal for three new trophies/cups was agreed. Trophies in the names of Mick Blunstone, Len Badcock and the Shorts are to replace the three "retired" trophies.</p> <p>It was also agreed to purchase four new trophies/cups for the reverse distance events: 800f/s men and boys and 1500f/s women and girls.</p>	
<p>XC18/016</p>	<p>Other Reports</p> <p><u>Synchro</u> No report had been received. However, Frances Prentice received confirmation from Souad Abdellaoui that the Middlesex Novice competition has been rescheduled to 18 May.</p>	
<p>XC18/017</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p> <p>(iv)</p>	<p>London Region</p> <p>Tony Burton attended the Strategy Meeting held on 22 January – see attached report.</p> <p>Tony said it was a very interesting day – it was good to see behind the scenes of other disciplines. Tony will contact Dave Fletcher to see if he has any suggestions for water polo.</p> <p>Flo Barnes had been nominated by the County to act as a Friend for London Region.</p> <p><u>GDPR</u> This is new legislation on data protection. Leah Pullen has found a course in London covering the ins and out of the legislation. It was agreed that both Leah and Ralph Shortland (if he wishes) should attend. Leah will book the course.</p> <p><u>Safeguarding</u> There are only two courses being run this year as it is also available on-line. The courses are: Isleworth – 31 March from 10am to 1pm St Helen's, Northwood – 15 September from 10am to 1pm.</p> <p>As Maria Abrams has resigned from the role of Safeguarding Officer for London Region, this position has been advertised.</p>	<p>TB</p> <p>LP (& RS)</p>
<p>XC18/018</p>	<p>No Withdrawals / Empty Lanes</p> <p>Leah Pullen would like to change the number of swims before fines are imposed from 10 per session to 10 over the meet. It was decided that Leah would write to C&W and await a response from them first. Leah e-mailed Lisa Bates on 12.03.18. A response was received from Lisa on 14.03.18 apologising and stating that a protocol is now in place to ensure withdrawals are made in future.</p>	<p>LP</p>

Item		Action
<p>XC18/019</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p>	<p>AOB</p> <p>Pam Crofts commented that after the overseas trip was booked, it was discovered that Sarcelles was one of the worst areas in Paris. They, therefore, decided to take an extra team manager to assist with security etc.</p> <p>Brian Kapp confirmed that the Open Water for London Region has been pencilled in for 30 June at Greenland Dock, Surrey Quays.</p> <p>Maria Abrams said that on 27 January at the LAC there had been an incident involving a camera phone inappropriately placed in the changing rooms. The boy concerned had been identified and has subsequently left his club. Unfortunately, the girl's parents declined to have the police called. The matter is now resolved.</p> <p>Maria stressed that the police <u>must</u> be called on every such occasion regardless of what the parents or child say. They have the authority to capture the evidence.</p>	
	<p>Meeting closed at 9.35pm</p> <p>Next meeting is <u>Thursday, 10 May 2018</u> at Perivale Community Centre – 7pm</p>	

Signed:

Date:

Frances Prentice – President

MCASA TROPHY SECRETARY'S REPORT MARCH 2018

1. County Championships 2018

Almost all individual trophies were returned in time for presentation at the LAC. Only two clubs failed to deliver trophies on time, and these were resolved in a matter of days. The overall trophies, with the exception of the Alan Lawrence Girl's Trophy, have now been engraved and are ready for presentation.

2. Trophies in poor shape

- 2.1 **The Beveridge Cup** for the Boys' 200m Freestyle. This cup has lost all its silver plating and has one badly distorted handle. It is a total disgrace.
- 2.2 **The Vi Williams Memorial Trophy** for the Girls' 200m Fly. This cup is badly tarnished but is otherwise in good shape.
- 2.3 **The Martin-Dye Cup** for the Men's 400m Freestyle. This cup is quite badly tarnished and is distorted at the base, so does not sit firmly.

There are two options: either to get these trophies restored, which will mean re-plating them and repairing them insofar as this is practicable, or to "retire them" and replace them with new trophies in respect of Mick Blunstone, Len Badcock and Daphne Short, as I understand that the County has made no "in memoriam" donations since 2013, might it not be fitting to award new trophies in their names?

3. New Trophies for the Men's/Boys' 800m Freestyle and Women's/Girls' 1500 Freestyle.

We used to have trophies for these events: the Norman Edwards cup for the Men's 800m Freestyle and the Josephine Edwards cup for the Boys' 800m Freestyle but they were reassigned last year. The Eamon Kedney cup and the Fruitina Trophy for the Women's/Girls' events have both been missing for some years.

I would like to suggest that the four 100m IM trophies that are no longer used in the Championships should be reallocated to these events

4. The Ron Turner Trophy

This is under repair with the County Engraver.



Venue: Centre Aquatique Christiane et Guy Canzano, Sarcelles, Paris. 9 -11 March 2018

Team Staff:

Team Manager: Sharon Austin Asst.Team Manager/Coach : Matt Williams

Head Coach : Allan Thornton

Coaches: Rick Hall, Helen Thornton Bram Montgomery, Danni Villaverde

The team consisted of 34 swimmers and 7 staff with the swimmers drawn from 13 different clubs across the county and the staff from 6 different clubs. The team were selected in line with the selection policy and then discussed and confirmed at a meeting of the selection committee which was held after the County Youth long course meet. A few of the original selected swimmers had to withdraw due to prior commitments (mainly school events) . Two of the selected swimmers asked for financial support and the county paid 50% of the cost for these individuals. The team travelled by Eurostar from St.Pancras to Paris where we were met by a coach for transfer to the hotel.

The hotel we stayed in was the official meet hotel and the majority of the foreign teams were staying there along with the major meet officials . The hotel was a 20min drive to the pool with shuttle buses & mini-buses provided. There were some initial problems with the timing/availability of these buses but after some discussions and negotiations with the organisers these were sorted out and proved to be efficient and organised. The hotel was very comfortable with the accommodation and breakfast in one building and the evening meal & meeting rooms in a separate building. The evening meal was rather a challenge with the hotel not quite set-up or ready for the rush of 130 swimmers & staff descending at once upon the one serving station set up in the dining room. The food was fine although the wait was not ideal. All the teams complained and they tried to improve throughout the weekend. Swimmers sorted their own lunch with food available at the pool, in the hotel restaurant and also from a local supermarket. We escorted the swimmers on two occasions to the supermarket where they could stock up on drinks/food/snacks.

The meet was held in an 8-lane 50m pool with the latest starting blocks & backstroke ledges and full electronic timing . There was also an 6 lane 25m warm-up/loosen down pool . The meet was set up with additional seating stands, electronic advertising boards and television camera filming positions. There were large electronic screens for results and the live television streaming. The pool was available for training on the Thursday afternoon and there was a technical meeting for coaches & team managers held after training. The swimmers were split into groups with a coach for each group responsible for training/warm-ups/race prep/recovery for the swimmers in that group.

The format of the meet provided the feel of a "mini nationals" for our swimmers especially the younger/newer members of the team. Accreditations were issued for all team members. There was a call-room system in operation with a 2-stage format where the swimmers final preparation was in a small room before they when to the start. The heats were in the morning and the fastest 24 made it through to the A, B, or C finals in the evening session. The finals format also changed with the A finals all swum in one block on the Saturday & Sunday evening to accommodate the live TV coverage.

The standard of swimming was very high and it was tough to make a final, especially in the male events. However, I'm pleased to report, that our swimmers dug deep and competed with determination and all except one swimmer managed to make at least one final over the three days. There were numerous best times swum. The breakdown of swims were as follows:

Day 1 – 20 finalists including 4 top 8 and 1 silver (John Britton 400 IM)

Day 2 - 37 finalists including 7 top 8 and 1 bronze (Katy Avramova 100 BK)

Day 3 – 23 finalists including 3 top 8

Full results available at : <http://www.liveffm.com/cgi-bin/results.php?competition=51663&langue=gb>

Each day including a team meeting and due to the format/traveling the staff all produced a timeline for the swimmers in their group so that swimmers travelled to the pool on the appropriate bus at the most suitable time for their race. We reviewed each days' results and targeted specific processes/activities for the next day. Sunday nights' meeting included an overall review and a team quiz and the results (much debated) of a group photo competition which was set for each coach to organise with their group of swimmers.

Summary

This meet provided our swimmers with a great opportunity to experience competing in a different environment. For many it was the first time racing abroad or without their parents/club team and with new team mates and different coaches. The meet provided the feel of a "major meet" where teams stay in one hotel and then share buses/transfers to/from the pool, eat together, warm-up/loosen down and even deal with the TV cameras/schedules. Our swimmers had the opportunity to chat to Olympic medallists, both from GB (the Bath National ITC group of swimmers attended) and from across Europe.

There was also the opportunity for the coaches to chat with these swimmers and also their coaches. A 20 min bus journey provided a great chance to find out more about Bath/Denmark/Dutch swimming. There was lots of hat swapping and selfie taking on the last day as new friendships were made.

Our swimmers also realised that they needed to be ready to race fast in the morning if they wanted to make a final. They also realised that things changed and they had to be flexible and ready – the finalists were updated on the meet website and that was the only way of knowing who had made a re-swim and at what time they would swim.

I've now been involved in all seven overseas trips that Middlesex County have organised and I feel very strongly that we should be proud of these trips for the chance to offer these opportunities to the swimmers in our county. To my knowledge no other county in England is regularly offering these opportunities to swimmers & coaches. We should also be very proud of "our pathway" that we offer, as a guide I have reviewed this group of 34 swimmers that came to Paris with us:

19 swimmers have been on one of county development camps in the last 5 years.

20 swimmers have been selected for our inter-county team in the last 5 years.

9 of these swimmers are on the current England Talent Level 1 National camp.

12 of these swimmers have also been selected for the London Region team in the previous 2 years.

2 of these swimmers have raced Internationally at either European/World or Olympic level.

This shows a great progression for our county swimmers, as the head coach I have always made the point that been selected onto our 1 day development camp is only the start of their journey through swimming and it's great to see so many of them making that progression.

I would like to thank Sharon Austin for all her hard work as team manager, both before and during the trip. Thanks to the staff of Helen Thornton, Rick Hall, Matt Williams, Dani Villaverde and Bram Montgomery for all their input and hard work during the trip, we all worked together and provided a supportive and encouraging atmosphere for all the swimmers.

Finally, my thanks to the Middlesex Swimming Committee for their support over these past seven years during my time as head coach. Special thanks to Pam Crofts & Andy Woska for their input, advice and support across these years. I'm very proud of this County and I'm sure it will continue to prosper, develop and support swimmers & coaches under the leadership of the new head coach Rick Hall.

Allan Thornton
14th March 2018

LONDON REGIONAL BOARD STRATEGY WEEKEND held at Waltham Abbey Marriott Hotel on the 27/28th of January 2018.

Each discipline will have submitted its proposed strategy for 2018/2019: this proposal will include the long term outcomes and aspirations, the activities the committee proposes to deliver, the performance indicators, success measures and outcomes and the budget they are seeking.

Suzanne Philpot – Club and Volunteer Development.

She covered Safeguarding certificates, DBS (Courses to be run by the region, covering anybody on poolside), Team Manager training, Course Tutors, what training was available for club Welfare Officers and Swim Mark accreditation.

Peggy Etiebet – Water Polo

This was interesting, as it is one of the areas where we know very little of what is going on. The London League has teams from Haringey, Barnet, Hackney and Ealing, as well as clubs from outside London, such as Cheltenham, Oxford and others.

The region funds this to the extent of £20,000. There is no longer any funding from Sport England.

Ralph Shortland and I managed to talk to her during the lunch break. It does seem that we are not the only county which suffers from a lack of information.

Debby Harris – Synchro

They still like to be called Synchro. There are 7 clubs in the region. Swimmers are fed into the London Region Synchronised Swimming Club.

There was a London Region competition carried out on the 10th of March this year. Unfortunately, Ralph and I were unable to speak to her as she had to rush away for a competition.

Kay Grimshaw and Alex Harrison (in the absence of Richard Whitehead) – Open Water Swimming

There was a need expressed for a Referee's annual meeting. Also discussed were the running of county talent camps.

Richard Jones – Masters

There is a need for a London Region Masters Competition.

No Disability or Para Swimming lead was present. Therefore no presentation on either of these.

Alex Harrison – Diving

A lot going on. There were 300 entries in the London Region National Skills Tests.

A Residential Skills Development Camp to be held at either the LAC or CP.

London Region does well in competitions in comparison with other regions. (It helps to have Daley in your team)

Jane Nickerson – CEO Swim England

She discussed Leadership and Strategy Skills and also School Swimming.

Others at the meeting were Dave Fletcher (Chairman), Jackie Bedford, John Burdett (Kent), Ralph Shortland, Kelly Stannard (Admin), Di Gamble (Surrey), Richard Willis, Norman Edgehill.

Competitive Swimming was discussed, there are no plans for any great changes. It is acknowledged that it is what funds all other disciplines, but the region is financially sound.

A G E Burton – representing Middlesex