

# OXFORDSHIRE & NORTH BUCKINGHAMSHIRE ASA

President: Peter Shaw

Executive Committee held at Bicester Leisure Centre on Tuesday 22<sup>nd</sup>  
November 2016

Present: P.Shaw , I.Powell , M.Fuller , S-A Clavaud , H.Patrick , J.Murphy , S.Wrenn , C.Jones , W.Patrick , & reps from Abingdon , Aylesbury , Bicester , City of Milton Keynes , City of Oxford ,Maxwell , Newport Pagnell , Wantage ,Witney & Witney Synchro Swimming Clubs.  
Apologies: K.Weetman , H.Mack (RDO ).

28.0 Minutes of the Executive Meeting of 7<sup>th</sup> September were approved and signed.

29.0 Matters arising from Item28: None

30.0 Correspondence:

1. Regional enquiry regarding County Club Affiliation Fees for 2017. PS informed Region that none would be levied on ONB Clubs for a further year.

2. Invitation to PS as President to attend National Inter Counties Masters event at The Leys Pool Oxford from Matt Gomez. Unfortunately, 4 Days' notice meant it was impossible for PS to attend.

3. Considerable correspondence regarding the County Conference on October 19<sup>th</sup> attended by PS and Amanda Booth ( City of Oxford ) that is covered in the President's Report and in the Fixtures Sec's Report.

31.0 President's Report

Peter Shaw presented his Report which is attached.

32.0 Treasurer's Report

Ian Powell presented his Report which is attached.

33.0 Disciplines

1. Swimming: Ian Powell presented his Report which is attached. Expenditure agreed.

2. Fixtures:- Jo Murphy presented her Report which is attached. JM's proposal to repeat the ONB Development Camps in 2017 rather than adopt the England Programmes' Policy was unanimously agreed. It was also agreed to repeat the Inter Counties programme of Saturday travel /Pool session at Loughborough/Sheffield stay. It was also agreed that selection to the County Team means a commitment to the whole weekend or no selection.

3. Records:- Peter Shaw presented 5 SC Claims which are attached.

4. Synchro:- Mandy Fuller presented her Report which is attached.

5. Masters:- No one in Post so no Report.

6. Disability:- PS presented Kim Weetman's Report in his absence which is attached.

7. Masters Records:- None received.

8. Facilities:- Simon Barber ( Aylesbury & District ) reported that one of their Training Pools , RAF Holton had closed , without notice.

9. Officials:- Chris Jones presented his Report which is attached.

34.0 Funding Applications:-

1. City of Oxford requested assistance with the replacement of their Timing Console and associated in-deck wiring installation at The Leys Pool. ONB offered to cover 50% of the cost at a value of £4848.30.

35.0 ASA South East Region

PS presented Helen Mack's Report in her absence which is attached.

36.0 AOB

1. Appointments:-

Sarah Showler ( CMK ) has indicated her willingness to be County Welfare Officer and this was agreed. Proposed by Chris Jones and Seconded by Jo Murphy.

2. Jo Murphy inquired about the "Counties " swim hats. Wayne Patrick ( Awards Trustee ) confirmed that they have been ordered and after a brief discussion, the sale price was agreed.

Meeting closed at 8.30 PM

NEXT MEETING: TUESDAY 24<sup>TH</sup> JANUARY 2017 at 7pm at Bicester Leisure Centre Creche

## President's Report      22<sup>nd</sup> November 2016

I attended the inaugural County Conference called by the England Programmes Team at Kegworth on October 19<sup>th</sup>. I was accompanied by Amanda Booth from City Of Oxford , as our Regional Coach Forum representative.

The Conference started inauspiciously as the main Power Point presentation by Grant Robbins , Head of England Programmes contained a lot of incorrect information regarding the Competition Structure , Performance Pathway and the Age Group framework. The fact that the England Programmes team who are employed to administer the Domestic Competition Framework do not know the basic detail of it is worrying. With regards to the imposition of the loss of the individual 16 year age group at County level , the only answer given was that there will be a review in probably September 2017! I had spoken at length to Grant Robbins the previous week and he has no justification for it, other than it is part of what Tim Jones wrote in his 2014 Review and that is what he is employed to promote. Some Counties at the Conference were fairly ambivalent about it, and if your County is weak at 17+ then this may allow a more competitive environment. The answer to why it could not have been optional for each County to decide for themselves, based on their particular situation has not been answered.

The main point of the Conference was for England Programmes to launch proposed County Camps for the 11 year age groups. Suffice to say, except for Lindsay Dunn, the presentation was underwhelming. ONB has already done this of course this year and very successfully based on the feedback I have received. Jo Murphy has analysed the proposal from England Programmes and has made her recommendations in her Report that we will hear later.

She has also commented on the sterling performance of our County Team at the Inter Counties on 23<sup>rd</sup> October, that I was unfortunately not able to attend due to the late change of dates this year, taking the competition into Half Term. Many Counties were affected by this change due to Clubs on overseas training camps. The two Counties that I discussed this with at the Conference, Berks & South Bucks and Hertfordshire ,were both Relegated to Division 2 so ONB obviously coped with it better than some.

Some strong performances so far by ONB Clubs in the Arena League with both City of Oxford and City of Milton Keynes leading the South and East Midlands respectively going in to the Final Galas on December 10<sup>th</sup>. Will we see two teams from ONB in the National Finals next April ?

Congratulations also to the 6 ONB swimmers selected to represent the South East Region at the Off-Shore Training Camp in Nice on 2<sup>nd</sup> – 6<sup>th</sup> February. It does unfortunately clash with the 1<sup>st</sup> Main weekend of Counties but I am sure it will be a great experience for the participants. The swimmers are listed in Helen Mack's Regional Report that we will hear later.

Peter Shaw

**Treasurer's Report**  
**November 22<sup>nd</sup> 2016**

**Exec Income and Spending**  
**Between 27/09/2016 and**  
**22/11/2016**

<b><u>Income Categories</u></b>	<b><u>Total</u></b>
Sundry (Donation)	
ASA Donation	£1,000.00
Swimwear	£141.00
<b><i>Total Income Categories =</i></b>	<b><i>£1,141.00</i></b>

<b><u>Expense Categories</u></b>	<b><u>Total</u></b>
<b><u>Athlete Development</u></b>	
Accommodation	£1,235.00
Evening Meals	£480.00
Guest Speaker	£434.80
Packed Lunches	£248.00
Pool Hire	£475.00
Refreshments	£54.00
Room Hire	£360.00
Transport	£1,095.00
<b><i>Total Athlete Development</i></b>	<b><i>£4,381.80</i></b>
<b><u>Championships</u></b>	
Trophies	£73.82
<b><i>Total Championships</i></b>	<b><i>£73.82</i></b>
<b><u>County Gala's</u></b>	
Trophies	£77.99
<b><i>Total County Gala's</i></b>	<b><i>£77.99</i></b>
Funding Athlete Development	£298.97
Funding IT Equipment	£4,848.30
Funding Training-Coaches	£329.00
<b><u>Hire Charges</u></b>	
Room Hire	£38.00
Room Hire - Officials Courses	£164.00
<b><i>Total Hire Charges</i></b>	<b><i>£202.00</i></b>
<b><u>IT</u></b>	
Software	£79.99
<b><i>Total IT</i></b>	<b><i>£79.99</i></b>

**Total Expense Categories = £10,291.87**

**Grand Total = -£9,150.87**

**Exec Net Worth**

**As of 22/11/2016**

<b><u>Bank and Cash Accounts</u></b>	<b><u>Total</u></b>
Cash - Competition A/C	£122.50
Cash - General A/C	£0.00
Competition Account	£2,293.87
Creditors Account	-£2,827.69
Debtors Account	£0.00
General Account	£897.17
High Interest Business Account	£30,621.96

**Net Worth = £31,107.81**

Ian Powell  
Treasurer, Oxon & North Bucks ASA

## Swimming Secretary Report 22/11/2016

Licenses for the County Championships have now been granted and information has been circulated to the clubs, and has been placed on the county website.

There were a couple of mistakes in the initial information which was sent out. One surprisingly missed by several people including the licensing panel regarding on a single reference to age on day as 31/12/2016. All documentation has been corrected and sent out to all club secretaries.

A couple of early queries have brought up the following:

1. To comply with the license level 2, all submitted entries must be able to be verified on Rankings as well as all times submitted **must** have been from level 1 or 2 for National events and 1, 2 or 3 for Regional and County Championships. County Championships and Open Meets may choose also to accept entry times from level 4 meets which we allow. As Masters events are not licensed the times gained at these events are therefore not eligible for entry into the County Championships. We have in the past been contacted by the region regarding allowing swimmers into the counties whose times are not on Rankings.
2. Please be aware that all the 200m events are duplicated i.e for the Girls 200IM event 20 is the afternoon HDW event and event 22 which is the finals event in the evening. If you try entering the wrong event it should give a warning as the entry time for these events has been set at 1:10.00.

Just a reminder closing date for the county championships entries is Monday 12<sup>th</sup> December 2016. Electronic entry file must be with me by midnight, paper entries can follow up to a week later.

Since the last County Championships one of our photocopiers has failed and the AOE Results & Meet Manager printer have been playing up. I have price up replacements at £529.93 and with your agreement I hope to replace these in the next couple of weeks ready for the 2017 championships.

Ian Powell

Swimming Secretary  
Oxon & North Bucks County ASA

## **Fixture's Report – November 22<sup>nd</sup> 2016**

### Head Coach/Development Days Stoke Mandeville Sept/Oct 2016:

The 2<sup>nd</sup> of these went well with exactly the same format and message as the 1<sup>st</sup> but delivered to 13/14yr olds.

29 swimmers took part, 5 withdrew from the event; 4 injured and 1 stopped swimming. Karen Howells delivered her talk engaging with 28 parents this time and a full on discussion ensued after the 1 hour had finished. Amanda Booth delivered the pool and land programme with Ant Barry (CMK), Becca Ashworth (L2) and George Manser (L1 teacher) both Maxwell, alongside being mentored. My thanks to them for joining the team on the day and adding great value to our camp.

However, as mentioned already by Peter:

England Pathway Proposals: (County Conference Oct 19<sup>th</sup> 2016) recommend following a format (pre-determined by them) that is more stylised and consistent across all Counties. EP recommends a: 3 day annual programme:

1. Easter (April)
2. Mid July
3. October (1/2 term) with the following timeline:

9th December 16	Confirmation of pilot programmes from County to EP - if we wish to align
27th January 17	Counties to appoint Programme Lead/ Head Coach/ Lead Team Manager
1st March 17	EP training day for pilot programmes, venue and timings TBC
10th March 17	Pilot athletes / additional staff selected by counties
March 2017	Possible reconvened county conference TBC

Whilst the EP proposals are sound, I feel we have already made a good start with delivering a similar message on a County level to our identified groups.

Having attended an induction programme by BS on November 19<sup>th</sup>, the messages of a 'swimmers journey' and 'process not outcomes' was heavily emphasised; as indeed the need for pre and post pool work. These points were delivered on our 2 camp days. I feel we are ahead of the game already. The main difference being that I feel we should include the older age group (13/14yr olds) that the EP would not focus on.

I recommend we remain with our current format. I propose 2 dates for the day camps to be Sept/Oct again – these will be finalised once I have consulted with County Coach around this.

## Inter Counties October 22/23<sup>rd</sup> 2016

Place	Club	Points
1.	Yorkshire	544
2.	Lancashire	486
3.	Kent	421
4.	Somerset	409
5.	Middlesex	372
6.	Scot East	349
7.	Surrey	348
8.	Hampshire	346
9.	Ox & N Bucks	336
10.	Cheshire	303
11.	Notts	300
12.	Suffolk	290
13.	Swim Wales E	280
14.	Essex	278
15.	Leics	274
16.	N & Durham	272
17.	Derbyshire	265
18.	Berks&SBucks	239
19.	Herts	216
20.	Swim Wales W	187

The ONB team did the County proud by holding a solid Division 1 place, dropping only 2 places. The effect of swimmers who missed selection due to camps was minimal and demonstrates the depth of swimming the County has. However, in my opinion, Lancs being knocked off top spot will have been as a result of camps more than likely. Sorry Yorkshire!

My thanks go to Craig Oliver, County Coach, Andy Willis and Emily Solliway , team managers and Ali Powell as Lead TM. Also thanks to Jana Cooper Web and Steve Wynne-Jones for officiating.

Congratulations to **Kieran Bird (Mill/Bic)** and **Emily Wood(COSC)** who are now the new County Captains for 2016/2017.

There was some feedback regarding poor food at the hotel which has been noted for the next time. Also, with so few on the bus and low numbers taking part in the Loughborough swim session on the Saturday, it was felt that it was an opportunity lost for the 'team'. The CMK swimmers who were a large part of the team this year were at Lincoln Vulcans on the Saturday.

After a lot of consideration therefore, I recommend that selection to the County team means a commitment to the whole weekend or no selection.



The dates for the next 2 National County Champs are:

**8/10/17** and

**7/10/18.**

Arena League dates are:

Finals:

2017	16-Apr	08/09-Apr	14/15 Oct	11/12 Nov	9/10 Dec
2018	01-Apr	TBA	13/14 Oct	10/11 Nov	8/9 Dec
2019	21-Apr	TBA	12/13 Oct	9/10 Nov	14/15 Dec
2020	12-Apr	TBA	10/11 Oct	14/15 Nov	12/13 Dec

For 2017, I expect no clashes with camps as 1/2 term next year is **(Sat) 21<sup>st</sup> October – (Sun) 29<sup>th</sup> 2017.**

I will book coach/hotel/pool if everyone is in agreement for the weekend of 7<sup>th</sup>/8<sup>th</sup> October 2017.

Jo Murphy

## **County Synchro Report**

**November 2016**

Firstly I have attached the outstanding results from my September report from S.E. Recreational Competition.

I have also attached the County results from the Competitive Age Group championships in October.

Henley and Witney synchro competed at the Open Kent Competition early in November –results attached.

Recently, local synchro clubs: Reading Synchro, Electric Eels, Henley and Witney met with Rosa Gallop to discuss the formation of a Club network. It was an interesting, slightly confusing (due to terminology) meeting but all clubs are due to meet again in the New Year after consulting with management Committees to try and finalise the network.

Currently we are just over a week away from the Synchro National Age Groups Championships which are being held from Friday 2<sup>nd</sup> December – Sunday 4<sup>th</sup> December in Gloucester. Swimmers and Officials from O&NB are attending – Steve Fuller from Witney will be Referee for the three days, Mandy Fuller from Witney and Karen Bennett from Henley will be judging throughout the event.

This year Henley will be entering 4 competitive swimmers and Witney will be entering 7.

Witney and Henley Clubs will both be entering 3 Recreational Section Combo teams. Henley are also entering the Mixed Duet section which is being held for the first time this year.

In 2017 there will be huge changes in Synchro throughout the country with changes to the competition structure and also the grading structure as well as being the start of the next FINA four year cycle and the changes that brings for all aquatic sports. As yet we have been made aware of the plans but not the actual contents and so detailed swimmer development plans for 2017 are having to be partly suspended. We have been told that everything will be ready to go from January.

Merry Christmas

Mandy Fuller

Oxon & N Bucks Counties ASA

Disability Officers Report Nov 2016

There are three Disability taster sessions being run by 4 Shires SC and Dave White all at Kingham Hill School from 6pm-7pm on Thursday 2<sup>nd</sup> February 2017, Thursday 23<sup>rd</sup> February and Thursday 30<sup>th</sup> March 2017.  
For further information please contact Dave.



**David White**  
**ASA Para-Swimming Pathway Officer**  
**South East / South West / West Midlands**  
**Email: [dave.white@swimming.org](mailto:dave.white@swimming.org) Mob: 07584025154**



Kim Weetman

## **Officials Report for County Meeting 22nd Nov. 2016**

### ***New Tutors***

The 7 new tutors continue to develop and gain experience in course delivery and post course candidate management. There is a healthy competition between them regarding how many courses they can put on and all are settling into their roles well.

The new approach to training with the mix of scheduled and ad-hoc club led courses has been well received and the new process has been widely published directly to clubs and via the County website.

### ***Overall Elapsed Timescale of Courses***

The overall elapsed timescale of courses is reducing with the introduction of the new streamlined process

By reducing the admin elements of assessment and making the process tutor driven we have already reduced training timescales

### ***Number of Officials***

Sandra has been working hard on the officials records and actively chasing officials to relicence as their licences fall due to expire. A lot are renewing but as expected we do lose officials at this time of year as their children no longer continue to swim. To date the number of new officials outweighs the numbers leaving giving us a marginal increase in numbers.

### ***2017 Structured Course Programme***

I have completed the 2017 Structured Course Programme and this will be discussed with Sandra Wrenn over the next few days prior to submission to Ian for costing and budgetary consideration.

### ***Refereeing for Starters***

Continuing on from last year the lity has just run its second Refereeing for Starters course which places us in a unique position. British Swimming have still not brought out their version of this course and until they do ONB will remain at the forefront of this type of training.

### ***Referees Course 2017***

There are 4 candidates within the County who have signed up to take the Referees course in 2017. They are; Sandra Wrenn, Gary Blissett, Christine McClintock and Susan Ratcliffe.

### ***Regionals Representation***

2016 saw the largest contingent of ONB officials attending the Regional Championships which was noticed and commented on by many attendees. With the 2017 Regional Championships being held in Wycombe it is hoped that a large number of INB officials will apply to work at the meet.

Chris Jones  
County Officials Secretary

**Oxfordshire & North Bucks County ASA Meeting – November 2016**  
**SER report**

**Swim 21**

City of Milton Keynes SC, Didcot Barramundi SC, Witney & District SC, Newport Pagnell SC and Bicester Blue Fins SC submitted their swim 21 club Essential accreditation evidence to the Regional Panel on Thursday 17<sup>th</sup> November. Bletchley & District SC submitted their evidence a panel early to move their accreditation panel. Final accreditation will be awarded on 14<sup>th</sup> December. Vale network (Aylesbury & District SC, Maxwell SC and Tring SC) is seeking swim 21 Network accreditation at the December National Panel meeting.

If clubs require safeguarding courses to meet the requirements of swim 21, please do not hesitate to contact Helen Mack.

Aylesbury & District SC and Witney & District Synchro SC are due to submit evidence by Friday 17<sup>th</sup> February in preparation for the March Regional and National Panel meetings.

**Swim 21 Essential Club Information Workshop – Online Monday 28th November 2016, 7.00pm.**

The workshop is free and open to all clubs. The aim of the workshop is to provide information to clubs working towards swim 21 essential accreditation and will cover the following areas:

- Overview of the swim 21 accreditation and benefits
- Guide to using the swim 21 portal and the accreditation process
- Run-through of the evidence required for accreditation (New 16 elements).

There will also be an opportunity to ask any questions you may have specific to your club or the swim 21 process. For further information and to book a place on the webex, please contact Emily Taylor – [Emily.taylor@swimming.org](mailto:Emily.taylor@swimming.org)

**South East Region Off-Shore Camp**

The region has selected 22 swimmers to attend the off-shore camp in Nice 2nd - 6th February 2017. All swimmers won an event at the Winter Regional Championships. Coaches attending the camp are Vince Ayling (Woking) and Kevin Brooks (Wycombe District). Team Managers are Jo Ulyett (City of Milton Keynes) and Terry Norris (Chalfont Otters).

Selected male swimmers;

Alexander Stewart (Woking), Dominic Polling (Brighton), Samuel Crabtree (Thanet), Jamie O'Connor (Thanet), William Martin (Maxwell), Max Murphy (CMK), David Murphy (City of Oxford), James Eddy (Wycombe), James Baxter (Wycombe) James McFazden (Wycombe), Tom Dean (Maidenhead)

Selected female swimmers;

Hazel Ferguson (Woking), Anna Maine (Woking), Milly Routledge (Bracknell and Wokingham), Caitlin Mackay (Wycombe), Connie Dean (Maidenhead), Maisie Macartney (Thanet), Annabel Guye-Johnson (RTW Monson), Emily Wood (City of Oxford), Kate Mills (City of Oxford), Emily Nisbet (City of Oxford), Kelly Small (Portsmouth).

**Team Manager Courses**

Module 1	Weds 7th December	Surrey Sports Park	6.30pm – 9.30pm
Module 2	Thurs 8th December	Leatherhead Leisure Centre	6.30pm – 9.30pm
Module 2	Weds 11th January	Surrey Sports Park	6.30pm – 9.30pm

To book a space on a workshop, please e-mail Bryony Gibbs, [bryony.gibbs@swimming.org](mailto:bryony.gibbs@swimming.org)

Currently planning Team Manager courses for January / February 2017 in both Buckinghamshire and Oxfordshire.

## **Coach Education**

### **South East Regional Coaches Conference 2016**

Sunday 27th November 9.30am – 5pm Leatherhead Leisure Centre

In collaboration with sports coach UK, England Programmes will present and explore with coaches the concepts below. The day will be extremely informative and interactive. Coaching considerations;

- Coaching females; so what!
- Key considerations to your planning
- Conversations to perform effectively – Focusing on the stages of the pathway that this may change
- Considerations to Coaching in the 'Transition Stage'

For further information and a booking form, please visit

<http://www.southeastswimming.org/uncategorized/swimming-coachesconference/>

In conjunction with England programmes the number of specific regional coach workshops will be reduced in 2017 to make way for an integrated swimmer and coach regional development programme. There will be three regional camps for 12 year olds and the camps will be designed to accommodate coach learning in a practical setting. We have 3 separate workshops planned between January - March 2017.

#### **Saturday 21<sup>st</sup> January – ACS International School, Cobham, Surrey (9.30am – 1.15pm)**

Diane Elliott – Sports Science Lead, England Programmes

- This course is designed for swimming coaches working with age group swimmers
- It covers growth and development of children, RMAP warm-up, mobility, stability and fundamental movement patterns based on the performance pyramid

#### **Saturday 4<sup>th</sup> March – Wycombe Leisure Centre (9.30am – 4.30pm)**

Lindsay Dunn, England Programmes Officer

- This workshop is designed for level 2 and 3 coaches.
- Content will include;
- Planning for Age group and youth swimming
- 'Knowing me... knowing you' reflective practices
- Land conditioning at all stages of the pathway

#### **Sunday 5<sup>th</sup> March – Ashford School, Ashford, Kent (9.30am – 4.30pm)**

Dan Cross, Head Coach, Thanet Swimming Club and Steve Greenfield, Head Coach Ryde SC and ASA Tutor

- This course will be for level 1 and level 2 coaches working with age group swimmers.
- Content will include; the theory of turns
- Planning to get the most out of each session and incorporating turns.
- Underwater work
- Practical session to include coaching turns and motivational session planning

Cost: £20 per coach, £10 per coach from a Swim 21 Accredited club. SER affiliated clubs only. Applications from other regions will open two weeks before the relevant workshop.

### **Coach 2024 Programme**

Congratulations to Amanda Booth, City of Oxford SC, one of 15 coaches selected to take part in an exciting new programme aimed at creating the next generation of top class coaches. The 14-month programme is aimed at coaches who are already working at the highest levels of the England Talent Pathway. It will cover aspects of coaching, from enhancing their technical skills to developing a greater awareness of themselves that will enable them to better support their athletes.

### **ASA Open Water Swimming Coaching Course**

The ASA Open Water Swimming courses for 2017 are now available for booking. This IOS course is a blended programme which incorporates and blends online theory elements of the programme with face to face practical sessions.

Practical face to face course dates;

Day 1:- 09th April 2017 Mountbatten Centre, PO2 9QA

Day 2:- 24th June 2017 Chichester Watersports, PO18 0NX

To book a space, please visit [www.theiosonline.com](http://www.theiosonline.com)