

# ASA East Region



## Technical Swimming Committee

**Minutes of a meeting held at the Thetford Leisure Centre on  
Sunday 5<sup>th</sup> July 2009 starting at 10.30 p.m.**

**Subject to approval at the next meeting of the TSC**

**Present:** David Robinson, Bob Outtram, Dave Metcalf and Don Neate.

**Apologies:** Vix Metcalf, John Rushmer, Mike Rayner and Ian Mackenzie.

### **09/12 Minutes of the last meeting:**

These were agreed as a true record of the meeting.

### **09/13 Matters arising:**

09/13/1 The yearly Coaches passes had caused a problem with the provision of food as some coaches had thought food was included in the annual rate and had not reordered food for the Bagcats. **It was agreed that BO should send out a reminder that food was not included on the Annual Coaches Passes with the entry information.**

09/13/2 The provision of warm up marshals had been a problem at the Bagcats as no one had been available to do the job. The problem had been overcome by DN doing the job but this needs to be corrected in the future.

09/13/3 DR reported that he had amended the Records Conditions to allow swimmers representing their University at National BUCS events to claim records in a similar way to swimmers representing their schools at ESSA events.

### **09/14 Review of 2009 Youth and Bagcats Championships**

09/14/1 The provision of Coaches food had already been discussed but other ways of feeding Officials, Helpers and Coaches was discussed as the food provided by the Sportspark catering department was not always good and was very expensive. Ways of feeding people was discussed including giving vouchers or a cash allowance for food in the expenses. The use of the zest cafeteria on the university campus was also discussed although this may be a problem for Coaches when time is limited.

It was decided that catering for the Winter Championships should still use the Sportspark catering but that all using this facility should be asked to complete a questionnaire giving their preference. **DN agreed to produce the Questionnaire** and circulate this to the TSC by e-mail for approval.

09/14/2 There had been one protest at the Youths which had been resolved by BO and the Lead Referee but this raised the question of who should be the promoters representative on the day. This was discussed and it was agreed that this should be BO as he is present on poolside for the majority of the time.

09/14/3 The number of programmes left at the Bagcats had been 70 over the two weekends although very few of the Youth programmes were left. It was agreed that this was not a problem as the cost of printing was adequately covered and that we should keep the print run at the same numbers.

09/14/4 DM reported that there was one County President who refused to hand out medals to members of other counties although it is the usual for Presidents to present medals regardless of which County the swimmer represents.

### **09/15 Winter Championships**

09/15/1 The warm up was discussed as we have the continuous warm up/swim down pool available throughout the competition. It was agreed that the competition pool should be used for a formal warm up with one way sprints and free use of the warm up pool and the start times be kept the same.

09/15/2 DM reported that at the moment there were plenty of Officials although some drop outs are to be expected nearer the date.

09/15/3 BO said that the application forms for the license were ready to send and that he would send them after this meeting.

09/15/4 The Qualifying Times were discussed and it was agreed that these should be decided as last year and BO said that the complete entry pack would be on the website shortly.

09/15/5 The schedule was discussed and it was agreed to keep B Finals for the 50m and 100m events only.

09/15/6 The selection of Junior Champions was discussed at length and the decision was that the wording be changed to "The Junior Champion shall be the best placed junior in the final, Where A and B finals are held positions will be 1<sup>st</sup> to 8<sup>th</sup> in the A final and 9<sup>th</sup> to 16<sup>th</sup> in the B final. Should there be no juniors in the final(s), the junior returning the fastest time in the heats shall be declared the Junior Champion. Runner up and third placed juniors shall be judged on the same principal."

09/15/7 BO said that the posting of results was important for the swimmers who wished to withdraw and the support for this at the Bagcats had not been very good. DN agreed to talk to John Rushmer about this and to check that he is prepared to carry on organizing the helpers.

### **09/16 2010 Youth and Bagcat Championships**

09/16/1 The problem of all Officials getting a good break with time for some refreshment between the main morning session and the distance events was discussed and BO agreed to look at the timing and increase the break prior to swimming the distance events to at least 30 minutes if possible.

09/16/2 The Qualifying Times were discussed and it was agreed that we should continue with the current method of using 70% of the National Times but to make minor adjustments where necessary in line with the proposals received from Sue Purchase.

09/16/3 There had been a complaint that the use of 200m times for 100m events for 10 year olds put some swimmers at a disadvantage. It was agreed that using the LTAD principals it was better to keep the current system.

09/16/4 Sue Purchase in collaboration with other Coaches had put forward a revised schedule for the Bagcats which was discussed and it was agreed to use this schedule for 2010 and that the Coaches be advised of the proposed changes at the Coaches day in January. Sue was thanked for her work on this schedule change.

09/16/5 The venue for the events was discussed and as we need a 50m pool for the Bagcats and Youth the only choice is Norwich but it may be possible to change the venue for the Winter Championships but research is needed on suitable pools with emphasis on having a good swim down pool and either a central location or an area with a good provision of accommodation for swimmers.

### **09/17 Coaches Day**

09/17/1 DN said that the idea, as put forward by Vix Metcalf, was that it was better to educate a large number of Coaches within the Region than to provide a Training Camp for 20 to 30 swimmers as this would benefit more swimmers. The aim is to hold the day at a central venue during January when the calendar is not too busy.

The format of the day is to provide a choice of two CPD's and then to have a talk by two Senior Coaches in the Region and DN said that David Champion and Nick Juba had agreed to take this on.

09/17/2 DN had circulated as many Coaches as possible to ask what CPD's would be useful and subjects for the talk by Nick and Dave. There had been very few replies but the suggestions received for CPD's were:

- Swim Strength – Time and Equipment Limited Training
- Swim Strength – Complex Land Training for Swimmers
- Swim Training – Training Sprint Swimmers and Periodisation
- Working with Children with Educational Difficulties
- Effective Communication

These were discussed and it was agreed that DN should ask a number of Senior Coaches in the Region for their advice on the most suitable CPD's.

09/17/3 There were a number of suggestions for topics for Nick and David to cover and these have been forwarded to them and they will discuss these while at Sheffield for the Nationals.

### **09/18 Officials Update**

DM said that 28 people had taken the Young timekeepers course at the Bagcats and all had passed with flying colours.

### **09/19 Records**

DR said that when the East Region Records were set up in 2005 he had set base times based on the rankings held by swimmers in the Region. Some of these in the short course records had proved to be high as they had been set by exceptional swimmers and he proposed that in these cases he award the record to the fastest Regional swimmer in the Rankings since 2005 and tabled a document showing his proposals. The meeting agreed with this proposal and DR said he would update the records and send certificates to the swimmers involved.

### **09/20 Any Other Business**

9/20/1 It was raised that although the IT person (in the current case BO) is funded to for accommodation on the Friday before each Championship the Technical Director is not and it is important for both to be available the night before should any complications arise. Also as BO has now been named as the promoters representative we should fund the Promoters Representative and the Meet Technical Director to stay the day before each meet. This was agreed.

9/20/2 There has been a questionnaire from the ASA regarding International Selection and representation at National Championships. This was discussed and it was agreed that the only comment we should make is that members of ASA Affiliated clubs should be allowed to enter National Championships regardless of their Nationality. DN agreed to send this comment to the ASA.

9/20/3 There was a discussion on the ASA restructure of committees and it was agreed that it was a retrograde step that there should no longer be Regional Representation as this was the most reliable way of feedback from National Committees getting to the Region. Also as the new Focus Groups are to be selected by Open Recruitment this will deter people from taking part.

It was felt that as the National Committees were now being disbanded without the necessary recruitment for their replacement being completed, this may cause a hold up in the forward movement of the sport as is already evident from the changes in Officials Exam procedures and the change from RDO's to CSC's.

9/20/4 The ASA East Region Management Committee had requested that the makeup of the TSC be revisited and a quorum be set and this was discussed and it was agreed that the TSC should comprise the following:

|                |                              |
|----------------|------------------------------|
| Don Neate      | Swimming Manager             |
| David Robinson | Records Officer              |
| David Metcalf  | Swimming Officials Group     |
| Bob Outtram    | Entries Manager              |
| John Rushmer   | Championship Local Organiser |
| Roger Howkins  | Licensing Officer            |
| Vix Metcalf    | Coaches Representative       |
| Mick Rayner    | Board Member                 |

The TSC would like to co-opt other people as necessary and would like to persuade more Coaches to take part if possible.

It was decided to set the quorum at four.

### **Recommendations to Board**

That the Board approve the expenditure of £1,500 on the Coaches Day

That the Quorum for the Committee be set at 4