

# **NORTH LANCASHIRE SWIMMING & WATER POLO ASSOCIATION**

**Minutes of the Executive Meeting  
Held on Monday 5<sup>th</sup> September 2011  
At County Hall, Preston  
Commencing at 7.30pm**

**Present:** A J Howarth (President) Mrs S. Tinkler (Secretary) G Rankin (Treasurer), Mr G Whittle (Age Group Secretary) Mrs J Whittle (Age Group Secretary) M Parkinson, (Chorley Marlins) M Wilson (Bolton ASC) J Bartock (Fleetwood) J Higginbottom (Colne ASC) C Wilkinson (Colne ASC) M Summer (Blackburn) L Harwood (Burnley Aquatics) Andy Timpany (Carnforth Otters) P Hocking (Garstang ASC) R Flude (Lancaster)

**Apologies:** Ashley Cocks (Life Member) Alison Lawson (Fleetwood) B Thompson (Ormskirk Otters) S Heaps (Preston SC) S Hill (Great Harwood Otters) J Smith (Leyland Barracudas) Craig Tinkler (Facilities Officer)

## **MINUTES OF THE PREVIOUS MEETING**

Minutes of the meeting held on the 6<sup>th</sup> June 2011 were proposed by MW and seconded by GR as a correct record.

## **MATTERS ARISING**

No Matters Arising

## **TREASURERS REPORT**

The summer camp went very well and the cost to the association was £2301.84. All income and expenses are listed below.

The cheques that have been paid this period are listed below

Surplus for this year`s accounts is £1613.69 this is after all the swim camp expenses.

Summary of accounts for the period 1<sup>st</sup> October 2010 to 5<sup>th</sup> September 2011

Building Society Balance	30/06/2010	£38,310.67
Bank Balance	01/10/2010	£15,927.59

### Cheques written in this period

Peak Performance Consultancy	£ 280.00
M Sumner	£ 800.00
D-Zyne	£ 266.00
Lancaster University	£1470.00
M Sumner	£ 110.00
R Rankin	£ 22.40
S Tinkler	£ 264.80
D-Zyne	£ 39.60
G Rankin	£ 198.64
M Wilson	£ 18.38
Lancaster University	£ 152.90
Swimtherapy	£ 460.00
Coachwise Ltd	£ 10.00
Lancashire County Council	£ 28.50
Blackpool Aquatics	£ 600.00

Bank Balance 31/08/2011                      £19,397.92

A discussion was held regarding expenses for officers.

It was also agreed that mileage would be 45p a mile in line with ASA rates.

## **AGE GROUP REPORT**

Level 3 – 5/6 November

Information distributed and is on the website. The electronic entry file will be available this week.

Level 3 – January/February 2012

License granted.

Upper times will be the NQT`s for 2012. Information will be distributed shortly and put on the website.

Squadron Champs

These will take place as last year on the last day of the competition 5<sup>th</sup> February i.e. session 8. Please note this is not licenced.

Inter Association

The first of a series of meetings has taken place.

Good discussion took place. The group has begun to look at the rules of the competition and this discussion will continue until everyone is in agreement.

Summary:

- Held in November (provisionally booked Palatine 2012)
- 2 days competition
- Age Groups 10-14 years
- Level of Comp – still to be decided whether L2 or L3
- NQT`s – still in discussion

- Associations can decide how they select their team as long as the criteria for the competition is met.

Looking at the last bullet point I propose that for selection of North Lancs Team a swimmer must have at least entered a North Lancs Event.

The next meeting is due to take place in October. I should point out that the Regional Competition Focus Group also meets and puts forward their ideas etc. The competition Focus Group consists of Association Reps plus others from the region.

A discussion was held with regard to the selection process. This will be discussed by the Swimming Committee and brought to the executive committee.

CW asked for an explanation why swimmers cannot achieve NQTs at the L3 and upper L3. It was explained that this is part of the licencing and these Age groups enable swimmers to qualify for County Age Groups where they can achieve NQT's.

## **WATER POLO REPORT**

No Report

## **SWIM LEAGUE REPORT**

League is half way through 1 gala results had to be reworked due to an ineligible swimmer. Preston lost all points on the 19/03/11 for the 14 year olds.

Division 1												
19/02/11	1	Preston	181	2	Carnforth A	140	3	Leyland A	90	4	Fleetwood	85
19/03/11	1	Southport A	*161	2	Preston A	*129	3	Carnforth A	*98	4	B`pool Aq A	*94
02/04/11	1	Carnforth A	150	2	B`pool Aq A	139	3	Southport B	124	4	Leyland A	82
22/05/11	1	Preston	165	2	Southport A	152	3	Southport B	92	4	Leyland A	87
19/06/11	1	Southport A	176	2	B`pool Aq A	126	3	Leyland	119	4	Fleetwood	76
18/09/11	1	Preston A	177	2	B`pool Aq A	133	3	Southport B	98	4	Fleetwood	89
25/09/11	1	Southport A	165	2	Carnforth A	149	3	Southport B	103	4	Fleetwood	83

Division 2												
19/02/11	1	Pioneer 79	144	2	Burnley Aq	131	3	B`pool Aq B	121	4	Carnforth B	93
12/03/11	1	Pioneer 79	166.5	2	Lancaster	119	3	Chorley	108	4	Carnforth B	106.5
03/04/11	1	Burnley Aq	142	2	Chorley	136	3	Carnforth B	109	4	B`Pool Aq B	99
08/05/11	1	Pioneer 79	144	2	Lancaster	134	3	Chorley	123	4	B`pool Aq B	91
09/07/11	1	Not swam – no points under rule 7.2										
15/07/11	1	Burnley Aq	162	2	Lancaster	127	3	B`pool Aq B	120	4	Carnforth B	90

Division 3												
15/03/11	1	Leyland B	138	2	Clitheroe	126	3	Garstang	112	4	B`pool Aq C	65
03/04/11	1	Leyland B	156	2	Ormskirk	136	3	Clitheroe	128	4	B`pool Aq C	76
21/05/11	1	Preston B	162	2	Clitheroe	121	3	Ormskirk	115	4	Garstang	102
25/06/11	1	Preston B	160	2	Ormskirk	126	3	Garstang	112	4	Leyland B	94
03/07/11	1	Preston B	161	2	Clitheroe	141	3	Leyland B	121	4	B`pool Aq C	55
09/07/11	1	Preston B	173	2	Garstang	132	3	Ormskirk	123	4	B`pool Aq C	68

Division 1		Gala Swum	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	League Points	Gala Points
1	Southport A	4	3	1			15	654
2	Preston A	4	3	1			15	652
3	Carnforth A	4	1	2	1		12	537
4	B`Pool Aq A	4		3		1	10	492
5	Southport B	4			4		8	417
6	Leyland A	4			2	2	6	378
7	Fleetwood	4				4	4	333

Fleetwood relegated

Division 2		Gala Swum	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	League Points	Gala Points
1	Pioneer 79	3	3				12	454.5
2	Burnley Aq	3		1	2		7	435
3	Lancaster	3	1	1			7	380.5
4	Chorley	3		2			6	367
5	B`Pool Aq B	4			1	2	5	431
6	Carnforth B	4			1	2	5	398.5

Pioneer 79 promoted      Carnforth B relegated

Division 3		Gala Swum	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	League Points	Gala Points
1	Preston B	4	4				16	756
2	Clitheroe	4		3	1		11	516
3	Leyland B	4	2		1	1	11	509
4	Ormskirk	4		2	2		10	500
5	Garstang	4		1	2	1	8	458
6	B`pool Aq C	4				4	4	264

Preston B Promoted

Trophy`s to be presented at the AGM

## **ANY OTHER BUSINESS**

### **Courses**

We have had good reports on all the courses that have been run.

**Swim Therapy**- AT said this was an excellent day. MS it was particularly good for new coaches.

We have also received a letter from Leyland Barracudas A.S.C. expressing thanks for all the training course provided by NL mentioning in particular the Swim Therapy and the Swim Camp.

### **Swim Camp 2011**

The North Lancs swim camp 2011 was held from the 25<sup>th</sup> to 29<sup>th</sup> July at Lancaster University.

48 swimmers attended. Ageing from 10yrs to 14 years.

We had some initial delays in getting all the information out to the swimmers due to the changes happening at Lancaster. We initially booked into the new pool which unfortunately was not completed in time and changes had to be made to our Programme, the advantage in using the old pool was that we could take a lot more swimmers than the initial 30 planned.

Malcolm Sumner as Chief Coach organised the timetable for the week. This included not only the swim camp but lectures and various other activities.

Malcolm did a fantastic job during the week which I think all the swimmers will agree. I think on the Monday the swimmers thought that they were just going to be put into the pool and made to do sets BUT they were wrong the emphasis for the week was on technic and drills. A lot thought they knew it all but by the end of the week I think all understood what we had wanted to achieve and I believe they had learnt a lot.

The swimmers themselves were fantastic and behaviour was very good. A challenge was set at the beginning of the week of a Gala on the Friday. They were put into teams and the programme set but that was where our involvement ended. The swimmers work quite excitedly organising their teams it was a pleasure to watch. They learnt about the difficulties when things went wrong and they had to change swimmers in my opinion a good exercise making them see the difficulties Team Managers face.

They also did a Boot Camp, Trampoline, Trim Trail, and Badminton. Lectures were on Nutrition, Competitions, Training, Metal Preparation, Laws of the sport. A quiz was held at the end of the week on what they had learnt with interesting results.

At the end of the week we asked the swimmers to fill in an evaluation of the week. We asked them to be very honest as this would help with our decision to run the camp again and how to plan it. These made very interesting reading and proved that they had thought about what they were writing.

Suggestions such as:

1. The Timetable (the order in which activities were put into the timetable)
2. Favourite events
3. Other things they would like to do
4. What had been learnt during the week?

For me the most valuable suggestion and I think others will agree was that they would have liked to have been introduced to one another. This was something we had not thought of, we introduced ourselves and any helpers we had but not the swimmers. We assumed that as they were the Inter Association Team they knew one another.

The major disappointment for the week was the lack of volunteer helpers. We had some very good help but it would have been nice to have more.

A big thank you to Malcolm for all his work.

Also Thanks to the following

Gillian and Rachel Rankin, Tracy Hoyle, Sue Goodfellow, Andy and Janet Timpany, Dave Cockerham, Gordon Hollings, Hilary Manning, Ian Kirk, Jo?, Craig Tinkler

At the end of the week Allan Howarth attended for the Gala and presented the swimmers certificates, photograph and T shirt.

The Leisure centre had given us a bag containing a day pass for the new centre for all the swimmers.

### To sum up

We have learnt a lot from the week and know the changes we would make most of all to increase the helpers.

We just need to look for a date in next year`s calendar to organise the 2012 swim camp.

Meeting closed 9.22pm

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