

Norfolk County ASA

Development Meeting Monday 30<sup>th</sup> April 2018

Present:

Chris Galer

Keith Belton

Stewart Murray

Darren Peck

Chris Searle

### **Pathway Development Proposal**

- These dates are now confirmed and Keith was waiting for Fred Furniss to provide some final information.
  - 1) 12<sup>th</sup> May 2018
  - 2) 8<sup>th</sup> September 2018
  - 3) 24<sup>th</sup> November 2018

The venue will be Dereham Leisure Centre, 5pm

Timings (yet to be confirmed) are that Fred Furniss would give a talk, etc between 5 & 6pm, followed by a two-hour pool session from 6 to 8pm.

All clubs have provided 4 swimmers to attend with the exception of:

West Norfolk, 6 swimmers (incorporating 2 from Hunstanton)

Harleston, 2 swimmers

Diss, 3 swimmers

City of Norwich, 3 swimmers

### **Strength & Conditioning Courses**

Chris Galer to research when the next available strength and condition course would be available, cost and location.

### **Safeguarding**

Chris Galer & Keith Belton recently attended a locally held Safeguarding course.

### **Long Course Training**

Long course training has been booked at the Sportspark, Norwich on the following dates:

Sunday 2<sup>nd</sup> September 2018, 18.00hrs to 20.00hrs x 2 Lanes

Sunday 14<sup>th</sup> October 2018, 18.30hrs to 20.00hrs x 1 Lane

Sunday 4<sup>th</sup> November 2018, 18.00hrs to 20.00hrs x 1 Lane

Sunday 2<sup>nd</sup> December 2018, 18.00hrs to 20.00hrs x 1 Lane

Sunday 20<sup>th</sup> January 2019, 18.00hrs to 20.00hrs x 1 Lane

The criteria for attendance is aimed at those swimmers who are unable to attend long course training frequently, or at all.

### **Level 3 Coaching (Now Senior Coach)**

The Exec Committee approved the money that could be made available for Senior Coach coaching courses that was proposed by the Development Group

### **County Conference 2018**

The Development Group decided that there would not be a County Conference in 2018.

Instead the group would look at specific courses such as Safeguarding and Time to Listen for the clubs later in the year targeting those who need them on a date to be advised. The probable venue would be Easton & Ottley College.

### **Other**

Chris Searle commented that Kevin Pickard gave a worthwhile presentation at the "World Class Development Day" at Hertfordshire Sports Centre covering amongst other things longevity in swimming and felt that it might be worthwhile in trying to recreate a similar presentation in Norfolk, by Kevin.

North Norfolk Vikings had also expressed an interest in Kevin Pickard giving a presentation to their swimmers and parents nutrition and motivation.