

**NORFOLK COUNTY A.S.A.**  
**Minutes of Development Sub-Committee –5 April 2011 – Hewett School**

**PRESENT** A Lelean (President), J Macdonald (Sub Committee Secretary), A Smith (Hon. Assistant Secretary), S Murray (President Elect), P Kendall (Open Water), S Park (County Coach), A Pinniger (UEA City of Norwich SC), Mrs M Tallowin (Synchro).

**APOLOGIES** Mrs J Blackwell (Secretary), K Belton (Treasurer), S Murray (President Elect), Mrs S Lelean (Masters), P Lown (Norfolk & Suffolk ASA Aquatics Officer), J Peggall (Facilities)

**MINUTES OF MEETING ON 8 FEBRUARY 2011**

K Rumsey (Chairman) added to list of apologies; otherwise agreed as a true record.

**MATTERS ARISING**

There were none (other than covered below).

**PROPOSED DEVELOPMENT PLAN**

The Sub Committee Secretary distributed a draft development plan having extracted the points relevant to Norfolk ASA from the 2008 plan. Any changes are included in the progress report below. There was no record of the precise amount of funds still available (e.g. from Active Norfolk): James Macdonald will discuss the availability of funds with the Treasurer.

**PROGRESS TO DATE**

Competitive Swimming (Swim 21): The plan was to develop a ‘conference’ of Swim 21 clubs. It was not clear which clubs had currently achieved Swim 21 status – certainly UEA City of Norwich, Norwich Swan and Dereham Otters had Swim 21 status. It was thought that other clubs were working towards it but may welcome some assistance from East Region. Whilst the original plan envisaged a ‘conference’ of Swim 21 clubs, it was felt that a ‘conference’ of all competitive clubs in Norfolk might be more appropriate and beneficial. The plan would be altered to reflect this.

Competitive Swimming (School Partnerships): The need to link schools swimming to clubs was discussed. It was appreciated that there were difficulties where club coaches also had full time jobs and could not get to visit the schools during the working day. In some areas schools and/or pool operators are not willing for local clubs to teach swimming, but there should be organised progression between school and local pool teaching classes and club swimming squads.

Competitive Swimming (Training Sessions): The plan was to increase 50m training sessions for swimmers who are just below county standard. Lanes at the UEA Sportspark are used by clubs on either a regular or an occasional basis at present and it had been suggested that these arrangements could be formalised but it was not considered essential to do this using 50m lanes. Land training facilities and coach mentoring could also be provided. It was suggested that Garry Jarvis (Team Manager) and Stuart Park (County Coach) might identify actual or potential county swimmers who would benefit from an arrangement that might include training at the UEA Sportspark every 4-6 weeks. There might be a second layer of swimmers who would benefit from this type of training too. Alex Pinniger offered to distribute a Training Needs Analysis to coaches in the form of a questionnaire.

Competitive Swimming (Development Days): The plan was to organise development days for swimmers at or just below county level. Alex Pinniger will explore with Garry Jarvis and Stuart Park the timing and content of a development day to include not just nutrition and psychology, as per the plan, but other topics too.

Disability: Several clubs have disability programmes but Ben Banham is invited to submit a plan to bring more disability swimmers into existing club structures. This was felt preferable to setting up specific disability swimming clubs. One of the coaches at each club should have specific responsibility for disability swimmers.

Open Water: Links between the triathlon group and the open water swimmers at Whitlingham Broad should be established and Paul Kendall will pursue this aim. A course for open water officials was to be held at

Chippenham, Cambs, on Sunday 22 May – this covers some 70% of the curriculum but the remaining 30% will need to be done at an open water event.

Synchro: Phil Lown has been invited to discuss Swim 21 possibilities with the officers and coaches at Norwich Synchro club. A very successful development day took place on Saturday 12 March with some 30 swimmers participating.

Water Polo: In the absence of a water polo representative, no possible development actions could be discussed.

Masters: East Region is trying to organise a 'Coaching for Masters' CPD. All clubs have been given entry forms for forthcoming Masters' galas. Aside from EAST, a Masters club, several competitive swimming clubs have developed their own masters groups over the past two or three years.

Coaches & Teachers: A Coaches' Forum was held at the UEA Sportspark prior to the County Relay Gala on Saturday 26 March and notes of the forum have been circulated. Some of the points discussed that relate to the County Championships will be put to the forthcoming Competitions Sub Committee meeting. ASA UK Coaches Certificate Level 1 & 2 Courses are being organised later in the year (as proposed at the previous meeting) but final details are awaiting the appointment of tutors by Phil Lown.

Swimming Officials: Four candidates entered – and passed – the 2010 Referee course; but only one Norfolk candidate has entered for 2011. JL1 courses have taken place at various locations in Norfolk over the past 12 months. Tony Smith will organise JL2 courses at several locations to take place through the middle of the year. Two JL2(S) courses were held at two different locations in 2010. Tony Smith reported that around 90% of the officials at JL1 and above who still regularly work on poolside above 'own club only' level are now licensed. He has been chasing up the remaining 10% for some months. Licences, which cost candidates £10, initially run for 4 years. Then East Region will pay the £5 renewal fee for those officials who regularly work at regional galas. It was suggested that Norfolk ASA might pay the £5 for any officials who do not work at regional level but work regularly at county galas. This proposal would have to be put to and considered by the Executive Committee.

Swimming Action Groups: These are not currently active (but, as previously stated if they are convened again at district or county level, Norfolk ASA representatives should attend).

Communications: This is largely done nowadays by way of circulating information, including minutes of meetings, by email. Details of contacts, events and other information is set out in the County Handbook and on the County Website.

James Macdonald will revise the development plan in accordance with the above discussions.

## **OTHER BUSINESS**

Since the previous meeting it has been agreed that Alex Pinniger and Chris Galer should be added to the list of regular attendees (as set out in the minutes of the previous meeting) at these Development meetings.

There are areas of Norfolk where there is no competitive swimming – in particular North Norfolk between Hunstanton Sea Eagles in the west, North Norfolk Vikings in the east and Dereham Otters in the centre. Perhaps efforts should be made to identify suitable pools and any swimming teaching that takes place in this vast area to see if the development of a competitive swimming club might be viable. Perhaps a project officer should be identified and appointed to take this possibility forward.

## **DATE OF NEXT MEETING**

It was agreed to hold a further meeting on Tuesday 28 June in Room A17, Hewett School, Norwich