

Norfolk County ASA

Development Meeting Thursday February 1st 2018

Present:

Chris Galer

Keith Belton

Stewart Murray

Darren Peck

Chris Searle

- Chris Searle was welcomed as the coaches representative within the group!

Pathway Development Proposal

- Keith has come up with dates that were clear at this time of other events and galas. These dates are:
 - 1) 12th May 2018
 - 2) 8th September 2018
 - 3) 24th November 2018

The venue will be Dereham Leisure Centre

Timings (as 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.

The criteria for attendance will be:

- 1) 2 male and 2 female from each club
- 2) 2007 born

This should give an attendance of around 40 swimmers providing that all clubs send those that are eligible.

It was also suggested that 2 coaches from each club should attend the sessions.

Coaching, Strength & Conditioning Courses

- Chris Searle enquired about the county assisting with coaching , strength and Conditioning courses.

This was discussed at length. Chris Galer had notes from John Digby and had also made some enquiries from the Easton & Otley College. It would appear that the college are holding a L2 1st

4Sport Certificate in Coaching Strength & Conditioning for Sport (QCF). The dates for this are the 13th & 14th May (TBC) for Part 1 and 23rd & 24th June for Part 2.

The cost of this course is £350.00 if enrolled before the end of March and £400.00 if enrolled after that.

The second weekend falls at the same time as the County Challenge gala and this was thought that would cause an issue with some clubs especially those coaches who might wish to attend.

Attendance to both weekends is compulsory to gain the certificate.

However, it was proposed that Norfolk County ASA would pay half the cost per one candidate per club upon proof of completion.

Long Course Training

- Chris Searle asked about the possibility of the county arranging some long course sessions at the Sportspark.

Although some clubs are fortunate enough to have long course training (Swan, Dereham, City of Norwich, West Norfolk), other clubs in the county are not so fortunate.

It was discussed that the Development group/Norfolk ASA should approach the Sportspark and ask whether the possibility existed for the County to hire 4 lanes of the pool during a long course session, 1 session per month from September onwards.

Norfolk ASA to pay the cost

As yet the criteria for attending needs to be decided

Darren to approach the Sportspark for date possibilities.

Level 3 Coaching

- Chris Seale asked whether there could be any funding available to assist with Level 3 coaching qualifications given that these courses cost in the region of £3,000.

It was discussed that Norfolk County ASA would consider to pay 50% of the cost of a level 3 coaching course per club, once every 3 years.

Engaging Volunteers/Parents/Officials

- Chris Searle asks about methods of engaging new volunteers into club activities, etc.

Stewart explained that there was information available on line, but how much use this information was debatable.

However the group are prepared to visit clubs at a convenient time to talk to any parents/volunteers that might wish to take on a role within their club.