

# **HERTFORDSHIRE AMATEUR SWIMMING ASSOCIATION**



**ANNUAL REPORT  
2015-2016**

## General

This annual report covers the year from April 2015 to March 2016. The Hertfordshire ASA Annual Council Meeting takes place in July, with the county financial year end being 31<sup>st</sup> March.

The Management Board has met four times in the year to oversee the development and delivery of swimming within the county. There have been five vacancies on the Management Board during this year. One Board member resigned, and a replacement Board member was co-opted during the year. There is no doubt that the management of the county affairs would be better served with a full complement of Board members. It is hoped that the vacancies will be filled at the Annual Council Meeting. Unfortunately, the perception is that a wealth of experience is required. This is definitely not the case. What *is* required is people with positive ideas and a commitment to the development of swimming in the county. If the few people, who do bother to contribute, did not do so, then our athletes would have no competitions and development!!

The club development committee, the disability committee, and the swimming committee have met on a regular basis. The diving committee met on two occasions, and towards the end of the county year a water polo committee was established. Although the county has no synchronised swimming committee as such, Hertfordshire has a representative on the ASA East Region Synchronised swimming committee, which seeks to ensure development and competition for the athletes involved in this discipline.

During this year the county website has continued to flourish, and has been an excellent communication tool, providing an excellent service to our swimming community. The work of Alan Doyle in providing this communication tool is hugely appreciated. Every effort is made to encourage our volunteers to provide the correct, up-to-date information to Alan.

The forums have continued this year. Ian Mackenzie has worked hard to set them up and provide the opportunity for interaction and communication between the clubs and coaches, and also with the county. The aim is to get everyone talking to each other, sharing best practice and addressing problems encountered. Attendance has often been minimal, but worthwhile for those who were there. Representatives from ALL clubs of ALL disciplines can attend for the benefit of our clubs and athletes.

Hertfordshire continues to be a role model in the ASA East Region in many areas - for example, in the provision of forums, the delivery of a county conference, and in the number of officials being trained. Sheila Mackenzie has again been the Hertfordshire representative on the ASA East Region Management Board this year, and will take issues to the region on your behalf, if necessary. Ian Mackenzie continues as an independent member of the ASA East Region Management Board, and is also the regional representative to the ASA Sport Governing Board, and a member of the ASA Group Board.

Throughout the year, clubs in the county continued to benefit from the supportive work of Leanne Brace, as the ASA East Region Club Development Officer, and this year she has been joined by Amy Bryant, the Regional Support Development Officer. Both Leanne and Amy have worked really hard with our clubs to support them with the swim21 process and the provision of courses and their funding, as well as support our athletes through the organisation of development days and camps.

Once again this year many of our county athletes have qualified to compete at national and international level, and we applaud their achievements.

You can read of the success and progress of the various disciplines within this report. Aquatic disciplines continue to flourish in Hertfordshire. Please consider carefully whether you could contribute to this success by giving a small amount of your time to your county, so that we can go on to even better things in the coming year, either on the discipline committees or on the Management Board

## Disability Swimming

Disability Swimming continues to thrive in the County with our swimmers taking part in regional and national competitions.

### ***Swimmer and Coaching Development***

Development of disability swimming is an important focus for the county. At the Hertfordshire ASA County Conference in February, swimmers from the East Region travelled to Hertfordshire Sports Village for a regional training session. Carl Cooper, Para-Swimming Pathway Officer for East Region, East Midlands and London, organised a coaches CPD. With the assistance of Janet Warrington (Head Coach for Disability Swimming at Hoddesdon SC) and Lee Dorman (Hoddesdon SC), coaches were able to work with the swimmers on the poolside during the training session.

Hoddesdon Swimming Club hosted two separate events, over two weekends, to help develop knowledge, opportunity and awareness for disability swimming.

The first event, in conjunction with the Borough of Broxbourne (FIT&WELL), on Sunday 25th October, saw thirteen teachers and coaches attend a training day, led by Carl Cooper at The John Warner Sports Centre, Hoddesdon, to improve their knowledge and skills, firstly in the class room, and then with a practical session in the pool, where disability swimmers Ruby Codioli, Lottie Mills, Louise Storey, Sam Carter and Jacob Reeves gave the teachers an opportunity to coach and observe them swimming. On the following weekend, Grace Harvey (Hoddesdon SC) was invited to the disability session run at The Laura Trott Leisure Centre, Cheshunt, to swim alongside the participants and to talk about her swimming.

A huge 'thank you' to Janet Warrington, who has raised the profile of both Disability and Special Olympics Swimming, both in the county and beyond, and thank you to all the volunteers. Particular thanks to Sport England, who provided funding to help put on these sessions, which have improved the knowledge of our teachers and coaches, and offered opportunities for our swimmers and athletes to improve and compete.

### ***Competitions***

The Special Olympics Eastern Regional Swimming Competitions at Hertfordshire Sports Village, Hatfield, in April and October saw over 100 athletes with an intellectual disability take part. Swimmers travelled from all over the UK to attend the event, -from Basingstoke, Cheshire, Coventry, Essex, Greater London, Hastings, Rotherham, Leicester, Orpington, Reading, St. Albans, Windsor and Wellingborough.

The Special Olympics galas are very special. It is a fantastic evening with many volunteers and officials giving their time to support this event.



Hertfordshire hosted, for the first time, the Regional Disability Championships in March at Westminster Lodge, St Albans. Classification by British Para-Swimming was offered, and the competition later that evening was well supported by swimmers, from both the East and London Regions, some competing for the first time. The event could not have taken place however, without the help of Ian Mackenzie, assisted by David Metcalf and Keith Belton from the ASA East Region.

The new format for Para-Swimming competitions has seen the loss of the team competition at the National Para-

Swimming Championships in December, being replaced by an individual entry open meet. Janet Warrington was asked by ASA East Region to support East Region swimmers who travelled to the open meet without a club coach, and her dedication in supporting these swimmers is gratefully acknowledged. Four swimmers from the county – Grace Harvey (Hoddesdon SC), Lucy Jordan-Caws (Verulam ASC), Louis Hines (Watford SC), and Lottie Mills (Hoddesdon SC) travelled to Manchester. All swimmers swam outstanding performance alongside the best Para-Swimmers the country has to offer, gaining personal best times and bringing home medals. At this meet Grace

Harvey broke two British Records in the 200m individual medley (SM7) and in the 50m backstroke (S7), which was the split time at the turn of her 100m backstroke event!

The new format for the Nationals in the summer, saw two swimmers, Grace Harvey and Lottie Mills competing. This was Lottie's first Nationals, and she travelled to Sheffield for the ASA Championships, where she swam one length of the pool in 50m freestyle, with an improvement of four seconds to her personal best time.

Grace Harvey was invited to swim in two events at the British Championships, after achieving the qualifying standard of 650 BDP at earlier competitions, and then returned to Sheffield the following week for the ASA Championships, where she gained three gold medals in the Multi Class events of 50m butterfly, 400m freestyle and 100m freestyle, and where she also broke her own British Record for the 200m individual medley (SM7) twice.

Lucy Jordan-Caws (Verulam ASC, S15) continues to compete in the Great Britain Deaf Club Championships, in addition to regional and national disability competitions, and her sister Olivia has recently started competing.

### ***Para-Swimming Programme Selection***

In recognition of their achievements in 2015, Grace Harvey was selected for the World Class Podium Potential Programme, and Louise Fiddes (S14) of Hatfield SC was selected for the England Talent Development Programme.



**Louise Fiddes**



**Grace Harvey**

### ***Future of Disability Swimming In Hertfordshire***

The disability committee continues to support the county's athletes, and to work closely with the ASA East Region to continue the development of disability swimming from grassroots in clubs along the Para-Swimming pathway.

### **Diving**

No report has been received.

### **swim21**

The swim21 accreditation is regarded by the ASA as a mark of a well-run club, with systems in place for the support and benefit of its members, especially its athletes. The following clubs are swim21 accredited as at 31<sup>st</sup> March 2016.

Aqualina Synchronised SC  
Bishops Stortford SC  
Cheshunt SC  
Harpenden SC  
Hemel Hempstead SC  
Hertsmere Flyers SC  
Hoddesdon SC  
Tring SC  
Watford SC

Beaumont Diving Academy  
Bushey ASC  
City of St. Albans ASC  
Hatfield SC  
Hertford SC  
Hitchin SC  
Letchworth ASC  
Verulam ASC  
Welwyn Garden SC

Others are in the process of 'working towards' accreditation. Simplifications to the revalidation and re-accreditation processes, and the on-line accreditation process have eased the workload for the club volunteers. County funding for many courses linked to the club's swim21 status remained available. Whilst it might appear onerous to commit to being a swim21club, there is no doubt that the governance and succession planning of the club benefit from the accreditation, and this then benefits the athletes.

### **Club Development Group**

The committee started the 2015/2016 year with a full complement of members, retaining interest from all the group which had been recruited in the previous 12 months.

The group met on four occasions, and one of the first decisions made was to divide the county, on paper, into four manageable groups, each group to be the responsibility of one of the committee members. Helena Precious-White, Shirley Burns, Nicola Rix and Karen Lawson would hold responsibility for ensuring information on activities, development and events reached the clubs in their designated quarters. It was hoped that by networking at the various forums, swimming meets and officials' gatherings, contacts could be made, thus ensuring that vital information on development reached as many people as possible, and giving everyone more opportunity.

Hertfordshire ASA continue to cover the cost of courses for officials and fund 25% of the cost of Continuing Professional Development courses (CPDs) and any UKCC Level 1, 2 & 3 course, up to a maximum of £500 per year for swim21 clubs and those recognised by the ASA East Region as working towards swim21. The county was supported by the ASA East Region throughout the year - Leanne Brace and Amy Bryant's continued hard work created an opportunity for a number of Hertfordshire members to complete a UKCC Level 1 qualification in the new year. The course was partially funded by ASA East Region, and it is hoped that further coaching courses will be on offer in the coming months.

At the beginning of 2016, there were three weekends of County Swimming Championships, and this was seen as a great opportunity to promote the County Conference, which was held in February at Hertfordshire Sports Village. An information desk and notice board held details on county events, courses, officiating, swim21, and information on all the workshops running at the 2016 Conference. Bryan Thompson supplied a fantastic amount of statistics detailing and comparing clubs' performances, competition numbers and levels of swims over recent years, which all proved interesting to athletes, coaches and parents alike. Coaches and team managers were again encouraged to nominate Club Captains, and those with captains were reminded of the online IoS Club Captains' learning module.

Ian Mackenzie, supported by Leanne Brace from the East Region, organised and ran the very successful Hertfordshire County Conference 2016. In collaboration with Hertfordshire Sports Partnership, the week saw 267 volunteers, coaches and swimmers take part in a number of courses and workshops. There were workshops on Nutrition, Psychology, 100% ME(anti-doping information), and AOE operation, and courses for Team Manager 1 and 2, officiating, Guide to Refereeing for J2S officials, and the very popular Helpers Course. There was also disability development and training, with athletes from the ASA East Region. A number of younger members completed their Level 1 Teaching Aquatics qualification, and the Level 1 Coaching course held their final assessments around Hatfield Swimming Club's training session.

Club Forums continued throughout the year, providing vital information on all aspects of running a successful club. Aimed at officials, coaches and club members, these forums give those attending opportunities to voice ideas and communicate with other clubs. Communication is important and has to be two-way. It is hoped to encourage a larger number of people to support these meetings. The committee has also undertaken, when appropriate, to address any requirements which arise from club members at these county forums. The Hertfordshire ASA website has been maintained, with details of courses available in the county, and the useful tool of Facebook is now available to advertise events and development, and, of course, spread any good news. The county is represented on the ASA East Region Club Development Group at their four meetings per year.

## **Competitive Swimming**

Changes continued to be implemented across the county in 2015-2016, and this year more of those changes were taken on board, including the task of moving the County Swimming Championships to the January – February window.

### ***Inter-County swimming***

#### ***Junior:***

The rescheduling of the County Swimming Championships meant there was no regional Junior Inter-County competition in the last 12 months. The 2016 event takes place in September and we are aiming to win this event.

#### ***Regional:***

Hertfordshire hosted the Regional Inter County competition at The Venue, Borehamwood.

Some fantastic swimming from all the teams saw a very tight competition, eventually won by Hertfordshire.

Jessica Jackson and Josh Duggan led the way with victories in the first two events, and were backed up by the rest of the team.

Final scores were:

County	Points
Hertfordshire	204
Suffolk	199
Essex	191
Norfolk	164
Bedfordshire	111

It is hoped this will be the beginning of a new era for Hertfordshire Inter-County swimming, and that an extended run of victories will be seen.

#### ***National:***

An excellent weekend in Sheffield saw Hertfordshire finish 8<sup>th</sup> in Division 1. Some excellent swimming and great team spirit was on display at Ponds Forge, where we were competing in Division 1 for the 13<sup>th</sup> consecutive year, following our promotion from Division 2 in 2002. The team again had a training session at Hitchin prior to travelling to Chesterfield, to be wined and dined before hopping up to Sheffield on the Sunday morning.

The team was accompanied by Kevin Pickard and Ingrid Wilkes (Coaches – both Hatfield), Bryan Thompson and Grant Chivers (Team Managers, Harpenden and Hitchin respectively), and Grant Chivers and Louise Hughes (Officials, Hitchin and Potters Bar respectively), as well as Janet Gardiner in her capacity as our President.

Top swimmers on the day - selected by the Coaches - were Georgie Pryor and Nathan Hughes, however it must be said that ALL the swimmers performed well for the team.

### ***County and Age-Group Swimming Championships 2016***

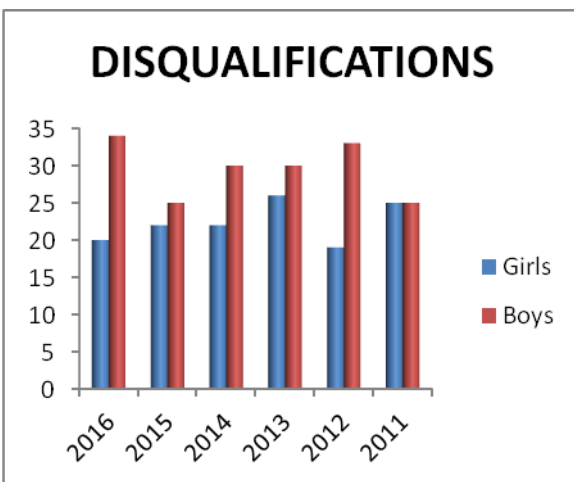
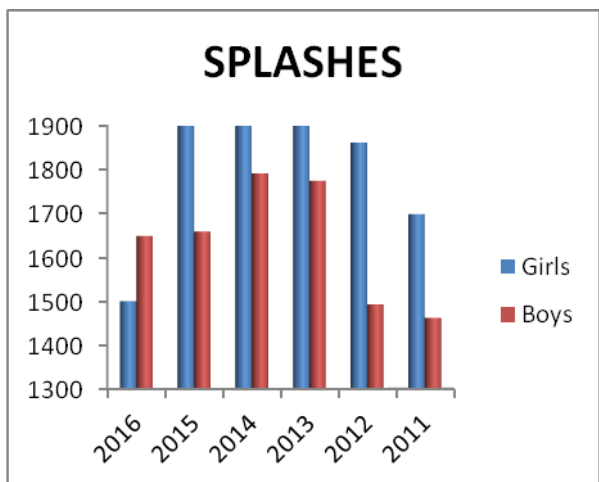
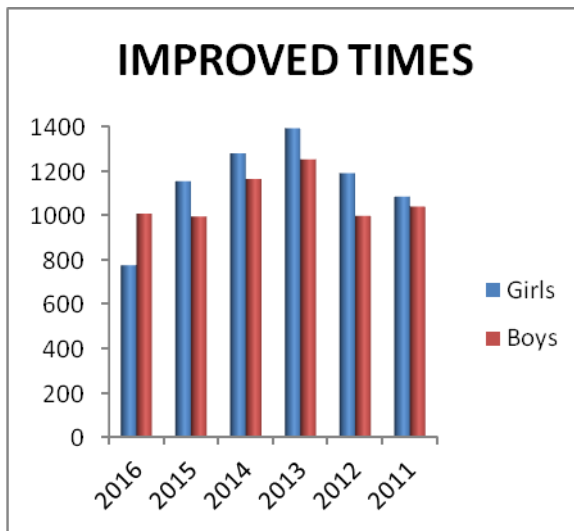
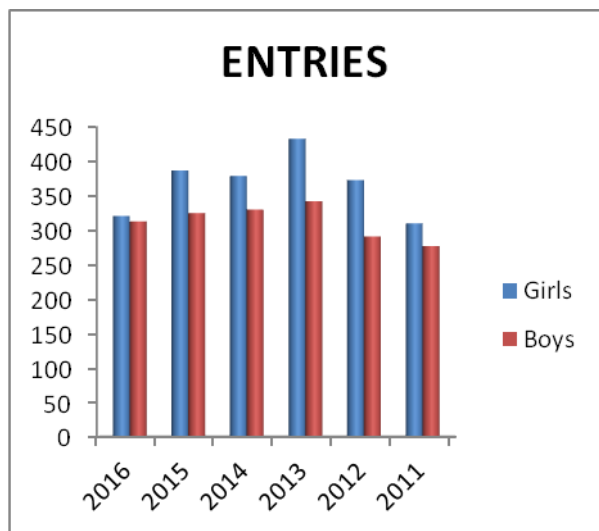
This year's competition took place over three weekends and comprised of 14 sessions. Running a brand new schedule, devised by the coaches, and including finals for all 50m and 100m events, meant there were a lot of unknowns. The coaches had expressed a desire for a championship event rather than another open meet, and, to this end, the qualifying times were made harder, and a cap was put on the number of swimmers accepted per event. Lots of unknowns and lots of changes produced quite a lot of concern as to how the competition would run. The first weekend saw a few teething problems, but nothing that wasn't overcome, and the general consensus was that the Championships were a huge success.

From the event perspective, the new club sails were on display outside the venue, and a temporary screen was installed behind the blocks, which created a doorway for the swimmers to come to the blocks, and also to be introduced for the finals, complete with spotlight. More television screens were introduced around the poolside for the spectators, swimmers and support staff to be able to watch the proceedings, and a one-way system, on poolside, was implemented to keep the area behind the blocks as clear as possible.

The county is again grateful to our external partners - namely CMH Comms, SkyVue Media, Afterdark, MosaicFX, HT Sports and Gogglebox - whose assistance enables the delivery of an event worthy of being called Hertfordshire ASA County Championships. Between them they provided our results service, video streaming, PA services, set dressing, hoodies etc.

Special thanks are also due to all the volunteers and officials, without whom the event would not run as smoothly as it did.

The headline figures for 2016:



Hoodies and polo shirts were again on sale on-line. Hats, featuring

the logo for this year, were on sale on the day, and Gogglebox were again in attendance.

As last year, live video went out on YouTube, thanks to Dan and Chris, whilst Afterdark provided their ever-reliable PA and music.





*Curtains behind the blocks with up-lighters – new for 2016*



*Introducing the finalists and our branded backstroke flags*



*Live stream with overlays*





*Sails – One per club, advertising the event*

There was some fantastic swimming over the three weekends, and a generally good atmosphere. The feedback from this year's competition was amazing, with several people saying it was the best County Championships they have ever been to. It is hoped that by raising the standard, the swimmers were inspired to perform to their best. A statistical analysis is available on the website.

### **Daplyn Trophies:**

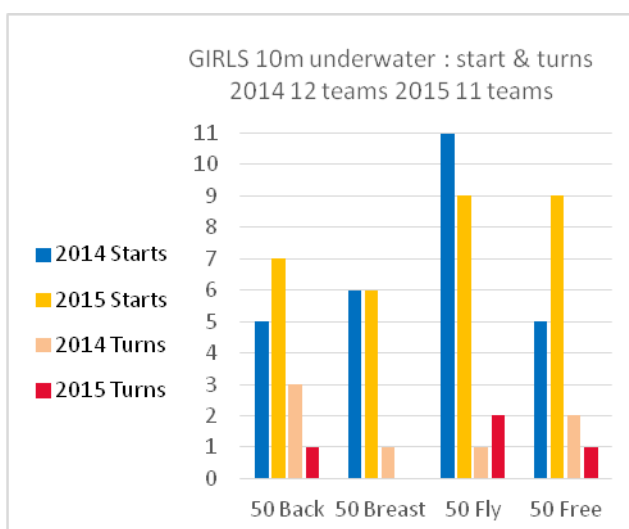
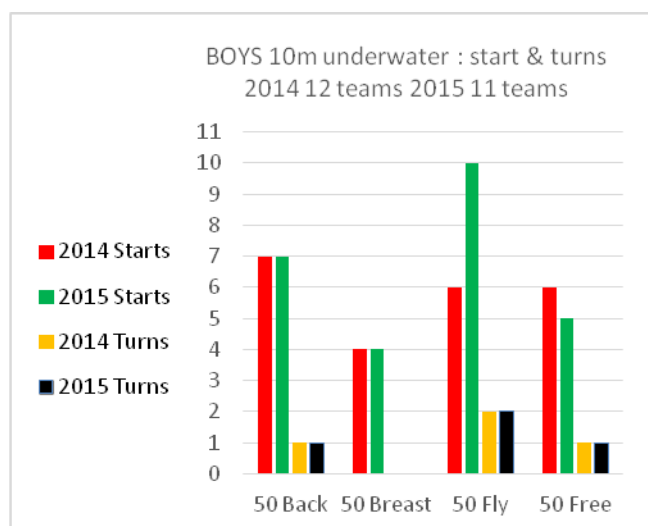
The party that the Daplyn gala has become, was repeated in 2015.

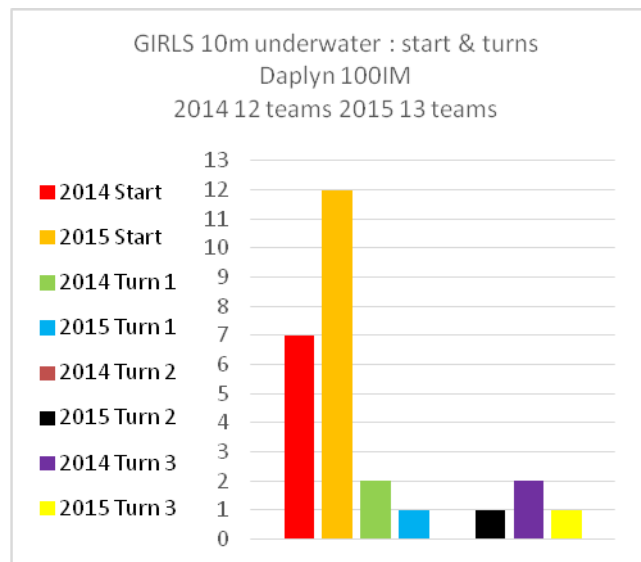
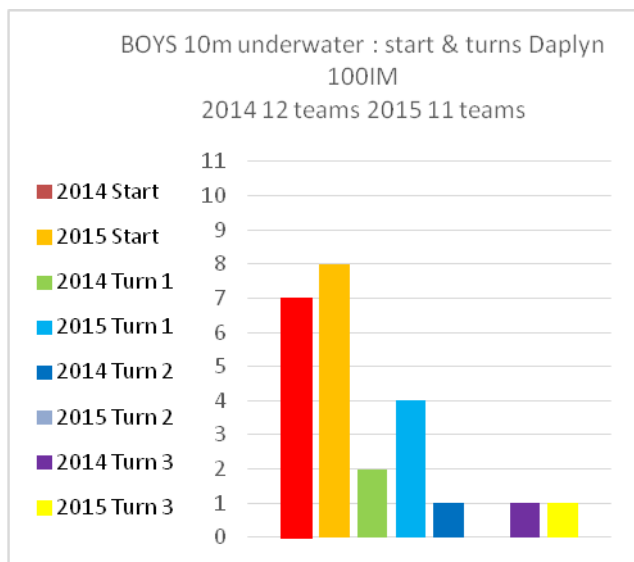
With warm-up finished, officials and competing teams gathered together by the changing rooms, lights were dimmed, and the Opening Ceremony began. This year we had dancers from the University of Hertfordshire performing as the swimmers paraded around the pool.

The pool was again decked out with balloons, and we had Afterdark providing the music and MosaicFX providing lighting effects.

The scoring system awarded points for the overall placing, plus bonus points, based on swimmers executing technically good starts and (getting further than 10m under water. This scoring system was passed before the England Talent Team, and was approved of as a way to encourage technical /skill improvements in our swimmers.

There was some fantastic racing on the night, with some very close racing too. During the breaks we were entertained by more dancing from the girls of the University of Hertfordshire, as well as the swimmers gyrating on poolside.





Some interesting statistics from the galas:

In 2014, girls averaged 58% of the swimmers going 10m or further under water. In 2015 this had increased to 65%. In 2014, boys averaged 47% of the swimmers going 10m or further under water. In 2015 this had increased to 61%. Whilst this may not seem significant, and is only from a small sample, it does indicate that that particular "skill" is being worked on.

When it came to the freestyle relays:

In 2014, the number of girls making 10m underwater (including take-overs) was 8,7,6,9 (63%). This changed in 2015 to 12,8,7,8 (67%). For the boys in 2014, the figures were 5,5,5,4 (40%), and this changed in 2015 to 7,7,6,7 (61%).

From the county's perspective, this is encouraging as it means swimmers are working on that fundamental skill.

The county is working on other events to target different skills, to encourage our swimmers to focus, at earlier ages, on their skills rather than outright speed. It is hoped that clubs and coaches will come on this journey, to benefit their swimmers. Hopefully, more clubs will be encouraged to compete in this gala, which is already being much enjoyed by those who have taken part up till now.

The awards were presented by Janet Gardiner, the Hertfordshire ASA President.

Top 3 Girls' teams

1<sup>st</sup> Hemel Hempstead A

2<sup>nd</sup> Watford A

3<sup>rd</sup> Harpenden A

Top 3 Boys' teams:

1<sup>st</sup> Harpenden A

2<sup>nd</sup> Watford A

3<sup>rd</sup> Hemel Hempstead A

Many thanks to everyone who gave up their time to make this event such a resounding success.

### Open Water

The Hertfordshire Open Water Championships 2015 were again held at Whittingham, within the ASA East Region Open Water Championships.

This year, Hertfordshire clubs were very well represented, and produced eight regional champions. The most impressive was Nathan Hughes, who finished the 3K event five minutes clear of his nearest challenger!

As well as the eight regional champions, there were another 14 regional medallists.

The numbers entering the open water events is increasing year on year, and there is now have a dedicated open water lead on the swimming committee who is looking at opportunities for open water development in the county – watch this space!

### **Masters**

The Herts. Masters 2015 gala took place on 20<sup>th</sup> June 2015. Overall, swimmer numbers were up on 2014, with six more teams competing.

It was a closely contended gala this year, and in the team competition, Hemel Hempstead Masters finished closely behind Hartham Masters, with St Albans' Masters in third place Full team results were:

1. Hartham Masters	323
2. Hemel Hempstead	311
3. St Albans Masters	269
4. Bishop's Stortford	235
5. Potters Bar	98
6. Berkhamsted	83
7. Hatfield Masters	72
8. Bushey	52
9. Stevenage	37
10. Tring	31
11. Hoddesdon	24
12. Hertsmere Flyers	14
13. Hitchin	13
14. Kings Langley	12

#### *Women's – Top teams*

1. St Albans
2. Hartham
3. Bishop's Stortford

#### *Men's – Top teams*

1. Hemel Hempstead
2. Hartham
3. Bishop's Stortford

There was a good turnout of officials and other volunteer support on the night.

### **Inter-Counties Masters 2015**

The county came sixth in the closely-fought Inter-Counties Masters gala held at Newmarket on 15<sup>th</sup> November 2015. The county was short of a large number of swimmers, with many competing in seven or eight events. So it was a fantastic effort by those that swam.

Final gala scores were:

1. Norfolk	281 points
2. Cambridgeshire	261 points
3. Suffolk	259 points
4. Bedfordshire	217 points
5. Essex	206 points
6. Hertfordshire	163 points

When the regional results were entered into the results nationally, Hertfordshire finished in a disappointing 21st place.

### **Hertfordshire Swimming League Senior League gala 2015**

This gala did not take place this year owing to lack of interest. The league's committee has suggested changing this gala back to a more fun gala.

## **Records**

The follow swimmers achieved East Region records at the British Championships this year:-

Hannah Bennett - Hemel Hempstead – 50m backstroke and 200m backstroke  
Sally Winter - Bishops Stortford – 50m butterfly  
Barry Chandler - Bishops Stortford – 100m butterfly  
Daryl Mason - Potters Bar – 100m breaststroke  
Neil Culley - St Albans – 50m freestyle

Hatfield's Chris Dunn set a World record in the 70/74 years age-group in the 400m freestyle, with a time of 5.11.68. He also set European records in the 200m freestyle in a time of 2.26.50, in the 100m freestyle with a time of 1.05.45, and in the 50m freestyle, with a time of 29.36.

## **Swimming Officials**

Training of Swimming Technical Officials in the county continues to meet the key performance indicators set by the ASA and Hertfordshire ASA Management Board to provide sufficient licensed Judge Level 1s, Judge Level 2s, Judge Level 2S and Referees to staff the annual county championships.

In this financial year the following have been delivered:

Timekeepers, trained and passed	-	60
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The following numbers have passed their assessment at the Judge Levels shown:

Judge Level 1	-	20
Judge Level 2	-	5
Judge Level 2S	-	6
Referee	-	1

In addition, the following numbers of officials are undergoing training in the Judge Levels shown:

Judge Level 1	-	41
Judge Level 2	-	9
Judge Level 2S	-	7
Referee	-	2

Of these figures, the following young officials have passed their assessments at the Judge Level shown:

Young Judge Level 1	-	3
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This year the following young officials are in training:

Young Judge Level 1	-	6
Young Judge Level 2	-	1

Officials have been kept up to date with regular circulars, newsletters using "Mailchimp" and Hertfordshire ASA Facebook page, and with information on the Hertfordshire ASA website.

There is a continuing increase in Level 4 licensed meets, which enable our swimmers to gain county entry times. The delivery of courses will continue to support these meets during 2016/2017, and Deborah Huggett continues to help the Swimming Technical Officials Co-ordinator, as Course Allocation Manager, to co-ordinate training for the county.

Continuing Professional Development (CPD) courses have also been run in the county, with average attendance, to deliver mandatory elements required for re-licensing. This has been achieved by offering these courses as part of the Hertfordshire Officials Forum, and it is with thanks to Ian and Sheila Mackenzie and Jonathan Pope for organising and delivering course content.

The Guide to Refereeing for Judge Level 2S officials has been run again by Sheila Mackenzie, in February, at the Hertfordshire ASA County Conference – but the take-up was not been as strong as previous years. The ASA recognise the benefit of this training, and will be offering this type of training nationally in the future.

The county has again run several galas during the year, and officials have been quick to volunteer their services, which has enabled mentoring and training for officials wishing to enhance their qualifications.

This year's County Swimming Championships again saw an excellent turnout of officials volunteering, with 72 officials supporting the events over three weekends. This equates to an average of six sessions per official.

This year JL1 and JL2 assessments were conducted during the County Championships - a total of ten new officials.

The new ASA training requirements on Judge Level courses has received some resistance from volunteers, but the ASA requirements have been met in the county, and all assessments have been conducted in compliance of the new guidelines.

The county administrators will continue to advise and support new officials undertaking training in 2016/2017.

It is also key to thank those who are part of the training/assessment team, who volunteer their time to the county, to deliver training and conduct assessments, for the benefit of the volunteers who are undertaking British Swimming qualifications.

The continued support of the training/assessment team will ensure that sufficient courses can be delivered, and that there will be a strong volunteer base over the coming 12 months and beyond.

## **Synchronised Swimming**

There is no county synchronised swimming committee or synchronised swimming manager, but the three synchronised swimming clubs in the county continue, with two of the clubs being involved in regional competitions and development. The clubs are represented on the ASA East Region Synchronised Swimming Committee, and progress has been made in the development of the discipline, and in the provision of competition for the athletes.

## **Water Polo**

Despite the proactive efforts, and the ideas for development of the discipline, which Steve Cook, the water polo manager, produced during his term of office, the county water polo committee was not functioning effectively in 2015.

Unfortunately Steve Cook was then unable to continue in the role of water polo manager, and the discipline continued only through the clubs, not through the county, for the latter part of 2015.

Since the beginning of 2016 however, there has been progress, with a group of interested people having a meeting with some of the county officers, leading to the formation of a new committee and the appointment of a new manager, Jonathan Lowry. The new committee members have taken on responsibility for various areas for the discipline, with Rose Younger having particular responsibility for the development of the discipline for girls.

The competition structure of the Hertfordshire Water Polo League and the Knockout League has since been reviewed, and put in place for the 2016 matches. There has also been progress in providing development for young players, with a view to providing training and competition for these players.



## **Forums**

Forums have been organised during the year. There have been three Club Forums, three Coaches Forums and two Officials' Forums. Every effort is made hold the forums on different days each time, so that a clash with club night is avoided, but this is very difficult to achieve. Attendance has varied, but the inter-action provided by such meetings has been well worthwhile for those who were able to be there.

## **Awards**

### ***Roy Rogers Memorial Trophy***

The trophy is awarded to the person, team or club who has made a significant contribution to the sport of swimming. This year the Roy Rogers Memorial Trophy was awarded to Barbara Scorer.

### ***The President's Plate***

The trophy is awarded, at the sole discretion of the President, for conspicuous service to Hertfordshire ASA. This year the President's Plate was presented to Deborah and Graham Huggett.

### ***The Wilkinson Sword***

The sword is awarded annually for achievement in the sport of swimming. There were no nominations received this year.

## **Finance Officer's report**

The accounts for Hertfordshire ASA, and the finance officer's report will form part of the Annual Council Meeting.

## **Appreciation**

The county could not function successfully if it were not for the many volunteers who give their time freely to support our athletes. Help is always appreciated, whatever is the role you undertake, whether it is at your club, at competitions for your club, or at county events, and whether it is 'technical' or 'non-technical' support, it needs to be there, so thank you to all of you who work for the benefit of our athletes.

Janet Gardiner has been our President this year. Janet has represented the county and supported our athletes at competitions and events, presenting medals and trophies. Thank you, Janet!

Finally sincere thanks to all our officers, board members and others elected to the various committees, who have given their time and expertise, freely, to develop the disciplines and the county association, in support of our member clubs and our athletes.

**For, and on behalf, of the Hertfordshire ASA Management Board**

**Sheila Mackenzie**

**Association Secretary**

## **President's Addendum**

My reaction to being asked to be president was amazement that I was considered worthy enough for the honour. My principal activity has been the masters' swimming, and so I haven't seen much of the other disciplines. The thing that amazes me is just how fast the junior swimmers are.

It was an enjoyable experience, and it has opened my eyes to all the disciplines, and in particular to all who make swimming possible. This means the coaches, club volunteers and all the officials, without whom swimming in all its forms would not be possible. This allows the swimmers to excel in whatever they do, whether it's competitive swimming, diving, open water swimming, synchronised swimming or water polo.

The year started with the East Region Inter-County gala, which the county hosted at Borehamwood. I didn't know any of the dignitaries from the other counties when I walked into the room. They put me at my ease. It was a bonus that Hertfordshire won the competition.

I was on my own as a dignitary for the county at the East Region Open Water Competition, so couldn't give out the medals to the Hertfordshire swimmers. Instead I was able to help award the medals for the region. The setting was glorious, and so too was the weather, but I'm afraid that I didn't touch my toe into the water, so I couldn't tell what the temperature was. I don't feel inclined to go there as a competitor this year!

October saw a variety of disciplines, from masters at Newmarket, where I helped give out the medals, to a club open meet at Borehamwood pool; and with elite swimmers at the National Inter-Counties at Ponds Forge in Sheffield, and the month finishing with a disability gala at Hatfield. The Inter-Counties at Sheffield saw the highest that Hertfordshire had come in all the years of the competition, finishing in 8<sup>th</sup> place.

November was busy with various disciplines too. There was an East Region short-course at Luton, an inter-county masters at Newmarket, and a regional synchronised swimming competition at Stevenage, where I was helped to understand the routines by someone in the audience who was a relative expert. This was followed by club championships at my home club of Verulam, and then there was water polo at Watford. The water polo was explained admirably by Grant Chivers, and this helped a novice like me. It is amazing how the swimmers swim with heads up and maintain the "feet off the ground" for so long.

Early December was swimming orientated, with club awards made to all the Verulam swimmers who had won them, and then there was the Daplyn Trophy, and my final appearance for the year was at The National Arena Swimming League - London division two final, where Verulam was hosting the gala at St Albans.

The start of the New Year saw the change to the schedule, with Counties being in January and beginning of February instead of March. Whilst seeing the swimming was a great privilege, it was also a revelation on seeing the helpers, coaches, parents and officials. The presentation evening that followed gave an insight to how hard all the swimmers had worked. The change of schedule of Counties meant that March and April were quiet months for me. The highlight in April was the "Special Olympics" gala at Hatfield. The swimmers come from far and wide to be there.

In May it will be long-course swimming at Norwich and Luton where I shall undoubtedly see some very fast swimming.

It has been an amazing and instructive year in which I have learnt a lot. The year has flown by. I wish my successor, Murray Devine every success in the post of President of Hertfordshire ASA.

**Janet Gardiner**

**President, Hertfordshire ASA (2015-2016)**

**HERTFORDSHIRE**  
**AMATEUR SWIMMING ASSOCIATION**

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