

Swim England, Hertfordshire

Minutes of the Synchronised Swimming Discipline Committee

Meeting 15th January 2019 7:30 pm – Welwyn Parish Centre

Present

Tom Brennan (TB) Swim England Herts Synchro Manager
Jean Cook (JC) Swim England Herts Chairperson
Ian Mackenzie (IM) Swim England Herts
Sarah Darragh (SD) Swim England Synchro Development Manager
Amy Bryant (AB) Hatfield SSC
Karen Brennan (KB) Aqualina SSC
Jayne Jarvis (JJ) Cheshunt SSC
Kerri S Brennan (KSB) Aqualina SSC

Apologies

Sue Copley, Potters Bar SSC

Denise Silk, Dacorum SSC

1. Introductions

All present gave a brief introduction regarding their current roles and some background regarding their respective clubs. Basic details of current clubs sizes and the number of Coaches and officials were shared. (SD) explained her role as National Synchro Development Officer, (IM) and (JC) also explained their roles as part of Herts Swim England.

2. Minutes of previous meeting

NA on this occasion as first meeting

3. Matters arising

Nothing outside of those items discussed under the main Agenda sections

4. Reason for the Meeting & Continuation of the Discipline committee

(TB) explained that the Swim England Herts Committee had requested that he set up a committee for the Synchronised Swimming discipline in Herts. He explained that he had been the Swim England Herts Synchro Manager for the past 2 years and provided several reports to the main Herts committee but a committee had not been formed as previously there was only 3 Synchro clubs in the County. This has now grown to 5 clubs and it was felt that it would be worth- while getting a committee together to give Synchro an increased focus.

(TB) also made it very clear that this by no means was meant to replace the good work done at Regional Level but more so to complement that and help drive more development opportunities for our swimmers at both levels.

The following will be regular items we discuss under this section, where discussed on this occasion there have been updates provided.

Coaching

Level 1 and 2 courses were discussed and (AB) shared that a L1 course is being planned for April and if anyone had any interested Swimmers / Helpers please let her know. L2 would normally be at Cobham but others do come up on occasion if we are made aware we will share the details.

(TB) confirmed that a Synchro Specific Helpers course is being run at Cheshunt as part of the Herts Development weekend on the 23rd of Feb, (SD) will be running this for us but if Coaches want to attend and shadow they can then run the course themselves back at their own clubs afterwards.

Officials

The Region are planning 2 courses this year a L1 Judges course in April and also a L2 judges course in Nov. Details can be found of the East Region web site and Amy Davis will also send out e-mails to all clubs.

Competition

General discussion took place around the competition calendar, East Region currently have a well established competition schedule and we will continue to take part in these competitions. At present we have not discussed having our own County competition but we may explore with East Region the possibility of awarding County Medals at one of the competitions later in the year.

We spoke briefly about National level competitions and that the Combo Cup was targeted at clubs with swimmers of all levels and that there is a section for lower grades. (AB) shared that East Region are also looking to get a Regional squad together who could potentially compete at such events this is currently work in progress.

Skills

We confirmed that the next 2 Skills days are 26th Jan & 18th May and a further date was being booked for some time in November. The question regarding the possibility of running a skills day at County level was discussed but it was confirmed that these can only be run at Regional level.

Pathway (LTS,8/9/10, Local Partnerships Beacon Program)

We did not get to discuss this in any detail on this occasion (SD) confirmed that the CPD for LTS-8,9,10 was available to qualified L2 swimming teachers to train them on the basics of Synchro and the Helpers Course covers very similar details. (KSB) shared that Aqualina have had 5 Swimmers selected for the Beacon program and hoped this would help drive standards further across the club but ultimately filter back into the County.

Funding

This was not discussed in any detail during this session other than (IM) confirming the cost of the Helpers course is being covered by the County.

5. Sarah Darragh Development of Synchro within Herts County

(SD) explained how she has worked with many other Counties and clubs to drive up participation in synchro & also to develop swimmers in areas that are currently not achieving progress towards the higher pathway within the sport.

She advised that we set up our own development sessions within the County but try to target 10 and under's. It would make sense to invite a coach from outside of the Region to run these sessions but invite local Coaches to attend as a mentoring session. Potential Coaches mentioned were Rosie Barrington or Sarah Spears. We agreed that we would look at the list of all swimmers under 10 after the May Grading day and then we can decide if we just target under 10's for Development or also target slightly older and with a grade.

Provisionally 2 dates have been agreed these being:-

13th July (Focus on Land Based Training & Skills)

29th Sep (Focus on Choreography (Patterns & Transitions) & Routine Grades)

(SD) explained that if judges from 3 clubs were present at the development day we could potentially assess the swimmers for Routine grades.

We discussed what we would charge for attendance at the development day and as we want to encourage attendance we agreed the figure should be somewhere between £10 to £15, (IM) will confirm what we charge for similar development camps for competitive swimmers.

(SD) has offered to pull together a Development plan for the county for our consideration, we all agreed this would be most welcome .

AOB

(SD) offered to talk to either of the clubs who were not in attendance tonight (Potters Bar & Dacorum) after the Helpers Course on the 23rd Feb if they would like.

DONM to be agreed

Those present agreed 22nd May (Wednesday) 8.00 at Welwyn Civic Centre

ACTIONS:

1. (TB) to check availability of Cheshunt Pool for the 13th July & 29th Sep
2. (SD) subject to (1) to check the availability of out of County Coaches for development sessions
3. (SD) post the skills day on the 18th May to run details of all under 10's and their current grade status and possibly under 11 and 12 as well
4. (SD) to produce a development plan for Herts County to consider
5. (IM) to confirm charges for Development camp attendance
6. (SD) to share the details regarding running routine Assessments between 3 clubs
7. (IM) to book room for next meeting on the 22nd May @ Welwyn
8. Potters Bar & Dacorum to advise (SD) directly if they would like to meet after the Helpers course on Saturday 23rd Feb.