

Swim England, Hertfordshire

Minutes of the Synchronised Swimming Discipline Committee

Meeting 14th Jan 2020 7:00 pm – Welwyn Civic Centre

**Present**

Tom Brennan (TB) Swim England Herts Synchro Manager

Amy Bryant (AB) Hatfield SSC

Kerri Brennan (KB) Aqualina

**Apologies**

Shelia Mackenzie (SM) Swim England Herts Secretary

Jayne Jarvis (JJ) Cheshunt SC

**1. Apologies**

As noted above ( No response from Dacorum or Potters Bar Clubs was received )

**2. Minutes of previous meeting**

All present had received a copy of the previous minutes and no queries or additions were noted at the meeting.,

**3. Matters arising**

The previous Actions were reviewed and updated under the main body of the meeting

**4. Term of Reference ( Review )**

The point we had previously debated and voted upon unanimously by all present, that being that if any club had more than one representative who wanted to attend we would welcome them with open-arms, however each club present would only be entitled to one vote. Was formally put to the Management Board by TB. It was agreed and a new TOR has been issued to the committee. All present were happy with the updated version.

**5. Discipline Specific areas for discussion.**

**Coaching**

TB shared details about a Level 2 course due to run in Cobham 9<sup>th</sup> to 13<sup>th</sup> April. We also talked about the new RPL option for fast tracking a Level 1 Coaching qualification

AB advised that there would be local follow up sessions to the Land Training upgrade sessions which was held as part of the Annual Synchro conference. **AB: Action to share details with everyone when they are available regarding the Land Training qualifications ( for L2's only )**

We also spoke about the possibility of another Synchro Helpers course as we felt these were very good for the older swimmers and Parents who want to help on poolside. We discussed possible dates and we felt the first week in April may work for us. **TB: Action to look into the possibility of running another helpers course**

## **Officials**

All present agreed that sufficient officials courses were being provide at Regional level so there was no benefit in running them at county level at the current time. We noted that a Judge L1 is being run Kentford on the 22<sup>nd</sup> of Feb and that the Region are working on fixing a date for a Judge L2 as well

## **Competition**

**Previous Action: TB to make sure all County clubs are aware in advance when County Medals are to be awarded**

All present agreed that we would award County medals at the Regional competition scheduled on the 20<sup>th</sup> June. As there are no Masters events on this date we agreed to explore the possibility of awarding Masters Medals at the competitions on the 8<sup>TH</sup> Feb ( Combinations ) & 28<sup>th</sup> March (Solo's & Duets ). **TB: Action to check with Shelia Mackenzie if Masters Medals are available to award on the 8<sup>th</sup> Feb and 28<sup>th</sup> March Competitions**

## **Skills**

**Previous Action: TB will check with Sarah Darragh the criteria for running Routine Grading days and share with the interested clubs** This was not discussed at the meeting but remains ongoing.

We currently have skills days booked on the 18<sup>th</sup> Jan and 2<sup>nd</sup> of May in the Region and within our County. A further skills day is planned for around October but that is still to be confirmed by the Region.

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

**Previous Action: AB to clarify the Beacon Squad selection criteria and feedback on the set up of an East Region Squad.**

AB shared feedback from her discussions with Sarah Darragh about this subject. The Region will be looking at running a Beacon squad next year and the selection may be via a combination of placing at NAG's and some selection days. The fine details were to be sorted out and AB will keep us informed.

**AB: Action to share updates on the formation of an East Region Beacon Squad**

## **Funding**

TB confirmed that he was aware that several of the Herts Clubs had been successful in securing funding from Swim England as part of the Club Growth Fund. AB stated she had not secured funding on this basis as there was not much room for growth at Hatfield due to pressure on pool space, she had however secured funding under a separate arrangement.

## **6. Development Days within Herts County ( feedback, de-brief )**

**Previous Action: ALL agreed to feedback their comments on the development day to TB, he would then summarise this and share it with Sisy.**

TB confirmed he had shared feedback as discussed at our last meeting and via subsequent e-mails with Sisy. She accepted our comments but did feel the basics were very important before progressing to actual figures. I shared that we agreed with this but we felt it would be better to have a balance between the basics and doing some of the figures. We agreed that the next additional session would be best focused on those working towards grade 3, so current Grade 2 swimmers. The 15<sup>th</sup> of March is booked and confirmed with Goffs School and Sisy is booked for the day.

**ALL Action: to confirm if they or any of their coaches or Helpers would be available to assist at the next Development day. ( AB confirmed she is not available on this occasion )**

## **7. Plan for next Development ( confirmed as 15<sup>th</sup> March )**

We agreed to continue with the previous format targeting those who would be looking to go for their Grade 1 at the East Region Grading Day on the 2<sup>nd</sup> of May and then the second session as stated above would be for Grade 2 looking to take their grade 3.

Both sessions we feel would benefit from at least 1 hour of land training, previously the second session did not have this and we feel it would be a good enhancement to their session.

With those working towards Grade 1 we want the Land session to be progressive for splits / flexibility being appropriate for the range of abilities present at the session. For the pool session we would like to work on Core engagement, Support Sculls, Transitions and then apply these across some of the Grade 1 skills ( Fishtail, Hanging Vertical & Reverse Scoop Scull).

At the Grade 3 ( Working towards Session ) we want to start with a Land session again with progressive activity for Splits and general flexibility and a general warm-up prior to the pool session. We expect to move straight from Land training to the pool due to time constraints. Key areas we want to work on are holding verticals at Height, introducing Spins, working support scull to build strength. Finishing with the following grade 3 skills Straight Bally Leg, Vertical Spin 360 and Barracuda.

## **AOB**

AB shared that the next East Region Squad session was booked for the 22<sup>nd</sup> Feb @ New Hall (School, Chelmsford, Essex ( 9:00 start ) anyone who wanted to help with Coaching was welcome to come along.

**ALL Action: let AB know if you would like to help at the East Region Squad training session at New Hall School Chelmsford 22<sup>nd</sup> Feb.**

## **DONM to be agreed**

The next two committee meetings have already been booked (Tuesday ) 7.00pm at Welwyn Civic Centre 12<sup>th</sup> May & 15<sup>th</sup> Sep

**ALL Action: to add future committee meetings to diaries A.S.A.P (Tuesday ) 7.00pm at Welwyn Civic Centre 12<sup>th</sup> May & 15<sup>th</sup> Sep**

## **ACTIONS SUMMARY:**

- 1) **AB: Action to share details with everyone when they are available regarding the Land Training qualifications ( for L2's only )**
- 2) **TB: Action to look into the possibility of running another helpers course**
- 3) **TB: Action to check with Shelia Mackenzie if Masters Medals are available to award on the 8<sup>th</sup> Feb and 28<sup>th</sup> March Competitions**
- 4) **AB: Action to share updates on the formation of an East Region Beacon Squad**
- 5) **ALL Action: to confirm if they or any of their coaches or Helpers would be available to assist at the next Development day. ( AB confirmed she is not available on this occasion )**
- 6) **ALL Action: let AB know if you would like to help at the East Region Squad training session at New Hall School Chelmsford 22<sup>nd</sup> Feb.**
- 7) **ALL Action: to add future committee meetings to diaries A.S.A.P (Tuesday ) 7.00pm at Welwyn Civic Centre 12<sup>th</sup> May & 15<sup>th</sup> Sep**