

## LINCOLN VULCANS SWIMMING CLUB

Minutes of the Management Meeting held on Thursday 8<sup>th</sup> March 2018 at City of Lincoln Priory Academy

Present: - D. Hendel (chair), C. Hendel (secretary), S. Wilson (treasurer), M. Webster, C. Burton, J. Burr, S. Collett, A. Cole, P. Hogg (head coach)

1. Apologies for absence

D. Kingston, N. Oldham, H. Nicholls, S. Nicholls

2. Minutes of the meeting held on the 8<sup>th</sup> February 2018

Accepted as a true record proposed by M. Webster and seconded by S. Collett

3. Matters Arising

There has been a delay on the delivery of the named hats, it is hoped they will arrive next week.

Starting equipment now repaired, CH asked if it was okay to now purchase the light for this, all agreed.

Nutrition workshop for parents and swimmers in AAA and both AA squads has been confirmed for the 17<sup>th</sup> March.

Email regarding helpers for the bag pack in June to be sent out after Easter.

Due to the weather conditions last week the disco planned for the 3<sup>rd</sup> March was cancelled with the payment for the DJ being transferred to September for the presentation evening.

Face book fundraising page is now set up and working well, email to be sent to all squads informing them of this page.

4. Treasurers Report

Bank balances produced by the treasurer and agreed

Some of the pool hire invoices are received quartly or twice a year (Cranwell) we have now requested that these are sent monthly to assist in better financial control on balances, only one that is unable to do this at the moment is NK due to their change of ownership from April, we will approach again once the transfer has taken place.

5. Correspondence

None received

## 6. Head Coach

### PERFORMANCE

#### Lincolnshire County Championships

I was pleased with how the club swam at the County Championships especially with how the swimmers were having strong back ends to their races.

We had 152 in positions 4 – 8 so the aim for next season will be to try and convert as many as those positions into medals.

Some of the underwater skills off starts and turns were also showing an improvement.

Area's still to work on is speed going into the turns as I think this is still a weakness.

Another area is making sure our boys are pushed through from LTS/Talent pathways much quicker because we had far too many gaps in events for boys in the 14 and under; However, the ones who did compete in those age groups swam really well moving up in the rankings and even medalling when they were not ranked to do so.

I believe we were leading in the race for top club after the 2<sup>nd</sup> weekend but slipped behind on the Distance events to Grantham. We did have several away on Duke of Edinburgh, but it still shows that we have to improve in those events and was one of the reasons why I encouraged more to enter those events at the time trials otherwise we would have had a lot less entries for the 800/1500.

Overall, we had 510 swims (including finals) with 474 PB's so 93% which was very pleasing so well-done swimmers and coaches.

#### Grantham Grand Prix

Adam reported that the majority of swims were best times with a great Team spirit BUT again too small an entry for a club like Vulcan's, so we must get a handle on this.

For that reason, I now propose ALL entries are discussed with the squad coaches who will recommend the events they want the swimmers to do and can monitor who has submitted entries.

### SWIMMER DEVELOPMENT

We had 12 swimmers attend the half term camp in February in Sunderland and I believe this was a great success with the Sunderland club advising that we are more than welcome again.

It was great for our guys to train with different swimmers as well as experience training in a 50m and different coaching styles and philosophies.

Some of the things that hopefully they learned were

1) YOU are responsible to sort yourself out i.e. kit bags, nutrition

2) YOU are responsible for pre-& post pool for both being ready to train but also for injury prevention

3) Physio screening was very beneficial in letting the swimmers know what areas strong and which areas are require work on AND THIS IS SOMETHING I WILL BE LOOKING TO BRING INTO THE CLUB for the AA's and AAA squads

4) Realising how FAST swimmers at other clubs actually train at in their pursuit to get faster.

I arranged a talk from one of my ex swimmers (Johnny Carlisle) which was really good, and he has offered to come down and do a clinic for us free (for old times' sake) and so will look to do this in the next couple of months.

Johnny was barely qualifying for Counties at age 13 and when I took over at Sunderland in his first session could not kick 25m on his back – he actually sank after 7m. He eventually ended up at Bath ITC with a best time of 1.54.12 for 200 Backstroke which still places him 12<sup>th</sup> on the ALL-time rankings for British swimmers.

He then went through the 3 coaches who had influenced him the most with the sets he hated and the sets he thought he got the most from (quite often they were the same). It was good to see how the training emphasis changes as they get older but was also good to hear that someone at age 13 (who I was told not to bother with as he wasn't very good) then through support, his own belief and hard work ended up as an International swimmer on a stroke he couldn't even complete a length kick on at 13.

#### PARENTS/SWIMMER EDUCATION

This now arranged for Saturday 17<sup>th</sup> March with exact details of times to follow

#### TALENT PATHWAY

Myself, Adam, Nigel and Wendy attended the Primary Schools Gala on 27<sup>th</sup> February where we identified 15 swimmers who would be able to come into the club and they were given slips to attend a taster session

Congratulations to Mia Copping, Rhianna Stone and Lyndan Wilson who have been selected for the County pathway for 11-year olds following their performances at the County Championships

The swimming festival at NK mentioned on previous reports planned for Easter has been delayed due to the change in management, PH to progress in the future.

#### 7. Fundraising update

The cake that had been donated for the raffle at the disco was sold off at NK on Sunday at £1.00 per slice as this would not have kept very long.

The raffle will be carried over to April at the sprints gala with tickets being sold at £2.50 in line with current sales, there have been some excellent raffle prizes donated for this, CH suggested that some could be kept for the silent auction at the race night in July.

Meeting is to be arranged with Alison Webb to discuss the format for sponsorship of races etc. at the event in July.

It has been suggested that there is a representative from AAA and A squads to be liaison/link with the fundraising group so these squads are aware of what is happening and have tickets etc. available to them via someone they know as MF, CB and DK do not know the parents of these squads. CH has approached a couple of parents in AAA squad and will speak to a couple in A squad next week.

8. Website update

Ed Bromley is currently looking into website options for the club to update the current site he has already put a base together and is working on content at the moment, with some updates required on some documents.

9. Swim Club Manager – update

Information for all members is now entered along with all of the session times/venues, swimmers have been allocated to squads, and PB times entered for all but A squad.

Adam has added meet information and Ed Bromley is looking into up loading times from Sportssystem after meets.

Adam has been trialling the use of the register for his squad via the system this week and plans to give Paul and Nigel a training session on this after Friday AM's session.

It is hoped that we will soon be able to send meet info via SCM which would allow coaches to select the events they wish swimmers to enter and they/parents then accept. There is an option for on-line payments but this will be further down the line when we have trialled the entry side of the system.

10. Reports

Safety Officer – nothing to report

Welfare officer – as informed following the last meeting Ann has stood down from the committee, which also includes the role of club welfare officer. CH has spoken to Richard Dennis, parent of a swimmer in A squad and LTS, who has agreed to undertake the role. RD will be attending the safeguarding course on the 22<sup>nd</sup> March and Time To Listen on the 25<sup>th</sup> March he will then take over the role officially. JB and SC will offer /provide support to RD as required.

11. AOB

CH said that the "fun" gala as mentioned by PH in previous reports with Gainsborough SC will take place on the 17<sup>th</sup> March, with swimmers from LTS and transition taking part.

There being no other business the meeting closed at 7.45pm

