

Berks and South Bucks ASA Swimming Committee

Minutes of a meeting on 12 November 2012

Present:

Rob Moore (RM)

Stuart Fillingham (SF)

Jonathan Mills (JM)

Helen Whittle (HW)

Sue Green* (SG)

Nigel Brand* (NG)

Gary Shields (GS)

Apologies received from
Roger Penfold*

* denotes ex-officio members

1 Development meet – reflection and plans for 2013

The feedback received by JM (attached) and the general impressions of the event were discussed. Overall it was felt to have been a successful event very much appreciated by swimmers, parents and coaches. Many of the specific feedback points were beyond our control (spectator space, session timing etc), but there are some detailed points to think about for 2013. SF asked whether we had officially written to Andrew Willis to thank him for attending. We had not and it was agreed that NB would write a letter of thanks.

RM explained that the meet had generated a surplus of around £3,700.

There was unanimous support to hold the event again in 2013. Whilst Sunday was not ideal, it was agreed that the day after Arena was a good slot in the calendar and we would therefore aim for the equivalent date in 2013 (13 October). Overall the format of the meet (ie events, age groups etc) was right. The feedback about swimmers who move up an age group before counties was discussed. Whilst there was some sympathy for such swimmers, this was a feature of the age at day adopted universally in age group swimming and hence was not something that we felt we should seek to solve in isolation. There was some discussion on venue. The only real alternative was Maidenhead. There are pro and cons of each. At Bracknell, the pros are, two pools, ample free parking, and the cons are limited spectator space and only 6 lanes. At Maidenhead, the pros are 8 lanes, and the cons are its expensive and difficult parking, high pool hire costs and limited poolside space. On balance the decision was made to stay at Bracknell for 2013. Additional factors were a desire to make this a different event to Counties, and also to keep the hard won slot to hold a meet at Bracknell.

It seems likely that we will have additional entries in 2013. The meet was close to capacity in 2012. So, it is proposed that meet be closed to County clubs in 2013 (it was open in 2012, although no clubs from outside the county entered). The overall meet timings will be reviewed to see if we can increase capacity, however as the meet is aimed at younger swimmer and on a Sunday it was agreed that we cannot run beyond 7:30pm. If there is a big increase in entries we will need to reject some

swimmers. It was agreed that we would not change the consideration time criteria (ULT = county times, LLT = B grade) but would reject the slowest swimmers in each age group.

Actions

- NB to write a letter of thanks to Andrew Willis
- GS to check Bracknell availability for 13/10/13.

2 Foundation Level Development camp – reflection and plans for 2013

RM referred to the detailed report of the foundation level development camp that Joan Scarrott and Matt Heathcock had prepared and which had been circulated earlier in the day (attached). There followed a discussion of the report and the experience of those who had attended. Overall, the camp was considered a great success. For the swimmers, the feedback was excellent and it seems the content here is pretty much spot on. The external speaker and nutritionist were very popular. The session for parents needs some further development, particular areas being some of the presenters had assumed more knowledge of the world of swimming that the parent had, and a need to rethink and be consistent whether we are trying to educate or recruit.

The camp had come in slightly under budget (£1,300 versus £1,500)

Joan and Matt were keen to run this camp again in October 2013 and there was unanimous support for this. It was agreed that the Swimming Committee would present a proposal for funding (of £1,500) at the Dec Exec.

RM explained he had also had a conversation with Joan earlier in the day on the next step for expanding the development programme (The development camp was the first stage of a pathway that Joan and Matt had presented to the Swimming Committee in February). Joan wanted to move forward on the level 2 camp (train and compete abroad). RM explained the key elements of this, as follows:

- 4/5 night, 5/6 day camp
- ends with a competition
- for swimmers in the top 30 nationally in their AG
- likely to be for 30 – 35 swimmers, plus team man and 3 coaches
- to be held every 2 years, in Dec/Jan/Feb timeframe. Aim for early 2014.
- likely costs £10-12k, and assumes minimal contribution from swimmers

There was some active discussion of this concept. There were a number of concerns expressed, as follows:

- the timing potentially clashes with some clubs' own training camps
- are the top level swimmers already well catered for by other training events
- would the county commit that sort of funding to such a small group of swimmers
- should there be a contribution from swimmers

Overall, there was a big question mark that this was the right next step. GS referred to the level 1 camp in the development pathway that Joan and Matt had presented (this was for a camp in June/July). There was some feeling that the committee would like to see the next step at level 1 in the pathway and not straight to level 2. It was clear that the committee was not yet ready to put a proposal to the Exec for funding for the next step on the development pathway, so it was

agreed that we should ask that Joan and Matt revisit their plans and present to the Swimming Committee at their next meeting with a view to putting a proposal to the exec at its February meeting.

Actions

- RM to request funding for 2013 Foundation Development camp at the Dec Exec
- RM to ask Joan/Matt to reconsider the next steps with more focus on level 1 and present at the next swimming Committee meeting.

3 Age Group Intercounties

RM referred to the report that Joan had prepared. NB also gave his first hand experience, which was that the team had performed very well and the whole format of the weekend had worked extremely well.

NB explained his decision to allow the swimmers to keep their county hats, which was endorsed by the committee.

The event had come in slightly under budget (£2,700 vs £3,000). It was agreed that the committee request the Exec to allocate funding of £3,000 for the 2013 intercounties team, plus an additional £300 for hats.

Actions

- RM to request funding for 2013 intercounty team at the Dec Exec

4 Masters Intercounties

RM went through the actions list from the previous meeting. It seems we are well prepared for this meet.

Actions

- RM to confirm Peter Wuestner will be there.
- GS to get the Bracknell urn to HW (via RM)

5 2013 counties

RM went through the task list from the previous meeting.

It was agreed that the on-line entry systems would go live from 1 December (but see below).

It was agreed that RM would request the contact details of each club's single point of contact for Counties (as provided for in the meet conditions), by 1 December. It was also agreed that the on-line entry system would only be opened up to clubs that had provided a point of contact.

The proposal from the ASA for British Gas support was also discussed. It was agreed that we would accept the offer of polo shirts and a pop-up stand. We would also request some BAGCAT certificates. However, in view of the very time consuming task of printing and distributing these, we may only print them on request.

The possibility of allowing entrants to purchase car park passes for Hines Meadow (at discounted rates) was discussed. It was agreed that the resources to manage the distribution of these were not available and hence we would not offer this. It was agreed that we would buy Hines Meadow passes as necessary for officials and that they would be asked to request these when reply to SG.

GS reported that Mailsport were keen to attend all 3 days at Magnet. The problem is how we accommodate both Mailsport and Fine Designs (NB we earn more commission from Fine Designs). It was agreed that RM investigate during the Masters Intercounties.

Actions

- RM to advise trophy secretary of medal requirements
- RM to respond to ASA British Gas offer
- RM to request contact from clubs
- RM to provide 2012 rota to HW
- JM to open up on-line entry system on 1 December to clubs that provided contact details
- SG to request car park requirements when recruiting officials
- RM to investigate locations for Fine Designs

6 Swimming Committee post 30 June 2013

RM explained that Roger Penfold had suggested that the Swimming Committee make a proposal at the December Exec as to how it might work under the new constitution. RM also explained his view that the work of the Swimming Committee should be divided into two bodies in the new structure. One responsible for events and one for development & the county team. RM had circulated a draft roles and responsibilities document for the Swimming Events Committee and this was discussed. In particular the proposed roles and responsibilities were discussed and a number of amendments were agreed.

The conclusions were that the Swimming Committee should make the following recommendations to the exec

- that there should be two committees with roles and responsibly as discussed
- that the chairman of each should be appointed by the Management Board
- that there should be no Management Board representative automatically appointed to each committee
- that the Chairman should appoint other members of the committee
- the committees should make quarterly written reports to the Management Board
- the existing Swimming Committee should immediately take the role of the Swimming Events Committee, and will act as a shadow body pending the appointment of a new chairman and committee at the first Management Board meeting.
- A shadow Swimming Development Committee should be identified ASAP and assume the relevant responsibilities from the current Swimming Committee (which will continue with these activities until 30 June).

RM noted that it was not his current intention to be chairman of either committee, although he would be willing to a member of the Swimming Events Committee.

Actions

- RM to submit proposal to December Exec

7 AOE

RM reminded the committee that the County had originally purchased its AOE equipment as back up for the increasingly unreliable equipment both at Magnet and Aldershot. The Exec had provided that the County equipment could be made available to county clubs, on payment of an appropriate hire fee and provided that RM or SF were on hand to supervise use of the equipment. BWSC had made use of the back-up equipment on one occasion in 2011/12 and had paid a fee of around £70 to the County for doing so.

RM also reminded the committee that the AOE system used at the recent development was a combination of the equipment owned by the County and that owned by BWSC & its members. The use of this AOE had saved the county around £500 in hiring the capability from a third party supplier. BWSC had requested use of the county equipment so that the same AOE system could be used at future Bracknell galas

The combination of the County and BWSC equipment was clearly of benefit to both parties, but it was important that there was clarity on the arrangements. SF had therefore prepared a schedule showing the amounts due from the County to BWSC and from BWSC to the County. This had been prepared based on the £500 third party charge and the capital value of the equipment concerned. It showed over the course of a full year of events, the amount that the County would owe BWSC £631 and the amount BWSC would owe the County was £621. The committee accepted that the sharing of equipment was beneficial to both parties and each was getting an equal benefit. Hence it was appropriate that no rental charge be paid in either direction based on the current meet profile.

The availability of the County AOE equipment to other clubs was discussed. It was pointed out that the county did not own a complete system and that the BWSC equipment was not portable, so there was no question of their being an alternative to hiring in a third party supplier. However, the committee reaffirmed the Exec's decision that the equipment should be made available to other clubs as a back up, on payment of the appropriate fee and assuming RM or SF were available to supervise its use. RM confirmed that Maidenhead had recently made such a request, but that unfortunately it was on a date when RM/SF and the equipment were already committed to a Bracknell meet.

8 AOB

The date of the next meeting was agreed as Monday 4 February 2013 at 19:00 at the "usual place"

Staverton House
Easthampstead Road
Wokingham
Berkshire
RG40 2EH

RJ Moore
November 2012

BERKSHIRE & SOUTH BUCKINGHAMSHIRE AMATEUR SWIMMING ASSOCIATION

**DEVELOPMENT MEET
held 14th OCTOBER 2012**

The Swimming Committee would appreciate it if you could take a few moments to answer this short questionnaire regarding the recent development meet. Please answer honestly so that we can plan future events in the best interests of the athletes.

Please rate the topics below

	Poor	needs improvement	Good	Excellent
Venue	<input type="checkbox"/>	1	3	1
Entering the meet	<input type="checkbox"/>	<input type="checkbox"/>	2	3
Pre-meet information	<input type="checkbox"/>	<input type="checkbox"/>	4	1
Programme of events	<input type="checkbox"/>	<input type="checkbox"/>	4	1
Warm-up/down facilities	<input type="checkbox"/>	<input type="checkbox"/>	3	2
Competition registration	<input type="checkbox"/>	1	3	1
Meet Duration	<input type="checkbox"/>	1	2	2
Awards	<input type="checkbox"/>	<input type="checkbox"/>	4	1

With regard to timing of sessions would you prefer:

Morning and Afternoon	4
Afternoon and Evening	<input type="checkbox"/>
Morning, Afternoon and Evening	1

Any additional comments / ideas regarding future meets:

As the meet was for swimmers who had not yet achieved county times, several children hoped to use it to get them. However, they had times too quick for the current age and therefore couldn't enter but would have liked to get time for next age up- would have been good if they were allowed to enter for the next age up

=====

any of the swimmers complained that the pool water was too cold. Entry into the poolside area was very congested at times by the door, resulting in difficulty watching your child race. This was aided with the additional chairs eventually put out by the awards table, however this information was not passed on particularly well to newcomers. Perhaps a simple announcement for people in the seated areas to move along would help?

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Very good meet It gave me a change to qualify for counties

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The only improvement to the venue would have been more spectator seating (but outside the meet organiser's control!). Personally I'd prefer morning and afternoon sessions but as this meet ran the day after the Arena league I think afternoon and evening sessions were more appropriate for the swimmers.

=====

On the whole very good, spectator seating needs improving. Not even sure all those long rows are safe?? No mention of spectator entry fee in the pre meet info and at a meet that long I think three sessions would have been better, there was a lot of waiting around for some children

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When you've finished, please click this button

Thank you
B&SB Swimming Committee

Summary of answers for survey Berkshire & South Buckinghamshire ASA
Development Meet 2012 sent in (Surveys Sent/Replies 22/5)

Berkshire and South Buckinghamshire Amateur Swimming Association

Founded 1911



President: Nigel Brand

PRE-COUNTY DEVELOPMENT CAMP 2012

FULL REPORT

Please find below our full report on the Pre-County Development Camp which took place on Sunday 7th October 2012 at Heathfield School, along with our summary recommendations for 2013.

Matt Heathcock
County Coach

Joan Scarrott
County Team Manager

Pre-County Development Camp Initial Idea summary

- We run the One day Development Camp at Heathfield School
- We invite all Head Coaches(or their nominated representative) to accompany their swimmers
- Maximum 8 swimmers per Club are nominated by their club, completely at Club's discretion
- Swimmers aged 9-11 "age on year" to be targetted
- Day to be run in October (before or after the County Development Meet - Oct 21st?)
- Coaches are offered mileage expenses at 40p/mile
- 4 hours pool time (2x2hour sessions)
- We offer to pay the coaches and Officials' Trainers' Milage at 40p per mile
- No Lunch costs - packed lunches
- We wouldn't pay the coaches for the day
- Focus of the day is educational – for swimmers and parents (and hopefully Coaches?)
- We have no attachment to the venue - alternatives welcome
- We are seeing this Development day as the very first step in trying to get some/any energy going in the County
- We would run the day with as few as three clubs (24 swimmers/24 parents/3 coaches) and build from there

Idea Execution

Please see Appendix for:

1. Invitation
2. Agenda
3. Participants – Swimmers, Parents, Speakers, Coaches
4. Cost breakdown
5. Feedback and Web Report (Thank you Jonathan Mills; John Rowley)

Recommendations for 2013:

- Deliver a second Camp in October 2013
- Consider a third Camp later on in the season – late June/early July
- Re-structure Officials' session to avoid tension between Education and Recruitment based on the feedback we got. Invite the parents who are in the group and already officiating/training to be officials to share their stories about why they got involved and what they get out of it. Invite other officials also to share their stories.
- Keep :-
 - The venue – it worked well
 - Nutritional element – positive feedback
 - Skills/drills focus - worked well for swimmers/coaches
 - Guest speaker slot - very well received by all
 - Keep the T shirts – the swimmers really liked them!
 - Maintain the separation of Parents from Swimmers when the coaching is taking place to avoid any possible accusation of Coaches poaching parents and maintain focus on the swimmers
 - The flow of the day – it made sense
- Introduce a session on “all the questions I'd love to ask but haven't about swimming/swimming clubs” for parents based on the feedback we got. Maybe have a panel at the groups' disposal comprising of people who have taken on some of the different roles, to prime the process (Meet Promoter; Chairman; Swim 21; Volunteers; Announcer; Medal table; Food; Social Secretary etc).
- Announce the October Camp in July before the National Championships – could be offered as a “well done” and “incentive” for the following season?
- Allocate a budget of £1200 for each camp in 2013

INVITATION

Berkshire and South Buckinghamshire Amateur Swimming Association



Founded 1911

President: Nigel Brand

**Berks & South Bucks Pre-County Level Development Camp for Swimmers and parents
BAGCAT Focus – Sunday 7th October 2012
Heathfield School , Ascot**

The County Committee has agreed a programme of investment for the County's young swimmers and their parents to supplement the great work that is already happening in the Swimming Clubs in the County.

We will start by holding a one day Pre-County Level Development Camp on Sunday 7th October at Heathfield School 25m Pool in Ascot.

The purpose of the Camp:

To give young swimmers and their Parents further insight into competitive swimming at County level and beyond with specific focus on training, nutrition, competing at a higher level and officiating.

Draft Programme: 08.30-17:00

Welcome and Introduction	
Guest Speaker	
Swimmer Track	Parent Track
Training session 1	Nutrition
Lunch	Lunch
Nutrition	Judge level 1 development
Training session 2	
Open Forum	Open Forum
Close	Close

Nominations:.

Each club can nominate a maximum of 6 swimmers (aged 9-11. Age on Year) and 6 parents. The swimmers will be accompanied by a nominated Club Coach. Further details of the programme will be sent once the full list of participants has been compiled.

If places are not taken up by each club, those participating clubs may be offered the opportunity to send more swimmers to the Camp.

Deadline for nominations:

Please send your Swimmer, Coach and Parent nominations to Joan Scarrott, County Team Manager by Monday 17th September on joan.scarrott@virgin.net. Please include email contact details, or home addresses so that further details can be communicated.

We look forward to seeing you there. Matt Heathcock - County Head Coach

AGENDA

Berks & South Bucks **Pre-County** Development Camp for Swimmers and parents
BAGCAT Focus – Sunday 7th October 2012
Heathfield School , Ascot

AGENDA

Programme: 08.30 (for an 08:45 prompt start)-16:15

08:45:	Welcome and Introduction	
09:15:	Guest Speaker – Craig Gibbons, GB Olympian 2012	
	Swimmer Track	Parent Track
10:30:	Pool session 1	Volunteering – “Non-White” Roles Rob Moore BSB Meet Promoter
		11:15: Nutrition – Anita Bean
12:30:	Lunch	
13:15:	Nutrition – Anita Bean (Reception)	Volunteering – “White” roles
14:30:	Pool session 2	Sue Green/Helen Whittle
15:45:	Open Forum	
16:15:	Close	

PARTICIPANTS

SWIMMERS	
Maidenhead	Amersham
Anthea Cheung	Harriet McGrath
Alyssa Basinger	Marcus Van Rest
William Richards	Megan Peppiatt
Melissa Scanlon	Thomas Hortop
Olivia Good	Katie Thompson
Alfie Dean	Isobel Ashby
Windsor	Reading
Luke Burton	Lucy Penton
Luke Smith	Carlos Bakker-Noguer
Hannah Meyrick	Javier Bakker - Noguer
Elanor Moss	Madeleine Pollard
Niamh Southall	Ruud Drew
Lauren Broad	Jack Endersby
Katie Davies (not Swimming)	
Bracknell and Wokingham	
Latisha Gleghorn	
Chloe Stedman	TOTAL 31 swimmers
Lily Hoban	
Izzyl Arnold	
Joshua Reece	
Michael Gadsby	

PARENTS REGISTER	
Maidenhead	Amersham
Kim Khuu	Mr/Mrs Wilson
Saskia Basinger	Mr/Mrs Van Rest
Katie Richards	Mr/Mrs Peppiatt
Cathy Scanlon	Mr/Mrs Hortop
Christine Good	Mr Thompson
Jonathon Dean	Mr/Mrs Ashby
Windsor	Reading
Mr/Mrs Burton	Mrs Ali Penton
Mr/Mrs Smith	Mrs Bakker - Noguier
Mr/Mrs Meyrick	Mrs Sarah Pollard
Mr/Mrs Moss	Mr Miles Drew
Mr/Mrs Southall	Mr Roger Penfold
Mrs Broad	
Bracknell and Wokingham	
Cleo Gleghorn	
Phil Stedman	
Lesley Hoban	TOTAL 29 Parents/Guardians
Fiona Arnold	
Garfield Reece	
Paul Gadsby	

SPEAKERS AND COACHES	
Name	Club/Role
Joan Scarrott	Team Manager BSB
Matt Heathcock	Head Coach BSB
Sue Green	Reading and BSB
Helen Whittle	Reading and BSB
Rob Moore	Bracknell and BSB
Anita Bean*	Sports Nutritionist
Craig Gibbons	Olympian
Gordon Dart	Coach – Reading
Lorraine Coombes	Coach – Reading
Chris Glover	Coach – Maidenhead
Paul Burke	Coach – Amersham
Mike Cox	Coach – Bracknell
Alex Vine	Coach – Windsor

* Please see Anita's CV at the end of this document. She is Chloe Bean's Mother and was recommended to us by Peggy Jamieson – Nutritionist from the Beacon Programme and Olympic Nutritionist at 2 Olympics

COSTINGS

FIXED COSTS	PLAN			ACTUALS
Pool Hire	£320.00			£150.00
Nutritionist	£250.00			£120.00
Nutritionist expenses	£34.00	85miles@40p		£34.00
Room hire	£100.00			£350.00
Trainers Mileage	£40.00			£23.20
Craig Gibbons	£200.00			£190.80
Sub Total	£944.00			£868.00
VARIABLE COSTS (depending on take up)				
	100% take up	50%	25%	
	up			
Coaches estimated mileage	£175.12	£87.56	£43.78	£23.20
T shirts	£446.00	£228.00	£132.00	£111.00
Embroidery	£621.12	£315.56	£175.78	£312.00
Sub Total				£446.20
TOTALS	£1,565.12	£1,259.56	£1,119.78	£1,314.20
Investment per swimmer/parent	£17.79	£19.08	£46.66	£21.90

TOTAL **£1,314.20**
ALLOCATED BUDGET **£1,500.00**

NOTES:

- 100% take up assumed 100 swimmers. £423 bought us 100 embroidered T shirts so we have sufficient stock for similar sized camps next year. We would need to purchase more of the larger size.
- Room hire charge increased as our numbers needed a larger room than we had anticipated

FEEDBACK

“Nutritional session was very good and well worth it”

“Very Good training Camp”

Craig Gibbons – excellent. Right pitch for both swimmers and parents!”

“Better structure for parents’ PM session”

“Most parents unaware of how club works – Grass roots up “

“It was great to hear about the many ways that parents can be involved”

“Thank you for organising a very informative event”.

“Overall, interesting and useful for the parents”

“Official’s section very useful but perhaps some more structure would help”

“Thanks for today to both you and Joan. The feedback from the Reading swimmers was they loved today and would like to do it again soon. As a coach it was good to work with you and others and I picked up some new stuff that I will try in my home programme”.

“We as coaches must teach quality skills and a great love of the sport which you impressed on us all! Many thanks and here’s to future camps!!

“What a great session yesterday was!”

“Coaching camps like this produce our future Olympians I believe, so well done”

“Officiating isn’t boring; it’s a necessity!” Thank you.

Anthea

"I enjoyed my day at development camp. I think this is a really good way to improve young swimmers, though the set wasn't so hard, it taught me lots of things. Like: streamline, tumble turns, strokes, stroke counts, warm up, cool down...

I learnt that it is important to eat after swimming, after training you need to refuel your body after using all of your energy. I thought about my normal diet to a nutrias diet, I found out that it's better to drink water then power drinks.

I was taken in when I got to hear about a real Olympic swimmer's life story. Craig told us how he wasn't a brilliant swimmer when he was young. He told us we've got to work hard for the things we want. That has made me want to train even harder work even harder.

I think this day camp should be done often it's a great opportunity I would love to do it again."

Alyssa

"I particularly enjoyed the nutrition talk and hearing about Craig's experiences in Team GB. It was also interesting to find out more about how Meets are run, and that the development day was fun and inspiring. I was particularly interested to find out what happens in the Olympic village!"

Olivia

"Just to say thank you for choosing me to attend the day , I mostly enjoyed listening to Craig Gibbons story of becoming the Olympic swimmer he became it has inspired me and I would like to be one too !!! Also enjoyed the training

Thank you Olivia"

Melissa

"I really enjoyed Craig's talk as he continued to train even when things weren't going well and just carried on. I thought the story of the egg mcmuffin and Zara Phillips was very funny. I learnt to keep my fingers together when training, even though I've been told that many times before. I shall remember to keep stream lined for as long as possible after a tumble turn and remember my water bottle and to drink chocolate milk-shakes."

Thank you again. Melissa

William

"I really enjoyed the county course and I got loads from it, especially listening to the ups and the downs of Craig Gibbons and his Olympic journey. It has really inspired me to work hard.

From William"

Alfie

"I thought the camp was really good and gave me a lot of information, especially about nutrients and what to eat. And it was quite fun, especially the second session. I really liked the GB Olympian, he was very funny and very enthusiastic - awe inspiring. I thought all the coaches were really good. Thanks for choosing me to come."

**Berks & South Bucks Pre-County Level Development Camp for Swimmers and parents
BAGCAT Focus – Sunday 7th October 2012
Heathfield School , Ascot**

Yesterday saw 30 swimmers and 30 parents from the County come together for the inaugural Pre-County Level Development Camp. **The purpose of the Camp** was to give young swimmers (9-11yrs) and their Parents further insight into competitive swimming at County level and beyond with specific focus on training, nutrition, competing at a higher level, volunteering and officiating.

08:45: Welcome and Orientation	
The programme started with a Welcome from the County Coach who congratulated all the swimmers for having been chosen to attend the day and being potentially able to perform at County level and hopefully beyond. He talked about the focus for the day which was education and to give insight into competitive swimming at this level. The County Coach then handed over to County Team Manager who orientated the group to the buildings and the specific details of the programme	
09:15: Guest Speaker – Craig Gibbons, GB Olympian 2012	
Craig shared his story from the annoying, screaming kid in the corner of the swimming pool who wouldn't get in and then refused as strongly to get out, to eventual Olympian at the London 2012 games. He talked with honesty and humility about the stresses and successes on the way and made the connection that everything happens for a reason and that all the highs and lows eventually led him to be able to participate at the best Olympic Games ever in London this summer. The swimmers and parents were given the opportunity to ask Craig questions, get autographs and have their photos taken with him.	
Swimmer Track	Parent Track
10:30: Pool session 1	Volunteering – Rob Moore shared with the group the 14 different volunteer roles that make a County Championships happen. For some parents this was the first time that they, not only really understood the extent to which the sport relies on volunteers – but also that some of the roles needed are time bounded so they felt more able to come forward in the future having understood actually what was needed.
Skills work – investing in getting the fundamentals right.	
	11:15: Nutrition – Anita Bean www.anitabean.co.uk Anita, who is a swimming parent as well as a Nutritionist led an inter-active session based on parents' own questions around the issues that pre-occupied them like – what to do with a fussy eater; what to eat pre and post training at this age; lucozade or no lucozade; how to support a pre-pubescent girl from a nutrition perspective; how many calories should a swimmer of this age be consuming if they're training for 1-2 hours a day? The parents seemed genuinely surprised by some of Anita's facts – great food for thought!
12:30:	Lunch
13:15: Nutrition – Anita Bean	Volunteering – Officials' roles.
14:30: Pool session 2	Sue Green and Helen Whittle led a session

Skills work - Underwater phase and turns	helping the group to understand the roles and numbers of Officials needed and how, as a parent, one can start to be helpful in this specific area. Again for some parents this was the first time that they really understood both the challenge of making a gala happen and the numbers of volunteer officials required
<p>15:45: Open Forum</p> <p>The group was given an opportunity to offer feedback and ask any final questions before the County Coach congratulated the swimmers on their hard work and attitude during the training sessions; thanked Joan, Rob, Helen and Sue and wished everyone all the best for the coming season.</p>	
<p>16:15: Close</p>	

Feedback Quotes:

“Nutritional session was very good and well worth it”

“Very Good training Camp”

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“We as coaches must teach quality skills and a great love of the sport which you impressed on us all! Many thanks and here’s to future camps!!

“What a great session yesterday was!”

“Coaching camps like this produce our future Olympians I believe, so well done”

“Officiating isn’t boring; it’s a necessity!” Thank you.

Matt Heathcock - County Head Coach

Joan Scarrott – County Team Manager

Anita Bean - CV

Anita is a registered nutritionist with a degree in nutrition and food science. An award-winning author and health writer, Anita specialises in sports nutrition (in particular, swimming nutrition) and children’s nutrition. She has written 24 books on nutrition and fitness including The Complete Guide to Sports Nutrition and Sports Nutrition for Young Athletes.

She writes regular features for Good Housekeeping, Waitrose and Tesco magazines and has appeared on several TV and radio programmes. Anita has 2 daughters at Guildford City Swimming Club.

Anita’s latest book on sports nutrition (Sports Nutrition for Young Athletes) is written for parents, coaches and teachers of young athletes, looking for up-to-date guidance and advice. It covers topics such as eating for performance, hydration, and competition nutrition, as well as meal plans and healthy recipes.

Berkshire and South Buckinghamshire Amateur Swimming Association

Founded 1911



President: Nigel Brand

NATIONAL COUNTY TEAM CHAMPIONSHIPS 2012 FULL REPORT

Please find below our full report on the National County Team Championships which took place on Sunday 21st October 2012 at Ponds Forge, Sheffield, along with our summary recommendations for 2013.

Matt Heathcock
County Coach

Joan Scarrott
County Team Manager

National County Team Championships Idea summary

- The selection criteria are made transparent by the County Coach, agreed with the Coaches and published on the website
- We bring the team together over the weekend and stay in Sheffield, within walking distance of the Pool
- We train on the way by stopping off at Loughborough University
- The team travel together on the coach to and from Sheffield

Idea Execution

Please see Appendix for:

1. Invitation
2. Agenda
3. Participants – Swimmers, Coaches, Officials
4. Cost breakdown

Please see BSB Web Site for Web Report and photos (Thank you Jonathan Mills)

Recommendations for 2013:

- Keep :-
 - The overall format – good feedback from the Swimmers, Official and President
- Hats to be given as a memento
- Request the team all stay together in the hotel (We had one swimmer who stayed separately with her parent)
- Consider allowing the County Coach the final discretion for who swims what on the day, **for the Youth Age Groups only**. (Context – As the Youth Age Groups can no longer qualify for National Championships short course, we would suggest that it be put to the Coaches in BSB that the County Coach be allowed to change the swims **in consultation with the swimmers** on the day to win more points for the team)
- Allocate £300 to buy 100 hats (with logo and name) plus a budget of £3,000 for 2013 (which may be reduced to £2,000 if the subsidy is awarded again)

INVITATION

Berkshire and South Buckinghamshire Amateur Swimming Association

Founded 1911



President: Nigel Brand

Joan Scarrott
Team Manager, Berks & S Bucks ASA
Clocktower House
Down Place
Water Oakley
Windsor
SL4 5UG

21st July 2012

Dear

2012 National Inter-County Team Competition, 21st October 2012 at Ponds Forge, Sheffield

Congratulations on your selection to the above event. Please complete the attached paperwork – Acceptance form, Contacts / Medical form and signed Code of Conduct - and return it to me by Friday 7th September. (Should you be **unable to take** part, please let me know immediately so that a replacement can be selected.) I can be contacted by phone (07770 823560) or by e-mail (joan.scarrott@virgin.net).

The team will travel to Sheffield on Saturday 20th October, with the plan to stop off at Loughborough University – a British Swimming ITC – to train (tbc). We will then carry on to Sheffield and have dinner at the Jury's Inn*. Swimmers will be accommodated in twin rooms and will be supervised by the team staff –Matt Heathcock (County Head Coach), a second invited County Coach still to be determined, Joan Scarrott (Team Manager) & travelling officials.

A detailed time plan will be sent out to all confirmed swimmers in September. Swimmers will need to bring their own drink plus a post-training snack on the Saturday and for the time at Ponds Forge on Sunday (10.30 – 16.00 tbc). Breakfast at the Jury's Inn and the evening meal on Saturday will be provided. Please let me know of any specific allergies/dietary requirements that you may have.

Congratulations again on your selection! We look forward to hearing from you soon.

Yours sincerely

Joan Scarrott
Team Manager

Matt Heathcock
County Head Coach

**Parents and families of selected swimmers are encouraged to come and support the team, however we respectfully request parents not to book accommodation in the Jury's Inn if at all possible.*

Berkshire and South Buckinghamshire Amateur Swimming Association

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President: Nigel Brand

Swimmer's acceptance form

Swimmer's Name:

ASA Registration No:

Address:

Home phone number:

Mobile Phone Number:

Swimmer's e-mail:

Parent's e-mail:

Please remember that this is a TEAM event and that therefore it is important that the team of swimmers come together to swim for each other as much as for themselves. In the Inter-County Championship every last point counts and we are looking to improve our position year on year. Travelling to and from the Championship with the team is as important as staying together in the same hotel and the racing itself and it is therefore important that the team travel to **and** from Sheffield together. Could you please therefore confirm below your intentions.

I will / will not travel by coach to and from Sheffield

I will / will not require overnight accommodation.

County Kit

Berks and South Bucks will have new Polo shirts from 2012 so can ALL swimmers please note your size below:

Small

Medium

Large

Please look after your shirt so that you can use it each time you are selected to swim for the County in the future in order to keep costs down.

County swimming hats will be issued to you on the morning of the Gala and must be returned to the Team Manager as soon as you have completed your last race. Thank you.

Dietary Requirements

Please note here any specific dietary requirements you have:

Berkshire and South Buckinghamshire Amateur Swimming Association

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Medical Information

Do you have any medical condition requiring ongoing medication: YES/NO

If yes, what medication do you take:

If yes, have you completed an ASA medication declaration form? YES/NO

If yes when did you last update your ASA medication form? DATE:

Are you aware of ASA drug testing procedures? YES/NO

Once in the past a Berks & South Bucks swimmer was tested at the inter-county event. If you have previously declared necessary medication it will be allowed in any tests. If you have not declared it and it contains a substance on the banned list you will be disqualified. If you are unsure of ASA advice on drugs testing please ask your home coach, or the County Team Manager - Joan Scarrott

Emergency contact details:

In the event of an emergency whilst attending away fixtures, it may be necessary at some time for the Team Manager accompanying your son/daughter to have your emergency contact details and the necessary authority to obtain any urgent treatment which may be required for your son or daughter. Would you therefore please complete the details on this slip and sign the consent below.

Contact name	Home phone number	Mobile phone number

I,.....being parent/guardian of the above named child give permission for the Coach or Team Manager to give the immediately necessary authority on my behalf for any medical or surgical treatment recommended by competent medical authorities, where it would be contrary to my son/daughter's interest, in the doctor's medical opinion, for any delay to be incurred by seeking my personal consent.****

Signature..... (parent / guardian)

Print full name.....

Date.....

**** **As set out in 'Safe Sport Away'** – parents can opt out of 'medical' or 'surgical' by deleting one or the other if they so wish.

Berkshire and South Buckinghamshire Amateur Swimming Association

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President: Nigel Brand

Code of Conduct for swimmers representing Berks & S Bucks

I agree that, when representing Berks & South Bucks, I will abide by the decisions of the team staff.

I agree that I will not behave in a manner that will bring the County Association, or its swimmers into disrepute. Specifically:

- At all times when I am travelling with the County team or staying in accommodation provided for the team I will behave responsibly.
- When I am wearing either County hat or shirt, or when I am with other team members who are so attired, I will behave responsibly.
- While I am under 18, I will not attempt to buy or consume alcohol either when travelling with the County team or while staying in accommodation provided for the team.

Name:

Date:

Signature:

AGENDA (Given out to the whole team)

**Berkshire and South Bucks.
Inter-County Championships
21st October 2012, Ponds Forge, Sheffield**



TIMETABLE

Saturday 20th October 2012

- 18:00 Team Dinner; Location: Restaurant
- 19:00 Team activities; Location Suite 5 and then free time
- 21:00 Own rooms please - Room check
- 21:30 Lights out - Room check

Sunday 21st October 2012

- 07:00 Get up!
- 07:30 Breakfast and Check out. Bags in Suite 5
- 07.50 Fancy Dress in Suite 5
- 08:20 Team Briefing; Location: Suite 5
- 09:05 Walk together to Ponds Forge
- 09.35 Access to Changing rooms
- 09.45 Warm up 1 starts – lane 6
- 10.25 Leave the pool and go to the changing rooms to change for the competition. Bring all your sports bags and clothes upstairs to the allocated area.
- 11.30 *Opening Ceremony*
Grand parade by representatives and officials of the competing clubs
- 11:45 Gala starts
- 16.00 Gala finishes (approximately)
- 16:30 Coach leaves for home. **Hand in all fancy dress kit and County hats to Joan**
- 20:00 Coach arrives at Wycombe (approximately)

Well done to everyone for having been selected! Now let's have fun, stay safe and most importantly of all...swim fast! Good luck!

Joan Scarrott – County Team Manager

Matt Heathcock - County Coach

IMPORTANT: Don't let anyone into your room that you don't
If you need any help contact Joan, our Team Manager (07770 823560)

NOTE: Still Sport's official photos will be available on www.stillsport.com/swimming

PARTICIPANTS

NATIONAL COUNTY CHAMPIONSHIPS - BSB CONFIRMED TEAM

BOYS

GIRLS

12/13 Year Boys

Luke Hollingsworth	Amersham
Tom Dean	Maidenhead
James McFadzen	Newbury
Ethan Carter	Wycombe

12/13 year Girls

Constance Dean	Maidenhead
Maisie Cossins	Maidenhead
Thanya Jasinska	Amersham
Imogen McCalman	Reading

14/15 Year Boys

Cameron Moffat	Windsor
Ross Calder	Amersham
James Brindley	Amersham
George Marsh	Amersham

14/15 Year Girls

Abigail Dow	Maidenhead
Zara Ryan	Newbury
Louise McFaden	Newbury
Becky Dutfield	Windsor

16/17 Year Boys

Oliver Leonard	Windsor
Max Elphick	Amersham
Daniel Barraclough	Amersham
Alex Farrell	Windsor

16/17 Year Girls

Katherine Shaw	Amersham
Lily Glover	Windsor
Florence Claringbold	Windsor
Lucy Campbell	Windsor

Officials:

Sara Todd – Reading
Helen Whittle – Reading

President:

Nigel Brand - Chesham

COSTINGS

Hotel		Cost	Number	Total
DBB	Single	£65.00	6	£390.00
	Twin	£73.50	12	£882.00
	Double	£73.00	1	£73.00
Evening Meal		£10.95	32	£350.40
Room hire		£75.00	1	£75.00
Loughborough		£52.26		£52.26
Coach hire		£950.00	1	£950.00
			GRAND	
			TOTAL	£2,772.66
32				
participants			Per person	£86.65
Subsidy of £1000 from ASA against accommodation				£1,000.00
				£1,772.66
Subsidy received			Per person	£55.40

NOTES/LEARNING

Go online early and book all the rooms without the input of Groups (potential saving £266)
Go to Groups once you have booked and paid for the bedrooms to organise food