

Copeland ASC 2019 AGM

People Present

Mark Holliday (Treasurer)
Matt Hinde (Vice Chair)
Keith Chisholm
Elaine Amor (Welfare Officer)
John Conery (Chair)
Catherine Conery
Alyson Quaye (Meeting Secretary)
Richard Quayle (Coach)
Rosena Robinson
Roy Payne
Fran Riley
Jackie Patton
Paul Enwright
John Freestone
Jo Cloudsdale
Angela Brown (Meeting Secretary)
Sarah Jardine
Jamie Jardine
Jo Starkey
Hazel Deans
Julie Jarrett

Minutes from 2018 AGM were accepted as a true record.

Chairman's Report

Welcome and Introductions to those in attendance.

Welcomed everyone to the 34th Annual General meeting;

Chairman's Comments

All those in attendance received an update of activities over the last year, clubs accounts and financial position. The chair outlined objectives for the club and nomination for members of the committee were also agreed. A presentation format was used and shared at this meeting in support of the 2019 AGM Minutes.

SwimMark

The governance of how to run a swimming club outlined by SwimMark has now been accredited to Copeland ASC by SwimMark Club. Work will continue to maintain this accreditation going forward in the future. A huge thank you to Matt Hinde and Keith Chisholm who have contributed to making this a reality. The chair shared that the governance of SwimMark works upon a workforce and volunteers that do this to support the club. He thanked all those involved in making this happen as frameworks need to be in place to support our swimmers.

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Matt Hinde will be stepping down as Vice Chair and the chair thanked him for all his hard work, dedication and commitment over the years. Matt Hinde will stay on the committee.

Achievements

Lane 4

The club has hosted Adrian Moorhouse to give an insight into the psychological element of the club. This will be used to develop the club's approach to training and use Learning from Experience to improve the swimmers going forward.

Charity / Volunteering

New Year's Dip raised £1,150 for Henderson Suite, West Cumberland Hospital.
Over £14k raised to buy and install new blocks.
Hold membership fees at current rate.
The club will support training and guidance as required for volunteers (teaching / coaching).

Thanks to everyone who has helped secure the future of the club.

Coaching Report

Richard Quayle gave an overview looking at how we did against our targets, successes, plans for the year and how parents can help.

18/19 Targets

3 swimmers at 2019 nationals. Actual was 2 with fantastic performances.
6 swimmers at North West Regionals. Actual was 8 again fantastic performances with medals achieved.

Looking back and reflecting mid-way through the Nick Gillingham programme he commented "You are doing well with the number of swimmers you have at Age Groups and Nationals, but you should have more at Regionals". Through to the change in programme we are now seeing more swimmers going to Regionals. This demonstrates we are doing the 'right thing'.

Talent Programme

Luke Makin – selected for the County Talent Programme.
Jackson Jardine – selected for the Regional Talent Programme.

Winter Regionals

Three swimmers swam at Winter Regionals although five swimmers qualified. Rebecca Amor also qualified for the British Winter Nationals.

Age Group

More swimmers went to 2019 Age Groups with many reaching finals and winning.

Other achievements for the club:

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- Won Diddy League 2019 final.
- Two trips to Sunderland
- Well attended long course training
- Workington Presidents – we took a big team (40 swimmers) huge for our club.
- Increasing numbers going to Land Training
- We used early morning sessions (Mon & Tues) lots of swimmers, from C and D squad attend these sessions.
- Adrian Moorhouse engagement.

Plans for this year

- Continue to use Nick Gillingham 7 week cycle, Technique, 2x Strength, 2x Endurance, Speed and Recovery.
- More 50m pool training.
- Want swimmers to take more responsibility for training and performance.
- Utilise some of the Lane4 techniques with older swimmers, goal setting and belief wall.
- Improve our knowledge and skills – more Level 2 coaches.

How can parents help?

Parents can support swimmers during competitions and training as it can be stressful. Encourage good habits and support your child in a positive manner. Success is a choice, encourage them to make the right one.

It's not just about swimming – it's a friendship network.

Treasurer Report

Treasurer ran through financial position and made several recommendations that could be adopted. There has been a rise from last year due to volunteers and fundraising.

Recommendations

- Club should continue charitable activities and fund raising with charity work being a standard agenda item.
- Continue Reward and Recognition being a standard agenda item.
- Freeze membership fees for the coming year with a six-month review.
- Adopt the budget for the ensuing year.
- Complete a gift aid application in the coming year.

Proposed budget for year

SwimMark – good practice to set a budget for the coming year. We are planning to spend £14k more than bringing in this has been generated through fundraising, charity donations.

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Allows us to forecast expenditure, allows the club to make informal decisions, like freezing the membership. Probably for the first time (element of budget to coaches to make informal decision making) for the better of the swimmers.

Budget went through committee and accepted and endorsed by them on 13 November 2019.

The treasurer gave a personal thanks to Sue Richardson (previous Treasurer). He conveyed she has been outstanding, patient and more than helpful in the transition for his new appointed role.

Finally, the 2019 AGM has been done in a different style than previous and hopefully has been informative to all those in attendance. The Treasurer confirmed he would share the presentation with all Copeland Members.

Any Other Business

The chair concluded the meeting with other business. At the beginning of 2019, the goal was to attain SwimMark, and new goals needed to be set. This has now been achieved. He also shared the issue regarding the scoreboard. This will not be supported going forward therefore we either purchase a secondhand scoreboard or purchase a new scoreboard. The committee will need to consider the next forms of action and take into consideration various options

Coaches Budgets –The purchase of stopwatches including the use of the iPad to help improve the swimmers during training sessions.

Purchase of chest straps to monitor heart rates – Primarily for the older swimmers, and in the first instance would be to purchase a couple to see if this was a benefit for the swimmers. If realised a success, then more would be purchased. For that child it calculates aerobic zones and heart rates. This will be informative to the coaches to help support the swimmer.

Overview

25th Griffin Gala – well supported, this year and the fun events were a success, with good fundraising.

Graded Gala – again was well supported, and Keith Chisholm was invaluable

Sarah Jardine and Phil Hawrigg attending Masters – good for younger swimmers to see you can continue swimming. James Amor competed in open water as well as Phil Hawrigg.

Fundraising

Lots of effort regarding the blocks. A huge amount of work for those involved, including fundraising which the chair thanked everyone for their participation. Fantastic achievement with donations to the Henderson Suite. The New Year's Dip this year has been agreed it will

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be donated to the Alzheimer charity, once again a very worthy cause. We have had Bag Packs, and £835 raised including £500 donated from Sellafield.

The information evening for new and old members to the club was well received and supported by the numbers in attendance. Chair suggested we do this again. Although the club has a waiting list on Learn to Swim (LTS) this is a positive place for the swimmers and club. Thank you to the LTS coaches making Copeland be a place where swimmers want to learn and have fun at the same time. It was also shared that any future fundraising by the club Sellafield will match the sponsorship up to £100. This will be pursued for the future.

Chair thanked parents, thanked committee members and all involved in the club.

Election of Officers

Chairman – John Conery
Vice Chairman – Catherine Conery
Treasurer – Mark Holliday
Membership Secretary – Matt Makin
Meeting Secretary – Angela Brown
Communications Secretary – Alyson Quayle
Welfare Officer – Elaine Amor

Election of Committee

Elaine Amor – Welfare Officer
John Conery - Chair
Catherine Conery - Vice Chairperson
Matt Holliday – Treasurer
Angela Brown – Meeting Secretary
Alyson Quayle – Communications Secretary
Matt Makin - Membership Secretary
Julie Williamson - Head Coach
Matt Hinde
Jamie Jardine
Hazel Dean
John Freestone
Paul Enwright

Jo Cloudsdale will continue to fundraise but will not sit on the committee. More people are welcome to be involved and can discuss with the chair. The committee meetings will be second Wednesday of the month, and the committee whatsapp is very important, if you haven't got it the chair recommended to upload it. The chair also shared that John Freestone has been elected as the County President.

Finally, the Welfare Office gave a huge thank you to Julie, (Head Coach) she does an amazing job with all the swimmers in the club. She has no children swimming herself and continues to give up her time and support to progress swimmers to their full potential. This was agreed by all those in attendance.