

President Jill Beard

**Minutes of the Coach Committee Meeting held on Thursday 13th June 2024
via Zoom at 10:15am**

Present:

Glenn Currie (GC)	Exeter/Devon Representative
Anthony Clark (AC)	Swindon Dolphin
Lisa Atkinson (LA)	City of Bristol
Jon Wills (JW)	Soundwell
Craig McCulloch (CM)	SE Head of Coaching
Richard Smith (RS)	Tigersharks
Mark Rawle (MR)	Taunton Deane
Rachel Aldington (RA)	Somerset Representative
Keiron Piper (KP)	Millfield
Neil Edwards (NE)	Mount Kelly
Chrissie Robinson (CR)	SWR Chair
Paul Robbins (PR)	SWR Vice Chair
Harry Manship (HM)	SWR Club Development Support Officer
Chris Vickery (CV)	SWR Office Coordinator and Events Officer

Apologies: Jason Quiterio (JQ), Caradon
Roberto Pavoni (RP), Plymouth Leander
Adam Clarkson (AC)
Barry Alldrick (BA), Poole SC
Greg King-Limb (GKL), Mount Kelly
Mike Parker (MP), National Talent Officer

1 Welcome, Introductions and Apologies

CR welcomed all to the meeting. Including Craig McCulloch, Head of Coaching at SE

2 Declarations of Interest

None

3 Minutes of the Previous Meeting 15.02.2024

Minutes reviewed page by page and agreed as a true record by all in attendance.

4 Matters Arising Not on the Agenda

RS raised cost of coaching passes with Swimming Committee meeting – CR confirmed that cost left at £5 which was used at SW Regionals.
LA raised point that increased supervision ratios etc. has driven cost up rather than cost of individual pass.
Point raised by JW to reduce ability for clubs to profit off imposed rules at competitions.
SWR can advise but not dictate ruling on this.

PR (SWR) to raise issue in next week's (w/c 17/06/24) swimming meeting and ask to be taken to county boards to be discussed.

5 Talent Report – Jo John

MP/JJ not in attendance to give Talent Report

6 Development Programmes

HM & GC confirmed that RDP/RDDP went well this year. HM now preparing for next round. Awaiting report from DC on how RDP went.

7 Head of Coaching Talk – Craig McCulloch

Intro from CM

Mentioned 6 principles: Diversity (of thought), thriving culture (of athletes/coaches), collaboration, coherence, contemporary (use evidence and be informed), and continuous improvement.

Aim to speak with coaches in group and understand areas for improvement. And also to pay close attention to Social Listening Report.

CM posed three questions:

- What do you need from me?
- What do you need from coaching?
- How can we work together to support coaches and coaching?
 - 7.1** RS – adult/coaching welfare is required. No processes in place for coaches who require welfare support. NGB heavily reliant on volunteers who are quickly leaving sport. Improved support network for coaches/volunteers could help to mitigate this. British para have weekly meeting to check in and maintain good welfare standards – can SE have something similar due to high demands especially across summer.
 - 7.2** AC – Welfare officer training seems to be aimed at young swimmers rather than adult volunteers in club.
 - 7.3** JW – More CPD opportunities for coaches needed where they can come together to complete practical courses and learn from each other. National Coaching Camp was good example of best practice and how to run more effective daily training sessions. Seconded by RS, AC & GC – online resources can't always be as effective as in-person sessions at pools. Collaborative approach is most beneficial.
 - 7.4** LA – coaching can be very isolated role. Not much time to network and share ideas. Regional mentoring has been helpful but, in previous examples, is not always reliable. Formal county/regional sessions needed where topics are clearly defined.
 - 7.5** KP – Different career aspirations/goals need to be more relevant to individuals and their own pathways at different levels with different swimmers. We need to be able to better identify skills/aspirations of coaches to support development.
 - 7.6** RA – Question in chat:
Given busy schedules, would it be of benefit to for a small group/maybe pairs (critical friends) to message once a month etc and share sessions/ask questions? - allowing those who are interested to opt in.
 - 7.7** LA – coach management could be better. Some coaches managed by volunteers who don't necessarily have correct background/knowledge. Swimming trying to become more professional – are professional coaches being given correct support? Gaps in professionalism and coaching within clubs – highlighted by SL Report.
 - 7.8** RA to reach out to Somerset coaches on this topic. RA would like to form SWR group chat to share session each month and explain thinking behind it – supported by most on call. Rachel to set up but to be supported by all coaches

in attendance. RA to pass contact details to HM to set up – sharing of phone numbers serves as permission for others to see contact details within group. Group chat to be set up – ‘Session Critiques’ and allow people in larger group to join if they want.

7.9 JW – can region support quarterly, in-person practical session? Could be facilitated within clubs’ own pool time. CR suggested more localised sessions to avoid long travel times. Also need to work around job requirements etc.

CM would aim to add value from a SE perspective where needed. MR added to chat analogy about developing correct, holistic coaching practices.

CM section to be added as more regular agenda item in SW Coaching Committee Meeting.

8 Open Forum / AOB

SW Regionals:

JW – Regional Warm Up Schedule – should it have been run in this way? LA – warm up timings did not suit swimmer age groups. NE – warm up time was good but rigid schedule not necessary. Swimmers should be given open warm up and decide themselves when to get in.

CR – standalone lane for para swimmers is required. Need to take into account clubs that could ‘take over’ warm up and ensure that we have parity so that smaller clubs have enough space/time to warm up.

LA – 20 min warm up session for relays not relevant as long waiting time before their race. Would end up using swim down pool to warm up. Going by event would overflow warm up lanes due to swimmers swimming multiple events. Male/Female split on warm up would work better.

JW – 20 minute break off poolside for coaches.

CR – SWR taken warm up advice on board. To send out email to small group ahead of Winters in November.

LA – need to standardise 400m/800m/1500m events to reduce number of swimmers. CR – programme changes are going to be made ahead of regionals with qualifying times for longer events.

RS – Empty lanes in 1500m at Regionals which meant that swimmers (who is now going to nationals) could not swim at regionals. CR - Error in deletions which was communicated to clubs at time. CR – qualifying times for next regionals will be reviewed and made faster. RS – SE directive is to promote longer distance events. CR – SWR must conform to licensing requirements for event entries. LA – parity must be maintained on percentage basis away from qualifying times to avoid swimmers being scratched because of quantity restrictions.

PR – Less water time at Hengrove going forward will further restrict competitions.

LA – City of Bristol lobbying with council to improve pool allowance for comps.

LA – SE Roadshow feedback – volunteers don’t feel comfortable volunteering at Regional competitions. PR – this will be fed back to Officials Committee.

RS – Can Mount Kelly and Millfield do more to increase volunteers/officials at comps as emphasis seems to be on smaller clubs to provide. NE – lack of local swimmers at club, therefore, decrease in local parents to volunteer at comps. KP – Millfield are reviewing but many local parents do already volunteer.

LA – Entry point for 100 IM needs to be from further back to accommodate swim made in year before. CR – All counties should allow 100 IM so swimmers can get time for Regionals then within dates. LA – some counties don’t swim it. 6th November entry date is too late and should be pushed back to 1st October.

NE – New date incorporates two new groups which previously weren’t included.

CR – This issue will be raised with Gloucester at Swimming Committee Meeting. And back to mixing board to understand what region can do to accommodate.

LA – increasing demand on swimmers to attend more comps is making swimming an elite sport.

PR – COB should change comps to accommodate lc/sc racing. LA – not feasible.

RS – Could region allow 100 IM to be taken from Level 4 Club Champs?

Open Water Regionals:

NE – Details need for timing of Open Water Regionals

HM – to follow up with Brian Armstrong/Fiona Conway

RS – Wetsuits needed for OW regionals as temp dropping

No other business

Next meeting – TBC

Meeting closed 11:42 am