

President Jill Beard

**Minutes of the Coach Committee Meeting held on Tuesday 19th November 2024
via Teams 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
Richard Smith (RS)	Tigersharks
Rachel Aldington (RA)	Somerset Representative
Keiron Piper (KP)	Millfield
Neil Edwards (NE)	Mount Kelly
Emma Collings-Barnes (EC)	Mount Kelly
Adam Clarkson (AC)	SW Para Swimming Lead
Greg King-Limb (GKL)	Mount Kelly
Chrissie Robinson (CR)	SWR Chair
Paul Robbins (PR)	SWR Vice Chair
Stacey Millett (SM)	SW Development Officer
Steve Williams (SW)	SW Regional Manager

Apologies: Jason Quiterio (JQ), Caradon
Mike Parker (MP), National Talent Officer
Cassie Patten (CP), Distance Development Programme Lead Coach

1 Welcome, Introductions and Apologies

CR welcomed all to the meeting. Including Steve Williams, SW Regional Manager, Steve gave a brief introduction about himself.

2 Declarations of Interest

None

3 Minutes of the Previous Meeting 15.02.2024

Proposed – Rich Smith
Seconded – Neil Edwards
All Agreed true record

4 Matters Arising Not on the Agenda

None

5 Talent Report – Mike Parker

MP was unable to attend the meeting but sent through the following documents which will be attached via email with these minutes:

- OW Race Pace NAGS 2024
- European Junor Champs 2024 Learnings
- NAGDP Club and Regional Data
- Olympic Insights Butterfly – Jo Tomley
- OW Euro Junior Race Pace Data 2024

6 Development Programmes

Regional Development Programme

GC reported that the first camp went well although there was a lack of coaches with only 3 in attendance. Harry Manship said he would contact more coaches to deliver on the programme. GC to send SM names of coaches who were contacted.

Regional Distance Development Programme

CP was unable to attend the meeting but sent the following report through:

Morning:

Started with an introduction to the swimmers. However, it was clear that only a small minority had read the information pack.

Conducted the 10x100 monitoring set during the morning session. There were some impressive performances, with a swimmer maintaining the exact same stroke count across all 10 sets.

Post-pool:

Completed an athlete-led post-pool session.

Held a land training session on the balcony. This was split into two parts:

1. I led the first half.
2. For the second half, the athletes picked their favourite land training exercises, which we used to create a circuit for them to complete.

Afternoon:

After lunch, we removed the lane ropes for an hour and a half of open-water skills. This included tactics and a race simulation. I believe this will prepare the swimmers well for the Open Water Day in May, so the event won't come as a surprise to them.

Wrap-up:

Concluded the day with the completion of the athlete pack and a review of the day's activities.

RA asked what the purpose of the Regional camps are and in particular why the 10x100 monitoring set was completed. She also asked how the County Programme can lead into the Regional one with Somerset having a slightly different programme.

SM to ask the questions with MP and include RA in the conversations for clarity.

CR also suggested someone from the county to attend the County Day in January where MP will be in attendance to discuss talent.

7 Competitions

Volunteers and Officials are very lacking across the regional events. Winter champs was poorly attended.

Going forward PR will not be able to transport equipment, etc. someone needs to do this, more volunteers are needed to manage the events going forward.

LA – winter qual times for 50, 100 and 200 events were high which meant athletes didn't qualify, can these be eased out a bit to encourage more attendance,

Suggestions were made with regards to the date and the time of the year with half term and other events running. If the date can't be changed then something needs to be done about entry times and the atmosphere of the event to make it more attractive.

Suggestions were made around having music playing, more hype around the finals. Making the event more engaging with the athletes.

GKL suggested the programme also needs to be looked at – fasters heats in the morning finals in the afternoon, etc. CR replied that the programme will be amended but we are waiting on Swim England to release the relevant information.

NE suggested for the coaches to speak to their athletes to see what they want from the events. The region to speak to those who didn't attend and find out their reasoning behind it. Raising the top level will encourage those at the lower levels to compete.

Action – all to collate feedback from athletes and report back to SM

8 Overseas Meet 2024

CR a board decision has been made not to send a team to an international 2024 competition. This is mainly to do with the cost and the number of athletes who are given the opportunity to attend.

SW asked coaches for any alternative options from a coach/athlete perspective.

GKL asked why this decision has been made, the international opportunity is a great stepping stone for those athletes who haven't been selected for national programmes, one of the athletes went onto European Juniors off of the back of the meet. There should be a plan before we make the decision not to go.

RA had one possible solution that the bigger programmes in the Region were endorsed to take athletes with them on the overseas trips by acting as a hub for those athletes in smaller clubs.

JW asked what the funding will be used for and will it then be left in the bank account. Development Opportunities will need to be given in its place.

CR suggested the board would discuss what the opportunities would be and what we put on for the athletes.

9 Open Forum / AOB

Only one item – NE has had problems loading Winter Regional results, RS to send him the second results file which worked for him.

Next meeting – TBC

Meeting closed 11:15 am