



**Swim England**

**East Midlands**

## **Swim England East Midlands**

Annual Report & Accounts 1 April 2018 - 31 March 2019

# President of Swim England East Midlands

Coming from a background of pool swimming, my presidency has not only given me the opportunity to visit and enjoy, but also to appreciate the dedication and hard work of competitors and volunteers that is alive and well in other disciplines within the swimming umbrella.

I have been fortunate to attend several Artistic Swimming events and am amazed how the swimmers can hold their breath whilst performing complicated physical routines under water for so long whilst I struggle to hold my breath sitting in a, sometimes, comfortable seat. It was also pleasing to see a number of boys participating - The future?

I have attended many Masters events over the year and always appreciate the camaraderie within their teams and the encouragement given at all age groups. I feel Masters swimming is such an important vehicle for giving mature swimmers the opportunity of competitive swimming within a social environment.

Unfortunately the Water Polo National Age Groups on 13th April in Liverpool ended unexpectedly due to a light fitting shattering. Prior to that I was impressed /fascinated / intrigued by the level of commitment by the swimmers to get the ball into the goal. I presume there would be a number of bruises to nurse at the end of any competition.

I am now looking forward to the Diving National Age Groups at Sheffield in June and the Open Water at Holme Pierrepont in July.

I should like to thank the counties for putting up with me

at their county championships and again apologies to Derbyshire who were the first to invite me and the one I could not attend due to illness.

I think tribute should be paid to all who give up their time freely week in/week out in all disciplines. Without their effort and commitment, we would not be able to provide a stimulating and safe environment for all the competitors to enjoy their sport.

I have thoroughly enjoyed my year in office and thank all disciplines for their kind invitations and welcoming care.

**Ron Brewin**  
**Retiring President Swim England East Midland Region**



# Message from the Chair

Although, hopefully, most of those involved in the sport will not have noticed, this has been a year of Governance and Organisation.

The change from ASA to Swim England as an incorporated body has happened. Things are now settling down under the new regime, and we will be bringing forward changes to our own Constitution to reflect this.

Our own organisation is moving forward, particularly with regard to Artistic Swimming (Synchro. to you and me) and Water Polo. Now that we are actually starting to spend the money which has been budgeted for the development of these disciplines for a while, we are reviewing our finances to make sure that we provide value for money at the same time as ensuring our long term stability.

Following the Swim England change, the Regions are also looking at the benefits of Incorporation, and one Region is taking the lead, trialling the change. We may be back next year to ask for your approval to do the same.

We are the Swim England Region with the highest proportion of clubs with Swim Mark accreditation, and much of this is down to our Club Development Officers as well as the very many volunteers who keep our sport afloat. If your club does not have Swim Mark accreditation, ask the Committee why not!

I have not referred to the many outstanding performances of our swimmers, as this is very capably covered elsewhere, but we can continue to be very proud of their success, along with Coaches, Teachers, Officials, Club Committees and all the others on who the swimmers rely.

**John Hidle**  
**Chair – Swim England East Midland Region**



# Athlete Development

## Swimming

### World Class Performance Programme 2019

Charlotte Atkinson – Loughborough Uni  
Jack Burnell – NC Loughborough  
Greg Butler – City of Derby  
Imogen Clark – Loughborough Uni  
Georgia Davies – Loughborough Uni  
Alice Dearing – Loughborough Uni  
Tom Fannon – Loughborough Uni  
Luke Greenbank – NC Loughborough  
Joe Litchfield – NC Loughborough  
Max Litchfield – NC Loughborough  
Keanna McInnes – Loughborough Uni  
Jarvis Parkinson – NC Loughborough  
Adam Peaty – NC Loughborough  
Molly Renshaw – NC Loughborough  
Toby Robinson – NC Loughborough  
Jocelyn Ulyett – Loughborough Uni  
Sarah Vasey – NC Loughborough  
James Wilby – NC Loughborough  
Abbie Wood – NC Loughborough

## Regional records

It is interesting that during the year there were no long course female record applications and only 3 male ones. Northampton broke a relay record held for 14 years by Loughborough Uni.

Record breaker of the year goes to Edward Mildred of Northampton for breaking 15 records over the year, nearly 85% of the total male records.

Ethan Grace-Riches has broken 2 records from the old Midlands District which ceased in 2005. He broke an IM record that stood since 1997 and a 100m Backstroke record which stood since 1998.

Northampton SC are great at submitting record applications for their swimmers and it would be fantastic for other clubs to follow their good example

### Edward Mildred – Northampton

Junior 50m Freestyle LC  
Junior 100m Freestyle LC  
Junior 200m Butterfly LC  
Junior 100m Freestyle SC x2  
Junior 200m Freestyle SC  
Junior 50m Butterfly SC  
Junior 100m Butterfly SC x 2  
Junior 200m Butterfly SC x4  
Junior 400m Ind. Medley SC x 2



### Ethan Grace-Riches – Lincoln Vulcans

Junior 100m Backstroke SC  
Junior 400m Ind. Medley SC

### William Bell – City of Leicester

Senior 800m Freestyle SC

### Betsy Wizard – Northampton

Junior 100m Freestyle SC x 3  
Junior 400m Freestyle SC  
Junior 100m Butterfly SC x 2  
Junior 100m Butterfly SC

### Northampton

Senior 4x200m Freestyle Relay

### Sue Wainscot Records Officer

## Roll of honour:

### European Junior Championships Helsinki, Finland July 2018

Will Bell – City of Leicester  
Greg Butler – City of Derby

### Flanders Cup Belgium January 2019

William Bell – City of Leicester  
Tom Fannon – Loughborough Uni  
Jocelyn Ulyett – Loughborough Uni

### US Grand Prix Des Moines March 2019

Imogen Clark – Loughborough Uni  
Joe Litchfield – NC Loughborough  
Molly Renshaw – NC Loughborough  
James Wilby – NC Loughborough  
Abbie Wood – NC Loughborough

### European Championships Glasgow August 2018

Luke Greenbank – NC Loughborough  
Max Litchfield – NC Loughborough  
Adam Peaty – NC Loughborough  
Molly Renshaw – NC Loughborough  
Abbie Wood – NC Loughborough  
James Wilby – NC Loughborough

### Ontario Junior International Meet – Canada December 2018

Greg Butler – City of Derby

### Nice International Competition Feb 2019

Sophie Yendell – City of Derby  
Edward Mildred – Northampton  
Maisie Elliott – City of Leicester

## Open Water Roll of Honour

### Swim England Junior International Squad May 2018 Mallorca

Jack Buswell – Northampton SC  
Coach Andy Sharp – Northampton SC

### LEN European Junior Open Water Championships July 2019 Malta

Polly Holden – Nova Centurion SC



## FINA World Junior Championships – September 2018

### Israel

Polly Holden – Nova Centurion SC

## LEN European Championships Glasgow August 2018

### Glasgow

Polly Holden – Nova Centurion SC

Alice Dearing – Loughborough Uni SC

Toby Roninson – NC Loughborough

## GB FINA Marathon World Series

Alice Dearing – Loughborough Uni SC

Polly Holden – Nova Centurion SC

## World Masters Open Water Korea

Richard Roberts – Nova Centurion SC

## Overseas Meet

### East Midlands Performance Team

On January, 12 selected swimmers attended the Euro Meet 2019, in Luxembourg. The aim of this team was to give international experience to upcoming Youth swimmers and our team shone.

The team achieved a number of Youth and Junior medals including some podium 1-2-3s and a large number of A & B finals, with the following achieving medals in the open finals swimming against European and World medallists:

The team also finished 6th in the team points table ahead of some International Youth teams around double the size. This was a fantastic performance by all, which for many was the first Long Course meet of the season.

### Open medal winners were:

Michaela Glenister – silver (400m IM), silver (1500m free), bronze (400m free)

Freya Colbert – silver (800m free)

### The team members were:

Archie Plowman (Northampton SC), Betsy Wizard (Northampton SC), Charlie Poole (Co Leicester), Daniel Savage (Northampton SC), Freya Colbert (Nova Centurion), Joshua Pemberton (Derwentio Excel), Maisie Elliott (Co Leicester), Mia Slevin (Derwentio Excel), Michaela Glenister (Leicester Sharks), Sophie Yendell (Co Derby), Thomas Beamer (Co Leicester), Toby Arnold (Derwentio Excel).

### The team staff were:

Lead coaches Jacquie Marshall (Northampton SC), Jamie Main (Derwentio Excel), assistant coach Rob Vaughan (Co Leicester), team managers Jo Buck (Co Derby) and Fiona Conway (East Midlands) and official Chris Stray (Long Eaton).

## Overseas Meet

### East Midlands Development Team

The 2019 Development Team attended the McCullagh International in Bangor, Ireland in February. For many of the swimmers, this was their first time at an overseas international event and all swimmers rose to the occasion. The team were driven, looking to gain experience particularly in the transition between heats and finals and our swimmers absorbed every bit of information and advice from coaches and their team mates.

### The team members were:

Amber Downham (Chesterfield), Archie Evans (Corby), Bobbi Harper (Northampton SC), Carys O'Reilly (Co Leicester), Chloe Stennett (Chesterfield), Daniel Kennedy (Co Leicester), Emma Erskine (Nova Centurion SC), Ethan Grace-Riches (Lincoln Vulcans SC), Harvey Freeman (Northampton SC), Iona Colbert (Grantham SC), Isabella Hobson-Corbett (Bassetlaw Swim Squad), Jack Buswell (Northampton SC), Jackson O'Rourke (Northampton SC), Jevon Penny (Northampton SC), Joey Tippin (Co Leicester), Joshua Harris (Nova Centurion), Joshua Skinner (Nova Centurion), Joseph Kingsland (Nova Centurion), Kate Morris (Nova Centurion), Laura Dickinson (Lincoln Vulcans SC), Livia Kingsland (Nova Centurion), Madeleine Squires (Co Leicester).

### The team staff were:

Head Coach Andy Sharp (Northampton SC), assistant coaches; Jack Chambers (Derwentio Excel), Joe Stanford (Nova Centurion) Carla Bickerstaffe (Derwentio Excel) and Team Managers Jo Buck (Co Derby) and Fiona Conway (East Midlands).



East Midlands Performance Team



East Midlands Development Team

## Regional Pathway Programme 2018

36 swimmers all aged 12 from across the region were selected to attend three one day camps under the guidance of England Programmes, with 2 pool sessions per day focussing on skills, land work to complement the pool sessions, and workshops on nutrition, starts and turns and goal setting.

The selected swimmers were:

Grace Fuller (City of Derby), Sophie Busby (Derventio Excel), Rose Dickerson (Nova), Alicia Clark (Bassetlaw), Lauren Ambridge (City of Leicester), Constance Phillips (Grantham), Megan Oram (Belper Marlin), Foteini Kallkani (City of Leicester), Evie Turner (Grantham), Sophy Kendall (Corby), Marija Romanovskaja (Bassetlaw), Eja Coe (Derventio Excel), Evie Woolley (Northampton), Lucy Seymour (City of Derby), Madeleine Platt (Leicester Sharks), Ellie Loades (Nova), Isabel Sharp (Daventry Dolphins), Amaia Steele (Nova), Maitiu Clarke (City of Lincoln Pentaqua), Samuel Cooke (Corby), Callum Melville (Grantham), George Whittle (Derventio Excel), Oliver Silver (Nova), Thomas Polley (Nova), Kallum Quirke (Nova), Lewes Shorthose (Nova), Nicholas Skinner (Derventio Excel), Oliver Gillott (Dronfield Dolphins), Alfie Silver (Nova), Cameron Breedon (Nova), Thomas Derbyshire (Leicester Sharks), Noah Rai (Nova), Kieran Howard (Nova), Isaac Smith (Worksop), James Annable (Kettering), Luke Stevens (Leicester Sharks)

The camp staff were:

Head Coach – Pauline Gourley (City of Lincoln Pentaqua SC) Skills Coaches – Rob Hudson (Ilkeston SC), Kyle Hudson (Ilkeston SC), Mitch Haines (Northampton SC) with Paul Hopkinson (Derventio Excel SC) and Pippa Crust (City of Lincoln Pentaqua SC) as Team Managers. Observers and step in support

## County Pathway Camps 2018

4 counties in the region ran the England Programmes county pathway camps in 2018.

Derbyshire – 42 swimmers 11 years 3 camps across several months with the first camp held at Sharley Park Leisure Centre.

Northamptonshire – 36 swimmers 11 years 29th May Northampton High School & 24th & 26th October at Moulton College

Nottinghamshire - 43 swimmers 11 years on 22nd April, 20th May and 22nd July at Nottingham University Pool.

Leicestershire – 30 swimmers 11 years on 22nd April, 24th June and 30th September.

Lincolnshire – 24 swimmers, 11 years on 12th April, 26th July and 25th October.

## Licensed meets

A total of 81 Meets were licensed during the year, in addition to all County and Regional Championships - Level One 6, Level Two 3, Level Three 72, Level 4 62.

Unfortunately, one Level 1 gala was cancelled due to lack of entries, and a small number of Level 3 gala results were downgraded to Level 4 as the Level 3 Licensing Criteria had not been met

£19,927 has been raised through the levy to support ongoing regional development in the sport.

**John Hidle**  
Licensing Officer

Fiona Conway  
Club Development  
Officer - Talent



Regional Pathway Programme Staff

## Masters

### Key achievements:

- East Midlands is one of the country's most active regions in Masters. The impressive Masters set up increasingly attracts swimmers to stay in the sport with a number of the region's top young swimmers now competing in our events.
- The region runs the country's most longstanding regional inter-county gala, providing local competitive opportunities for more than 100 swimmers from 18 to 60+. The 2018 Gala, hosted by Nottinghamshire, was won by the host county (for the fourth time running), with Derbyshire runners up, Leicestershire third, a full Nottingham B team came fourth and Northamptonshire were fifth.
- We hosted one of the country's most popular Masters Development Days, led by elite coach Andi Manley at Loughborough Pool.
- Nottinghamshire, Leicestershire, Derbyshire and Lincolnshire all offer county Masters Championships which were attended collectively by hundreds of East Midlands Masters swimmers of all ages from 18 to 80 and abilities.
- This year East Midlands Committee member, David Strachan (Leicestershire), took over as meet Director of the Joint Midland Masters Championships.

**Sue Arrowsmith**  
Masters Secretary

## Regional records

### Short Course

Individuals - Male 22 and Female 18  
Relays a total of 9 records were broken.

### Long Course

Individuals Male 23 Female 9

**Clive Smith**  
Masters records officer

## Open Water

34 swimmers from across the Midlands were selected to attend a one day camp at Coventry Leisure Centre in June. The day included 2 pool sessions focussing on open water specific skills and workshops, giving swimmers an insight into open water swimming and competitions.

The selected swimmers within the East Midlands were:

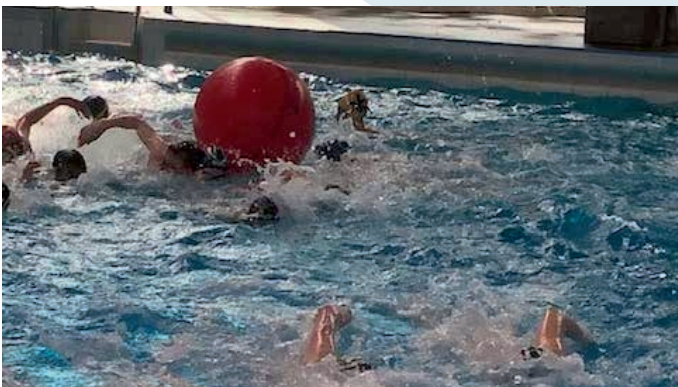
Alexander Casey (City of Leicester SC), Amber Downham (Chesterfield SC), Ashley Lucas (Northampton SC), Austin Jones (City of Leicester SC), Bobbi Harper (Northampton SC), Evie Woolley (Northampton SC), George Whittle (Derwentio Excel), Jevon Penny (Northampton SC), Kallum Quirke (Nova Centurion SC), Liam Dawson (Nova Centurion SC), Lottie Shaw (Northampton SC), Max Shaw (Northampton SC), Poppy Hogg (Northampton SC), Sophie Kendall (Corby SC), Sophie Busby (Derwentio Excel), Taylor O'Rorke (Northampton SC).

The camp staff were:

Head Coaches – Jacquie Marshall (Northampton SC), Andy Sharp (Northampton SC) with assistance with Hayley Colville (Swim England East Midlands Region) as Team Manager and Pat Crowley (City of Lincoln Pentaqua) as Assistant Team Manager.

"It was a great day. I learned a great deal and feel I can take what we did back to my club."

*Masters camp attendees*



Nottingham Inter-County Team



# Water Polo

## Junior Water Polo Club Tournaments 2018-19

After many years of service Tony Taylor, decide it was time to hang up his whistle and stop organising the east midlands junior tournaments. At the same time a working group had been set up to put into action a plan to develop water polo within the region. This was not just about creating fixtures and tournaments but also about recruitment and development of our players and clubs.

I was tasked with increasing and formulating games within our region. Several of our clubs were already members of leagues, including Midlands League, Wakefield and District and well as participating in friendlies and tournaments such as Manchester. The aim of the league was to allow development at every age group as well as allowing games to happen at local clubs and the parents coming to support and participate in the game.

So with a high degree of optimism and nativity I asked clubs to say which age groups they would like to enter and how many teams. We asked all clubs we could.

Picking up from where Tony had left it we have U13 tournaments. We have had 8 teams from 6 clubs enter. A new team from Spalding, the others being Nottingham Leander, Northampton (2 teams) Hinckley, Hucknall and Grantham (2 teams). These are full pitches, but with a running clock. They have proved successful, and we already have another club interested for next year.

For the U15 we felt it was important for them to play full games, with a stopping clock etc. So we have instigated a league. There were 7 teams entered (Spalding moving into this next year) and instead of home and away, they all played each other once. This was due to the level of pool time required. This is allowing the players to develop the game tactics and skills as more strategy is required and game awareness.

We also have an U17 and U19 male and female leagues. This is to help keep the older players in the game, especially those not quite ready to move into the senior game, and also to allow them to continue to develop those skills these were limited to Grantham, Northampton and Hucknall for the Ladies. These have proved more difficult due to school commitments.

We have taken a great leap forward this year and we hope to consolidate this next year, having learnt from all our mistakes and hic-ups.

From the base of Tony's 8 tournaments (3 U13 and 5 U15 tournaments), we have moved to 6 U13 tournaments, U15 league (6 full games each) U17 Boys, U17 Girls U19 Boys and U19 Girls. Not all the games may be completed, but all clubs have had more junior polo and competed on new levels and age groups. We hope this means we can progress as a region in the inter regionals and NAGS tournaments.

Within schools, Kings school Grantham has been competing both in ESSA and the London school league. Kesteven and Grantham Girls School made it all the way to the ESSA final and lost on penalties, so achieving silver nationally. Northampton school for boys also has competed in ESSA.

**Josefina Martinez**

## Key achievements:

- Under 16 Boys Inter-Regional took 1st place in Division 2 and won promotion.
- William Herring (Grantham WPC) 2nd in the England U17 team in the Slovianka Cup final in Poland
- Development and regional squad sessions are up and running.
- Several players attended National Water Polo events throughout the year.
- National Squad selections this year included Beth McLoughlin and Mia Lovell.
- Ben Naish and Joe Hood played for England in in EU Nations 2003 age group

## Roll of honour:

Amelia Peters Hucknall WPC – England U19 EU Nations team.

Will Herring Grantham WPC – England U17 EU Nations team.

Sarah Dunsbee (Hucknall WPC) – Coach England U17s Girls Team

Rachel Boneham (Hucknall WPC) – Team Manager U17 Girls Team

Cara Saunders (Hucknall WPC) – Assistant Coach U17 Girls Team

Tim Dunsbee (Hucknall WPC) – England Senior Men's Coach

Tim Dunsbee (Hucknall WPC) – GB Men's Coach World Student Games

Ben Naish (Notts Leander)–England U16 EU Nations team



East Midlands IR Water Polo Team





# Para-Swimming

## British Podium Programme

Oliver Hynd – Nova Centurion  
Maisie Summers-Newton – Northampton  
Eleanor Robinson – Northampton

## Foundation Development Programme

Levi Codling – Coalville  
Bruce Dee – Northampton  
Sophie Woodward – Kimberley

## Junior Development Programme

Harvey Phillips – Louth  
Scarlett Humphreys – Northampton  
Eliza Humphreys – Northampton

## Youth Development Programme

Isabel Dean – Hinckley  
Megan Neave – City of Derby

## British Para-Swimming Academy

Megan Neave – City of Derby  
Scarlett Humphrey – Northampton

## National Coach Development Programme

Jill Stivider – Leicester Penguins  
Sarah Richardson – Louth  
Mitch Haines – Northampton

### Development

- The region worked with Limb Power to deliver swimming at the Junior Limb Power games in June at Stoke Mandeville.

### Regional Training

- Training session delivered in January 2019 in Nottingham prior to the Regional Para-Swimming Championships.

### Competition

- Midland Para-Swimming Championships at Nottingham in January 2019, included classification for swimmers.
- Regional swimmers competed at the National Para-Swimming Championships in Manchester, International Meet in Sheffield, National Junior Para-Swimming Champs in Liverpool and British Swimming / Swim England Summer Championships

## Synchronised Swimming Synchro

### Key achievements

- Synchro Summer Camp was held in July 2018 in Nottingham, attended by swimmers from across the Midlands. The days were made up of land work, flexibility, routines, choreography and fun activities such as rock climbing.
- Three clubs from the East Midlands were represented at the Midlands Synchronised Swimming Regional Championships in October at Walsall Gala Baths.
- A novice development camp took place in November, January and March. Thirty swimmers representing three clubs in the East Midlands took part in land and pool training and were exposed to basic strength work, flexibility, stroke development and synchro basic skills.
- Synchro clubs were well represented at the National Masters Synchro Champs on November in Rugby. Rykneld won gold in the 19-24 solo and duet events.
- Swim England Level 1 Synchro Assistant (Coaching) course in January 2019 attended by 8 EM candidates

“I just wanted to say a very big thank you to everyone involved in the Synchro Summer camp, my daughter has had a fabulous time and learnt such a lot in such a short space of time and made some new friends”

### Roll of honour:

#### World Para Swimming Championships Dublin August 2018

Oliver Hynd – Nova Centurion  
Eleanor Robinson – Northampton  
Maisie Summers-Newton – Northampton  
Lewis White – City of Derby



Bramcote Aquastars



Maisie Summers-Newton – Northampton



Harvey Phillips who set a new British Record in the S4 50m Butterfly – Louth SC

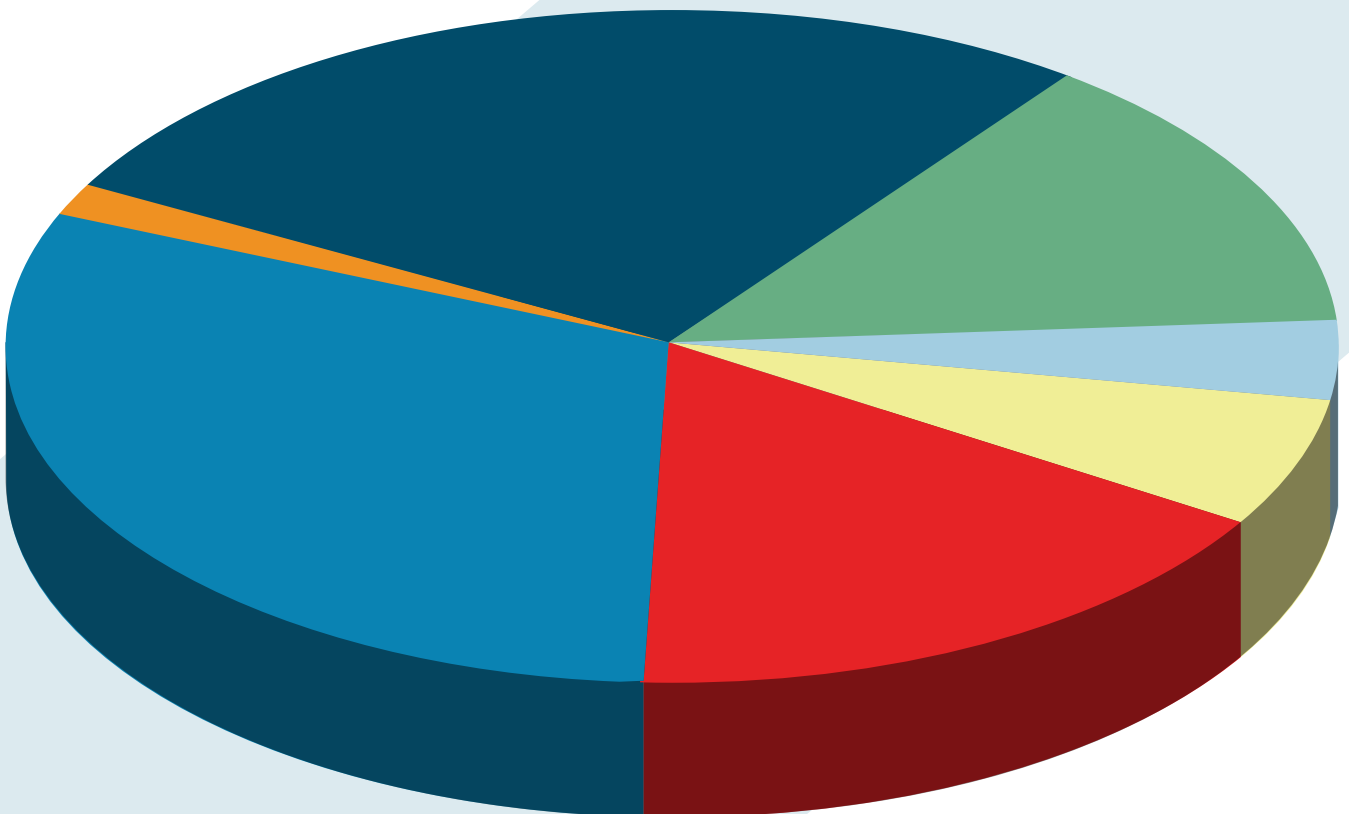
# Workforce

	SE L1 Swimming Assistant (Teaching)	SE L2 Swimming Teacher	SE Swimming Assistant (Coaching)	SE Swimming Coach	SE Water Polo Assistant (Coaching)	SE Water Polo Coach	SE Synchro Assistant (Coaching)	SE Open Water Coach	Fundamentals & Aquatic Skills of School Swimming	SE Level 2 Teaching Pre-School Swimming	Pool Plant Courses	CPD*
Number of courses	29	19	5	3	1	1	1	1	14	6	26	15
Number of learners	352	179	81	32	16	10	16	6	157	66	195	281

\*Continuous Professional Development

Regional grant aid of £18,625.00 awarded to 28 SwimMark accredited clubs

- ASA Level 1 and Level 2 Swimming Teacher
- ASA Level 1 Swimming Assistant (Teaching)
- ASA Level 2 Swimming Teacher
- ASA Level 2 Swimming Teacher RPL
- SE Swimming Assistant (Coaching)
- SE Swimming Coach



## Conferences and Volunteer courses

An East Midlands Regional Conference – ‘Coaching Generation Z’ took place in March 2019 at SportPark, Loughborough attended by 31 East Midland coaches.

The workshops included ‘Knowing me, knowing you’, ‘Optimal Athlete Development Framework’, ‘Club Awards’, ‘Talent Across the Ages’, ‘Growth & Development of Age Group Swimmers’, and ‘Planning Considerations’.

The Region has also run various courses for club volunteers:

12 Safeguarding courses – 181 attendees

12 Team Manager courses – 150 Module 1 and 61 Module 2 attendees

3 Time to Listen courses – 28 attendees

12 Aquatic Helper Courses

Synchro Poolside Helper Course – 14 attendees

### New Swimming Officials qualifications achieved during the year from 1st April 2018 – 31st March 2019

	Derbyshire	Leicestershire	Lincolnshire	Northamptonshire	Nottinghamshire	Total
Timekeepers	53	25	11	26	122	237
Judge Level 1	25	16	14	13	46	114
Judge Level 2	11	7	2	12	15	47
Judge Level 2S	5	1	3	2	4	15
Referee	2	2	0	0	0	4
Total	96	51	30	53	187	



Coaching Generation Z Conference

## Young Volunteers

Between September 2018 and March 2019, 12 workshops, a combination of Young Aquatic Helper and Timekeeper workshops, were held for young volunteers with over 133 attendees from various clubs across the region.

## Regional Aquatics Awards 2018

Katie Dempsey (Chesterfield SC) – Young Volunteer of the Year  
Geraldine Lally (Bramcote SC) – Volunteer of the Year  
Steve Allsop (Falcon ASC) – Volunteer of the Year  
Ralph Shepherd (City of Derby SC) – Services to Aquatics  
Elsie Rush (Worksop Dolphins SC) - Services to Aquatics  
Anne Clarke (Leicester Synchro SC) – Life Membership



Ralph Shepherd receiving his Service to Aquatics award



Elsie Rush receiving her Service to Aquatics award



Geraldine Lally receiving her Volunteer of the Year award



Anne Clark receiving her Life Membership award



Katie Dempsey receiving her Young Volunteer award



Jacque Marshall from Northampton Swimming Club was named British Swimming Coach of the Year for Para-Swimming. Congratulations to Jacque for receiving this outstanding award.



# Swim England National Awards 2018

## Gold award winners:

Swim England Youth Achievement Award – Isla Howe (Nova Centurion SC)

Swim England Performance Athletes of the Year for Open Water – Jack Burnell (Loughborough Uni sC)

Swim England Performance Athlete of the Year for Para-Swimming – Maisie Summers-Newton (Northampton SC)

Swim England Performance Athlete of the Year for Swimming – Adam Peaty (NC Loughborough)

Swim England Spirit of the Commonwealth Games Award for Swimming – James Wilby (Loughborough Uni SC)



Isla Howe receiving her Swim England Youth Achievement Award



Maisie Summers-Newton receiving her Swim England Performance Athlete of the Year Award

## Lincolnshire Sports Awards

City of Lincoln Pentaqua Swimming Club member, Pat Crowley received the 2018 Lifetime Achievement Award at the Lincolnshire Sports Awards.

Pat has served for over ten years on the Internal Disciplinary and Dispute Resolution Panel and is an official that has officiated. His roles have included: TM1 and Young Aquatic Helper course presenter; former Chairman of the Lincolnshire ASA, Chair of the Lincs League and Lincolnshire Junior League, and roles on Pentaqua Executive Committee.

His club members are very proud to have Pat involved saying "Without the dedication and commitment of a volunteer like Pat, our club, and swimming in our county and region would be very different. We firmly believe he is a worthy winner of this award"



## Derbyshire Sports Awards

City of Derby received the Club of the Year award at the 2018 Derbyshire Sports Awards.

This year the club celebrated their highest ranking in the National Junior League and, at the British Summer Championships in Sheffield, finished 11th in the overall standings out of 62 clubs that won medals.

## Northamptonshire ASA County Certificate of Recognition

Howard Wilkinson from Corby Amateur Swimming Club received Northamptonshire ASA's County Certificate of Recognition. This award is in recognition of outstanding service to swimming within Northamptonshire.

# County achievements

## Derbyshire



- The South Derbyshire network continue to meet regularly and maintained their SwimMark Network status at reaccreditation in December 2018.
- The North East Derbyshire and Chesterfield network also continue to meet regularly and expect to continue their SwimMark Network status by reaccrediting in September 2019. The Network has gained an extra club this year in Ripley Rascals.
- In the last year 2 extra Derbyshire clubs have gained network accreditation, bringing the total clubs with SwimMark Essential status up to 19 out of 22.
- At the end of 2018 DASA won a funding grant from Derbyshire County Council. The money awarded will be used this year to fund the set-up of 'Club Link' schemes in at least 3 Derbyshire swimming clubs, bridging the gap between Learn to Swim and Club Swimming and improving the entry route to club swimming.
- A team of 26 Derbyshire swimmers competed at Ponds Forge in Division 2 of the Inter County Competition. The team swam very well accumulating 431 points and finished in 3rd place, therefore achieving promotion back to Division 1.

## Lincolnshire



- Maintenance of 75% clubs with SwimMark Essential accreditation
- Maintenance of three SwimMark accredited club networks, regularly attended by 13 clubs and various pool operators as appropriate.
- Delivery of numerous club offer coaching courses and CPD's across the county, including the CPD for 'Integrating Autistic Swimmers into mainstream swimming lessons' at Spalding in February 2019.
- Continuation and development of the Club Links programme at Yarborough Leisure Centre in Lincoln, in partnership with Active Nation.

## Leicestershire



- 12 clubs in Leicestershire retained their SwimMark Essential accreditation this year.
- Loughborough Town Swimming Club have set up a Club Link programme thanks to help from Swim England East Midlands funding.
- On the 23rd September 2018 Leicestershire successfully held their second Masters Open Meet in Braunstone with 180 swimmers entering – a good rise from 141 in the first year.
- Leicestershire Masters swimmers had a very successful time at the National long course championships in Plymouth. A total of 5 national champions, 5 silvers and 6 bronze medals.
- The county finished second in the East Midland Masters Challenge.

## Northamptonshire



- The number of SwimMark Essential clubs in Northamptonshire has risen to 9 which means Northamptonshire now have 90% of clubs accredited. Congratulations to recent additions Rothwell Swimming Club and Corby Steel Diving Club

## Nottinghamshire



- To develop the swimmer pathway from Learn to Swim into Club Swimming:
  - New club links programmes have been set up at Bramcote and Kimberley
  - Six clubs supported the second Nottingham City integrated clubs and Learn to Swim Programme Gala in March 2019.
  - Nine clubs supported Nottinghamshire County Council School Swimming galas during February 2019.
- Three club networks continue to meet regularly; 'Nottingham' and Ashfield, Broxtowe and Mansfield' are SwimMark accredited, Bassetlaw is working towards accreditation.
- 85% of clubs have maintained SwimMark essential accreditation.
- NOVA Centurian SC have maintained SwimMark performance accreditation.
- Nottinghamshire has played host to the first Midlands synchronised swimming residential camp in August 2018.
- NOVA have developed a water polo performance section to enable talented water polo players to train and compete as a team

# SwimMark

It has again been a very good year with the focus being on Health checks for the clubs. It is very pleasing to know that with 73 of our clubs Swim Mark accredited the Region have the highest percentage of clubs accredited (79%) within the Country. However we still have 19 Clubs that have yet to become Swim Mark accredited. Whilst we know that accredited Clubs are following Swim England processes, not least in ensuring that all volunteers have completed their Safeguarding training and have DBS checks, it is a concern that we have Clubs within the Region that may not be in that position and next year we will hopefully be working and supporting these clubs to assist them in becoming Swim Mark accredited. Being Swim Mark accredited not only ensures that you are running your club professionally but opens the doors to grants/ opportunities for your swimmers/coaches/officials from the Region.

As always I must very much thank the dedicated Swim England Regional Panel for their continued support and of course the Club Development Officers who work very hard within the clubs to ensure that we are provided with up to date information from the clubs. A reminder that this year all clubs will be completing a full accreditation check.

**Ursula Beck**  
**Chair SwimMark panel**

# Finance

## Independent examiner's report to the Management Board

### Swim England – East Midland Region

I report to the Management Board on my examination of the accounts of Swim England – East Midland Region for the year ended 31st March 2019.

### Responsibilities and basis of report

As the Management Board you are responsible for the preparation of the accounts in accordance with the accounting principles of providing a "true and fair view" of the Association.

It is my responsibility to examine the accounts and report whether any matters that have come to my attention may be of material significance.

My examination includes a review of the accounting records kept, the procedures used, and a comparison of the accounts prepared from those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as members of the Management Board. An independent examination does not involve gathering all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

## Independent examiner's statement

Since the Company's gross income exceeded £250,000 the accepted principle is that your examiner must be a member of a professional body. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in an appropriate manner for the type and size of organisation. Or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Wayne Penlington FCCA  
Alexander Accountancy  
12 Granary Wharf Business Park  
Wetmore Road, Burton on Trent  
Staffordshire  
DE14 1DU

## Swim England East Midlands - Finance Report

### Year ended 31 March 2019

There was an overall deficit for the year of £15,481 compared to a budgeted deficit of £119,060 and £48,448 for 2018. The fund balance at the end of the year stands at £258,941 (£274,422 - 2018).

Affiliation fees have increased by 23.7% on last year, with a reported income of £116,569 (2018 £94,245 and 2017 £85,751).

The bank balance remains healthy at £216,123, a decrease to that at 31 March 2018 of £57,523. The decrease is largely due to income accounted for in the accounts that is yet to be received into the bank. £161,284 is in higher interest deposit accounts with the remainder in the instant access saver and current accounts.

The accounts show a reduction in fund balances in the year of £15,481. This is a smaller reduction than last year and is a result of investment in the operational plan.

The accounts are still in a healthy position and reflect the region's intentions to invest in the development of the region. This is in line with last year and will continue in the coming years and with careful monitoring the region's income will be sufficient to meet the investment.

Budgets have been set for the coming year and results will be monitored to evaluate the performance of the region on a monthly basis as previously.

**Deborah Dean**  
**Finance Manager**



# Swim England East Midland Region

## INCOME AND EXPENDITURE ACCOUNT YEAR ENDED 31 MARCH 2019

	Note	2019 £	2019 £	2018 £	2018 £
<b>INCOME</b>					
Affiliation fees			116,569		94,245
Licensing of Open Meets			19,988		22,576
Midland Championships			(3)		(1,000)
Other income			-		325
Regional Club Officer funding			6,600		6,600
Regional Office funding			6,000		6,000
Operational Plan	2		64,071		47,842
Funding projects			7,900		625
East Midland Championships			48,196		49,635
<b>Total income</b>			<b>269,321</b>		<b>226,838</b>
<b>Bank interest received (gross)</b>	3		1,957		867
<b>Expenditure</b>					
Regional Club Officer expenditure		68,279		65,009	
Regional Office costs		23,336		23,000	
Travel		3,850		5,308	
Administrative costs	3	7,292		7,930	
Professional fees	3	11,760		11,850	
Operational Plan	3	116,280		115,022	
Funding projects	3	2,415		4,659	
East Midland Championships	3	53,175		43,211	
<b>Total expenditure</b>			<b>286,387</b>		<b>275,989</b>
<b>Deficit for the year</b>			<b>(15,109)</b>		<b>(48,284)</b>
Taxation			(372)		(164)
Deficit for the year after taxation			(15,481)		(48,448)
Fund balances at 1 April 2018			274,422		322,870
Fund balances at 31 March 2019			258,941		274,422

## Swim England East Midlands:

### NOTES TO THE ACCOUNTS YEAR ENDED 31 MARCH 2019

#### SWIM ENGLAND EAST MIDLANDS: BALANCE SHEET AS AT 31 MARCH 2019

	Note	2019 £	2019 £	2018 £	2018 £
<b>Debtors – due after more than one year</b>					
Loan to joint championships	4		5,000		2,000
<b>Current assets</b>					
Loan to joint championships	4	-		-	
Trade debtors		12,244		1,611	
Bank/building society balances		216,123		273,646	
Other current assets and prepayments		48,758		23,013	
		<b>277,125</b>		<b>298,270</b>	
<b>Current liabilities</b>					
Trade creditors		-		9,830	
Other liabilities and accruals		23,184		16,018	
		<b>23,184</b>		<b>25,848</b>	
<b>Net current assets</b>			<b>253,941</b>		<b>272,422</b>
<b>Net assets</b>			<b>253,941</b>		<b>272,422</b>
<b>Reserves</b>			<b>258,941</b>		<b>274,422</b>

# Swim England East Midland Region

## INCOME AND EXPENDITURE ACCOUNT for the year ending 31 March 2019

1. Accounting basis			
The accounts have been compiled on a basis that enables profits to be calculated in accordance with the UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return.			
2	Income	2019 £	2018 £
	Operational Plan	22,746	
	Workforce development	3,232	
	Para-swimming / Disability	19,435	
	Synchronised Swimming	5,734	
	Water Polo	12,294	
	Swimming	630	
	Masters	64,071	
3	Expenditure	2019 £	2018 £
	<b>Other business income</b>		
	Interest receivable	1,957	867
	<b>Regional Club Officer expenditure</b>		
	Wages, salaries and administration	68,279	65,009
	<b>Regional Office costs</b>		
	Salaries	17,236	17,664
	Rent and administration	6,100	5,336
		23,336	23,000
	<b>Travel</b>		
	Travel	3,850	5,308
	<b>Administrative costs</b>		
	Printing, stationery, telephone and postage	3,693	3,627
	Accommodation	178	163
	Bank charges	536	467
	President's expenses	542	1,099
	Miscellaneous	1,480	1,717
	Regional ACM	769	655
	ASA ACM	-	102
	ASA membership	94	100
		7,292	7,930
	<b>Professional fees</b>		
	Accountants fees	10,320	10,320
	Independent examination fee	1,440	1,530
		11,760	11,850
	<b>Operational Plan</b>		
	Grant aid	37,531	41,820
	Education, IoS & CPD	20,880	30,924
	Volunteering	3,444	1,413
	Swimming	30,938	22,902
	Water Polo	8,683	11,317
	Masters	(49)	1,896
	Synchronised Swimming	14,837	3,259
	Para-swimming / Disability	16	1,491
		116,280	115,022
	<b>Funding Projects</b>		
	Funding Projects	2,415	4,659
	<b>East Midland Championships</b>		
	East Midland Championships	53,175	43,211

4	Debtors – due after more than one year	2019 £	2018 £
	Loan to joint championships	5,000	2,000
5	Operational Plan		
	During the year £104,660 was allocated to the operational plan of which £52,209 was spent and shown in the income and expenditure account.		
6	Ring Fenced Funds – Funding Projects	2019 £	2018 £
	Ring fenced funds included in fund balance at 31 March	26,383	20,898
		26,383	20,898

For further information please contact the region office

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