



**Swim England**

**East Midlands**

**Swim England East Midlands**

Annual Report & Accounts April 2019 - December 2019

# President of Swim England East Midland Region

It has been an honour to be Swim England East Midlands President for the last four months and I am looking forward to the next 14 months with anticipation.

I have to say I have really enjoyed the experience and have met other Regional Presidents, County Presidents, County Chairs as well as Swim England President Ian Mackenzie.

I have had the opportunity and thoroughly enjoyed visits to the Regional Winter Championships, Inter County Masters, Regional Para Championships and the current rounds of the County Championships.

My wife, Tina and I have been immensely impressed with the standard of competition, organisation and the courtesy shown by everyone involved.

I would like to say a huge thank you to all the people who continue to help and volunteer at these events without whom it would not be possible for them to continue.

Regards

**Douglas Whitlam MBE**  
**President – Swim England East Midland Region**



# Message from the Chair

The year just ended was marked by the start of a Swim England review to ensure that our swimmers are safe with us. As the region with the highest proportion of SwimMark clubs, we were well placed when the Stronger Affiliation process began with the Teaching and Coaching Register. With only a dozen of our clubs not yet accredited, we have the Club Development Officer capacity to help any club needing it. Again, we were the first region in which every club had completed the Teaching and Coaching Register. However, I use the word completed advisedly when we are not sure that every submission was complete!

The Stronger Affiliation process is coming, and clubs which do not meet minimum standards of safeguarding, governance and financial control and stability will eventually find themselves unable to remain affiliated to Swim England. It will not happen to our clubs.

Following the recent high-profile demise of a club owing very significant sums of money, and the subsequent pursuit of individual members by creditors, the review of the benefits to the region, County Associations and clubs of incorporation is picking up pace.

I am sorry if this message seems very dry, but it is the boring side of the administration of all sports. Others have reported on the outstanding performances of our athletes, and we can continue to be proud of them and of the many volunteers on which our sport relies. I promise to write more about the actual sport next year...

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



# Athlete Development

## Swimming

**Swimmers whose ranked club is affiliated to the region at the time of selection.**

## World Class Performance Programme 2019/20

Greg Butler – City of Derby SC  
Georgia Davies – Loughborough University SC  
Freya Colbert – Nova Centurion SC  
Michaela Glenister – Leicester Sharks SC  
Edward Mildred – Northampton SC  
Jacob Whittle – Derwentio eXcel Swim Squad

## Regional records

This period has been extremely quiet which in part may be due to a number of the top junior swimmers moving into the senior age group. In the previous 12 months there were 26 records set which has reduced to seven in this period.

However, two swimmers, William Bell (City of Leicester SC) and Edward Mildred (Northampton SC) have both broken a senior record in this period having only just moved up from the junior category.

William broke the short course 400m individual medley record that had stood since the old Midland District disbanded in 2005.

Edward's record for the long course 200m butterfly had also stood since 2005.

Archie Evans (Corby ASC) claimed his first record for the Long Course 50m Backstroke and the previous time had stood for over 20 years and was set in February 1999.

Freya Colbert (Nova Centurion SC) has dominated the female achievements being the only swimmer to break any records in this period. The first record was broken in July 2019 and since then Freya has broken a further three records in other events.

An increase in applications are anticipated during 2020 with the build up to the Olympics in the summer.

**Archie Evans – Corby ASC**  
Junior 50m backstroke

**William Bell – City of Leicester SC**  
Senior 400m individual medley

**Edward Mildred – Northampton SC**  
Senior 200m butterfly

**Freya Colbert – Nova Centurion SC**  
Junior 400m individual medley x 2  
Junior 200m freestyle  
Junior 400m freestyle

**Sue Wainscot**  
**Records Officer**

## Roll of Honour

### European World Junior Championships Kazan – Russia July 2019

Edward Mildred – Northampton SC  
Jacob Whittle – Derwentio eXcel Swim Squad  
Freya Colbert – Nova Centurion SC  
Mia Slevin – Derwentio eXcel Swim Squad  
Maisie Elliott – City of Leicester SC  
Sophie Yendell – City of Derby SC  
Michaela Glenister – Leicester Sharks SC  
Coach – Jamie Main – Derwentio eXcel Swim Squad  
Coach – Jacque Marshall – Northampton SC

### World Junior Championships – Budapest, Hungary August 2019

Will Bell – City of Leicester SC  
Michaela Glenister – Leicester Sharks SC

### LEN European Championships – Glasgow December 2019

Georgia Davies – Loughborough University SC

### Ontario Junior International Meet – Canada December 2019

Edward Mildred – Northampton SC  
Jacob Whittle – Derwentio eXcel Swim Squad



## Open Water Roll of Honour

### Swim England Junior International Squad May 2019 Mallorca

Jackson O'Rourke – Northampton SC  
Jevon Penny – Northampton SC

### LEN European Junior Open Water Championships August 2019 Czech Republic

Jackson O'Rourke – Northampton SC  
Jevon Penny – Northampton SC

### World Championships – September 2018 Israel

Jack Burnell – Loughborough University SC

### GB FINA Marathon World Series

Alice Dearing – Loughborough University SC  
Tobias Robinson – Loughborough University SC

## Regional Pathway Programme 2019

Thirty six swimmers all aged 12 from across the region were selected to attend three one day camps under the guidance of the Swim England Talent Team, with two pool sessions per day focusing on skills and land work to complement the pool sessions. Workshops were also delivered to swimmers and parents in nutrition and goal setting. The selected swimmers were:

Aimee O'Reilly (City of Leicester SC), Alex Sadler (Deepings SC), Alfie Bisby (Boston SC), Amy Willetts (Melton Mowbray SC), Benjamin Gibbons (Northampton SC), Breanna Chamberlain (Retford SC), Charlotte Roome (City of Derby), Daniel Walker (Nova Centurion SC), Ella Edwards (Northampton SC), Emilia Cieszczyk (Northampton SC), Emily Batchelor (Kettering ASC), Evan Hawley (Nova Centurion SC), Evie Johnson (Nova Centurion SC), Evie Robertshaw (Leicester Sharks SC), Findlay Cordle (City of Derby SC), Freya Peace (Bassetlaw Swim Squad), Grace Turner (Grantham SC), Harry McKeaney (Sutton in Ashfield SC), Isobel Gosling (South Lincs CSC), Jacob Mills (Leicester Sharks SC), Jamie Haugh (City of Derby SC), Jessica Brandom (Nova Centurion SC), Jessica Wheaton (Skegness SC), Lewis Fitch (City of Leicester SC), Lilly Tappern (Deepings SC), Mason Brown (Nova Centurion SC), Matthew Dizon (City of Leicester SC), Mia Matthews (Northampton SC), Nathan Stevens (Derwentio eXcel Swim Squad), Oliver Osborne (Derwentio Excel), Oliver Sorrell (Derwentio Excel), Paul Page (City of Leicester SC), Rachel Webb (Lincoln Vulcans SC), Teigan Wright (Leicester Penguins SC), Thomas Gartside (Northampton SC), Zak Frisby (Radford SC).

### Programme staff:

Head Coach – Mitch Haines (Northampton SC)  
Skills Coaches – Jamie Thorpe (City of Leicester SC), Liam Noonan (Northampton SC), Wayne Davies (City of Derby SC), Harry Hathaway (Leicester Penguins SC), Spencer George (Long Eaton SC), Katie Gilman-Able (City of Lincoln Pentaqua SC)  
Team Managers – Paul Hopkinson (Derwentio eXcel Swim Squad), Pippa Crust (City of Lincoln Pentaqua SC)

## County Pathway Camps 2019

Four counties in the region ran the England Programmes County Pathway Camps in 2019.

Lincolnshire – 24 swimmers aged 11 years took part in three camps on 10th April, 24th July and 28th August. The camp covered stroke technique, swimmer lifestyle and nutrition. Pauline Gourley was the lead coach and was assisted by skills coaches and team managers.

## Fiona Conway

Club Development Officer - Talent



Lincolnshire County Pathway Programme



Above Regional Pathway Programme swimmers

## Licensed Meets

Although this report covers a shorter period than usual due to the change in our year, the numbers of licensed meets are very similar to last year.

This is down to the "missing" period being the few months of the year when there are few open meets due to the various county championships taking place.

During the nine-month year we licensed six level one meets, three level two meets and 63 level three meets.

For the first time we also licensed two league finals.

£19,135 has been raised through the levy to support ongoing regional development in the sport.

**John Hidle**  
Licensing Officer

## Masters

### Masters Regional Records

Individuals – 28 male and 14 female

Relays – 4 male, 1 female and 1 mixed team

### Long Course

Individuals – 12 male and 11 female

### British Records

Carl Shaw - 200m & 400m freestyle (35-39)

Georgia Hohmann – 50m backstroke (25-29)

### Clive Smith

Masters Records Officer



### Key Achievements

- East Midlands Challenge Gala hosted by Lincolnshire in May 2019 – 1st Nottinghamshire, 2nd Lincolnshire, 3rd Leicestershire and 4th Northamptonshire
- National inter-county event on 10th November 2019 – 8th Nottinghamshire, 23rd Leicestershire, 25th Northamptonshire
- New British record from Georgia Hohman (pictured below) 25 – 29 backstroke & Carl Shaw – 35 – 39 200m & 400m freestyle

## Open Water

### Regional Open Water Development Camp 2019

Thirty swimmers between the ages of 12 and 15 from the East Midlands and West Midlands attended a day at the Coventry pool to develop their skills and knowledge around open water. Swimmers were selected from pool and open water results. A number of swimmers went on from previously having no open water experience to gaining qualification to the National Open Water Championships via the Regional Championships. The selected swimmers were:

Annabel Russell (City of Leicester SC), Annabel Vance (Northampton SC), Benjamin Gibbons (Northampton SC), Bethan Thomas (Daventry Dolphins SC), Bobbi Harper (Northampton SC), Daniel Stockwell (Hinckley SC), Eja Coe (Derventio eXcel Swim Squad), Elise Kendall (Corby ASC), Ella Kay (Northampton SC), George Whittle (Derventio eXcel Swim Squad), Isobel Gosling (South Lincs CSC), Mollie Briggs (South Lincs CSC), Oliver Sorrell (South Lincs CSC),

Poppy Hogg (Northampton SC), Poppy Mead (Derventio eXcel Swim Squad), Rachel Webb (Lincoln Vulcans SC), Razvan Grumazescu (Northampton SC), Samuel Nicholls (Chesterfield SC), Thomas Currie (Northampton SC), Thomas Gartside (Northampton SC)

Programme staff:

Head Coach – Andy Sharp (Northampton SC), Skills Coach

– Justin Palfrey (Loughborough Town SC)



## Open Water Team 2019

A team of swimmers were selected to represent the midlands at the Great North Swim 2019, a joint venture between the East Midlands and West Midlands regions. This event was also a Junior International selection opportunity. Sadly due to water temperature and weather the event was cancelled. The selected swimmers were:

Adam Banks (Derventio eXcel Swim Squad), Amber Downham (Chesterfield SC), Bobbie Harper, (Northampton SC), Chloe Stennett (Chesterfield SC), Jack Buswell (Northampton SC), Jackson O'Rourke (Northampton SC), Jevon Penny (Northampton SC), Joshua Vance (Northampton SC), Ryan Huddart (Derventio eXcel Swim Squad)

Programme staff:

Lead Coach – Andy Sharp (Northampton SC)



Midlands Open Water Festival

## Water Polo

### Roll of Honour

Ben Naish (Nova WPC) – England U17 EU Nations team.  
Joe Hood (Nova WPC) – England U17 EU Nations team

Mia Lovell (Hucknall WPC, Nottingham Leander WPC & Nova WPC) – English Schools Team  
Holly King (Hucknall WPC & Nova Centurion WPC) – English Schools team

Rory Inman (Hucknall WPC, Hinckley WPC & Nova) – English Schools team



## Para-Swimming

### British Podium Programme

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

### British Para-Swimming Academy

Levi Codling – Coalville SC  
Eliza Humphrey – Northampton SC  
Scarlett Humphrey – Northampton SC  
Megan Neave – City of Derby SC  
William Perry – Northampton SC  
Harvey Phillips – Louth Dolphins SC

### English Development Programme

Harvey Phillips – Louth Dolphins SC  
Levi Codling – Coalville SC  
Megan Neave – City of Derby SC  
Owen Johnson – City of Derby SC  
Bruce Dee – Northampton SC  
Will Perry – Northampton SC  
Eliza Humphrey – Northampton SC  
Scarlett Humphrey – Northampton SC



Maisie Summers-Newton – Northampton SC

### Regional Para-Swimming Training Programme

The Midlands Regional Para-Swimming Programme was set up during 2019 by the East Midlands, West Midlands and Swim England Para-Swimming to engage and support swimmers across the midlands with an impairment that can be classified under the World Para-Swimming categories to develop their skills, experience and knowledge through their journey as a para-swimmer.

These sessions also served as a vehicle for swimmers to be signed off ready for classification along with being a great development opportunity for coaches. Over 30 swimmers from across the midlands attended each session offered during the programme with the East Midlands also supporting with coaching and team management.

Programme staff:

Lead Coach: Mitch Haines (Northampton SC)  
Coaches: Wayne Davies (City of Derby SC), Carla Bickerstaffe (Derwentio eXcel Swim Squad)

Team Managers: Nick White (Loughborough Town SC), Pippa Crust (City of Lincoln Pentaqua SC), Wendy Flint (Coalville SC), Amy Roberts (Rykneld SC)

## Roll of Honour

### World Para Swimming Championships London September 2019

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

### Competitions

- Midland Para-Swimming Championships in October 2019 at Rugby.
- Midland Winter Championships in January.
- Swimmers competing at Swim England Summer Championships, World Series and World Championships

### Regional Training Sessions

- In 2019 the midlands region ran three training sessions with over 30 swimmers at Loughborough & West Bromwich pools.

### Tom McMannus

### Swim England Para-Swimming Talent Coach



Regional Para-Swimming Training Programme

# Synchronised Swimming

The period April-December 2019 was the second part of a 'double' season' of competitions as the synchro competition calendar transitioned from January-December to September-July for the first time.

In summary, participation, competition at higher level, numbers of swimmers on talent programmes and workforce training has increased. The development of entry level synchro will ensure a widening of the base. The merger of the East and West Midlands regions for synchro is working well.

## Competitions

**Regional Championships 2019** - Regional participation has increased with entries from Bramcote AquaStars SSC in the junior competition and from University of Nottingham SSC and Green Arrows SSC in the masters competition.

**Midlands Novice Competition 2019** - Bramcote AquaStars SSC won 3 gold, 2 silver and 3 bronze, Green Arrows SSC won 2 gold and 1 silver, Rykneld SSC won 2 gold.

**Combo Cup 2019** - Entries from Bramcote AquaStars SSC, Green Arrows SSC and Rykneld SSC. Rykneld SSC won bronze in the 13-18 division 1 age group.

## Swimmer Development:

**Development of synchro in Lincolnshire** - Sarah Hoof is working with the club development officer to build synchro in Lincoln by developing swimmers from locally run Aquafun sessions. She is also working with other clubs in the region and is looking into setting up a club/joining an existing swim club to start attending competitions in the coming season.

**Development of synchro in Leicestershire** - Leicester SSC closed in 2019 but moves have begun to re-build by introduction of Stage 8-10 synchro in Leicester and Loughborough. Other stage 8-10 CPDs are planned in the region in the coming year.

## Regional Development Programmes

- Novice - six camps in the East Midlands for approximately 30 swimmers.
- Beacon - two swimmers from East Midlands took part in the programme in 2019, with five East Midlands swimmers selected from trials in September heading into the 2020 programme
- Intermediate camps were not held in 2019 because of the transition to a new competition calendar. These have been re-introduced for the coming season and will provide development across the midlands for talented swimmers who sit between the novice and Beacon/GB programmes
- Eve Young (Bramcote AquaStars SSC) has been selected for England Youth Programme 2020.

## Workforce Development:

- Lenka Tanner was accepted onto a newly created Coach Development Programme. This is intended to potentially replace a Level 3 Synchro Coach qualification, which currently does not exist

- A level 1 synchro coaching course was run at capacity for clubs in the midlands region
- We ran a level 1 and level 2 judges course, both at capacity
- To meet a need for new scorers in the midlands region, a scorer course was run in January 2020, attended by six candidates, including two from the East Midlands

## Synchro Summer Camp 2019

The second residential Midlands Synchro Summer Camp took place at the start of the school summer break. Thirty eight swimmers had four days full of synchro focused activities at the fabulous David Ross Sports Village at University of Nottingham.

There were 3-4 hours per day in the pool, led by visiting Head Coach Gabrielle Boisvert, supported by other coaches from the region. Gabrielle is a former international level synchro swimmer, having represented Canada at two FINA World Championships. She brought a unique style coaching to the camp, enthusing swimmers and coaches alike.

Swimmers commented, "I have enjoyed learning new figures and how to do them properly", "The best thing was focusing on our spins and support scull as I now find figures easier", "The coaching was really beneficial", "I liked how interesting and different the pool sessions were".

The pool sessions were complemented by land sessions, some led by Gabrielles but others led by guest specialists including cheerleading, dance, gymnastics, strength and conditioning, yoga and athlete nutrition.

Swimmers were accommodated in university halls and had sociable evening activities including hula hooping and craft activities. Swimmers commented, "Loved the activities on land! Especially dance and cheerleading" "The best thing was making new friends and doing cheerleading".

The region plan to run the camp again in 2020 so watch this space!

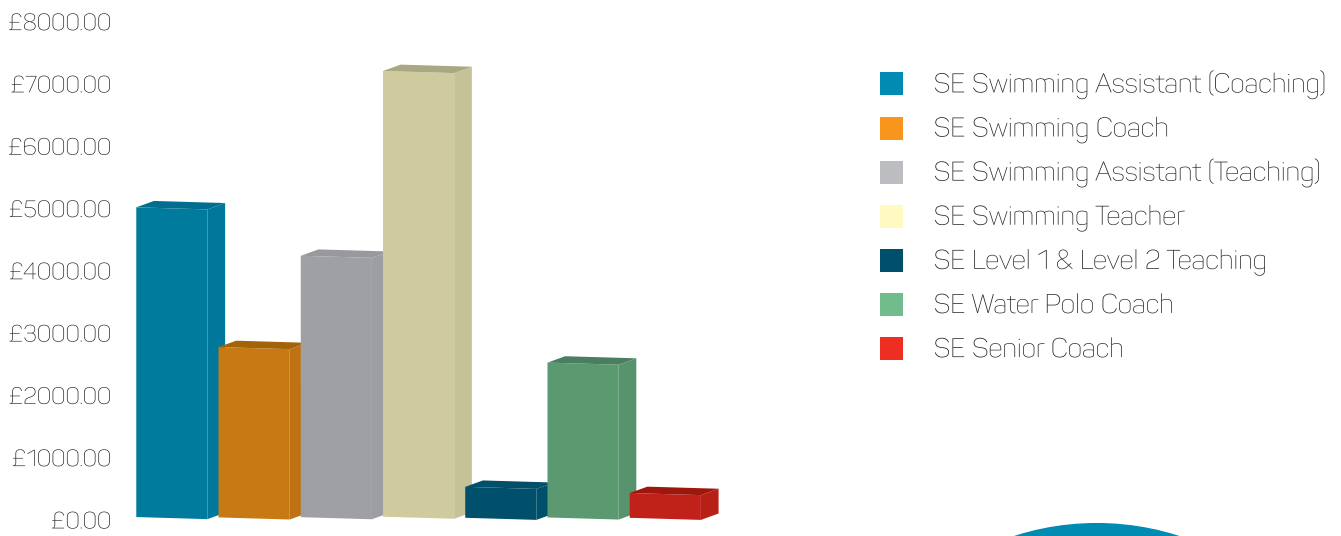
## Geraldine Lally – Midlands Synchro Camp Coordinator





# Workforce

Regional grant aid of £25,331.25 awarded to 28 SwimMark accredited clubs



New Swimming Officials qualifications achieved during the year from 1st April 2019 – 31st December 2019

	Derbyshire	Leicestershire	Lincolnshire	Northamptonshire	Nottinghamshire	Total
Timekeepers	49	27	0	54	21	151
Judge Level 1	20	10	13	24	5	72
Judge Level 2	3	2	4	6	3	18
Judge Level 2S	3	1	0	1	1	6
Referee	0	0	0	0	0	0
<b>Total</b>	<b>75</b>	<b>40</b>	<b>17</b>	<b>85</b>	<b>30</b>	<b>247</b>

## Volunteer courses

The region has run various courses for club volunteers:

- 7 Safeguarding courses – 115 attendees
- 7 Team Manager courses – 54 Module 1 and 16 Module 2 attendees
- 4 Time to Listen courses – 24 attendees
- 7 Aquatic Helper Courses – 94 attendees



## Young Volunteers

Between April 2019 and December 2019, six workshops, a combination of Young Aquatic Helper and Timekeeper workshops, were held for young volunteers with over 139 attendees from various clubs across the region.

	SE L1 Swimming Assistant (Teaching)	SE L2 Swimming Teacher	SE Swimming Assistant (Coaching)	SE Swimming Coach
Number of courses	31	24	9	5

## Regional Aquatics Awards 2019

Ellie Burton (Lincoln Vulcans SC)  
– Young Volunteer of the Year

Matthew McNicholas (Wellingborough SC)  
– Young Volunteer of the Year  
Valerie Dunton (Market Harborough SC)  
– Volunteer of the Year

David Fortescue (Arnold SC)  
– Volunteer of the Year

Alexander McLauchlan (Worksop Dolphins SC)  
– Services to Aquatics

Sally Dunlop (Grantham WPC)  
– Services to Aquatics



The 2019 Swim England Regional Award winners with President Douglas Whitlam

## Swim England National Awards 2019

Swim England Long Service to Aquatics Award  
– Silver – Alex McLauchlan (Worksop Dolphins SC).

Swim England Youth Achievement Award –  
Silver – Lucy Sharp (Loughborough Town SC)

Swim England Adult Achievement Award  
– Bronze – Justin Palfrey (Loughborough Town SC).



Justin Palfrey receiving his Adult Achievement Award



Alex McLauchlan receiving his Long Service to Aquatics Award



Lucy Sharp receiving her Youth Achievement Award

## British Swimming Awards 2019

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



## Charnwood Sports Awards 2019

Will Bell received the Junior Sportsperson of the Year award at the Charnwood Sports Awards evening in December 2019.

Aged under 18 on August 31, 2019, this award is for an individual who has in the last 12 months made significant progress in the field of the sport; exceeded expectations in their sporting performance or made a big difference to a team.

## Lincolnshire Sports Awards

Louth Dolphins SC member, Harvey Phillips received the 2019 Disabled Sportsperson of the Year award at the Lincolnshire Sports awards. Harvey won five gold medals at the World Championships in Glasgow and broke a British record which had stood for 22 years in the 50m butterfly long and short course. Harvey also represented East Midlands in the schools relay where they won silver and was nominated by British Swimming to move onto the World Class and Podium Potential Programmes.

Cheryl Hendel from Lincoln Vulcans SC received the Sports Volunteer of the Year award for all her hard work and dedication to the sport and club.

Ellie Burton also from Lincoln Vulcans SC received the Young Sports Volunteer of the Year award. Ellie has shown commitment to the sport throughout the year by giving up her mornings and evenings to help coach on poolside, alongside studying for her GCSE's. Well done Ellie.

Lifetime Achievement award went to Dave Hendel from Lincoln Vulcans SC. This award is in recognition of outstanding service to swimming within Lincolnshire.

## Blaby District Local Sports Alliance Awards

Alex Casey from Braunstone SC received the Young Sports Person of the year award after breaking the county record and finishing sixth at the British National Championships, as well as seven gold medals at the County Championships.

Michaella Glenister from Leicester Sharks SC was honoured with Sports Person of the Year. The GB swimmer won four medals at the British National Championships and won silver in a 1.5km open water race in Mallorca and Maisie Elliott from Braunstone SC was runner up.

Other winners from the evening were Mark McKenna from Leicester Sharks SC who received the Coach of the Year award. Kara Shepherd from Braunstone SC received the Local Sports Alliance Special Recognition award.



Harvey Phillips



David Hendel



Cheryl Hendel



Ellie Burton



Michaella Glenister

## County achievements

### Derbyshire



- Nineteen of 22 Derbyshire clubs retained their SwimMark accreditation with three networks still meeting regularly
- Ran two open water training days in June at Cliff Lakes in preparation for the Midlands Open Water Festival in July. The day also included a Level 1 Open Water Judges Training
- Twenty five young volunteers attended the young volunteers programme

### Lincolnshire



- All current SwimMark clubs have retained their status in 2019 – we are now working to support a small number of clubs to meet the standards for Stronger Affiliation in 2020
- Three local networks are still meeting regularly to share ideas and best practice – clubs that have attended have accessed additional funding and have co-ordinated training courses to meet their workforce needs.
- Club offer swimming coaching courses have been delivered in the county – with 218 teachers and coaches on the new register in Lincolnshire we can ensure that the local workforce is supported effectively
- Skegness SC secured funding from Swim England to deliver a new membership growth programme, working with the Learn to Swim providers in the local area. This builds on the good work of the membership growth project based at Yarborough earlier in the year
- Engagement in other disciplines continues to grow with Spalding WPC and Grantham WPC both reporting growth in their water polo sections. Open water swimming is also growing with 30 swimmers attending a county camp in May before 23 swimmers competed in the Midlands Open Water Championships – six swimmers qualified for the nationals from this event
- Lincolnshire also hosted the Masters Challenge Cup in 2019, with swimmers competing from across the East Midlands

### Leicestershire



- Maintained SwimMark accredited club level
- Promoted at the National Inter-Counties after a successful division 2 finish
- Ran a successful third Masters Championships, growing the programme from previous years

### Leicestershire



- Maintained 90% of SwimMark accredited clubs
- Supported the region in hosting a level 1 Diving judge's course for the first time

### Nottinghamshire



- Bassetlaw Swimming Action Group has gained SwimMark Network accreditation, meaning all three networks in Nottinghamshire are now accredited
- The development of links between Learn to Swim and club swimming continues to be a focus, club links programmes continue across all Nottingham City pools and Bassetlaw pools. New club link programmes continue to be delivered at Kimberley and Bramcote.
- Clubs continued to support school swimming galas during 2019 to promote club swimming to school pupils in years 3 – 6
- Arnold SC and Calverton and Bingham SC successfully secured funding from Swim England to deliver new club link and membership growth programmes over the next 12 months
- Ashfield, Broxtowe and Mansfield Club network hosted a Club Matters: Club Volunteer Experience workshop on 30th October 2019 to support clubs committees to recruit, train and retain club volunteers
- Work has continued to support the performance pathways in Nottinghamshire for both swimmers and water polo players
- A Bramcote AquaStars synchronised swimmer was selected to train as a member of the junior national squad. This is the first time a swimmer from the East Midlands has been selected to join this squad. This highlights the tremendous work taking place to develop and grow synchronised swimming in Nottinghamshire

# SwimMark

Firstly, a thank you to the Club Development Officers and the SwimMark panel for their hard work and support in ensuring that clubs presented their information for reaccreditation and health checks in time for the Panel to review.

It has been a very positive year with clubs very much supporting their SwimMark programme.

The panel met on three occasions during the year and as at December 2019 we had a total of 73 clubs accredited with SwimMark out of a total 91 clubs within the region. We also continue to have eight accredited networks covering Nottinghamshire, Derbyshire and Lincolnshire.

During the year it was announced by Swim England that Stronger Affiliation was being introduced. The reason for this is that the national body for swimming, diving, synchronised swimming and water polo, Swim England feel it is important to support all clubs to ensure they are sustainable and fit for purpose.

It is important to be aware that Stronger Affiliation will only affect those clubs who are not SwimMark accredited. SwimMark accredited clubs should continue as normal.

The Stronger Affiliation process will enable clubs to provide further assurance that they are implementing the right governance standards. All details relating to Stronger Affiliation can be found on the Swim England website which also includes the programme and dates for ensuring that all clubs within the country have completed the process by 1st December 2020 with the clubs being able to submit their evidence from 1st June 2020.

There are six pieces of information required:

- Approved club constitution
- Risk assessments
- Club personnel record (to include qualifications, valid DBS and approved safeguarding training)
- Sample of safeguarding certificates.
- Welfare Officer compliance statement
- Club Chair compliance statement

Finally, all clubs should be reminded that SwimMark accreditation enables your club to apply for bursaries from both the region and your counties for coaching/teaching/volunteer courses.

**Ursula Beck**  
**Chair East Midland Region SwimMark panel**

# Finance

## Independent examiner's report to the Management Board

### Swim England – East Midlands Region

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

The accounting reference date has been changed reducing the accounts to a nine-month period. This requires an amendment to item 6.3 of the Constitution. Since the Company's gross income exceeded £250,000 per normalised year, the accepted principle is that your examiner must be a member of a professional body. I can 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

### Period ended 31 December 2019

The region has changed its year end from 31 March to 31 December and so all figures reported are for a nine month period rather than twelve. This will revert to twelve months from next year.

There was an overall deficit for the nine months of £24,394 compared to a budgeted deficit of £55,215 and £15,481 for the 12 months to 31 March 2019.

The fund balance at the end of the period stands at £234,547 (£258,941 – 31 March 2019).

Affiliation fees have decreased by 22.9% on the previous period, with a reported income of £89,911 (31 March 2019 £116,569 and 2018 £94,245). This is as expected as two different length periods are being compared.

The bank balance remains healthy at £184,148, a decrease to that at 31 March 2019 of £31,975. However, there is £39,000 which has been loaned to ASA Swimming Enterprises Limited at a more beneficial interest rate than that offered by the investment market place. The loan is available to recall in full with a three month notice period and so total accessible funds stand at £223,148. The £184,148 is currently held in the current account and instant access saver while new, higher rate investment accounts are found. Any balances held are all with the £85,000 compensation limit in mind.

The accounts show a reduction in fund balances in the year of £24,394. This is an increase on last year but was anticipated. The accounts are still in a healthy position and reflect the region's intentions to invest in the development of the region. This is consistent with previous periods 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. The budgets for the operational plan have been reduced to those allocated historically to ensure the longevity of the support offered to the development of our sport by the region.

**Deborah Dean**

**Finance Manager – Swim England East Midland Region**

# Swim England East Midland Region

	Note	31.12.19 £	31.03.19 £
<b>INCOME</b>			
Affiliation fees		89,911	116,569
Licensing of open meets		20,999	19,988
Midland championships and zone meet		-	(3)
Other income		7	-
Regional club officer funding		4,500	6,600
Regional office funding		4,950	6,000
Operational plan	2	40,252	64,071
Funding projects		-	7,900
East Midlands Championships		53,361	48,196
<b>Total income</b>		<u>213,980</u>	<u>269,321</u>
<b>Bank interest received (gross)</b>	3	2,462	1,957
<b>Expenditure</b>			
Regional club officer expenditure		53,253	68,279
Regional office costs		19,342	23,336
Travel		2,766	3,850
Administrative costs	3	4,643	7,292
Professional fees	3	9,780	11,760
Operational plan	3	96,865	116,280
Funding projects	3	12,081	2,415
East Midlands Championships	3	41,638	53,175
<b>Total expenditure</b>		<u>240,368</u>	<u>286,387</u>
<b>Deficit for the year</b>		<u>(23,926)</u>	<u>(15,109)</u>
Taxation		(468)	(372)
(Deficit for the year)/surplus for the year after taxation		<u>(24,394)</u>	<u>(15,481)</u>
Fund balances at 1 April 2019		<u>258,941</u>	<u>274,422</u>
Fund balances at 31 December 2019		<u>234,547</u>	<u>258,941</u>
<b>Debtors - due after more than one year</b>			
Loans	4	40,000	5,000
<b>Fixed Assets</b>			
Computer Equipment	5	927	
<b>Current assets</b>			
Loans	4	4,000	-
Trade debtors		215	12,244
Bank/building society balances		184,148	216,123
Other current assets and prepayments		38,505	48,758
		<u>226,868</u>	<u>277,125</u>
<b>Current liabilities</b>			
Trade creditors		1	-
Other liabilities and accruals	6	33,247	23,184
		<u>33,248</u>	<u>23,184</u>
<b>Net current assets</b>		<u>193,620</u>	<u>253,941</u>
<b>Net assets</b>		<u>234,547</u>	<u>258,941</u>
<b>Reserves</b>		<u>234,547</u>	<u>258,941</u>

# Swim England East Midlands

## NOTES TO THE ACCOUNTS YEAR ENDED 31 MARCH 2019

1. Accounting basis			
The accounts have been compiled on a basis that enables profits to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return.			
2	Income	31.12.19 £	
<b>Operational Plan</b>			
	Workforce development	26,450	
	Para-swimming / Disability	(2,355)	
	Synchronised Swimming	10,862	
	Water Polo	1,895	
	Swimming	3,400	
	Masters	-	
		40,252	
3	Expenditure	31.12.19 £	31.03.19 £
<b>Other business income</b>			
	Interest receivable	2,462	1,957
<b>Regional Club Officer expenditure</b>			
	Wages, salaries and administration	52,253	68,279
<b>Regional Office costs</b>			
	Salaries	14,429	17,236
	Rent and administration	4,913	6,100
		19,342	23,336
<b>Travel</b>			
	Travel	2,766	3,850
<b>Administrative costs</b>			
	Printing, stationery, telephone and postage	1,456	3,693
	Accommodation	-	178
	Bank charges	529	536
	President's expenses	745	542
	Depreciation	305	-
	Miscellaneous	769	1,480
	Regional ACM	653	769
	ASA ACM	111	-
	ASA membership	75	94
		4,643	7,292
<b>Professional fees</b>			
	Accountants fees	8,340	10,320
	Independent examination fee	1,440	1,440
		9,780	11,760
<b>Operational Plan</b>			
	Grant aid	25,634	37,531
	Education, IoS & CPD	29,244	20,880
	Volunteering	565	3,444
	Swimming	13,624	30,938
	Water Polo	5,599	8,683
	Masters	1,600	(49)
	Synchronised Swimming	18,871	14,837
	Para-swimming / Disability	1,728	16
		96,865	116,280
<b>Funding Projects</b>			
	Funding Projects	12,081	2,415
<b>East Midland Championships</b>			
	East Midland Championships	41,638	53,175



4	Debtors – due after more than one year	31.12.19 £	31.03.19 £
<b>Due after more than one year</b>			
	Loan - to ASA Swimming Enterprises Limited	35,000	-
	Loan - to joint championships	5,000	5,000
		40,000	5,000
<b>Due within one year</b>			
	Loan - to ASA Swimming Enterprises Limited	4,000	-
	Loan - to joint championships	-	-
		4,000	-
5	Fixed Assets		
<b>Computer Equipment</b>			
	Cost b/fwd	-	-
	Additions	1,232	-
	Cost c/fwd	1,232	-
	Depreciation b/fwd	-	-
	Depreciation charge	305	-
	Depreciation c/fwd	305	-
	Net book value 31 December	927	-
6	Other Liabilities and Accruals		
	Accruals	32,779	22,812
	Corporation Tax	468	372
		33,247	23,184
6	Operational Plan		
During the year £67,840 was allocated to the operational plan of which £56,613 was spent and shown in the income and expenditure account.			
7	Ring Fenced Funds - Funding Projects	31.12.19 £	31.03.19 £
	Ring fenced funds included in fund balance at 31 December	6,082	26,383
		6,802	26,383





For further information please contact the region office

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