



Swim England

East Midlands

Swim England East Midlands

Annual Report & Accounts January 2020 – December 2020

President of Swim England East Midland Region

It has been an honour to be Swim England East Midland President for the last 18 months although in fairness I was only able to carry out the formal duties for the first 6 months.

I quote myself from my January 2020 report "I am looking forward to the next 14 months with anticipation." Well, we all had no idea as to what was about to happen and unfortunately is still happening and affecting all our lives.

Having been a swimming coach for the last 42 years the opportunity that the Presidency gave me to view many of the other disciplines within the swimming umbrella was fascinating although with the limited time frame I did not have the chance to see either Diving or Water Polo.

For those 6 months I really enjoyed the experience, meeting other Regional Presidents, County Presidents, County Chairs as well as Swim England President Ian Mackenzie. I had the opportunity and thoroughly enjoyed visits to the Regional Winter Championships, Inter County Masters, Regional Para Championships and the rounds of the County Championships.

Myself and my wife Tina have been immensely impressed with the standard of competition, organisation and the courtesy shown by everyone involved. Of particular note was the two seater settee provided for the pair of us on poolside at Lincolnshire's County Championships, totally unexpected.

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.

Douglas Whitlam MBE
President – Swim England East Midland Region



Message from the Chair

I ended this message last year with what turned out to be a promise which I cannot keep!

“ I promise to write more about the actual sport next year ...”

At the time, little did we know what was to come. Shortly after the ink dried, the sport closed down, and, apart from a few false dawns, has remained closed. During the second lockdown, I was told that the sport was finished forever, but a happier soul pointed out that that would not be the case; “It’s come back after two World Wars, so a little thing like a pandemic isn’t going to stop it”.

We can all be proud of the efforts of our sport’s volunteers, who have kept things going through 2020. Together with national and, especially, Regional staff they have done an enormous amount to ensure that there is something for the swimmers to come back to.

As I write this, membership renewals are starting to come in, although it is still too early to tell what the numbers are like. Virtually every level of organisation has suffered financially as a result of the lockdowns. Many valued staff sadly left SportPark, but the Region managed to retain both our Club Development Officers and Grace in the office in Bromsgrove, despite losing very significant income such as from the Meet Licence Levy. Budgets are under constant scrutiny, and we hope that we will soon be able to plan for 2021 - once we know what our income will look like.

The timescale for Stronger Affiliation has ended and we are the Region with the fewest non-compliant clubs. Whilst that is good, we cannot ease off as it was not a one-off process. Any club which does not at renewal meet the minimum standard of SwimMark or Stronger Affiliation risks being suspended and ultimately the loss of affiliation.

John Hidle
Chair – Swim England East Midland Region



Athlete Development



Level X Racing

In 2020, Swimming England launched an exciting new concept where swimmers compete against other swimmers from around the country without leaving their home pool. Level X Racing gives club swimmers the opportunity to take part in a series of time-trials using all strokes at varying distances and then submit them to Swim England rankings. Please see below a list of the clubs who were able to take part in 2020 from each county:

Derbyshire ASA: Buxton SC, Derby Phoenix SC, Derventio Excel, Ilkeston SC, Long Eaton SC, Repton Swimming, Ripley Rascals, Rykneld SC.

Leicestershire ASA: Hinckley SC.

Lincolnshire ASA: Boston SC, Deepings SC, Lincoln Trident, Lincoln Vulcans, Louth SC, Skegness SC, South Lincs Competitive SC.

Northamptonshire ASA: Rushden SC, Wellingborough SC.

Nottinghamshire ASA: Arnold SC, Bassetlaw Swim Squad, Calverton & Bingham SC, Nottingham Leander, Radford SC, Worksop Dolphins.

Licensed Meets

The loss of Open Meets meant a loss of income to the Region of around £20k, money which would have gone towards the development of the sport.

John Hidle
Licensing Officer

Regional Records

There was only one record ratified early in 2020: Junior Male Long Course 100m Backstroke Archie Evans Corby Swimming Club. His record now stands at 59.10 set on 9th February 2020 in Corby International Pool. This record had stood since August 1998 (59.72) and was set by Nathan Oxford (City of Leicester).

Sue Wainscot
Records Officer

Regional Development Day

On the 11th October 2020 we ran a Midlands Virtual Development Day for swimmers aged 12. Due to the current circumstances this replaced the standard development programme. In total we had 37 boys and 38 girls from across the East Midlands and West Midlands join us, congratulations to all the swimmers who were selected. The camp was held online via Zoom and included 2 land training sessions (pre pool into fundamental movements and post pool into fundamental movements), a quiz and 4 presentations: 1 by Aimee Wilmott on puberty and performance and 1 by Max Litchfield on training through growth periods, a 'nutrition to support training' presentation and a 'building confidence' presentation. Thank you to all our coaches who helped out the day.

The selected swimmers from the East Midlands were: Alfie Lynch (Derby Phoenix), Charlie Jeanes (Louth SC), Edun Rowe (Northampton SC), Ethan Potter (Sutton in Ashfield SC), Finlay Gibson (City of Leicester SC), Jack Bignell (Northampton SC), Jamie Love (Nova Centurion),

Joby Mannie Evans (Nova Centurion), Joshua Clarke (Grantham SC), Lewis Boyd (City of Leicester SC), Luke Chambers (Nova Centurion), Mario Vasconcellos-Blanch (Nene Valley SC), Martin Iankov (Derby Phoenix), Niklas Saukko-Paavola (Nova Centurion), Oliver Richmond (Nova Centurion), Oliver Stone (Derwentio Excel), Oscar Goldsmith (Boston SC), Thomas Thornton (Grantham SC), William Taylor (Louth SC).

Alyssa Lo (City of Leicester SC), Anna Tyers (City of Derby SC), Elizabeth Palfrey (Loughborough Town SC), Emily Achurch (Northampton SC), Ermita Balnyte (Nova Centurion), Evie Dickinson (Louth SC), Evie Ferrar (Nottingham Leander), Fenella Wooddisse (Corby SC), Freya Gibbons (Nova Centurion), Grace Grindrod (Daventry Dolphins), Jenna Bevan (Belper Marlin), Kaitlyn Butters (Bassetlaw SS), Margaret Welsh (Derby Phoenix), Megan West (Leicester Sharks), Millie King (Nottingham Leander), Olivia Anstey (Louth SC), Olivia Beard (Nova Centurion), Philippa Hickman (Nova Centurion).

The camp staff were:

Jack Chambers (Derwentio Excel), Spencer George (Long Eaton SC), Wayne Davies (City of Derby SC), Liam Noonan (Northampton SC), Mikey Hire (City of Hereford SC), Ben Stanford (Solihull SC), Raj Singh (Oldbury SC), Jess Jelley (City of Coventry SC), Simon Ward (Burton SC), Ian Gates (Burton SC).

Athlete Roll of Honour

National Event Camp

The National Event Camps is step two on the Swim England National talent pathway and covers technical and tactical development areas for specific racing events.

Swimmers selected: Amber Downham (Derwentio Excel), Emma Croker (South Lincs Competitive SC), Emma Erskine (Nova Centurion), Finley Bunhejee (Derwentio Excel), Harvey Freeman (Northampton SC), Iona Colbert (Nova Centurion), Jacob Whibley (Derwentio Excel), Jevon Penny (Northampton SC), Joseph Kingsland (Nova Centurion), Kate Morris (Nova Centurion), Laura Dickinson (Lincoln Vulcans), Liam Dawson (Nova Centurion), Livia Kingsland (Nova Centurion SC).

National Development Programme

The swimmers were involved in a day of online workshops covering 'Loving Race Day', sleep recovery and injury prevention. They also took part in a dry land conditioning session that emphasised mobility and stability to enhance the anti-rotational / rotational strokes and streamlining.

Swimmers selected: Abby Mitchell (Leicester Sharks), Aimee O'Reilly (City of Leicester SC), Alex Sadler (South Lincs Competitive SC), Alfe Silver (Nova Centurion), Alicia Clark (Bassetlaw Swim Squad), Annabel Russell (City of Leicester SC), Benjamin Gibbons (Northampton SC), Charlotte Roome (Derwentio Excel), Constance Phillips (Nova Centurion), Daniel Harris (City of Leicester SC), Eja Coe (Derwentio Excel), Evie Johnson (Nova Centurion), Evie Robertshaw (Leicester Sharks), Frederick Buckingham (Ilkeston SC), George Moore (City of Leicester SC), George Whittle (Derwentio



Excel), Grace Fuller (Derwentio Excel), Heaven Harris-Burton (Nottingham Nova), Isobel Gosling (South Lincs Competitive SC), Jacob Mills (Leicester Sharks), Jessica Brandom (Nova Centurion), Laurie Devine (Leicester Sharks), Lewis Cotterell (City of Leicester SC), Lilly Tappern (Deepings SC), Lisa Clark (Bassetlaw Swim Squad), Malachy Watt (Derwentio Excel), Marija Romanovskaja (Bassetlaw Swim Squad), Oliver Osborne (Derwentio Excel), Pia Summers-Newton (Northampton SC), Rachel Webb (Lincoln Vulcans SC), Rose Gubbins (Nova Centurion), Rosie Dickerson (Nova Centurion), Sam Potts (Nova Centurion), Sophie Busby (Derwentio Excel), Thomas Gartside (Northampton SC), Zak Frisby (Radford SC).



National Junior Squad

The swimmers selected for the National squad will attend a number of online camps which aim to turn them into the stars of the future. The goal of the online camps is to ensure that the swimmers have the necessary skills and behaviours so that they can look forward to a successful and enjoyable international swimming career.

Swimmers selected: Abbie Low (Loughborough University SC), Betsy Wizard (Northampton SC), Charley Jones (Loughborough University SC), Chloe Stennett (Chesterfield SC), Harvey Freeman (Northampton SC), Jackson O'Rourke (Northampton SC), Joseph Kingsland (Nova Centurion), Joseph Sadler (Nova Centurion SC), Livia Kingsland (Nova Centurion SC), Rachel Anderson (Loughborough University SC) and William Mitchell (Loughborough University SC).

National Performance Squad

A new 'exciting identity' is being created for the Swim England National Performance Squad ahead of the Birmingham 2022 Commonwealth Games. All the athletes on the Programme will still be managed by British Swimming but, in the run-up to the Games, will be involved in England Swimming Team camps in preparation for the Games. The swimmers selected for the National Performance Squad will also attend a number of other Swim England-run camps and have individual training plans prepared for them to help their development.

Swimmers selected: Abbie Wood (Loughborough SC), Alice Dearing (Loughborough University SC), Betsy Wizard (Northampton SC), Ed Mildred (Northampton SC), Elliott Clogg (Loughborough SC), Freya Colbert (Nova Centurion), Harry Constantine (Loughborough University SC), Jacob Whittle (Derwentio Excel), James McFazden (Loughborough University SC), Mia Slevin (Derwentio Excel), Michaella Glenister (Leicester Sharks), Sarah Vasey (Loughborough SC), William Bell (Loughborough University SC).

Coach Development

National Development Programme

Joe Stanford (HC), Michael Glossop, Mark McKenna

National Event Camp

Mark McKenna, Rob Vaughan

National Junior Squad

Joe Stanford

Pathway Coach Programme

Jack Chambers, Andy Sharp, Rob Vaughan, Spencer George

National Coach Conference 2020

On Saturday 6th June 2020 a National Coach Conference was delivered online as previously planned regional conferences could not go ahead due to Covid. The National Conference was open to all Regions and the agenda included:

Implementation of the Optimal Athlete Development Framework and Club Awards into your Club Programme

A case study from a club who have implemented OADF within their club programme was presented.

Developing the Characteristics of the Future Performance Potential Person

This was a scenario based session and looked at how can the coach, athlete and parent work together in order to develop the Future Performance Potential Person's characteristics and traits.

Athlete Transition through the Daily Training Environment Pathway

This session presented British Swimming data on a typical number of different programmes that swimmers have progressed through before reaching the Olympic Team. It also highlighted the important of 'right athlete, right environment'.

Getting Better, Better

This UK Coaching workshop explored some of the key concepts and challenges in talent development, and discussed the implications for the coach and their athletes.

Coaches Corner

This was a group discussion to help coaches 'problem solve' key areas of concern

Coach Advisor Programme

Coach Advisor: Nathan Hilton (Nova Centurion)

He was allocated a number of regional coaches to mentor for the year:

Andy Sharp (Northampton SC),
Jack Chambers (Derwentio Excel),
Spencer George (Long Eaton SC),
Rob Vaughan (City of Leicester SC).

Despite the current covid-19 circumstances, all coaches have received a continued level of support from their coach advisor.

Masters

Key Achievements

With cancellation of events from March 2020, including the national and regional events, there is little to report. However, a number of East Midlands swimmers competed in events outside the region up to March 2020 and Jeanne Petit from Leicester Penguins was a member of the teams for PSV Eindhoven (her Dutch club) which broke the European records in the women's 200+ 4 x 100m medley relay and 240+ 4 x 50m medley relay (short course), swimming the butterfly leg.

In the absence of many formal competitive opportunities Suzy Hegg, the Lincolnshire Masters representative, set up and ran a very successful Masters Internet League involving informal challenges completed in training. The League attracted entries from across the country with Etwell Eagles

from the East Midlands emerging as the winning team overall. One positive benefit of lockdown has been that numerous Masters Swimmers in the region have discovered – or re-discovered - the joys of open water swimming with many carrying on through the winter.

Sue Arrowsmith, the Regional Masters Secretary and Chair, was chosen by the representatives of the Swim England regions to represent Masters in the process for choosing the new Swim England Masters Chair.

Sue Arrowsmith
Regional Masters Chair

Masters Regional Records

- Sadly we had no East Midland Masters galas in 2020.
- Jeanne Petit (Leicester Penguins) broke 4 Short Course records in January 2020.
- Jeanne Petit (Leicester Penguins) broke 2 Long Course records in February 2020.
- Robert Steel (Nottingham Leander) broke 2 Long Course records from a meet in February 2020.
- Carl Shaw (Nottingham Leander) broke 2 Short Course records in February 2020.

Clive Smith
Masters Records Officer



Open Water

We were looking forward to hosting the 2020 Open Water Championships at a new venue; Spring Lakes in Long Eaton. Unfortunately due to the pandemic no Regional open water activity took place during 2020, however it was great to see so many new athletes taking to open water during the summer months of 2020 so we look forward to our future open water championships and activity, hoping to see many new faces there!



Water Polo

Key Achievements

- Regional clubs invited to NWPC Land training via Zoom
- Due to Covid very few games have been played – We played 4 games against Coventry WPC U18/U16/ U15/ U14
- Regional clubs were invited to NWPC Land training via Zoom

Jon Lane
Chair - Regional Water Polo Working Group

Para-Swimming

The Para-Swimming talent team delivered two CPD's in September, Developing Physical Literacy in Para-Swimmers and Identifying suitable practices for the development of Para-Swimmers.

Tuesday 8th September – Developing Physical Literacy in Para-Swimmers. Delivered by Carl Cooper. Target audience is assistant coaches (L1). This CPD aimed to increase coach knowledge on how physical literacy is key to develop athletes and enable athletes to fulfil their potential as a swimmer. Explore what activities para-swimmers could undertake at home to aid their development in the pool and how physical literacy can look across the para-swimming classifications.

Thursday 10th September – Identifying suitable practices for the development of Para-Swimmers. Delivered by Carl Cooper. Target audience is coach (L2). This CPD explored stroke analysis of para-swimmer(s) from different classes to identify areas of development and what suitable practices and adaptations are required in order to gain improvement.

National Junior Para-swimming championships – 15th March 2020

Harvey Phillips from Louth SC broke two British male Para-Swimming records at the above event. Harvey broke the S4 short course record in 200m freestyle and 50m fly, great achievement by Harvey.

Below: Harvey with Sarah Richardson (coach)



Para-Swimming

Para-Swimming Training Sessions

The Midlands Regional Para-Swimming Programme has been set up 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.

Last year we were able to run 2 Para-Swimming training sessions, the first on Saturday 4th January and the second on Sunday 22nd March.

Winter Championships 2020

The Midlands Para-Swimming Winter Championships 2020 took place on Saturday 4th January at Loughborough University Pool following the final para-swimming training session and was a great opportunity for the swimmers to put into practice their racing skills.

National Para-Swimming Coach Development Programme

Carla Bickerstaffe - Derventio Excel

Emma Harper - Leicester Penguins

Wayne Davies - City of Derby SC

Artistic Swimming

Key Achievements

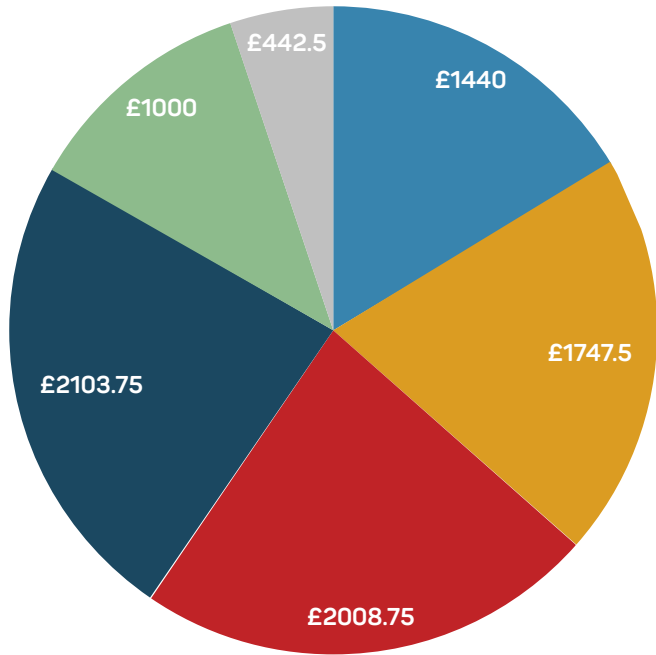
- Swimmers selected onto the England Youth Talent Squad for 2020 – Georgia Baker (Walsall SC), Eve Young (Bramcote AquaStars), Lola Dudkowsky and Olivia Tyers (Rugby SC), Magdalena Townsend and Louise Mac Donnagh (City of Birmingham SC).
- Regional Novice Training Squad set up with 2 squads, one in the East Midlands and one in the West Midlands, started training at the end of 2019 and into 2020. The 3rd session of the squad training was unfortunately cancelled due to Covid.
- Regional Intermediate Training Squad set up – started training in February and March.
- Regional Age Groups held in February 2020 – in Walsall. All clubs from around both the East Midlands and West Midlands took part – across all age groups and events. Successful championships, with lots of entries and awards given across all the clubs.
- National Age Groups – ran in March 2020 in Manchester. Representatives from Walsall SC, Rugby SC, Bramcote AquaStars and City of Birmingham SC attended. In the 12U Age Group – Midlands clubs achieved 2nd, 3rd and 6th in the Duet events, 7th, 8th and 9th in the Solo event, and 7th (Bramcote AquaStars) and 1st (Rugby SC) in the Free Team event. In the 13/14/15 Age Group – Midlands clubs achieved 2nd (Rugby SC) in the Combination event, 4th, 9th and 11th in the Solos event, 10th, 11th, 12th and 2nd in the Duet event, and finally 4th (Rugby SC), 5th (City of Birmingham SC), 6th (Walsall) and 12th (Bramcote AquaStars) in the Free Team event.
- Covid then unfortunately cancelled all training and competitions.
- A few Midlands clubs were involved in the pilot for the first Virtual Grade Assessment – helping to set the protocol for roll out when we return to training.
- Finally in 2020 swimmers were selected to be a part of the Midlands Elite Training programme – 22 swimmers from across 4 clubs – working with Olympian Katie Chapman, virtually, to continue training and working towards goals in 2021.

Hannah Secher



Workforce

Regional grant aid of £8,742.50 was awarded to 29 SwimMark accredited clubs



- Swim England Assistant Swimming Coach
- Swim England Combined Level 1 and 2 Teaching
- Swim England Level 1 Swimming Assistant (Teaching)
- Swim England Level 2 Teaching Swimming
- Swim England Senior Coach
- Swim England Swimming Coach

New Swimming Officials qualifications achieved during the year from 1st January 2020 – 31st December 2020

	TK	J1	J2	J2S	REF
Derbyshire	0	13	0	1	0
Leicestershire	0	13	11	0	0
Lincolnshire	0	7	3	0	0
Northamptonshire	10	13	1	1	0
Nottinghamshire	0	12	2	0	0



Young Volunteers

Unfortunately the 2020 Young Volunteer Programme was unable to go ahead but we launched an online programme for 2021.



In a year when swimming has had little opportunity to achieve due to the COVID pandemic I would like to give a big thanks to all East Midland Region Swim Mark Accredited clubs for achieving reaccreditation either through health checks or full accreditation throughout this year. I cannot stress how important it is to maintain this accreditation. As we, hopefully, move forward into better times just like the reopening of shops, schools and businesses, we have to be fully prepared and this means ensuring that our club coaching staff and all poolside volunteers have up to date coaching, teaching and health and safety qualifications. We cannot and must not allow poolside attendance without these qualifications and requirements in place.

We finished the year with 76 of the East Midland Clubs fully Swim Mark accredited. That equates to 84% of our clubs, with our Region having the highest percentage of Swim Mark accredited clubs within the Country.

It was a year when Swim England made a decision to ensure that those clubs without Swim Mark achieve Stronger Affiliation, which would see all clubs having to complete six elements of Swim Mark by the end of 2020 to ensure re affiliation to Swim England. The Region had 15 clubs requiring Stronger Affiliation. Sadly two of our smaller clubs made their own decision not to continue but with help from our Club Development Officers Fiona and Helen all of the remaining clubs have now completed Stronger Affiliation. Well done to these clubs.

As always I must thank the Swim Mark Panel, Brian, Roger, Wendy and Carol for their continued support. They are such a good team who have been on the Panel for many years and are fully aware of what is required by our clubs to achieve Swim Mark/Stronger Affiliation.

Finally I have to thank Fiona and Helen who in this difficult time have engaged with all clubs to ensure that they were fully prepared for reaccreditation or stronger affiliation.

Ursula Beck
Chair East Midland Region SwimMark panel

Volunteer Workshops

Safeguarding

Unfortunately we were only able to hold 1 face to face course at the start of 2020 however, during the first lockdown in March 2020 Swim England moved their planned launch of their online Safeguarding workshop forward so that members could complete the workshop while face to face courses couldn't happen. We ran 4 courses across the Midlands with 22 members from the Region attending, due to the number of offered courses nationally we engaged in promotion of these with our clubs, having 220 members attending additional courses to date.

Time to Listen

Swim England linked up with the NSPCC to deliver the 'Time To Listen' module online during 2020. This course is aimed at Club Welfare Officers (CWOs) and is a requirement for Welfare Officers as part of their club's SwimMark / Stronger Affiliation. Being able to offer this course online meant we were able to deliver 5 courses to 31 candidates across the East Midlands. This course was full funded by the Region.

Team Manager Module One

The Team Manager Module 1 (TM1) course is aimed at those who are starting out on their volunteering journey and

focuses on single day competitions or camps where there is no overnight stay. At the start of 2020 we delivered 1 face to face TM1 workshop to 6 East Midlands candidates. As lockdown started our Regional Officers were involved in the preparation of the course being delivered online and in total they were able to deliver 14 online workshops to 217 candidates across the Midland Regions, 143 of those were from East Midlands clubs.

SwimMark Information Session

Throughout last year we hosted a number of workshops to aid clubs through the SwimMark and Stronger Affiliation process helping them with the online portal, the Coach and Teacher register, how to update the Club Personnel Report, downloading an OMS report, who needs a DBS/ Safeguarding training, useful tips and more. We held 5 SwimMark Information Sessions for 26 people across the East Midlands.

Welfare Seminar

This is an exciting and brand new seminar that Swim England has recently launched; it's designed for Welfare Officers and Club Chairs; to gain an understanding of the needs of the role of a Welfare Officer and to provide clarity when dealing with internal disputes and welfare matters within the club. We were able to host 3 online Welfare Seminars in 2020 delivering them to 28 people.

Club Personnel Report Webinar

Following the release of the updated Club Personnel Report requirement for SwimMark and Stronger Affiliation we ran 5 webinars to support clubs delivering to 28 people in the Region. The webinars ran through how the system works, the club administrator area (who can do what), the club personnel record, downloading the club personnel record and report and answered any questions around the club personnel report.

Club Matters Workshop

At the beginning of June we were able to run an online Club Matters workshop: Business Planning. This workshop enabled the 12 attendees to understand what constitutes a business plan, its value, function and who should be involved in the process, develop a business plan using a simple framework, and describe how to structure an effective business plan to meet the needs of their club and to understand how to access further information to support business planning.

Volunteer Management Workshop

In July last year we were able to put on a Volunteer Management workshop for some of our Midlands Volunteer Coordinators, this workshop was hosted by Claire Coleman, Head of Development, and it encouraged lots of good discussions around recruitment, retention and planning for the future.

Chairs Seminar

In December we piloted a Club Chairperson Information Workshop. The workshop covered what makes a 'good Chair', the roles and responsibilities of the Chair, how to deal with internal disputes in line with Swim England regulations, governance and leadership, codes of conduct, developing your club and understanding where support is available. We hope that this year we can roll out this seminar to more clubs in the Region.

In addition to the aforementioned training and learning opportunities, Swim England also made the following opportunities available online for members:

- Officials modules
- Introduction to Water Polo
- Coaching and Teaching Theory certificates part 1
- Athletes can access the England Talent YouTube videos giving advice and information during lockdown
- A variety of online virtual camps for athletes in Swimming/Para-Swimming (Artistic Swimming to be launched in 2021)

Forums

During the lockdown last year, and after, it was important for us to keep in regular contact with our clubs and we felt the best way to do this was by hosting regular Club Forums and Coach Forums for our club members to attend.

Online Membership System

Guide to managing your Club Personnel Record



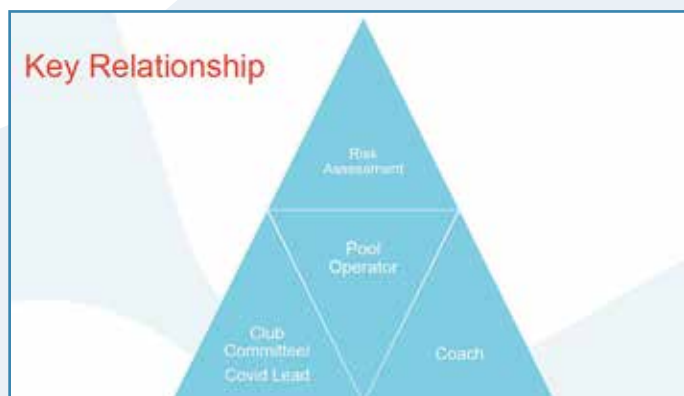
Club Forum

The Club Forum enabled us to give our clubs updates on current guidance from Swim England, it allowed clubs to raise any concerns / queries they had, it gave clubs a chance to share what they have been doing during the pandemic and outlined to us how we could best support clubs. We ran 9 Club Forums last year and our most popular Forum saw 48 people from 33 East Midlands clubs join the call.

Coach Forum

Throughout last year, in partnership with the West Midlands, we hosted a Midlands Coach Forum for coaches from East Midlands and West Midlands clubs. Each Forum focused on a different topic and was presented by coaches across the Midlands and by Swim England staff. We ran 16 Coach Forums and the most popular one had 94 coaches attend.

Key Relationship




“Coaching is the art of inspiring change through connecting emotionally with your athletes”.


Lockdown Heroes

Congratulations to the following East Midlands club members who have been awarded a 2020 volunteer badge for the time they have taken to volunteer during such a difficult and unprecedented year.

Kelly Bodycott (Arnold), David Fortescue (Arnold), Ian Dick (Bingham Penguins), Tina Blankley (Bingham Penguins), Richie Ralph (Buxton), Liam McWee (Buxton), Richard De La Bertouche (Buxton), Lesley Montgomery-White (Buxton), Joe Leveridge (Calverton & Bingham), Andy Mosley (City of Lincoln Pentaqua), Paula Wood (City of Lincoln Pentaqua), Rachel Daft (Coalville), Abi Crane (Coalville), Teresa Evans (Corby), Kian Saville (Daventry Dolphins), Kirstin McCleary (Daventry Dolphins), Joanne Laidlaw (Daventry Dolphins), Lee Day (Eckington), Jenny Alton (Etwall Eagles), Cathy Hall (Etwall Eagles), Alison Sheldon (Falcon), Laura Hastie (Falcon), Kieran Ferry (Gainsborough Dolphins), Olivia Shelton (Green Arrows), Claire Cotton (Ilkeston), Victoria Bull (Ilkeston), Sharon Knowles (Kimberley), Lisa Luff (Leicester Sharks), Steve Bayliss (Leicester Sharks), Pete Wilkinson (Leicester Sharks), Cheryl Hendel (Lincoln Vulcans), Nigel Oldham (Lincoln Vulcans), Tracey Lilley (Lincoln Vulcans), Lee Gifford (Lincoln Vulcans), Stacey Muddimer (Loughborough Town), Heather Stone (Loughborough Town), Mat Smith (Loughborough Town), Julie Conway (Loughborough Town), Helen Silver (Mansfield), Val Dunton (Market Harborough), Gary McCaffrey (Matlock & District), Di Lee (Matlock & District), Karen Plowman (Melton Mowbray), Hannah Coburn (Melton Mowbray), Jonny Higham (Nottingham Leander), Tracey Milward (Radford), Susan Parr (Ripley (RASCALS)), Judie Rebaudi (Rykneld), Paul Jones (Sutton In Ashfield), Lucy Williamson (Wellingborough), Julie Cooke (Worksop Dolphins), Elizabeth Venners (Worksop Dolphins), Gillian Lee (Worksop Dolphins), Adrian Gillott (Worksop Dolphins).



Ian makes all the swimmers at the club happy when they come to the sessions. When we first came back from lockdown he made everyone feel safe and it was an enjoyable experience to be back at the pool. Ian does many roles within the club & without his commitment to the club then the sessions & the club would not be able to run in the same way.



Kelly has been inspirational in the efforts in getting the club Covid secure so we can return to training as swiftly as we did as a club.

Richie has been in constant communication with parents, updating on ever changing guidelines, answering queries and when other volunteers were unable he stepped up to ensure all actions were covered. Richie's passion for the running of the club, the swimmers and everyone involved is evident and without the amount of voluntary time he commits the club would not be the same.

Lee always goes above and beyond his committee role and this has been apparent during COVID.

Lucy has been a member of our committee since November 2019. When the pandemic hit, she volunteered to act as our Covid 19 Officer and has worked tirelessly in this role.

Paula has been a volunteer at the club for 10 years. She has worked with swimmers throughout the club and has always been supportive. Throughout the first lockdown she was paramount in the club getting back into the pool and worked tirelessly to support the swimmers and volunteers. Many hours were spent with pool providers, Swim England and coaches to organise how the club would get back to the pool.

County achievements

Derbyshire



- Confirmation has been received that Jacob Whittle has been awarded podium potential for his second year.
- Both Jacob Whittle and Mia Slevin were announced as part of Swim England Performance Squad for 2021 (together with an extended list of swimmers in consideration of Commonwealth Games in 2022). It is understood that swimmers will be selected for Commonwealth Games for England from within this extended squad and the group will undertake camps, training sessions, team building etc in the lead up to Commonwealth Games.
- Jacob Whittle joined New York Breakers squad for ISL 2020 - youngest male swimmer.

Lincolnshire



- **Lincolnshire County Championships 2020** - The Lincolnshire Age group championships took place during January and February 2020 at The Meridian Louth and The Meres Grantham, with 330 swimmers from across the Counties clubs entered over 2633 swims.
- **English schools swimming association** - Two swimmers from South Lincs Competitive SC Emma Crocker and Alex Sadler were selected to represent the East Midlands in the above event, pictured right.



We then of course as with the rest of the Country hit lockdown. All the County's clubs then had to adapt to delivering Zoom sessions to keep their memberships engaged and motivated, this was achieved by land work, family quizzes, nutrition, mental health advice and signposting, with clubs maintaining regular contact with membership via emails and social media platforms.

Once a date was in sight for the end of the first lockdown clubs then had to adapt to a Covid-19, ensuring a safe environment for the swimmers to return, with new rules and guidance in place, on entry/exit, arriving beach ready, double lanes, no cross over of bubbles, which all clubs by following their risk assessments and with the support of all of the clubs volunteers managed to offer a return to the water for their membership, all be it for the majority on a reduced programme.



Clubs have continued through the year adapting as required to each new change introduced to ensure swimmers are in the water after each lockdown ended.

- Louth SC held a fundraising event to "travel" 2020 miles as a club to raise money for the local NHS, a total of £1483 was raised with club members walking, running, and biking a total mileage of 2020
- Deepings SC set up a walk and run challenge.
- Cake challenge set by Lincoln Vulcans SC.
- City of Lincoln Pentaqua SC were successful in a bid to Sport England - Return to Play funding to support their plans to develop their coaching team, providing PPE for the club as well as improving their training equipment.
- Congratulations to the following swimmers selected for the SE National Event Camp:
Emma Croker (South Lincs) and Laura Dickinson (Lincoln Vulcans).
- Congratulations to the following swimmers selected for the SE National Development Programme:
Alfie Bisby (Boston), Isobel Gosling (South Lincs), Constance Phillips (Grantham), Alex Sadler (South Lincs), Lilly Tappern (Deepings).

Leicestershire



What a year it had been for all of us and, Leicestershire we are sure, have not been any different from the other Counties in the region coping with the Covid Pandemic. We have had an open dialect with all of our clubs throughout the year with regular club forum meetings. Whilst we know how difficult it has been for all clubs we are really proud of the way they have kept their clubs running in so many different ways with emphasis being on social activities for all families to take part in and where possible land based activities for their swimmers. Getting back into the water was both exciting and very challenging and hugely disappointing when the second lock down was upon us. The County were in the process of setting up our own Level X competition but, of course, this had to be put on hold when we re-entered lock down. We are very much looking forward to life being back to some normality in 2021.

Northamptonshire



Northamptonshire ASA County Development Pathway Report

Pathway lead - Marilyn Richmond

Head Coach - Andy Sharp

Dates: 1. November 2020 2. February 2021 3. TBC

Swimmers Born 2008 and 2009

Due to the Covid-19 pandemic Northamptonshire ASA have introduced online virtual camps to take place whilst government restrictions are in place. These sessions have been attended by 30-35 swimmers from all Northamptonshire clubs with coaches from Kettering ASC and Northampton SC also in attendance.

As a county we decided to take a slightly different route with these camps due to the current situation. We wanted to have a more interactive session with specific learning aims and objectives for all involved. We used these camps as an opportunity to develop skills away from the pool for both swimmers and parents. We invited swimmers from the 2019 intake to attend as we felt that swimmers that are selected for the first level on the Swim England pathway attend once and then the opportunity is gone if they do not progress to the regional level camps. This is something we are looking to continue in the future to keep swimmers engaged.

Q&A sessions

Questions were sent in from swimmers and parents and the format for these sessions was a 'Podcast' type session which worked really well. We had interviewers that asked the questions to the athletes and I was able to add input where necessary.

1. Sam Blackett interviewed Ed Mildred – European Junior medallist, European Youth Olympic Champion and British Age Group record holder. Ed discussed his journey from club development galas through to junior international level. Ed was very good talking about focussing on enjoying swimming and how important it is to develop good habits and skills at a young age for future success.
2. Jevon Penny interviewed Maisie Summers-Newton – World Champion and World Record holder. Maisie spoke about her journey as a Para athlete and about how swimming as allowed her to travel the world and experience different cultures. There were key messages about a long-term plan for swimmers with a focus on skills and technique at a younger age to aid development as swimmers get older. Speed isn't important at a young age as this can be developed as you get older. Having fun is key. Jevon talked about his open water career at a European junior level

Both interviews were conducted in a relaxed atmosphere and the format worked well.

Cooking Classes

These classes were led by Northampton SC Head Chef Carolyn Penny. Carolyn is a Food Technology teacher at a local senior school. Carolyn led the sessions on home cooking for swimmers and parents. As swimmers are under 18, they had to have a parent with them in the kitchen. The first class was a pasta bake dish with families able to individualise their meals with their own toppings. The second class was pancakes and again swimmers were able to individualise them. Carolyn was able to teach swimmers and parents about the science behind cooking including in depth information on nutrition and what happens to foods when heat is added for example and when foods change state etc.

Summary

Overall, the camps were very positive for all involved. We had lots of positive feedback from swimmers and parents. I would like to thank Marilyn Richmond for leading with the organisation of the camps. We are looking forward to hosting the third and final camp hopefully in April.

Finance

ASA East Midland Region – Swim England East Midlands

Year ended 31 December 2020

There was an overall deficit for the year of £21,426 compared to a budgeted deficit of £93,495. The deficit for the 9 months to 31 December 2019 was £24,394.

The fund balance at the end of the year stands at £213,121 (£234,547 – 31 December 2019).

Affiliation fees have increased by 14.7% on the previous period, with a reported income of £103,162 (31 December 2019 - £89,911 and 31 March 2019 £116,569). The previous period was a 9 month period so a higher fee income was expected. When compared to the last full year there is an 11% drop.

The bank balance remains healthy at £175,846, a decrease to that at 31 December 2019 of £8,302. £39,000 remains on loan to ASA Swimming Enterprises Limited. This continues to be at a more beneficial interest rate to 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 £214,846. The £175,846 is currently held in the current account, instant access saver account and a further deposit account. 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 £21,426.

COVID-19 Pandemic

The impact of the COVID-19 pandemic has been felt in the region's finances and is accountable for the fall in affiliation fees. In addition there has been a fall in licensing income of £17,872 compared to the prior period.

Furlough grants of £6,942 have been received to support staff expenses.

There has been restricted development expenditure in the year while the sport has been almost at a standstill. This has helped to minimise the impact and has put the region in a better financial position than budgeted.

The accounts remain in a healthy position. The impact of the pandemic will continue to be felt in the next year and likely for longer. All expenditure and financial decisions will be made in light of the restrictions. The region will look to protect the finances in order that it is ready to provide the support for the further development of the sport in the region at such time swimming reopens.

A budget for the administration of the region has been prepared but it is not considered appropriate to prepare an operational plan until there is a clearer plan for the reopening of the sport.

Reserves

The board have agreed that reserves should not fall below £120,000 and that cash at bank and deposited on loan should also be kept above this limit.

Deborah Dean
Finance Manager

SWIM ENGLAND EAST MIDLAND REGION

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 Midlands Region for the year ended 31st December 2020.

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 was changed in the previous year and requires an amendment to item 6.3 of the Constitution. Since the Company's gross income is below £250,000 per year, the accepted principle is that your examiner does not need to be a member of a professional body. However, I confirm that 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

Swim England East Midland Region

	Note	31.12.20 £	31.12.19 £
INCOME			
Affiliation fees		103,162	89,911
Licensing of open meets		3,127	20,999
Midland championships and zone meet		-	-
Furlough grant income		6,942	
Other income		-	7
Regional club officer funding		1,650	4,500
Regional office funding		6,000	4,950
Operational plan	2	13,999	40,252
Funding projects		1,369	-
East Midlands Championships		1,399	53,361
Total income		137,648	213,980
Bank interest received (gross)	3	774	2,462
Expenditure			
Regional club officer expenditure		78,709	53,253
Regional office costs		26,331	19,342
Travel		863	2,766
Administrative costs	3	2,453	4,643
Professional fees	3	11,760	9,780
Operational plan	3	32,966	96,865
Funding projects	3	5,368	12,081
East Midlands Championships	3	501	41,638
Membership growth		750	-
Total expenditure		159,701	240,368
Deficit for the year		(21,279)	(23,926)
Taxation		(147)	(468)
(Deficit for the year)/surplus for the year after taxation		(21,426)	(24,394)
Fund balances at 1 January 2020		234,547	258,941
Fund balances at 31 December 2020		213,121	234,547

	Note	31.12.20 £	31.12.19 £
Debtors - due after more than one year			
Loans	4	44,000	40,000
Fixed Assets			
Computer Equipment	5	621	927
Current assets			
Loans	4	-	4,000
Trade debtors		1,154	215
Bank/building society balances		175,846	184,148
Other current assets and prepayments		5,696	38,505
		182,696	226,868
Current liabilities			
Trade creditors		-	1
Other liabilities and accruals	6	14,196	33,247
		14,196	33,248
Net current assets		168,500	193,620
Net assets		213,121	234,547
Reserves		213,121	234,547

Swim England East Midlands

NOTES TO THE ACCOUNTS YEAR ENDED 31ST DECEMBER 2021

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	31.12.20 £	
Operational Plan			
	Workforce development	12,520	
	Disability	43	
	Artistic swimming	807	
	Water polo	330	
	Swimming	260	
	Masters	-	
	Diving	39	
		<u>13,999</u>	
3	Expenditure	31.12.20 £	31.12.19 £
Other business income			
	Interest receivable	774	2,462
Regional Club Officer expenditure			
	Wages, salaries and administration	78,709	53,253
Regional Office costs			
	Salaries	19,753	14,429
	Rent and administration	6,578	4,913
		<u>26,331</u>	<u>19,342</u>
Travel			
	Travel	863	2,766
Administrative costs			
	Printing, stationery, telephone and postage	1,692	1,456
	Accommodation	-	-
	Bank charges	433	529
	President's expenses	167	745
	Depreciation	306	305
	Miscellaneous	30	769
	Regional ACM	-	653
	ASA ACM	-	111
	ASA membership	(175)	75
		<u>2,453</u>	<u>4,643</u>
Professional fees			
	Accountants fees	10,320	8,340
	Independent examination fee	1,440	1,440
		<u>11,760</u>	<u>9,780</u>
Operational Plan			
	Grant aid	9,705	25,634
	Education, IoS & CPD	12,406	29,244
	Volunteering	446	565
	Disability	403	1,728
	Artistic swimming	5,877	18,871
	Water Polo	559	5,599
	Swimming	3,354	13,624
	Masters	113	1,600
	Diving	103	-
		<u>32,966</u>	<u>96,865</u>
Funding Projects			
	Funding Projects	5,368	12,081
East Midland Championships			
	East Midland Championships	501	41,638

4	Debtors – due after more than one year	31.12.20 £	31.12.19 £
Due after more than one year			
	Loan - to ASA Swimming Enterprises Limited	39,000	35,000
	Loan - to joint championships	5,000	5,000
		44,000	40,000
Due within one year			
	Loan - to ASA Swimming Enterprises Limited	-	4,000
	Loan - to joint championships	-	-
		-	4,000
5	Fixed Assets		
Computer Equipment			
	Cost b/fwd	1,232	-
	Additions	-	1,232
	Cost c/fwd	1,232	1,232
	Depreciation b/fwd	305	-
	Depreciation charge	306	305
	Depreciation c/fwd	611	305
	Net book value 31 December	621	927
6	Other Liabilities and Accruals		
	Accruals	14,049	32,779
	Corporation Tax	147	468
		14,196	33,247
7	Operational Plan		
<p>During the year £77,400 was allocated to the operational plan of which £18,967 was spent and shown in the income and expenditure account. The low expenditure was due to the COVID-19 pandemic and the sport being restricted during much of the year.</p>			
8	Ring Fenced Funds included in fund balance at 31 December	31.12.20 £	31.12.19 £
	Funding projects	-	6,802
	Development of para-swimming	2,000	3,000
		2,000	9,802

For further information please contact the region office

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