



Swim England
East Midlands

Swim England East Midlands

Annual Report & Accounts January 2021 – December 2021

President of Swim England East Midland Region

I would like to thank Nottinghamshire ASA for nominating me for the Swim England East Midland Region Presidency 2021/22. Unfortunately due to Covid restrictions I was not able to have an official handover at the Annual Council Meeting, but due to relaxation of Covid restrictions and the Swim England initiative to re-start competition with a Summer Festival, this was able to take place in July at Harvey Hadden. As the Regional Swimming Events Coordinator I was heavily involved in the organisation of this event which heralded the steady but Covid safe return to swimming competitions we are now seeing.

I was honoured to be able to receive the chain of office from Douglas Whitlam and in the presence of Swim England President Ian Mackenzie who was a guest at the competition.

As a working President for my home County of Nottinghamshire I have juggled my usual back-office meet management role with appearances on poolside. I ran my first club open meet on computer in 1989 and became involved in the organisation of then 'Midland District' swimming events in 1997, the rest as they say is history.

As I write this, I am current 'doing the rounds' visiting other County Championships, it has been interesting to see how each County manage their events and I would like to thank everyone for their welcome and hospitality. It is a pleasant change to actually watch some swimming with the added advantage of not having to arrive at 7am and at the end of the gala simply head for home.

The absence of a normal ACM in 2021 meant that wasn't possible to present the Regional Award winners with their trophies, this has however given me the opportunity to visit the award winners at their base clubs and make the presentation in front of other club members and their peers.

I need to say thank you to my wife Elsie who has always been there to support me and is herself a committed volunteer. And a final big thank you to all the volunteers and officials without whom these events would not be possible.

David Rush
President – Swim England East Midland Region



Message from the Chair

Maybe, just maybe, things are starting to return to something approaching normal in the pool. Meets and competitions returned in the middle of the year, although numbers were generally down; not surprising after clubs had experienced something like a 20% drop in membership. Fortunately, most clubs have survived and things are looking up again.

As recorded elsewhere, our Olympians and Paralympians performed outstandingly well in Tokyo 2020 despite the strange circumstances. (They had to keep the name 2020 even though it was now held in 2021 - well, they had a lot of merchandise to shift..).

I have not referred to the many other 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. We can all be proud of the efforts of our sport's volunteers, who have kept things going through 2021. 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.

From the end of 2021 we have achieved Incorporation and are now Swim England East Midlands Limited. If you need to pay us money we now have new banking details, which, if you haven't seen them in the weekly updates can be obtained from the Regional Office. It is now a virtual Regional Office and we will be ending the lease on the Basepoint premises from March 2022.

With little idea how our finances would stand up to the various lockdowns, we had no choice but to suspend our various Bursaries through the year just ended, but the good news is that they are now back, although in a revised version. Details on the web-site, again, if you haven't seen them in the weekly updates sent to clubs. If you don't see

these updates, then you should ask your club as they are a mine of up-to-date information about Bursaries, courses and workshops, Regional competitions and information for Officials and Volunteers.

I wish you all good health and here's to a better 2022.

John Hidle
Chair – Swim England East Midland Region



Athlete Development

Festival of Swimming

After a somewhat challenging 2020/2021 for competitive swimming it was great achievement for the team to welcome the Region's swimmers back to the Festival of Swimming in the summer, this gave a missed opportunity to many swimmers across the Region. The team worked hard to deliver this event despite the challenges of the time and our swimmers produced some fantastic results.

The results from all Regions along with Scottish Swimming and Swim Wales were captured to create the British Swimming Festival of Swimming Leader board, where the Region's swimmers had a number of top place finishes:

Adea Sollaku (Repton Swimming) – 100m backstroke, 200m backstroke

Freya Colbert (Nova Centurion) – 200m freestyle

Mia Slevin (Derwentio eXcel) – 400m freestyle

Thomas Swales (Nova Centurion) – 100m freestyle

Callum Melville (Nova Centurion) – 100m breaststroke, 20m breaststroke

Max Murphy (Loughborough University) – 400m freestyle

Licensed Meets

Although Open Meets recommenced at the end of May 2021, the return to racing was sporadic and characterised by meets being either oversubscribed or reduced in size, or even cancelled, due to lack of entries.

Leaving aside Regional and County events, only one Level 1 and three Level 2 Open Meets were licensed, as well as 21 Level 3 meets. These figures are all approximately one third of the numbers held in the last full year of competition (2019).

Perhaps because of this lack of opportunity to otherwise try for County Qualifying Times, forty seven clubs held a total of 173 Level 4 low-level meets or time trials.

A total of £8,194.70 was raised towards swimming development.

John Hidle
Licensing Officer

Regional Short Course

Due to the challenges and the lack of racing opportunity for the Regions swimmers during 2020/2021, the East Midlands and West Midlands split their usually joint Short Course Championships, this allowed greater swimmer opportunity to race and also made the Championships more manageable under the restrictions at the time. The finals were also moved to Senior/Junior rather than Open A/B as while the Championships are under standard circumstances geared towards more senior swimming the Region wished to give second swim experience to those that would have missed out during the summer championships. Overall, it was a fantastic Championships and we look forward to 2022 as we continue to move into more standard competitive swimming programmes.

Congratulations to the following swimmers who achieved the best swim FINA points at the Championships:

Top Male Senior - Jamie Ingram (Derwentio Excel Swim Squad),

Top Male Junior - Luke Stevens (Leicester Sharks SC),

Top Female Senior - Freya Colbert (Nova Centurion),

Top Female Junior - Marija Romanovskaja (Repton Swimming).

Congratulations to Joe Seage (Bassetlaw Swim Squad) for winning the Top Male Para-Swimmer - Best British Disability Points.

Congratulations to the Maisie Summers-Newton (Northampton SC) for winning the Top Female Para-Swimmer - Best British Disability Points.



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 2021 from each county.

Derbyshire ASA

Belper Marlin SC, Buxton & District SC, Chesterfield SC, City of Derby SC, Derby Phoenix SC, Derventio Excel Swim Squad, Etwall Eagles SC, Ilkeston SC, Long Eaton SC, Repton Swimming, Ripley SC (rascals), Rykneild SC, Swadlincote SC

Leicestershire ASA

City of Leicester SC, Hinckley SC, Leicestersharks SC, Loughborough Town SC, Oadby & Wigston SC.

Lincolnshire ASA

Boston Amateur SC, City of Lincoln Pentaqua SC, Deepings SC, Grantham SC, Lincoln Trident Swimming Academy, Lincoln Vulcans SC, Louth Dolphins SC, Skegness ASC, South Lincs Competitive SC.

Northamptonshire ASA

Corby ASC, Kettering SC, Nene Valley SC, Rushden ASC, Wellingborough SC.

Nottinghamshire ASA

Bassetlaw Swim Squad, Calverton & Bingham SC, Carlton Forum SC, Mansfield SC, Nottingham Leander SC, Radford SC, Retford SC, Sherwood Colliery SC, Worksop Dolphins SC.

Workforce

Coach Development

National Coach Conference 2021

The Swim England Pathway Coach Conference took place on Sunday 19th September 2021. The day went as follows:
Session 1: International Junior Representation as a platform for senior success

Reflections from our cross discipline panel of coaches who have represented Great Britain at key international junior events throughout the summer of 2021.

Session 2: The Swim England Talent Pathway: 2021-22 Season

Swim England National Talent and Coaching staff from across the disciplines will talk through the pathway delivery

plans and coach development opportunities for the 2021-22 season as we look to recover and rebuild from the Covid pandemic.

Session 3: Working with parents to support key transitions for pathway athletes

As athletes develop, they make numerous transitions both in terms of their sporting and non-sporting lives. This purpose of this session will be to explore the ways in which coaches can work alongside parents to ensure that athletes are fully supported during these often difficult times in their careers.

In the afternoon, sessions 1 and 2 covered a range of topics for each discipline:



- Swimming and Para-Swimming: Myth Busting 'Training Science' for Developing Swimmers
- Artistic Swimming: Developing lifts for 12 and under and 13-15-year-olds
- Diving: Periodisation for Juniors (Under 18s)
- Water polo: Developing Fundamentals – Essential Skills for U15s
- Swimming and Para-Swimming: Testing and Monitoring to Determine Programme Effectiveness
- Artistic Swimming: Developing Routine Skills for Age Group Athletes
- Diving: Nutrition – Good Habits and Best Practice
- Water Polo: Periodisation for Juniors (Under 18s)

Emma Harper (Leicester Penguins)

National Development Programme

- Camp Head Coach - Joe Stanford (Nova Centurion)
- Wayne Davies (City of Derby)
- Jack Chambers (Derwentio Excel)
- Michael Glossop (Bassetlaw)
- Kyle Hudson (City of Derby)
- Mikey Hire (Leicester Sharks)

DiSE International Camp

- Head Coach - John Ayde (Repton Swimming)
- Jamie Evans (City of Leicester SC)

Roll of Honour

Pathway Coach Programme

- Rob Hudson (Nova Centurion)
- Kyle Hudson (City of Derby)
- Ben Carman (Corby Steel Diving)

National Event Camp

- Mark McKenna (Leicester Sharks)
- Rob Vaughan (City of Leicester)

Para-Coach Development Programme

- Wayne Davies (City of Derby)

Coach Developers/Mentees

- Jamie Main (Derwentio Excel)
 - Rob Hudson (Nova Centurion)
 - Keith Haynes (South Lincs)
 - James Stannard (Grantham)
 - Stephanie Breakspeare (Nottingham Leander)
- John Adye (Repton School)
 - Kyle Hudson (City of Derby)
 - Liam Noonan (Northampton)
 - Oliver Tipping (Long Eaton)
 - Adam McIntyre (Lincoln Vulcans)

Officials

New Swimming Officials qualifications achieved during the year from 1st January 2021 – 31st December 2021

	TK	J1	J2	J2S	REF
Derbyshire	4	14	1	1	0
Leicestershire	10	7	0	6	0
Lincolnshire	2	9	1	0	0
Northamptonshire	16	4	2	0	0
Nottinghamshire	34	5	0	0	0

Volunteers

Workshops

Team Manager Module One:

- Number delivered in the region: 17
- Number of attendee's: 350 across the Midlands, 216 in the East Midlands

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. It covers all aquatic disciplines and is delivered via a two and a half hour webinar hosted on Zoom. Participants were guided through the course content, were asked questions and got involved with the group text discussions.

Team Manager Module Two:

- Number delivered in the region: 5
- Number of attendee's: 89 across the Midlands, 48 in the East Midlands

TM2 training is designed to ensure any volunteers who are taking groups of athletes to competition or camps, locally or abroad, are fully equipped to do their role. Attendance at a Module 1 workshop is a prerequisite of the course, and candidates should have also spent some time gaining experience as Team Managers before progressing to the Module 2 course.

Time to Listen:

- Number delivered in the region: 8
- Number of attendee's: 24

Swim England partnered up with the NSPCC to deliver the 'Time to Listen' module that is aimed at Club Welfare Officers (CWOs). The Time to Listen programme provides the opportunity to consider the roles and responsibilities of CWOs and the action taken should any incident occur. Please note that Time to Listen training is a requirement for Welfare Officers as part of SwimMark Essential Club Accreditation.

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

- Officials modules
- Swim England Safeguarding
- Welfare Officer Workshop
- Information Session for Chairs
- Club Secretary & Membership Officer Workshop
- Chairs Forum
- Connecting with Coaches

Club Forum:

The Club Forum enabled us to give our clubs updates on current guidance from Swim England, it gave clubs a chance to share what they had been doing and outlined to us how we could best support clubs. We were able to run 5 Club Forums last year.

Coach Forum:

Throughout last year in partnership with the West Midlands we hosted, we hosted a Coach Forum for coaches from East Midlands and West Midlands clubs. Each Forum focused on a different topic and was presented by coaches from clubs in the Midlands and by Swim England staff. We ran 9 Coach Forums in 2021.

Volunteer Coordinators Forum:

Last year we created the Volunteer Coordinators Forum to better support our Club Volunteer Coordinators. In 2021 we were able to host 4 Forums, one per quarter, each focusing on different topics. The first gave an introduction to the Volunteer Coordinator support package, training and development opportunities and also prompted us to set up a Facebook group which our Volunteer Coordinators now use to communicate with each other and the Region. The second forum explored the Regional Young Volunteers Programme and we were supported by Elaine Gale from Boldmere SC who spoke about the clubs Workforce Action Plan. The final forum of the year covered the Swimming Officials' Pathway, potential gaps in knowledge and awareness for volunteers and membership.

Midlands Young Volunteer Programme

The Young Volunteers Programme is a Swim England national initiative, delivered by Regional Swim England staff to provide our young aquatic leaders aged 14-16 with the opportunity to develop themselves in their volunteer journey. In 2021 we were able to run two Young Volunteer Programmes for 107 members from 39 clubs. As part of this programme candidates completed an online workshop, a self-learn section and a practical element for each of the following topics:

1. Poolside Helper – Introduction to Coaching
2. Leadership and Club Management
3. Events

The young volunteers each completed 10 hours of volunteering on poolside assisting a club coach, 5 hours of volunteering relating to Leadership and Club Management, and 5 hours of Events related volunteering. In order to assess and confirm their knowledge and experience the young volunteers also completed 6 session evaluations and 3 assessment forms with their club mentor.



Awards

Congratulations to all the Regional winners listed below, the Region would like to take this opportunity to say a massive thank you to them for all of their hard work. We would like to also give a big thank you to all volunteers that work tirelessly across the Region in our clubs, and to those who were nominated for all the awards as well.

Inspirational Volunteer Award

This Award recognises inspirational volunteers from the age of 18 and upwards.

Awarded to:

Jenny Alton, Etwell Eagles SC
Ian Dick, Bingham Penguins SC

Inspirational Young Volunteer Award

This Award recognises inspirational volunteers from the age of 14 to 17.

Awarded to:

Harriet Smith, Loughborough Town SC
Jack Goldfinch, Loughborough Town SC

Inspirational Club Coach/Teacher Award

This Award recognises an inspirational Coach or Teacher.

Awarded to:

Olivia Shelton, Green Arrows Artistic SC
Joshua Simpson, Oadby & Wigston SC

Inspirational Awards

Inspirational Awards recognise individuals who have gone above and beyond in engaging our members, made significant difference and kept motivations level up throughout the challenging months across all our disciplines. These individuals have inspired and engaged members of our aquatic community.



Harriet Smith with David Rush



Ian Dick with David Rush



Jack Goldfinch with David Rush



Jenny Alton with David Rush



Olivia Shelton with David Rush

SwimMark

Whilst our clubs eventually managed to get some semblance of normality to the swimming lives we very much had the full cooperation of our clubs to complete their swim mark accreditation process. With the help of the Regional Club Development Officers we maintained the Region's high standard.

I say it every year and it would be remiss of me not to stress once again the importance and the benefits and rewards it brings to our clubs in maintaining full accreditation. We do have a very small number of clubs who previously did not have swim mark but have now achieved stronger affiliation which is effectively six of the requirements for full accreditation. A minimum of stronger affiliation is required for a club to maintain Swim England affiliation. Thankfully we have not lost any of our clubs because of failure to complete at least the minimum requirements now set out by Swim England.

We finished the year with 75 clubs SwimMark accredited and 13 with Stronger Affiliation.

And finally after many years two members of our Regional Swim Mark panel decided to retire. Wendy Gent and Carole Cherry had supported the Swim Mark programme from its early inception as Swim 21 to Swim Mark. Thank you to Wendy and Carol from myself and the Region. I also want to thank Brian and Roger for again their support throughout the year. And finally, Fiona, Helen and Grace for their continue support in ensuring our clubs are always fully prepared for the panel, even though these most difficult covid times.

Ursula Beck
Chair Regional SwimMark Panel



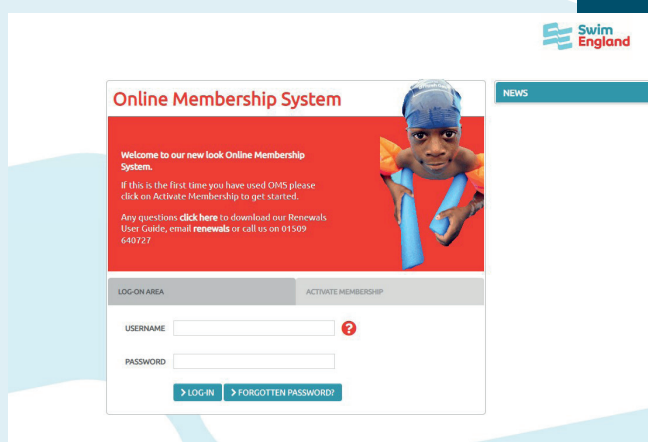
The screenshot shows the SwimMark accreditation portal for a club named 'ASA Live Test Club'. The interface includes a navigation menu with 'Summary', 'Modules', 'Users', 'Documents', and 'Resources'. The 'Modules' section is active, displaying a table of accreditation elements. The table has columns for 'Element', 'Title', and 'Status'. The status for all elements is 'Open'. The table lists 15 elements, including 'Club Development Plan/Business Plan', 'Club Finance Information', 'Club Equality Plan', 'Workforce Training Needs Analysis (TNA)', 'Brief of Club Constitution Approval', 'Club Welfare Officer Statement of Compliance', 'Club Chair Statement of Compliance', 'Club Codes of Conduct', 'Club Example of Membership Form', 'Club Risk Assessments', 'Club Emergency Procedures', 'Club Training / Teaching Programme', 'Club Personnel Report', 'Head Coach / Teacher Information (all disciplines)', and 'Club Compliance of Introduction to Disability'. The interface also shows 'Open 13', 'Review 2', 'Submitted 0', and 'Approved 0' buttons.

Element	Title	Status
1	Club Development Plan/Business Plan	Review
2	Club Finance Information	Open
3	Club Equality Plan	Open
4	Workforce Training Needs Analysis (TNA)	Review
5	Brief of Club Constitution Approval	Open
6	Club Welfare Officer Statement of Compliance	Open
7	Club Chair Statement of Compliance	Open
8	Club Codes of Conduct	Open
9	Club Example of Membership Form	Open
10	Club Risk Assessments	Open
11	Club Emergency Procedures	Open
12	Club Training / Teaching Programme	Open
13	Club Personnel Report	Open
14	Head Coach / Teacher Information (all disciplines)	Open
15	Club Compliance of Introduction to Disability	Open

SwimMark & Stronger Affiliation Workshop:

- Number delivered in the region: 10
- Number of attendee's: 24

Throughout the 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.



The screenshot shows the Swim England Online Membership System login page. It features a header with the Swim England logo and a 'NEWS' section. The main content area has a red background with a swimmer's image and text: 'Welcome to our new look Online Membership System. If this is the first time you have used OMS please click on Activate Membership to get started. Any questions click here to download our Renewals User Guide; email renewals or call us on 01509 649727'. Below this is a login form with fields for 'LOG ON AREA' and 'ACTIVATE MEMBERSHIP'. The 'LOG ON AREA' section has 'USERNAME' and 'PASSWORD' fields, a red question mark icon, and 'LOG IN' and 'FORGOTTEN PASSWORD?' buttons.

Club Personnel Report Webinar:

- Number delivered in the region: 7
- Number of attendee's: 21

This webinar runs 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.

Regional Bursaries

Unfortunately in 2021 the Regional Bursaries were frozen.

Swimming

Roll of Honour

National Development Programme

Eve Milner (Bassetlaw Swim Squad), Freya Peace (Bassetlaw Swim Squad), Jennifer Walker (Bassetlaw Swim Squad), Joshua Kettlewell (Bassetlaw Swim Squad), Kaitlyn Butters (Bassetlaw Swim Squad), Layne Keyworth (Bassetlaw Swim Squad), Rachel Webb (Bassetlaw Swim Squad), Ruby Credland (Bassetlaw Swim Squad), Eve Turnbull (Carlton Forum SC), Millie King (City of Derby SC), Anna Tyers (City of Derby SC), Daniel Harris (City of Leicester SC), Lewis Boyd (City of Leicester SC), Matthew Dizon (City of Leicester SC), Niamh Dunbar (City of Leicester SC), Paul Page (City of Leicester SC), Alyssa Lo (City of Leicester SC), Darcie Platts (City of Leicester SC), Joseph Parnell (City of Lincoln Pentaqua SC), Alice Berrill (Daventry Dolphins SC), Martin Iankov (Derby Phoenix SC), Charlotte Roome (Derventio Excel), Erin Gent (Derventio Excel), Oliver Osborne (Derventio Excel), Oliver Stone (Derventio Excel), Grace Turner (Grantham SC), Seren Page (Grantham SC), Cole Angell (Kettering ASC), Grace Wingham (Kettering ASC), Evie Robertshaw (Leicester Sharks), Jacob Mills (Leicester Sharks), Mia Copping (Lincoln Vulcans SC), Harry Milne (Louth Dolphins), Lily Freeman (Northampton SC), Thomas Gartside (Northampton SC), Jasper Jones (Northampton SC), Ella Edwards (Northampton SC), Emilia Cieszczyk (Northampton SC), Jack Bignell (Northampton SC), Evan Hawley (Nova Centurion), Daniel Walker (Nova Centurion), Emily Parkins (Nova Centurion), Ermita Balnyte (Nova Centurion), Evie Johnson (Nova Centurion), Harrison Clarke (Nova Centurion), Jessica Brandom (Nova Centurion), Luke Chambers (Nova Centurion), Oliver Richmond (Nova Centurion), Olivia Beard (Nova Centurion), Philippa Hickman (Nova Centurion), Jessica Cater (Nova Centurion), Zak Frisby (Radford SC), Erin O'Neill (Radford SC), Cameron Jamieson (Repton Swimming), Findlay Cordle (Repton Swimming), Findlay Cordle (Repton Swimming), Marni Lambert (Repton Swimming), Arabella Green (Repton Swimming), Connie Rennard (Repton Swimming), Fenella Wooddisse (Repton Swimming), Samanta Millere (Repton Swimming), Charlie Jeanes (Repton Swimming), Alex Sadler (South Lincs Competitive SC), Oscar Goldsmith (South Lincs Competitive SC), Alfie Bisby (South Lincs Competitive SC).

National Event Camp Phase 1

Lewis Warner (Bassetlaw Swim Squad), Benjamin Twynham (City of Derby SC), Harriet Oxley (City of Leicester SC), Finley Bunhejee (Derventio Excel), Sophie Busby (Derventio Excel), Laura Dickinson (Lincoln Vulcans SC), Samuel Smith (Northampton SC), Elliot Sibley (Nova Centurion), Iona Colbert (Nova Centurion), Kate Morris (Nova Centurion), Livia Kingsland (Nova Centurion), Ezra Lambert (Repton Swimming), Joshua Bailye (Repton Swimming), Leo Pollock (Repton Swimming), Adam Frazer (Rushden SC), Emma Croker (South Lincs Competitive SC), Rico Bringeman (South Lincs Competitive SC).

National Event Camp Phase 2

Lewis Warner (Bassetlaw Swim Squad), Harriet Oxley (City of Leicester SC), Eja Coe (Derventio Excel), Finley Bunhejee (Derventio Excel), Holly Marshall (Lincoln Vulcans SC), Constance Phillips (Nova Centurion), Iona Colbert (Nova Centurion), Livia Kingsland (Nova Centurion), Josh Bailye (Repton Swimming), Henrietta D'Amassa (Repton Swimming), Emma Croker (South Lincs Competitive SC).

Swim England Junior Squad

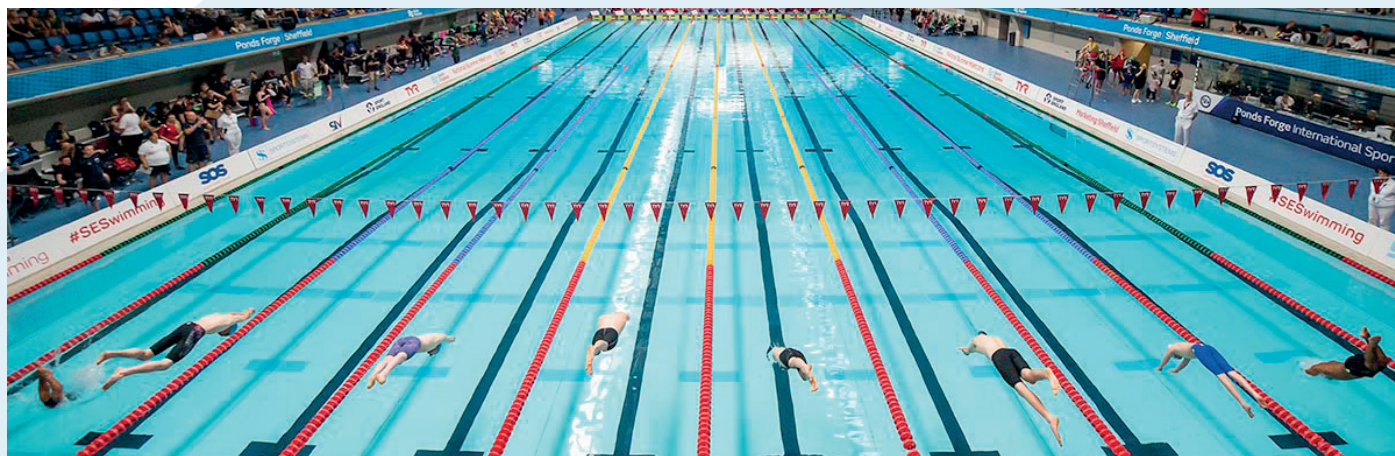
Harvey Freeman (Northampton SC), Iona Colbert (Nova Centurion).

Swim England Performance Squad

Mia Slevin (Derventio Excel), Jakob Goodman (Loughborough Uni), Honey Osrin (Loughborough Uni), Lauren Cox (Loughborough Uni), Betsy Wizard (Northampton SC).

British Swimming Performance Squad

Will Bell (Loughborough Uni), Alice Dearing (Loughborough Uni), James McFadzen (Loughborough Uni), Toby Robinson (Loughborough Uni), Harvey Freeman (Northampton SC), Freya Colbert (Nova Centurion).



Regional Virtual Development Day

On Sunday 20th June 2021 we ran a Virtual Development Day for all 12 year across the East Midlands and West Midlands. In total we had 27 boys and 51 girls from across the East Midlands and West Midlands join us. We ran separate sessions for boys and girls as some of the content is gender specific, the day included the following activities:

Girls:

- A presentation from Aimee Wilmott on Puberty & Performance in DTE,
- A Presentation on Medley Turns and Transitions
- A Kahoot Online Quiz,
- An activity on building confidence & resilience -Brick by Brick,
- A Question and Answer section, including inspirational speakers Abbie Wood & Joe Litchfield.

Boys:

- A presentation from Max Litchfield on Training Through Growth Periods,
- A Presentation on Medley Turns and Transitions
- A Kahoot Online Quiz,
- An activity on building confidence & resilience -Brick by Brick,
- A Question and Answer section, including inspirational speakers Abbie Wood & Joe Litchfield.

Thank you to all our coaches who helped out the day: Jack Chambers (Derventio Excel), Spencer George (Long Eaton SC), Wayne Davies (City of Derby SC), Liam Noonan (Northampton SC), Paul Wilson (City of Coventry SC), Ben Stanford (Solihull SC), Raj Singh (Oldbury SC), Jess Jelley (City of Coventry SC), Simon Ward (Burton SC), Ian Gates (Burton SC) and Luke Harris (Newport & District SC).

Regional Face to Face Development Day

Thirty six swimmers all aged 12 from across the region were selected to attend the Regional Development Day. The Development Day took place on Sunday 24th October 2021 at Repton Sports Centre. The day was organised by England Programmes together with the Region and ran as follows:

- Introduction from coaching team,
- Pre pool RMAP,
- 1st pool session working on stroke efficiency & grab turns Fly/Fly, Fly/Back, Breast/Breast, Breast/Free,
- 1st post pool stretching,
- Land training focusing on S&C exercises,
- Pre Pool RMAP,
- 2nd pool session working on stroke efficiency and rotational turns Back/Back, Back/Breast, Free/Free, finishing with race simulation,
- 2nd post pool stretching
- Summary of the day.

The selected swimmers were:

Adea Sollaku (Repton Swimming), Aidan Evans (South Lincs Competitive SC), Alice-Mae Downs (Lincoln Vulcans SC), Anja Knight (Calverton and Bingham SC), Aryan Nath (Corby ASC), Benjamin Tunstall (Nova Centurion), Billy Harding (Repton Swimming), Brodie Butlin (Nova Centurion), Charlotte Callaghan-Wetton (Nova Centurion), Chiara Reedha (Corby ASC), Elissia Bowen (Nottingham Leander), Emily Webb (Bassetlaw Swim Squad), Evan Johnson (Ripley SC (rascals)), Evie Lilley (Lincoln Vulcans SC), Evie Matthews (Northampton SC), Finley O'Neill (Radford SC), Frank Lamb (South Lincs Competitive SC), Jack Hurry (Northampton SC), Jacob Fish (Grantham SC), Jaden Leo (Repton Swimming), Jessica Lines (Leicester Sharks), Jessica Oxley (City of Leicester SC), Joseph Lauda (Repton Swimming), Katy Wright (City of Derby SC), Lexi Hamilton (South Lincs Competitive SC), Luke Johnson (City of Derby SC), Matteo Monaco (South Lincs Competitive SC), Matthew Tompkinson (Louth Dolphins SC), Miley Aram (Long Eaton SC), Nya Wilkinson (Northampton SC), Oliver Smith (Nova Centurion), Reuben Hubinger (Repton Swimming), Ruby Westmoreland (Nova Centurion), Sigourney Bolton (South Lincs Competitive SC), Sophie Statham-Gill (City Of Leicester SC), Thomas Swales (Nova Centurion).

Programme staff:

Head Coach – Jack Chambers (Derventio Excel), Skills Coaches – Guy Worrow (Leicester Sharks SC), Liam Noonan (Northampton SC), Wayne Davies (City of Derby SC), Spencer George (Long Eaton SC), Adam McIntyre (Lincoln Vulcans SC), Oliver Tipping (Long Eaton SC), Team Managers - Paul Hopkinson (Derventio Excel Swim Squad), Katie Maloney (Lincoln Vulcans SC), Annabel Lamb (South Lincs Competitive SC).



Regional Records

As in 2020 the number of records claimed during 2021 was severely affected by COVID and the suspension of competitions.

However, from August 2021 one name has dominated the records claimed with 7 out of the total of 8 claimed being **Callum Melville** from **Nova Centurion**.

Three of the records claimed had stood since 2004/2005 and Callum, pictured below, has since lowered these records further:

The first record broken by Callum was the Long Course Junior 100m Breaststroke in August 2021 which he lowered to 1.04.44 (from 1.04.69 in July 2005).



The remaining records were all junior short course records:

50m Breaststroke:

September: 29.23 (from 29.51 in March 2004)
December: 28.33

100m Breaststroke:

September: 1.01.96
(previous record was set in March 2005)
December: 1.00.47

200m Breaststroke:

November: 2.16.44
(from 2.19.43 in December 2016)
December: 2.12.89

Callum moves up to the senior category in February and the region is looking forward to more record applications in that age group.

There was also another new name to claim a record in 2021, **Marija Romanovskaja** and also a new club as Marija swims for **Repton Swimming**.

In December 2021 Marija broke **the Girls Junior Short Course 100m Freestyle** record with a time of 56.19 (from 56.41). As Marija was only 14 when she broke this record it is hoped more claims will be submitted by her in 2022. As more competitions take place in 2022, including the Commonwealth Games, it is anticipated that further records will be broken by Regional swimmers.

Sue Wainscot
Records Officer

Artistic Swimming

Roll of Honour

Swim England Youth (Age Group) Squad Eve Young (Bramcote AquaStars)

Report from the East/West Midlands Joint Committee Artistic Swimming

Yearly Summary

2021 has again been a very difficult year, with the start of the year in lock down and most of the pool closed. The clubs continued to support their swimmers, through Teams / Zoom meetings, undertaking group support; land training sessions and just keeping in contact. Then following a return to the pools under strict social distancing guidance, the sport returned to competition, first virtual then on 20th November 2021 we held the first face to face Regional Championships since Feb 2019. All events had been well supported by all clubs throughout the region and we have continued to develop and support the swimmers throughout this time.

Key Achievements

- Virtual Grade Assessments (regional and national)
- Virtual Competitions (Land and pool based) regional and national
- National Swim England Awards for Hannah Secher (Head Coach Rugby) Liv Sheldon (Head Coach, Green Arrows)
- It was recognised that Robyn Swatman (Walsall) is GB Junior soloist and is working with GB Seniors part time on the World class Programme and will be going to Worlds in Tokyo in May.
- Eve Young (BSC AquaStars) is part of the Youth Squad and Mixed duet.
- Development training squads – Six sessions run virtual through lockdown, with progress assessment for land work being completed.

Competitions

Success for several swimmers National squads. Robyn Swatman (Walsall) current Solo champion and with partner Olivia Baker (Walsall) Duet Champions. Several region clubs have been successful throughout the year, in National Competitions, Age groups, masters and the Combo Cup, gaining medals and success.

Swimmer Development

The region continues to support and develop swimmers, through grade assessments, regional competitions and development training squad. We are now completed three face to face assessment days and will continue through 2022.

Regional Development

A regional development plan has been written for 2022, including the opportunity for key swimmers nominated from the region, and coaches from all clubs to attend events and training days at the world class programme being run by Swim England Artistic swimming.

Workforce Development

The region continues to support the workforce throughout the region with successful qualification of two new chief recorders from the region, several Level 1 coaches completing the course in 2021.

Due to lock down restrictions, there has been limited courses for development in the last 12 months. However the region has an extensive plan for the development of all swimmer and workforce, for the next year.

Helen Stokes
Artistic Swimming Committee Chair

Masters

Masters Regional Records

There were 34 individual (20 male, 14 female) and 11 relay teams

Male, more than one record:

Loughborough University	Carlton Forum
Charlie Hutchison 4 records	Michael Kerslake 4 records
Justin Palfrey 2 records	
David Bloomfield 2 records	City of Linc Pentaqua
	Stuart Hamer 2 records
	Ian Urguhart 2 records

Female, more than one record:

Loughborough University	City of Derby
Honey Osrin 2 records	Valerie Thorp 2 records
Megan Morrison 2 records	
	Northampton
	Victoria Reading 3 records

Relays

Loughborough University	7 Records
Nottingham Leander	2 records
Northampton	2 records

Clive Smith
Masters Records Officer

Masters Inter-Counties Competition

Four of the Regions five Counties took to the water at the Alan Higgs Centre, Coventry as part of the Swim England National Masters Inter-Counties Competition. Nottinghamshire achieved 8th with 894 points, followed by Northants, Leicestershire and Lincolnshire taking the 13th – 15th places. There were notable national first places finishes from Karen Ross (Northants), Victoria Reading (Northants), Amy Konowalik (Notts), Michael Kerslake (Notts), and Leicestershire's men's 220+ freestyle relay team. Chair of the Swim England Masters Working Group, Jeroen Peters, said of the event: "After a Covid-enforced absence of 24 months, it was wonderful to see the return of the Masters Inter-county event."

Open Water



Roll of Honour Swim England Junior Squad

Megan Speirs (Nova Centurion)

Regional Virtual Development Days

In conjunction with the West Midlands the region ran a number of sessions with the aim of raising awareness and providing an introduction to Open Water Swimming, with further competitive information for more experienced swimmers.

On Saturday 26th June we ran a Development Day for 12 – 16 year olds with limited or no experience in Open Water Swimming at a competitive Regional Championship level and above. The second Development Day took place on Sunday 27th June and was for more experienced Open Water swimmers, aged 14 – 16 years old. Thank you to Head Coach, Andy Sharp (Northampton SC), who led the Development Days and to the supporting Athletes; Jackson O'Rourke and Jevon Penny. The attending took a lot away from these sessions and we look forward to seeing them at the Championships in 2022.

Water Polo

Key Achievements:

- The region began training regularly but with only two National events U15 NAGs (December) and U16 Inter Regionals (October) Boys 2nd in Div 2, Girls 4th in Div 2, there is little to report.
- The EU Nations U17 team contained: Lewis Glennon (NWPC) – unfortunately he couldn't play due to Covid.
- We have been able to increase the number of Coaches, Table Officials and Referees within the Region.
- Maintaining players throughout Covid.

Jon Lane
Water Polo Chair

Para-Swimming Roll of Honour

<p>National Junior Para Championships Swansea: Will Perry (Northampton SC) Owen Say (Nova Centurion) Kian Saville (Daventry Dolphins) Maisie Summers-Newton (Northampton SC) Ellie Spokes (Radford SC) Megan Neave (Repton Swimming) Harvey Phillips (Louth SC) Imogen Dodds (Wellingborough SC) Polly Sutton (Repton Swimming) Amber Haycock (Rushden SC) Owen Johnson (Repton Swimming) Max Davies (Worksop Dolphins) Bruce Dee (Northampton SC)</p>	<p>English Development Programme: Harvey Phillips (Louth SC) Imogen Dodds (Wellingborough SC) Polly Sutton (Repton Swimming) Amber Haycock (Rushden SC) Owen Johnson (Repton Swimming) Max Davies (Worksop Dolphins) Bruce Dee (Northampton SC)</p>	<p>Podium: Eleanor Robinson (Northampton SC) Maisie Summers-Newton (Northampton SC) Oliver Hynd (Nova Centurion) Zara Mullooly (Northampton SC)</p>
<p>Para-Coach Development Programme: Wayne Davies (City of Derby SC) Emma Harper (Leicester Penguins)</p>	<p>Para Olympic Selection Tokyo: Eleanor Robinson (Northampton SC) Maisie Summers-Newton (Northampton SC)</p>	<p>Podium Potential: Eliza Humphrey (Northampton SC) Scarlett Humphrey (Northampton SC) Megan Neave (Repton Swimming) William Perry (Northampton SC)</p>
<p>The England Para – Swimming Talent Team ran two National Pathway Engagement Days in 2021; the first on Sunday 7th February and the second on Saturday 10th July. Both days consisted of fun workshops and activities, designed to help athletes, coaches and parents / guardians gain valuable information about the development of Para-athletes.</p>		

Para-Swimming Training Sessions

The Para-Swimming Regional training made a welcome return in November, with the Regions (East Midlands and West Midlands) hosting its first session since early 2020. Eleven swimmers attended the session in Repton under the watchful eye of the new Regional Para-Swimming Lead Coach, Carla Bickerstaffe and Development Coach, Emma Harper. Carla and Emma were supported by 3 Skills Coaches; Samuel Holland (Shrewsbury SC), Wayne Davies (City of Derby SC) and Robin Surgeoner (Orion SC). Lead Team Manager Claire Thorn was assisted by new assistant TM's Anna Plowman and Paul Hopkinson.

The session started with land training, where the principles of RMAP and land-based pre-pool were discussed and put into practice. Each swimmer could develop adaptations to suit them and received information that they could take back to their home programme and discuss with their coach. The swimmers then went to the pool for a training session that focussed on technique and skills. Some of the skills explored, focussed around controlling pace and effort, as well as ways to give feedback on those areas to coaches within training sessions. Sessions 2 and 3 will be taking place in 2022.

“ The session was a great opportunity for classified and aspiring classified swimmers to be assessed. It was great to see swimmers working with new coaches, making new friends and learning pool and land habits to take away and improve their overall performance. Come together and train in the same pool. It was great to see so many swimmers start and re-start their journey into Para-Swimming. Para-Swimming Regional Training is the first step of the talent pathway for Para-Swimming in England creating a supportive, engaging, accessible opportunity within the region, for swimmers with an eligible impairment, or a hearing impairment, which is in addition to their home programme. There are usually three sessions per year, with each consisting of skill based, land and pool sessions, designed to develop the swimmers awareness of the skills, experience and knowledge required to aid their development.

Development Coach Emma Harper said.

“ We had a great first camp, the land session saw the swimmers engage well and get fully involved sharing their own ideas with each other and supported by all coaches. When we moved to the pool those swimmers just starting their journey and hoping to develop the skills required to start the classification process, had a session which explored and developed many of the required skills, such as, technique across all four strokes, as well as floatation and rotation. Whilst other swimmers focused on developing their underwater and technique skills on front crawl and backstroke with an introduction to RPE on these strokes too. All the coaches were great on the day and provided each swimmer with lots of individual feedback – just what I was hoping for.

Lead Coach Carla Bickerstaffe, who led the session commented.

County Achievements

Derbyshire



- Jacob Whittle was one of five Derbyshire club swimmers who competed at the Olympic Games. He was joined by Sarah Vasey, Abbie Wood, Molly Renshaw and Adam Peaty, who retained his Olympic crown on 100m Breaststroke. He also added a Gold in the mixed medley relay in a new world record and Silver in the men's medley relay.
- Adam Peaty MBE was awarded an OBE in the Queen's New Year Honours 2022 and came 3rd in the BBC's Sports Personality of the Year 2022. Mel Marshall was nominated in the SPOTY Coach of the Year category.
- While racing in the Tokyo 100m Freestyle semi-finals, Whittle broke the English record which had stood since 2009. At the time only 16 years old - a remarkable achievement.
- In May 2021 Whittle represented British Swimming at the European Championships taking Gold in the mixed Freestyle relay and Silver in the men's 4x100m Freestyle relay.
- In the autumn, Whittle was again in action at the ISL with Wood, Vasey and Renshaw. All part of the New York Breakers team along with Derventio Excel Head Coach, Jamie Main.
- Mia Slevin was included in the Swim England Performance Squad with Whittle and returning DX swimmer Imogen Clark - all targeting the 2022 Commonwealth Games in Birmingham.
- Derventio Excel topped the medal table at the East Midlands s/c Championships in November.
- Georgie Pryor took two Silvers at the British University s/c Championships and went on to win the double Gold at the Swim England Winter National s/c Championships in December in the 50m and 100m Butterfly events.
- Jamie Main received the British Swimming Coaches Association - Youth Coach of the Year Award.
- Derbyshire's Helen Akers officiated at the Tokyo Olympics, the only GB official to be selected.
- After Licensing resumed in May 2021, a total of 11 Derbyshire clubs Licensed 29 meets (L1=0, L2=1, L3=6, L4=22). So far in 2022, 11 clubs have Licensed 18 meets (L1=3, L2=0, L3=5, L4=10).

Lincolnshire



During 2021 the County Pathway for 11yr olds took place with the first part of the County pathway being held on the 12th June via Zoom.

The invite to attend went to all category two registered 11yr olds across the County, forty-six swimmers signed up and attended the session. This was delivered by Lead Coach James Stannard (Grantham), and Skills Coaches Ellie Burton (CLP) and Danny Ellis (Louth).

The topics included a technical medley presentation on turns and transitions along with a quiz on lifestyle and nutrition, followed by video interviews with inspirational speakers.

The second part of the 2021 pathway was held on the 28th October as a one-day face to face camp.

To involve as many 11 year olds as possible forty-eight swimmers were invited to attend and these were split into two groups of twenty-four, following corresponding timetables for the day. This consisted of two pool sessions, one land-based session and one classroom-based session, with a general introduction and closure at the same time to all attendees.

James Stannard (Grantham) was the Lead Coach and Skills Coaches are Ellie Burton (CLP), Danny Ellis (Louth), Gemma Lamb (LV) and Lorraine Flannery (LV), Lee Gifford (LV) the land work sessions were delivered by Adam McIntyre (LV) and Katie Maloney (LV).

Lincolnshire



Louth Dolphins, together with Lincoln Vulcans, were delighted to welcome clubs from all around the area and as far away as Sheffield to compete at the Meridian Leisure Centre over the weekend of 16th/17th October.

This is the first Open Meet that most of the clubs have been able to attend since pre-Covid in February 2020. As the swimmers, Coaches, officials, helpers, and parents began to arrive, it soon became clear that the excitement and enthusiasm shown by everyone was off the charts.

The racing started at 9.30 on Saturday morning and it was apparent that despite such a long time off, the swimmers speed and ability had not waned at all. From the first race to the last they all swam their hearts out

A sense of normality is beginning to return but organisers thought long and hard about the safety of all, deliberately keeping numbers down and asking for all to observe current Government guidelines.

Swimmers from across the County represented their clubs at Regional and National events with great swims from all and a number of finalist and medals achieved by them.

Congratulations to all swimmers across the County for their selection onto Regional and National Development Programmes.

Leicestershire



Whilst like all Counties, a difficult year for Leicestershire swimming due to the continuation of Covid-19 Leicestershire tried their best to provide racing opportunities for the swimmers in our County.

LASA Level X Competition

The LASA offered all LASA clubs the opportunity to compete in a LASA 'Level X' competition in 2021. We had planned to hold it over several months, but COVID prevented it being run as intended. However after a couple of false starts we went ahead with the event run over a shorter period of time than we wanted.

We ran the County Level X competition from 7th June till 11th July covering the below events:

- 50m – Butterfly, Backstroke, Breaststroke, Freestyle
- 100m - Butterfly, Backstroke, Breaststroke, Freestyle, IM
- 200m - Butterfly, Backstroke, Breaststroke, Freestyle, IM
- 400m – Freestyle

The Level X competition was taken on by four local clubs with Braunstone Swimming Club winning the overall top club. Swimmers were awarded certificates if they were in the top three of their event and there were also awards for top boy and top girl with both these awards going to Braunstone swimmers.

LASA donated prizes for the awards.

England Coach and Swimmer Development Scheme 2020 / 2021

LASA in conjunction with Swim England ran two county camp events one virtual and one face to face. The virtual event was offered to every LASA Club swimmer who was 11 as at 31st December 2021; for the face to face event 36 LASA Club swimmers were selected based on their times from the 2020 LASA Age Groups and Championships.

Age Groups and Championships

Sadly, due to COVID we were not able to run a 2021 LASA Age Groups and Championships however this allowed us to start preparing for the 2022 LASA Age Groups and Championships

Summer Festival of Swimming

Leicestershire ASA had four clubs enter into the Summer Festival of swimming at Nottingham. Our swimmers performed well having been under restrictions for the longest period in the UK. These results were then taken into the National rankings where our swimmers were able to achieve two overall first places.

Leicestershire



Club Activities

We had three clubs perform well in the Arena league competition with Leicester Sharks SC reaching the grand final in Cardiff. Finally, making history by becoming the first ever Leicester based swimming club to qualify for the National Arena Swimming League A Final, to be held on 6th March 2022. It is fitting that they achieved this feat just following their 10-year anniversary since Leicester Sharks was formed in 2011.

Our clubs were also very busy supporting their swimmers and parents during this difficult time again with a team from Leicester Sharks on 29th January 2021 embarking on a challenge to walk around the world in 80 days. The completion of this challenge would coincide with the final racing day of the British Swimming Championships - however lockdown! The mammoth challenge started at the Prime Meridian on the equator and continued East around the circumference of the Earth - yes!, the Leicester sharks team completed 24,901.5 miles! This amazing achievement helped athletes focus, while being out of the water due to lockdown 3. They also raised £2,622 for Young Minds Charity.



Well done 12-year-old Jessica Lines, pictured left, from Leicester Sharks who was selected to attend the Swim England East Midland Regional Camp at Repton School in October 2021, a great opportunity for this young athlete.

County Record Breakers

Even with lock down the County eventually had 8 County Records ratified during the year. Of the 8 records set 4 were for the same Men's Long Course event with William Bell improving the 400m Freestyle record on 4 occasions. The Men's Short Course record for 50m Backstroke set by Luca De Silva had stood since December 2000. His last record in 2021 being the 50 and 100 backstroke at the Winter Nationals in December 2021.



Right: Guy Worrow, Mikey Hire, Mark McKenna with team captains for the Arena League Luca De Silva and Yasmine Sheffield.

Congratulations to all of the swimmers for their great achievements.

Northamptonshire



Overview

At the end of 2021, all ten aquatics Clubs from Northamptonshire were either SwimMark accredited or hold Stronger Affiliation status.

Coach Development

May 2021 Online Coach Development workshop open to all county clubs focussed on session planning. Andy Sharp presented to coaches that attended from Daventry Dolphins, Kettering ASC, Wellingborough ASC and the Northampton Triathlon Club. Andy Sharp will be organising further workshops online and in person based on feedback from county club coaches. Moving forwards information will be sent to coaches as well as club secretaries as the feedback we have received is that not all information is being sent on to coaches by club secretaries.

Liam Noonan (NSC) was selected for the SE Regional Development Camp and SE National Camps.

Jacque Marshall (NSC) was selected for the Tokyo 2020 Paralympic Games.

Andy Sharp (NSC) and Liam Noonan (NSC) were selected for the SE Strength and Conditioning course. This is a pilot scheme for swim coaches to upskill. With many clubs offering land-based sessions during lockdown and now when returning to full training SE have piloted this course for coaches to have a better understanding of S&C activities.

Northamptonshire



Northants ASA Swimmer Development Camps

Swimmer Development camps for selected Northamptonshire swimmers born in 2008, 2009 and 2010. We felt that there is a need for swimmers to have further opportunities to continue to develop. We have arranged 3 camps that are taking place in February, May and June. By opening the camps to 13- and 14-year-olds this will help to keep swimmers engaged and hopefully help all clubs within the county to retain membership. Liam Noonan will be leading the camps this year as Andy Sharp is unavailable due to other commitments. Coaches and Team Managers from across the county will have the opportunity to apply for the various positions available. Camps will be focussed on skill development in the pool and on land in the gym swimmers will take part in game-based activities.

Winter Nationals and Para Swimming Nationals

Corby ASC, Daventry Dolphins, Kettering ASC, Northampton SC and Rushden ASC all had swimmers racing at SE Winter Nationals in Sheffield.

Daventry Dolphins, Northampton SC, Rushden ASC and Wellingborough ASC all had swimmers racing at the BPS Winter Meet in Swansea.

International Results and Records

European Junior Championships

Ed Mildred (NSC) Silver Medley Relay, Bronze 100 Fly, Silver 100 Free

Harvey Freeman (NSC) Silver Medley relay

Evan Jones (Millfield / NSC) Silver Medley relay

International Swimming League

Ed Mildred (NSC) represented London Roar

Tokyo Paralympic Games

Ed MildrMaisie Summers-Newton (NSC) Gold WR PR SM6 200 IM, Gold PR SB6 100 Breaststroke, 400 Freestyle Final

Ellie Robinson (NSC) Final S6 50 Butterfly

Zara Mullooly (NSC) Final S10 50 Free, 100 Free, 400 Free, 34-point relay

Will Perry (NSC) Final 20-point relay

National Records

British Para Swimming Records

Short Course S11 200 Freestyle Eliza Humphrey (NSC)

Short Course S11 200 Backstroke Scarlett Humphrey (NSC)

Long Course S6 800 Freestyle Bruce Dee (NSC)

Long Course SB6 50 Breaststroke Will Perry (NSC)

Long Course S11 200 Freestyle Eliza Humphrey (NSC)

Nottinghamshire



- We were not able to hold our County Championships during 2021 due to the pandemic however our great commitment by the swimmers and their parents training resumed in the pool, and we are pleased to say our clubs took on the challenge and are returning back to competition.
- In 2021 county records were taken by:
- Lewis Warner 100m backstroke both short course and long course,
- Callum Melville 50m 100m 200m Breaststroke
- Freya Colbert Senior 100m and 200m Freestyle and 200m Individual Medley
- Marija Romanovskaja Junior 50m and 100m Freestyle
- Constance Phillips the Junior 50m Butterfly
- Josie Grange has been awarded the Alfred H Turner Award by Swim England.
- During lockdown 23 people took the new on line Judge 1 Officials qualification and are now working their way to passing with the completion of their practical assessments.

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 Midlands Region for the year ended 31st December 2021.

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 2019 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 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**

Dated: 16th February 2022

ASA East Midland Region – Finance Report

Year ended 31 December 2021

There was an overall surplus for the year of £46,672 compared to a budgeted deficit of £39,666. The deficit for the year ended 31 December 2020 was £21,426.

The fund balance at the end of the year stands at £259,793 (£213,121 – 31 December 2020).

Affiliation fees have decreased by 2.17% on the previous year, with a reported income of £100,924 (31 December 2020 - £103,162).

The bank balance remains healthy at £242,823, an increase to that at 31 December 2020 of £66,977. £33,000 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 £275,823. The £242,823 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 an increase in fund balances in the year of £46,672.

COVID-19 Pandemic

The impact of the COVID-19 pandemic continued to be felt in the region's finances in the year to 31 December 2021 and was the reason for the drop in the affiliation fees.

Furlough grants of £11,082 have been received to support staff expenses.

There has been restricted development expenditure in the year while the sport continued to be almost at a standstill for most of the year. 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 coming year but a return to pre-pandemic activity is the region's objective.

Budgets – 31 December 2022

Budgets have been prepared and predict a surplus on administration of £6,449. The budget for the development of the sport £47,350 which leaves an overall deficit of £40,901.

All expenditure and financial decisions will be made in light of the budget and the region will look to protect finances to secure the future development of the sport.

Reserves

The board have agreed that the minimum reserves and cash balance should remain at £120,000.

Deborah Dean
Finance Manager

Swim England - East Midland Region

	Note	31.12.21 £	31.12.20 £
INCOME			
Affiliation fees		100,924	103,162
Licensing of open meets		7,531	3,127
Midland championships and zone meet		-	-
Furlough grant income		11,082	6,942
Other income		-	-
Regional club officer funding		6,600	1,650
Regional office funding		-	6,000
Operational plan	2	7,233	13,999
Funding projects		-	1,369
East Midlands Championships		18,969	1,399
Festival of swimming		16,669	-
Total income		169,008	137,648
Bank interest received (gross)	3	857	774
Expenditure			
Regional club officer expenditure		55,751	78,709
Regional office costs		17,625	26,331
Travel		-	863
Administrative costs	3	2,493	2,453
Professional fees	3	11,760	11,760
Operational plan	3	10,194	32,966
Funding projects	3	-	5,368
East Midlands Championships	3	14,161	501
Festival of swimming	3	11,038	-
Membership growth		-	750
Total expenditure		123,022	159,701
Deficit for the year		46,843	(21,279)
Taxation		(171)	(147)
(Deficit for the year)/surplus for the year after taxation		46,672	(21,426)
Fund balances at 1 January 2021		213,121	234,547
Fund balances at 31 December 2021		259,793	213,121

	Note	31.12.21 £	31.12.20 £
Debtors - due after more than one year			
Loans	4	34,000	44,000
Fixed Assets			
Computer Equipment	5	417	621
Current assets			
Loans	4	4,000	-
Trade debtors		136	1,154
Bank/building society balances		242,823	175,846
Other current assets and prepayments		339	5,696
		<u>247,298</u>	<u>182,696</u>
Current liabilities			
Trade creditors		7,645	-
Other liabilities and accruals	6	14,277	14,196
		<u>21,922</u>	<u>14,196</u>
Net current assets		225,376	168,500
Net assets		259,793	213,121
Reserves		259,793	213,121

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	31.12.21 £	
Operational Plan			
	Workforce development	213	
	Para	245	
	Artistic swimming	1,830	
	Water polo	3,015	
	Swimming	1,930	
	Masters	-	
	Diving	-	
		<u>7,233</u>	
3	Expenditure	31.12.21 £	31.12.20 £
Other business income			
	Interest receivable	857	774
Regional Club Officer expenditure			
	Wages, salaries and administration	55,751	78,709
Regional Office costs			
	Salaries	11,472	19,753
	Rent and administration	6,153	6,578
		<u>17,625</u>	<u>26,331</u>
Travel			
	Travel	-	863
Administrative costs			
	Printing, stationery, telephone and postage	703	1,692
	Accommodation	-	-
	Bank charges	492	433
	President's expenses	-	167
	Software	712	-
	Depreciation	205	306
	Miscellaneous	337	30
	Regional ACM	44	-
	ASA ACM	-	-
	ASA membership	-	(175)
		<u>2,493</u>	<u>2,453</u>
Professional fees			
	Accountants fees	10,320	10,320
	Independent examination fee	1,440	1,440
		<u>11,760</u>	<u>11,760</u>
Operational Plan			
	Grant aid	-	9,705
	Education, IoS & CPD	2,832	12,406
	Volunteering	-	446
	Para	285	403
	Artistic swimming	944	5,877
	Water Polo	3,585	559
	Swimming	2,548	3,354
	Masters	-	113
	Diving	-	103
		<u>10,194</u>	<u>32,966</u>
Funding Projects			
	Funding Projects	-	5,368
East Midland Championships			
	East Midland Championships	14,161	501
East Midlands Championships			
	Festival of swimming	11,038	-

4	Debtors – due after more than one year	31.12.21 £	31.12.20 £
Due after more than one year			
	Loan - to ASA Swimming Enterprises Limited	29,000	39,000
	Loan - to joint championships	5,000	5,000
		34,000	44,000
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	1,232
	Additions	-	-
	Cost c/fwd	1,232	1,232
	Depreciation b/fwd	611	305
	Depreciation charge	204	306
	Depreciation c/fwd	815	611
	Net book value 31 December	417	621
6	Other Liabilities and Accruals		
	Accruals	14,106	14,049
	Corporation Tax	171	147
		14,277	14,196
7	Operational Plan		
	There was no allocation for the operation plan during the year due to the COVID-19 pandemic and all expenditure had to be agreed by the region before committing. There was a net expenditure during the year of £2,916.		
8	Ring Fenced Funds included in fund balance at 31 December	31.12.21 £	31.12.20 £
	Funding projects	-	-
	Development of para-swimming	1,932	2,000
		1,932	2,000

For further information please contact the region office

Unit 7 Basepoint Business Centre,
Isidore Road, Bromsgrove, Worcs
B60 3ET

T: 01527 888 929

eastmidland@swimming.org

www.swimming.org/EastMidland

 www.facebook.com/SwimEastMidlands

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