
North Tyneside ASC

Annual General Meeting

30th November 2018
Lakeside Centre, Killingworth



Chair's Report

Eliot Sykes



Like all good teams, things go through cycles. This has been a year of strengthening for North Tyneside ASC in terms of coaching, swimmers and the Committee. Consequently, I genuinely believe the club has never been stronger and we will continue to build from here.

So, what have we achieved:

- Mass recruitment and skills development in lanes 5 and 6
- New coaching leads for Competitive Development and Competitive Squads
- Excellent performance in Diddy League Two in difficult circumstances
- Majorca Training Camp 2017
- 18 swimmers achieving N&D qualification
- 14 swimmers achieving NER qualification
- 2 swimmers going to Scottish Nationals in December 2018
- 29 club records broken - one 20 years old!
- Durham Medley Challenge - 14 trophies up for grabs with our swimmers bringing home 5 of them!
- New and improved website
- Planning and preparation for Majorca Training Camp 2019 underway
- Appointment of a new post to the Committee - Deputy Finance Officer
- Swim 21 approval

This said, there is much that we still need to achieve:

- The club remains financially strong but must continue to reinvest for the future. We are therefore currently exploring the options of purchasing new starting blocks and lane ropes to enhance the swimming environment
- The club website has improved significantly but we recognise there is much work still to do if it is to deliver its true potential. We will therefore continue to seek out a website lead
- We recognise our responsibility as a club to continue to support and educate our swimmers and parents on the risks of social media
- We recognise the importance of fundraising and will strive for a year-round fundraising programme
- It's important that we have fun, so we will continue to develop a year-round social calendar
- We plan to review the club kit from the perspective of design and cost

I must finish by recognising the work of the Committee. They are truly exceptional and work tirelessly behind the scenes to support our fantastic Coaching Team and Club as a whole. Of late, I have had to ask more of them due to my work commitments and they have risen to the challenge. However, I must also recognise this will not change and is not sustainable in the long term. I would, therefore, like to state that I will stand down as Chair at the 2019 AGM. In doing this it will ensure a smoother transition and succession planning for the incumbent.

Many thanks for your ongoing support and keep up the great work.

Eliot

Chair, North Tyneside ASC

Club Secretary's Report

Stephanie Hannant



My son joined North Tyneside ASC in November 2015 as part of the Competitive Development Squad in Lane 6. Since then he has progressed through the Club and now swims in the Advanced Competitive Squad.

I began my involvement as a Team Manager to support swimmers on poolside at galas and then took over as Club Secretary in April 2017.

My role as Secretary includes:

- Acting as main point of contact for the Club
- Organising committee meetings, preparing agendas, taking and distributing minutes
- Communicating key messages and information to the Committee, Coaches and Members
- Liaising with other Clubs, Club Network and Swim England to ensure all appropriate administration is in place.

If you have any questions or concerns, please contact me on the Club Secretary email address which is **ntscsecretary@outlook.com** Do bear in mind however, that I work full-time outside the Club in addition to fulfilling the role of Club Secretary and this can impact on when I will respond to queries.

The Club continues to be involved with the Tyne & Wear Network Forum. The Forum brings together Swimming Clubs within the Tyne & Wear Area and it is our opportunity to receive support, offer assistance and work together to share ideas and expertise. There are often discounts on courses and

opportunities available to us through this membership which would not be available to other Clubs.

In 2017, I was privileged to be able to escort a group of our swimmers on the Club's first international training camp to BEST Centre in Majorca which was a fantastic experience for all who were involved. We have attempted to hold a UK Training Camp in 2018 but the appetite for this was limited meaning that unfortunately, it was not financially viable. I am however, delighted that planning and preparation is well underway for another international training camp to Majorca in October 2019. **#purplearmyontour**

I spend a lot of time supporting and participating in fundraising activities, something I would strongly encourage all our members to do. We need as much support as possible to keep doing what we are doing and I would like to take this opportunity to extend a huge thank you to everyone who supports the Club in so many ways.

We have another fantastic fundraising opportunity coming up on 29th and 30th December when we will be holding a bag pack at M&S in Eldon Square, Newcastle. **Please, please, please** donate a few hours of your time to help and don't leave it to the usual few. It really is great fun and by far the easiest way of raising large amounts of money for the Club. Shoppers usually only have baskets and are usually very generous; most decline help with their packing but donate anyway and it also helps to raise our profile in the community.

COME ON EVERYONE - YOUR CLUB NEEDS YOU!

I now can't imagine not having North Tyneside ASC in my life - it really is like having an extended family! I have made many friendships and feel very proud to be part of this great Club.

Best Regards

Stephe

Secretary, North Tyneside ASC

Competition Secretary's Report

Jane Crozier



My son joined North Tyneside ASC in 2014, initially coming to the Friday evening Fun Club. He has moved through the progression route of Fun Club, Stroke Development, Competitive Development and is currently in the Competitive Squad, swimming an average of 8 hours per week.

I took over as Competition Secretary in May 2015. My role is to collect all North Tyneside ASC's gala entries and then submit these to the hosting club.

North Tyneside ASC is a competitive swimming club and as such we expect everyone over the age of 9 to be attending galas – a minimum of 4 per year for Competitive Development Squad and a minimum of 6 per year for Competitive and Advanced Competitive Squads.

So, why attend a gala?

- Put into practice what you have learnt in training
- See how much progress you have made
- Stretch yourself – swimming development and personal development
- Improve your personal best times (PBs)
- Achieve qualifying time for other galas, competitions and championships
- Compete – the overall aim of North Tyneside ASC!
- Learn from watching other swimmers
- Represent and be an ambassador for North Tyneside ASC
- Meet new people and make new friends
- Have fun!

All communications regarding gala entries must be sent to:
northtyne.galas@outlook.com

Please **do not use any other form of communication** (i.e. Facebook, text messages or phone calls) as I cannot guarantee that your query/gala entry will be looked at if these methods are used.

For younger swimmers and those new to the club, please be aware that a swimmer must be registered as a competitive swimmer with Swim England in order to compete in a gala. Please see Carol Hainsworth, our Membership Secretary if you are unsure of your swimmer's registration status.

All times achieved in galas are held in a national swimming results database, which can be accessed at **www.swimmingresults.org** This is a fantastic tool which can be used to follow your swimmer's progress. It is the times recorded on this site that are used for gala entries.

If you are unsure which galas are suitable for your swimmer or have difficulty identifying which races to enter, please speak directly to your Squad Coach.

Thanks

Jane

Competition Secretary, North Tyneside ASC

Treasurers Report

Chris Soan FCA



This is my second report as the Club's Treasurer, but my first full year in-post. Like any newbie, there are elements of the treasury process that I have changed and others I still intend to change when time permits. One of the changes is the very recent appointment of Gillian Dresner as my Finance Assistant and I look forward to working with Gillian going forward.

The Club continues to be in a healthy financial position with a number of payments for the 2018-19 financial year having already been made. In January 2018 the monthly training fees were increased - the first increase in a number of years - to match the increase in operating costs. I mentioned last year that from my commercial background, the Club cannot rely on fundraising from bag packs, sponsorship and any surpluses from selling sweets to fund its **core** operations.

Sign off

The Club accounts for the year ended 31 October 2018 will be made available at the November 2018 AGM. A review of the accounts has been performed by George Clark, an independent reviewer, who carried out a detailed examination of the books and records. [A clean independent examiner's report was issued.](#) I would like to formally thank George for doing this.

Examiner for year ended 31 October 2019

George Clark has agreed to be the examiner of the accounts for the forthcoming year.

Fundraising which provides for future investment

The Club's main fundraising activities last year included:

- Bag Packs at M&S, Eldon Square in December 2017 raised £2,331, approximately one third less than the previous year. We await the figure raised from the November and December 2018 bag packs but there is a clear link between the number of bag packers who volunteer from our club and the amount raised. Therefore, if you haven't volunteered yet there is another opportunity on 29th and 30th December. The M&S relationship is such an important one to maintain.

- The annual Mad March Hare event in March 2018 generated a surplus of £1,400 (2017: surplus of £7,500). Whilst a total of £2,300 of sponsorship (2017: £3,000) ensured the viability of this important event in the Club's calendar, the difference between last and this year's result arose from a lower number of participants and higher operating costs, including the need to reimburse officials' travelling costs, anecdotally for the first time.
- The **Last Man Standing** initiative continues to be a popular event. Arranged by Alan Christie, it continues to raise around £300 per event.
- The Sweet Shop still shows a surplus, generating £708 (2017: surplus of £1,300). If volunteers did not assist with this very useful earner to the Club, the finances would be severely impacted. There must be other people who can help as well?

Investment – events and equipment

Specific 'one-off' (non-operating) costs included:

- Our new Club website which is now up and running and for which further stage payments were made this financial year. We are now paying a monthly fee to keep this website and therefore it is an important medium to communicate information to current and potential members. Opportunities to commercialise the site are being explored. We continue to seek a Website Co-Ordinator to the Committee
- Last year was the first time the Club decided to hold an international swim camp in Majorca in October 2017. A second swim camp in Majorca has been arranged for 2019. Due to the nature of when payments fall, there were payments that had to be made this financial year in relation to the 2017 camp in addition to the 2019 camp. A UK swim camp had been arranged for October 2018 for younger swimmers, but there was an insufficient interest to make this event viable.
- Other events in the year included a Christmas Treat for our swimmers at Eldon Square in January 2018 and the Social night at Blue Flames Sports Club on a balmy evening in July 2018. Both events were either entirely funded or heavily subsidised by the Club directly.
- The Committee is committed to investing in the Club and a new set of branded flags now adorns the pool. The Committee welcomes properly sourced and priced suggestions for new kit and equipment. The coaching team was formally requested to submit proposals at the October 2018 committee meeting; these have now been considered and the ordering of specific equipment, comprising a significant investment in the Club has now been approved.

Summary

The sound financial position in which the Club sits is ultimately derived from fundraising by the Club's members. Monthly running costs, which seem to only increase, are just being covered by the monthly fee income. Whilst continued investment in the Club is important, it is also imperative that a buffer is maintained, two philosophies which helps the Club to evolve with happy and well-motivated swimmers. Finally, should you have any urgent queries of a financial nature, you can email them to **ntsctreasury@gmail.com**

Christopher Soan FCA
Treasurer, North Tyneside ASC

Membership Secretary's Report

Carol Hainsworth



I am pleased to tell all of you that the Club is healthy from a membership perspective and we are also holding a waiting list for swimmers to join the club which is currently standing at 26.

This year we have 48 members swimming as non-competitive members and 67 active members competing. The training programme which has been delivered throughout the year by our Coaches has really made a difference as we have a record number of swimmers achieving N&D, NER and Scottish National qualifying times. Well done all!

We also have 45 members who are either Coaches, Assistants or Volunteers within the Club, this number continues to increase year on year but as always we encourage as many people as possible to help run the Club by volunteering their time whenever they can. If you wish to volunteer for the Club or can offer the Club support in any way, please let me or another member of the Committee know and we can discuss our current vacancies or how you can help in other ways.

All members of swimming clubs affiliated to Swim England have to pay an annual membership fee and this covers the necessary insurance for swimmers and helpers, including Civil Liability, Personal Accident and Legal Advice. The pools we train at require us to provide them with a copy of this Insurance Certificate as a condition to our hire of the pool.

Renewal takes place during the month of January and we require all payments to be received no later than Thursday 31st January 2019. All payments must be via BACS into the Club account using the code '**YOURSURNAME-ASA2019** (e.g. mine is **HWORTH-ASA2019**).

Please ensure you use the correct reference as it is really difficult to identify if this is not used. Additionally, please be aware that if payment is not received by the 31st January 2019, swimmers will be suspended and unable to compete until payment is made.

The required annual membership fees for 2019 are:

North Tyneside ASC Membership Fee: £30 plus the relevant Swim England fee, depending on category.

- Category 1 (Non-Competitive Swimmer i.e. Stroke Development Groups and some of Competitive Development Squad) **£20**
- Category 2 (Swimmers in all other Squads) **£35**
- Category 3 (Associate/Volunteer) **£13**

Any members registering as Category 1 and then subsequently upgrading to Category 2 will be required to pay the additional fee prior to competing at galas.

The Club **MUST** be notified of any changes in medical history since you first joined the club in order to keep our records up to date and ensure the safety of our swimmers.

If anyone has any questions or wishes to be a volunteer in the Club, please do not hesitate to contact me on **chchains@gmail.com**

Carol
Membership Secretary, North Tyneside ASC

Head Coach's Report

Chris Tibbs



For North Tyneside AS, the 2017/2018 season - I believe - has seen some of the best performances in the Club's history. It appears that whatever challenges are put in the Club's way, they are tackled head on with the Club emerging in a better position for it.

The appointment of Lisa Thompson at the end of 2017 and the recruitment of further Coaching Assistants has been key to the stabilising of our Competitive Development Squad, steadily attracting swimmers and rebuilding the squad to a level where a full complement of able swimmers are able to compete at Junior League level; albeit just too late to qualify for the Final in 2018. I am, however, quite sure that an excellent performance will be evident in 2019. With Lisa's recent departure to live abroad, it is vital that this Squad has a strong support team to maintain the momentum and I am delighted that Jesse Butler - having cut his coaching teeth on stabilising the Competitive Squad - agreed to step into the breach to lead this out. There are already some really positive things happening and I wish him the best of luck for this new venture. This appointment to that important area means that Dan Murray and Andrew Kane can get to work making their mark on the Club's Competitive Squad, utilising all of their competitive swimming experience to develop and grow this section of the Club. These are very exciting times and a new journey for this group of swimmers and I look forward with great anticipation to seeing what they are able to produce.

As every year goes by it is always pleasing to see repeats of great performance, not just from home-grown talent that has come through our pathway but also from talent attracted to the Club. Historically, it has been the females who were always in the limelight and getting the big results but more recently, the male swimmers have been getting some limelight also with great performances over the year. This is what is incredibly pleasing for me with the North Tyneside programme, that now we are in a position at Championships where medals can potentially be coming from any area of the pool. With the stars aligned at the right time, on the right day, we could see some fantastic results!

So, a round-up of the 2018/2019 season to date:

- The most record breaking swims ever some at least 20 years old!
- Land Training fully up and running on a Sunday at Lakeside with Keith Wilkinson and plans moving forward for Saturday morning sessions at Jesmond Pool to include a dedicated 60-minute Land Training and Gym Session, tailored exclusively for each swimmers specific needs at Jesmond Pool. This will be co-ordinated by Personal Trainer James Tate.
- Majorca Training Camp 2019 at the world-famous BEST Centre is already confirmed with a compliment of 14 Swimmers and support team of 5 adults.

I believe that North Tyneside ASC are a force to be reckoned with. If you are in a heat with one of our swimmers – you have a fit, strong, well-trained and disciplined competitor there to beat. If you want to win - you will have to work hard to do it!

The future looks bright; we are settling well into the new season and have several developing athletes attending sessions as part of the Tyne & Wear HUB programme for 50 metre training experience and now that Land Training is established, my goal is to expand further on athlete services for them. Lifestyle management and athlete psychology are areas I am keen to explore given that Strength and Conditioning is now under way. Specific warm-up procedures for training sessions and galas are gradually starting to filter through as essential to the racing process. These now need to be embedded as standard and we are also looking into the roll out of Professional Swimmer's Log Books and motivational material.

I must ask all swimmers and parents to please embrace and protect the process we have established. Improvement is gradual but equally failure is too.

There has to be 'buy-in' – from swimmers and their parents.
There has to be commitment – from swimmers and their parents.
There has to be ownership.
There has to be responsibility.

I would ask that, as parents, you recognise these things and encourage your athlete to manage their own career.

I also ask that there is 'buy-in' from you as parents and trust that the processes we use will enable your swimmer to be the best that they can be.

The standards we set determine the results we get!

Please protect the process - my team and I need your backing!

Finally, as North Tyneside ASC develops, we need more support from you , the parent club members to assist us with our fundraising ventures because we want our swimmers to have the best chance of success with the best equipment in place and that requires additional funds! We also need more

parents to come forward and train to be Swimming Officials and Team Managers as well as to volunteer to assist with the running of our own galas across the year and on the regular Friday night sweet stall at Lakeside.

The more the merrier for sure but many hands make lighter work. Ask not what North Tyneside ASC can do for you but what you can do for YOUR SWIMMING CLUB!

Chris Tibbs
Head Coach, North Tyneside ASC