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# North Tyneside ASC

Annual General Meeting

15th December 2017  
Lakeside Centre, Killingworth



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# Chair's Report

Eliot Sykes



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A significant year for North Tyneside ASC in terms of change and transitions. With that can come understandable nervousness and questions, so I think it is worth reflecting on what has happened and been done as a consequence.

In the past six months:

- We have lost four coaches
- Recruited two coaches (Rob and Lisa) with a further two in training (Debz and Michelle)
- Nine swimmers have left to other clubs (eight to Tynemouth and one to Gateshead & Whickham)
- Nine swimmers have retired
- We currently have twelve swimmers on the waiting list (all assessed)
- Land training implemented
- Majorca away camp delivered
- Increased fees for the first time in five years
- Redefined our vision, skills focus and coaching structure
- Established lane reps
- Delivered the reinvestment plan
- Remain financially sound
- Website planning commenced

We truly value your feedback and are very mindful we don't always get things right. Current areas we are aware you want us to look at include land training, updating members not on Facebook, meet the coach sessions, parent sessions and a UK away camp. We will systematically work through these.

All that I ask is you give us and the Club time to consolidate and implement change. We are a small team, our coaches are amazing and work hard, the committee work equally hard on a voluntary basis. I think

this is a fantastic club in terms of what it offers and achieves with our swimmers and firmly believe in 3-6 months' time we will be even stronger.

Best Wishes

Eliot

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# Secretary's Report

Stephanie Hannant



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My son joined North Tyneside ASC in November 2015 as part of the then Development Squad in Lane 6. Since then he has progressed through the Club rather more rapidly than I could ever have anticipated and now swims in the Advanced Competitive Squad, six days of the week!

During the early months I relied heavily on invaluable advice from fellow parents and Committee members. As time progressed, I found that I had actually learnt a lot about the world of swimming and found that new parents were then asking me for advice. I was initially encouraged to become a Team Manager to support swimmers on poolside at galas, a role I continue to enjoy very much. From there the seeds were sewn for a more involved role and I began assisting Carol Hainsworth with administration relating to our Junior League Squad 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 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](mailto:ntscsecretary@outlook.com) . Please bear in mind that I do work full-time in addition to fulfilling the role of Club Secretary and this can impact on when I will respond to queries.

The Club is involved with the Tyne & Wear Forum whose meetings generally take place every other month and are conducted by Sarah Small, Swim England North East's Regional Development Officer. These meetings bring together all of the 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. This year, the Forum has given rise to an exciting opportunity to work with Washington Swimming Club on a venture which we hope will benefit both of our Clubs – Watch this Space!

As well as my role as Club Secretary, I have now also extended my role as Team Manager and was privileged to be able to escort a group of our swimmers on the Club's first international training camp to Majorca in October. This was a fantastic experience for all who were involved and I look forward to further adventures with the Club. **#purplearmyontour**

I also try to support as many of the Club's activities as my time will allow including continuing my Team Manager role at galas, helping with the Friday night sweet stall, assisting with Fun Club payments/register if required, supporting and participating in fundraising activities and helping out with our own annual Mad March Hare gala.

I would like to take this opportunity to extend a huge thank you to all of the other parents and members who support the Club in so many ways – it really is like having an extended family. I have made some wonderful friendships in the last two years and feel very proud to be part of this great Club.

Best Regards, Stephe 😊

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# Competition Secretary's Report

Jane Crozier



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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 Squad 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 gala entries and then submit these to the hosting club.

It is the parents/swimmer's responsibility to check their entries on the submission forms which I distribute before submission. You must inform me as soon as possible if anything is incorrect so that amendments can be made before the final entry file is submitted to the gala's Meet Manager. Once checking is complete, an electronic file containing all of the North Tyneside entries is emailed to the Meet Manager who will then inform me of the swims that have been accepted/rejected. This information is communicated to swimmers/parents, so they are aware of exactly which swims they will be competing in at the gala. Please do not be too disappointed if your entries are rejected – galas have a time limit to keep to for each session and therefore if a gala is very popular then some swimmers will have to be rejected. Each gala has its own rules on how rejections are made – some are based on upper time limits, some on lower time limits and some are on a first come first served basis. This is all set out in the Terms & Conditions of each gala.

After a gala takes place, the final results will be emailed out once they are received. Collating, checking and submitting all the entries for the club is a very time-consuming task so it is greatly appreciated and absolutely essential that your entries are submitted on the correct form and within the specified

deadlines as well as being double checked by yourselves when directed to do so.

All communications regarding gala entries must be sent to:  
[northtyne.galas@outlook.com](mailto: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 the ASA to compete in a gala. Please see Carol Hainsworth, Membership Secretary if you are unsure of your swimmer's registration status.

All times achieved in galas are held in the national ASA website, [www.swimmingresults.org](http://www.swimmingresults.org) This is a great tool which can be used to follow your swimmer's progress and it is these times that are used for gala entries.

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# Treasurer's Report

Chris Soan FCA

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Report on accounts ended 31 October 2017

This is my first report as the Club's Treasurer, having taken over the role in mid-September 2017. I should like to thank my predecessor for her careful stewardship of the accounts up to the point of my appointment.

The Club accounts for the year ended 31 October 2017 will be made available at the December 2017 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 and George has agreed to be the examiner of the accounts for the forthcoming year.

The Club has had a good year and I set out the main 'one-off' financial highlights:

Fundraising – provides for future investment

The Club's main fundraising activities last year included:

- Bag Packs in December 2016 which raised £3,357, twice as much as the previous year. Marks & Spencer plc is again proving to be a key player in our fund raising activities and we would like to offer our appreciation to Kerry Elliott who has continued spending time and energy cultivating the M&S relationship.
- The annual Mad March Hare gala raised around £7,500, a fantastic achievement, with thanks going to Alan Christie/Kerry Elliott who worked to secure sponsorship in advance of the event, raising over £3,000 in sponsorship. That sponsorship helped secure bespoke finishing touches to the gala, for example specially-made medals, without impacting upon the Club's finances.
- The Last Man Standing initiative continues to be a popular event. Ran by Alan Christie, it raises around £300 per event. The Club agreed to donate funds raised in the September 2017 event to the Majorca Training Camp in support of our swimmers.
- Sweet Shop - a successful year with it generating over £1,300 in funds. This year has been particularly challenging but a special thanks to Alan, Kerry and all of the regular volunteers who help out running the stall each Friday. 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, please do volunteer - Your Swimming Club Needs You!

## Investment – events and equipment

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

- A Nutritional Talk by Absolute Sports Nutrition; a visit by Aimee Wilmott; three sessions with Darren Wigg, Physiotherapist
- Purchases of a Go-Pro Camera; Tablet; Bungee cords: Backstroke Ledges; a new (purple) diving block; a new equipment cage; additional laptop; projector
- Investment in a new website for the Club which should be ready in 2018, for which work has already started and stage payments made!
- It was the first time the Club decided to run an international swim camp in Majorca in October 2017. Multiple fundraising opportunities were utilised to reduce the overall cost to the Club, with the 'net' cost of the project being £1,628. Given the success of this event, a UK camp is in-plan.

This year we also decided to support our Young Coach Jack Laverty to run an event "It's a Knockout" in support of the Great North Air Ambulance Service after one of our own members had a severe accident. Jack and his full team of volunteers (I cannot list them all but you know who you are!) ran a fantastic event where the whole Club had the opportunity to take part (including Fun Club). This was a hugely successful event which raised over £1,700 for a good cause.

## Viability of the Club

As the parent of a Club swimmer and as a Chartered Accountant, I come from a commercial background. It is therefore essential that the core operating costs of the Club, comprising the hiring of pools and coaching costs, are covered by the Club's operating income, comprising swimmers' monthly fees.

The Club cannot rely on fundraising from bag packs and surpluses from the sweet shop provision to fund its core business. As operating costs are set to increase in 2018 the Club's continuing viability can only be maintained with a matching increase in operating income, derived from monthly fees.

In the October 2017 newsletter, members were made aware that monthly fees must increase by £5 per swimmer from 1st January 2018. Standing orders must therefore be amended accordingly please. Fees are reviewed annually and the increase, the first in a number of years, is necessary to cover the cost of land training, which the Club has covered to date thanks to a July bag pack, as well as the higher operating costs that the Club has experienced and will continue to experience.

The monthly fee continues to be 'good value'. Putting my own payments into context, fees are based on a 46 week year, paid for over 12 months. After the £5 monthly increase I will pay £50 per month for my son's 5 hours of coaching per week. If the Club did only provide the minimum 46 weeks, my son would

therefore receive 230 hours of coaching for £600 per year (12 x £50) resulting in an hourly cost of £2.61 (which is less than the cost of a single public swimming session).

This example excludes the benefit of one hour of land training per week, the reality that the Club strives to provide coaching over the full year and not just 46 weeks, the fact that a number of coaches and parent helpers give their time freely, sibling discounts are available and there is provision of an annual treat for all swimmers within the Club.

## **Summary**

The Club is currently in a healthy financial position which provides the opportunity for further investment in equipment, our people and our website. That financial health is derived from fundraising, with a reminder that running costs are only just being covered by fee income. The financial environment is fickle and good governance requires a strong buffer.

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# Membership Secretary's Report

Carol Hainsworth

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I am pleased to tell all of you that the Club is healthy from a membership perspective. We have lost a few of our older swimmers this year but this tends to happen due to exam pressure. As they have left we have been able to bring in new swimmers who will progress through the pool.

This year we have 55 members swimming as non-competitive and 66 active members competing; and these members are making a real ripple in the swimming region as we are getting weekly enquiries from others wanting to be part of the Club.

We also have 55 members who are either coaches or assistants / volunteers in 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.

All Swimming Clubs affiliated to the ASA have to pay an annual membership fee per member. The fee also covers the necessary insurance for our swimmers and helpers, covering 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.

Membership renewal needs to take place during the month of January with final payments being received from Members no later than Wednesday 31<sup>st</sup> January. All monies must be paid via BACS using the code SURNAME-ASA2018 (e.g. mine is HWORTHASA2018).

All members are expected to pay the following:

- NTSC Membership Fee: £30 + relevant ASA Fee (below)
- Non-Competitive (Category 1) £20
- Competitive (Category 2) £35
- Associate/Volunteer (Category 3) £12.50
- Fun Club £17

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

All swimmers must complete a medical form and emergency contact form which will be held in confidence. Any changes in medical history or emergency

contact details that we need to be aware of must be registered with us immediately in order to keep our records up to date and to ensure the safety of our swimmers.

If anyone has any questions or wishes to be a volunteer, please do not hesitate to contact me on:

[chchains@gmail.com](mailto:chchains@gmail.com)

Carol Hainsworth

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# Coaching Reports

Lisa Thompson, Development Coach  
and  
Chris Tibbs, Head Coach

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## **Development Coach's Report**

I am an ex-competitive swimmer originally from Newburn Swimming Club. I have swam at National level in Backstroke and I have captained the Army Cadet Force Interservices Swim Team. I started my journey as a Swimming Teacher/Coach in 2008 working at various pools across the region. In 2010, I took on a squad at Newburn under Head Coach Elaine Matthews who then invited me to introduce a Development Program at North Tyneside ASC. We had some great success and instigated a joint Junior League Squad; the first that North Tyneside had taken part in. I then became Lead Coach for Development across both Clubs. At this point I was encouraged to further my Coaching career and took up an Internship in the USA where I further developed my Coaching skills working with College Level swimmers and running a Learn to Swim Program. Since returning from the USA I have been working as a Regional Manager and Senior Instructor with a International Karate Club but missed the world of swimming and have decided to return to this discipline. I am delighted to have returned to North Tyneside ASC as Lead Coach for Competitive Development Squad. I have received a very warm welcome and I am looking forward to working with swimmers and parents in order to achieve our shared goals.

Actions taken so far:

- Assessed available pool time and session times with the aim of maximising progression of each swimmer
- Looked at possibilities of changing the structure of the programme within both Stroke Development and Competitive Development Squads to further complement the National Programme for Teaching Swimming
- Assessing the abilities and potential of each swimmer in Stroke Development and Competitive Development
- Commencing trials for swimmers with potential to move up where appropriate
- Identifying and registering swimmers who will be participating in Junior League 2018
- Plan to introduce quarterly appraisals
- Plan to introduce Red Card/Yellow Card discipline system

In the new year I plan to change the current format of Lanes 5 & 6. Swimmers in Competitive Development Squad will not necessarily swim in the same lane at each session; this will vary depending on their individual strengths and identified areas for improvement. Each session will focus on one particular stroke; swimmers requiring technical support and guidance will swim in Lane 6

with a focus on Teaching/Coaching; swimmers who are technically sound in the stroke will swim in Lane 5 with a focus on Training to Race. This system will operate for 3 months and then be re-evaluated to best meet the needs of the swimmers.

I plan to formulate a set of Core Drills for use in sessions with video tutorials available for all coaches to utilise. The aim of this is to improve consistency and improve understanding of the strokes for our young swimmers.

I hope you will support with the implementation of this different approach to the programme in order to maximise the benefits and experience for all of our swimmers.

Lisa Thomson

### **Head Coach's Report**

For me, 2017 has been 12 months of both high times and sadly some low times.....but nothing that has dented the confidence that much and can be seen as an opportunity for betterment. We have had great successes as well as some setbacks and challenges however, my philosophy on this is that one doesn't really learn that much from successes, one learns more from overcoming a setback by taking on and conquering the challenge.

I have always quoted 'we are improving year-on-year' and this year has been no different with a few exciting milestones passed on the way.

Looking back 7 years it would have been "2 N&D qualifying times were achieved, well done!".

This year the reporting is "the most N&D and NER times qualified for.....ever. A monumental Diddy League performance achieved. North Tyneside ASC represented at the British Championships, English National Championships and English National Teams Championships. Not only finals achieved but Senior Medals achieved at North East Regional Championships. Swimmers at Scottish Nationals Swimming Championships over 3 days. North Tyneside ASC seniors on warm weather swim camp in Mallorca have a champion week. Land training back up and running for the Club".

What a great year it has been and what a wonderful experience to be working with such talented swimmers!

Within the Club we have seen significant challenges, particularly in the departure of key influential figures on the coaching side that wounded us, upsetting the equilibrium of the Club. We have lost swimmers recently from probably the most important area of the clubs future but I believe we can now address this through the appointment of Lisa Thompson. Lisa has set her stall out to rebuild this area of the Club and with our history of a proven pathway of development and the support and backing of everyone, I am 110% confident that she will achieve her goals for the Club. Good luck Lisa in developing our young talent and finding more of the next generation of North Tyneside ASC swimmers.

Finally, I believe this is truly a great club, with a great management team, great coaching team and great parents but never forget it is all about supporting the swimmers as much as we possibly can to enable them to be the best they can possibly be. That is not an easy task, it is incredibly hard work sacrificing and committing to the 'blind date with destiny' that this wonderful sport is.

Thank you so much for doing just that!

Chris Tibbs, Head Coach