

ASA East Region

Annual Report

2012





Chairman's report

With the introduction of Commissioning at the start of the year April 2011, and a new way of working, there should have been more stability and consistency.

This did not happen, the world economy worsened, the Government, and ultimately Sport England, changed the way the ASA had to operate, and this impacted on our region. Commissioning finished in December, and a new appointment at the ASA effectively removed the region's paid team from working with the membership across the region. Getting People Swimming became the priority, as one of the promises made to win the Olympic Games bid was that the country would get more people participating in sport. The Aquatic Officers were required to work solely to increase participation from the end of the calendar year. Despite this change in their remit, Leanne Brace, Rebecca Grace, Phil Lown, and Collette Railton, with Kevin Wray, have, as always, supported our Region and its clubs to the maximum that they are able. During the year the ASA 'borrowed' Helen Hiley, our Workforce Development Officer, to do project work, and eventually Helen got promotion to Loughborough, leaving us without a Workforce Development Officer.

Debbie Emmons continues to support the region's clubs and cover other general administration. We employed a Finance Administrator, Kelly Stannard, early in the year. In addition to her overseeing the day to day money issues, Kelly also support the Management Board at its meetings, including doing the minutes. This has been a great support to Keith Belton (Finance Manager) and to Sheila Mackenzie who used to do the minutes. Thank you to them both for the contribution they made.

The discipline reports which follow give more detail specifically about each element of our sport within the region. I hope you will find them of interest.

We have had mixed fortune with our volunteers, but fortunately several have stepped up to the plate when there were gaps to be filled in the great team of volunteers who work in support of our athletes through the region. All the disciplines have worked well during the period, finding sufficient numbers to conduct training and competition where it was required. Don and Pat Neate emigrated to New Zealand, but their jobs as Swimming Manager and Welfare Officer were filled. Bob Outtram decided to 'retire' and that post was also filled. Kirsty Huxter decided that she also needed to 'retire', owing to family commitments, and a volunteer was found very quickly to fill the post of Communications Officer. Unfortunately we have not filled the posts on the Management Board, which were created by Don and Pat leaving, but hopefully that will be resolved at the Annual Council Meeting. I hope that we will get lots of nominations! I take this opportunity of thanking all those who have fulfilled a voluntary post during the year, but have now decided to stand down.

As a result of our success in achieving swim21 targets, and clubs becoming more aware of funding streams for courses, we far exceeded our budget for funding courses during the year, and had no alternative, but to withdraw the facility. We shall be looking at alternative ways of supporting the clubs during 2012/2013, but within our budget.

The region relies on many volunteers, in our clubs, counties and across the whole region, to ensure that events and activities take place. In particular I would like to thank, on your behalf, the team of staff who are dedicated to our region, and all the Management Board members, the discipline managers and committee members, whose dedicated work ensures that there is good governance, that competitions and events of a high standard are delivered, and that pathways of development are in place for the benefit of our athletes.

Ian Mackenzie
Chairman



2011 – 2012

As at 31.03.2012

			Target	Actual
Swim21	Total number of accreditations		73	80
Number of people (16 +) swimming once a week			340,000	310,600
Workforce development	Level 1 & 2	Courses	60	53
Talent pool		Swimming	266	238
		Diving	29	41
		Synchronised swimming	0	0
		Water polo	49	80
		Disability	40	50
Facilities		50m pool	no regional target	2
		25m 8 Lane	no regional target	12
		25m 10 Lane	no regional target	0
		International diving venue	no regional target	1
Trained young volunteers			300	538



Disability Swimming

Most encouragingly, 2011 - 2012 resulted in another year of 'firsts' for Disability Swimming in East Region.

In September we held our first 'Regional Development Championships' designed to offer an entry into Disability Swimming, where new swimmers got the chance to experience a competition situation. The programme of events included a fun 'plunge' which proved to be great entertainment for all present.

In October, ASA President Don Neate was on hand to make the presentations at our 'Regional Championships'. New parent volunteers came on-board to assist with the recording, young officials were poolside, and the programme structure enabled swimmers to achieve consideration times for a wide range of national competitions.

November began with a 'Low Classification Workshop' led by Rob Aubrey, where the swimmers and coaches all gained inspiration from the classroom and pool sessions, and ended with 'Team East' being in top spot for the first time at DSE Open Championship level.

This structure came just right for swimmer Paul Bloss, who participated with enthusiasm and drive in all of the above, and finished the year qualifying for the British International Disability Swimming Championships in April 2012

March 2012 saw another new group of swimmers and their families get together for a regional Development Training Session. I wonder whose swimming journey we could be making a difference to this year.

Diving

Diving Events 2012

The successful partnership events of earlier years with London and the South East Regions were discontinued this year, with those regions joining forces with the South West Region instead. There was concern as to the potential cost-effectiveness of our events without them, but, by opening them up to guest divers from London and other clubs, the events proved very successful again this year.

National Skills Finals

East Region had an excellent entry of divers from five of our clubs, and we appointed two East Region judging officials to the National Diving Skills Event. This event is for age-group novice/improvers, using the national test conditions designed for improving core development skills at grass roots level.

Development/Education

The opportunity for regional judges to gain experience and to shadow-judge at our events continued this year. A number of East Region judges were appointed to judge at Senior Nationals, National Elites, National Age-Groups, and the Olympic Trials.

Last year's request by clubs for Diving Teacher courses to be integrated into the annual diving calendar has unfortunately been impossible to arrange. This is due to a number of reasons, but primarily due to the shortage of qualified, discipline-specific tutors. A number of our clubs cited the increased course costs and the removal of swim21 funding as a serious concern.



Coach/Diver Development

The East Region Technical Diving Committee is planning to continue running development days in 2012, aimed at divers and coaches working towards regional and national competitive diving, but is again finding difficulty in finding facilitators/coaches willing/able to run them.

East Region Diving News

British Gas National Diving Cup – This was held in January at the Southend Aquatics Centre, and, with most of the Olympic hopefuls competing, it attracted full capacity, enthusiastic crowds who enjoyed some outstanding diving.

Luton Aquatics Centre is due to open in July 2012, with a full range of diving facilities, including a 10m platform. It will also include a diving-specific dry land training gym. It is understood that two diving coaches have recently been appointed to set up and run the new diving programme.

Olympic Pre-Games Training Camp - The Great Britain Olympic diving squad are due to arrive at the Southend Aquatics Centre on July 14th to begin their pre-games training, and will also be using it as base during the Games themselves. This is fantastic for diving in East Region and for Southend in particular. The presence of our Olympic stars, and some medal hopefuls, is expected to greatly increase the profile of diving and to provide many opportunities for all East Region clubs to attract new divers into our sport.

Masters

The 2011 British Masters Long Course Championships were held in Leeds in June 2011, with Chris Dunn (Hatfield) breaking an impressive five British records in the 65/69 age-group. These came in the 100m, 200m, 400m and 800m freestyle, and the 200m individual medley, while Lee Peterson (Braintree) broke the British record for the 50m backstroke in the 35/39 age-group.

The fifth ASA East Region Open Masters and 18-24 Age-Group Championships took place on 1st October 2011 at Newmarket Leisure Centre. Thirteen individual and four relay East Region records were broken, with Marcel Scholten (Modernians) breaking the British short course record for 100m breaststroke in the 45/49 age-group.

A large number of swimmers from East Region competed in the National Masters and Senior Age Group (18-24) Short Course Championships at Ponds Forge, Sheffield at the end of October 2011. Collectively, they had an extremely successful weekend, winning many medals and breaking scores of East Region records. Katie Ambridge (Hatfield) broke three British records in 18/24 age-group - the 100m and 200m butterfly, and the 200m individual medley. Stephen Mavin (Chatteris) broke British records for the 50m and 100m butterfly, and was joined by club members Daniel Wardley-Smith, Andrew Fresher and Martyn Fresher to break the British record in the 4x50m medley team event for the 160 – 199 age-group. Lee Peterson (Braintree) added another British record to his collection when winning the 35/39 years 50m backstroke.

The annual Masters Inter-County Competition took place at Newmarket Leisure Centre on Sunday November 20th 2011. The competition, for the second year running, saw all six counties from East Region competing for our own trophy locally, and, once all the regions in the country had submitted their results, against all counties nationwide. Hertfordshire were the East Region winners for the second year running, with Norfolk receiving the runners-up shield, closely followed by Essex. Hertfordshire finished 8th nationally, with Essex and Norfolk swapping places from the regional competition, with Essex in 9th place, just ahead of Norfolk in 10th position.



Open Water

The popularity of Open Water events has continued to increase year on year, and in 2011 this was helped by the high profile 140 mile charity swim by David Walliams, down the River Thames, in aid of Sport Relief, as well as continued coverage of the “Great Swims” around the country. All this has helped to keep this discipline in the media spotlight, even if a wetsuit was used by swimmers.

At regional level, we again managed to hold very successful championships, despite the threat posed by blue-green algae during the preceding weeks. There were over 300 entries over the day. Wet and windy conditions were present for some of the day, including a storm cell that threatened the afternoon competitions, however the event was concluded safely. The format was similar to that used in previous years, however the revised race order, with tightly packed heats, would not have been possible without the support of the hard-working officiating team. A total of 314 entries were received for regional and county competitions over distances of 5k, 3k, 1.5k, and 800m; up by nine from the previous year. Overall the event was a resounding success, despite the weather, and it is hoped that this will be repeated 2012, when we have the additional challenge of including ASA Nationals qualifier events in the programme.

Two Officials courses were run for OWL1 and OWL2 candidates at Kentford in May 2012. Though numbers of participants were low, the courses were still successful, and candidates will be capable of completing the qualification this year if they participate at the 2012 Championships. More officials are always needed, and these courses will be run again before the 2013 season commences. Voluntary help and assistance is also always greatly appreciated by the committee. Please direct offers to the discipline manager. No previous experience is necessary.

Within the region, congratulations go to our newest Open Water Referee, Mrs Jacqui Kendall – who completed her evaluations last month at the first event of 2012; only bad weather prevented Jacqui from completing the full assessment last year. Mrs Susan Whitehead was to have completed her practical assessments last year, however an injury prevented her from participating in Open Water during the season. It is hoped that she can complete her qualification this year.

Swimming

The region has had another successful year of swimming, providing Youth, BAGCAT and Winter Championships and the Inter-County Competition. The intention was to change the venue for the Winter Championships to Cambridge, but, owing to a building programme at Cambridge, we returned to Norwich, where all three championship events were held. The Regional Inter-County Competition, hosted by Cambridge, saw Hertfordshire regain the trophy again, by a narrow margin.

At the end of January the second Zonal Meet was held at Corby, when swimmers from the ASA East Region competed against swimmers from ASA East Midlands and ASA West Midlands.

We believe that the standard of swimming in the ASA East Region is improving each year, and hope to keep increasing this standard across the region, as well as increasing the number of our swimmers attending national championships.

In January we lost our Swimming Manager, Don Neate, who emigrated to New Zealand. We take this opportunity of thanking Don his work for the region. Kathy Korth has taken over from Don as Swimming Manager. Bob Outtram, who fulfilled a key role in the administration of our championships, retired during the year, and Chris Felce has stepped in to continue Bob's work on the events side of the discipline. We thank them all.



Swimming Officials

The region continued to enjoy success in the numbers of volunteers applying for technical officials' courses and those qualifying during the year. Counties continue to support the region in the theory and practical training of officials from Timekeeper to Starter.

Officials' licensing has continued to increase during the year from 407 to 507 licensed officials (JL1 or above). There are 791 officials who are qualified Judge Level 1 or above, so there is still room for improvement. We continue to encourage more officials to become licensed, as a change in the ASA gala licensing requirements at the higher level, from September 2011, requires all officials to be licensed for county championships and above.

Nationally, we continue to be one of the top performing regions. In the eight regions there are (March 2012) 4299 JL1s or above. East Region has 791 of those officials.

Five candidates passed the British Swimming Referees examinations held in May and November 2011.

During the summer the region trained ten Open Water JL1s as part of a new national campaign to get more local volunteers into the discipline.

We continued to offer training and support to our volunteer technical officials during the year, together with support from our county volunteers. The courses we offered were: -

- BS Referee training for new trainees
- Regional Referee refresher training
- New version of BS Contemporary Issues CPD
- BS FINA Rules 2009 update
- BS Disability awareness officiating training CPD
- New CPD – BS Mentoring of Officials

Officials from the region continue to support the British, ASA National and the Disability Sport England championships. We continue to have a large representation on the deck.

Three technical officials from the region - Bob Outtram (TeamLuton), Dave Harman (Modernian SC) and David Metcalf (Mid Beds Swim Squad) officiated at the IPC European Championships in Berlin last summer.

These officials, together with Stephen (Podge) Christian (Deben SC) have been selected to officiate at the London 2012 Paralympics Games.

None of this would be possible without the continued support of our dedicated volunteer trainers and technical officials, who give their time freely to help others.



Synchronised Swimming

In 2011/12 Synchronised Swimming held its first regional events, a development day, and a competition. The development day was held at Kimbolton School in Cambridgeshire in September 2011 and was attended by 45 of the region's swimmers from five different clubs. In the lecture theatre the swimmers learnt about routines from Jenny Gray, who also took them for a pool session to test what they had learnt. Swimmers also undertook a session with a gymnastics coach in the gym, to work on flexibility and have a try at some basic gymnastics too.

The regional Routine Competition was held at Stevenage Swimming Centre on 17th March 2012 and was attended by eight of the region's clubs. Over 100 swimmers were split into age-groups to compete in solo, duet and combination team categories, with almost all clubs receiving a medal of some colour.

One Level 1 course and an AquaFun CPD have been run in the region, the latter leading to a very successful synchro crash course being run at Haileybury School in Hertfordshire.

Synchro is looking to repeat these events and add additional ones in 2012/13.

Water Polo

This year saw East Region Water Polo firmly established on the national stage.

We hosted the ASA Inter-Regional Academy (1996+) Boys Championship at the new Basildon pool in July. 12 teams from all the English regions, Wales, Scotland & Ireland competed, and East Region officials worked alongside their national counterparts to deliver a thrilling competition. The East boys played well to finish 9th above East Midlands, Wales and Scotland.

Basildon is now in its first year as a Water Polo Centre of Excellence with central funding.

Our Regional Championships saw Suffolk Girls and Essex Boys win the Junior trophies, while Cambridgeshire retained the Senior Men's title.

Our Inter-Regional Academy Boys competed again in February after ASA calendar changes. Our 1997+ players excelled themselves by beating Scotland, London, Wales and North-West B to gain 7th place. This was a triumph for our coaches, and vindication of our approach to developing the sport.

The Iceni Women's team completed their first season in the British Water Polo League and gained valuable experience. Their prospects are good for the 2012 season with growing numbers and sponsorship in place.

The girls' training camp was launched in January to provide coaching and development for the region's under-16 girls. This has produced a junior Iceni team who will enter regional and national competitions.

Three of our referees have gained their Grade C qualification and are officiating at national and regional competitions. We also held a well-attended UKCC Level 1 Water Polo Coaching course in March.



Finance Report

The figures below are the ones we will be submitting to the Independent Examiner and, as such, they represent our view of the region's financial position. The full set of accounts will be published separately once they have been seen by the Independent Examiner.

	2011/12	2010/11
Income	111,919.03	226,179.26
Expenditure	202,994.09	188,009.03
Surplus (Deficit)	(91,075.06)	38,170.23

Fixed Assets	10,070.92	7,359.42
Current Assets	186,870.01	276,071.34
Current Liabilities	9,422.49	4,053.91
Total Assets	187,518.44	279,376.85

The considerable difference in income between the two years is due to the way the ASA handled the collection of affiliation fees on behalf of the region. The bulk of the affiliation fees should be received in March. Last year we received payments in April and March, leading to us receiving two years worth in the 2010/11 financial year. This year the payment was not received until April, meaning we effectively received nothing. If the extra payment is taken out of 2010/11, the region had a deficit of around £13,000.00. Adding the April 2012 payment into 2011/12 brings the deficit down to about £39,500.00

The staged withdrawal of the swim21 scheme was in response to the increasing deficits caused by the amounts paid out under the scheme.