

ASA East Region

Annual Report

2013



Chairman's report

This will be my final Annual Report as Chairman of East Region as, at the next Council meeting, I will have completed eight years in office.

The past year has seen further changes not only affecting the sport, but also our region.

The highlight of the sporting year was the Olympic and Paralympic Games, with many of our members able to attend by using the allocation of tickets which we were able to sell on. Several of us travelled to the Olympic Park, following last year's ACM, to see the final session of the Paralympic Swimming. It was fantastic! Many of our volunteers were also Games Makers and officials at the Olympic and Paralympic Games. Everyone found the experience second to none.

The region's team of County Swimming Co-ordinators saw their title change to Aquatic Officers, and their role change even further during the year, moving away from development work with the clubs to primarily increasing the number of people swimming on a regular basis. This involved them working directly with the pool providers to try to achieve the Government targets, based on the growth of our sport (Grow) as a legacy of London hosting the Olympics. We were very fortunate though, as the East Region team continued to be loyal to our clubs.

The Management Board decided that it would be in the best interest of our clubs and membership for the region to recruit a dedicated Club Development Officer to work directly with our clubs and membership. In January, Leanne Brace was employed by the region as its Club Development Officer and she has already made a significant difference across the region and in challenging the ASA to get a better deal for our membership.

Unfortunately the role of Regional Director is being disbanded, so our Regional Director, Kevin Wray is under notice of redundancy after nearly eight years valiant service to the region. Thank you to Kevin for his service to the region. The country is being split into four areas which will be managed from a Grow and commercial aspect by four Divisional Business Managers. This will leave the management of our clubs and membership of our six counties in the hands of the East Region Management Board.

As well as foreseeing the changes and appointing the Club Development Officer your Management Board has been not only reviewing the Governance of the region, but also putting together a four year development plan, with a one year action plan, with realistic, but stringent financial budgets. All disciplines have responded to the challenge and are looking at ways to break even on each event it organises. Courses and Continued Professional Development courses (CPDs) continue to be a challenge, but Leanne has already arranged courses across the region where it had been impossible to arrange in the past, and new tutors and presenters are being found to deliver the required courses. Anyone who wants a course or a CPD should contact Leanne or the Regional Office and efforts will be made to find that course for you. We are fortunate that we have a robust scheme for the recruiting and training swimming officials. For the other disciplines it has not been so easy, but again the discipline committees are working to improve the situation. Coaching and teaching courses for the disciplines have also been hard to come by, but many more courses are becoming available 'on-line'. The region will be as supportive as possible in locating courses or providing our own courses in support of our membership.

Recognition of our volunteers is very important, not necessarily with rewards, but with positive recognition at all levels. We are very reliant on our volunteers in all disciplines to ensure that the athletes across our sport get the best deal. Other than Leanne everyone working for the region is a volunteer, supporting the paid members of your clubs and all of those unpaid. Thank you for your support over the past eight years. I hope that you continue your support to my successor.

Ian Mackenzie
Chairman

The workforce working as a team ensures we will get it right for our swimmers

Targets and actuals to 31.03.2013

Area		Number	Target	Actual
swim21	Clubs	55	80 accreditations	81 accreditations
Numbers of individuals				
Courses	Team Manager 1	11		109 completed the course
	Team Manager 2	1		15 completed the course
	Time to Listen	0		0
	Helper	2		23 completed the course
	YAOA	2		13 completed the course
IOS	Level 1	29		406
	Level 2	18		200
	ASA CPDs	25		464
Youth	4 year target	2009-13	400	643
	YAOA			69
	Officials			266
	Team Managers			10
	Helpers			268
Swimming Officials			570 licensed	793

Disability Swimming

ASA East Region are proud holders of both the Disability Sports Events (DSE) Senior Open Championship (November) and the DSE Junior/Youth Championship (March) team trophies. What a fantastic result for 2012-2013. To celebrate our achievements in November we sent our first regional team "tweet" – 'Team East swimming brilliantly. Professional attitude, team work and performances', followed the next day with - 'Congratulations to Team East' of course!

17 swimmers and their families from across the region attended an informative and practical development training session in January, with the aim of unravelling some of disability swimming's little mysteries. The opportunity to present Team East hats to four youngsters who are now at the stage of competing at a national competition for the first time, was, as always, a good feeling!

Our sixth Regional Disability Swimming Championships in October saw an increase in the

number of entries. There was competition, for the very first time, in every age-group for the Top Boy and Top Girl trophies, and of the 60 swimmers competing, 86% recorded improved times and/or new times – what stars!

We are seeing swimmers of all levels enthused and encouraged by the achievements of our four London 2012 Paralympians – Jessica-Jane Applegate, Emma Hollis, James Hollis and Harriet Lee. Their participation in team events and in a presentation role at the regional championships proves inspirational, and we thank them for that.

There is a real buzz and excitement around disability swimming in the region, from grassroots level, in all six of our counties. If you haven't been involved in any of our activities yet and feel it is something you would like to do, please join us this year!

Diving

Diving Events 2013

The East Region Championships continue to be well supported by clubs and divers, and were very successful again this year. Our small team of dedicated volunteers continues to deliver quality events for divers of all levels.

National Skills Finals 2013 - Plymouth

The East Region provided an excellent entry of divers selected from five clubs, and the committee appointed two judging officials to the National Diving Skills Event held at the new Diving Centre in Plymouth. 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 judges at our events, continued again this year. A number of our judges have now been appointed to judge at Senior Nationals, National Elites, and National Age-Groups.

The appointment of the regional Club Development Officer has been positive and proved extremely useful in setting up a Level 2 Diving Coach Course to be held in Hemel Hempstead in May. The cost of courses is still a major inhibitor to clubs, with funding options being few and difficulty of access in the timescales needed.

Coach/Diver Development

The committee held a development day in February for divers and coaches working towards regional and national competitive level. The day included dry land and pool training, and was delivered by Southend coaches at the Southend Diving Centre. A guest speaker was Olympic Gymnastics Coach Paul Hall – Coach to Olympic medallist Louis Smith – who provided a motivating talk on Olympic preparation... Another development day is planned for later in the year.

ER Diving News

The success of the GB Diving Team at the London Olympics, and the Bronze medal performance from Tom Daley provided great publicity for our sport. There was an amazing upsurge of interest and most of the region's clubs reported a big increase in requests for diving classes.

The television series of Celebrity 'Splash', hosted by Tom Daley, received very mixed reviews, but proved

very popular and also attracted much attention. The celebrities were coached at the Southend Diving Centre, and the heats and finals were televised from the new Luton Diving Centre – and created even more demand for lessons! The show proved so popular that a second series is due to start later in the year!

Masters

The 2012 British Masters Long Course Championships were held in Sheffield in May 2012 with Stephen Mavin (March Marlins) breaking an impressive five British records in the 35/39 age group. These came in 100m freestyle, 50m backstroke, 100m backstroke, 100m butterfly and the 200m individual medley. Chris Dunn (Hatfield) broke two British records in the 65/69 age group. These were for the 1500m freestyle and the 200m freestyle. Stephen Mavin was joined by his brother Garry, Martyn Fresher and Daniel Warley-Smith in competing for their club, March Marlins, to break two British relay records.

The sixth ASA East Region Open Masters & 18-24 Age-Group Championships took place on 6th October 2012 at Newmarket Leisure Centre. Many East Region records were broken during this popular event which saw swimmers competing from far and wide, including an enthusiastic group of competitors making the long journey from Spain.

A large number of swimmers from East Region competed in the National Masters Short Course Championships in Sheffield at the end of October 2012. Collectively they had an extremely successful weekend, winning many medals and breaking scores of East Region records. The March Marlins team of Daniel Warley-Smith, Garry Mavin, Stephen Mavin and Martyn Fresher added two more British relay records to their list, which included a European record. Individual British records were broken by Stephen Mavin (March Marlins), breaking his own 50m butterfly and 100m freestyle records in the 35/39 age group, while Lee Peterson (Braintree & Bocking), competing in the same age group, successfully broke his own 50m backstroke record

The annual Masters Inter-County Team Competition took place at Newmarket Leisure Centre on Sunday November 18th 2012. The event saw five of the 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. Essex were the East Region winners, with Norfolk receiving the runners-up shield, closely followed by Hertfordshire. Essex finished 6th nationally, with Hertfordshire and

Norfolk swapping places from the regional competition, with Hertfordshire in 9th place, just ahead of Norfolk in 10th position. Bedfordshire were 16th and Suffolk 23rd.

The end of 2012 saw Stephen Mavin crowned the British Swimming Masters National Decathlon champion. It is an annual competition for masters swimmers who try their hand at competing in races across a range of strokes and distances. The Decathlon competition has two main aims: one is to encourage greater participation across the different swimming events, and the other is to encourage competition across the different Masters age groups.

Chris Dunn (Hatfield) started 2013 off by achieving three more British long course records in the 65/69 age group when competing at Crawley in February. These were for the 50m and 800m freestyle and the 400m individual medley.

Open Water

The opportunity to get up-close to the 2012 Olympic Open Water Marathon Swimming events in Hyde Park for free, meant that this venue hosted an estimated 30-35,000 spectators each day of the competition. The popularity of this Open Water event astounded those involved, including our own regional discipline manager, who was there as one of the officiating team. The media coverage of the Olympics and the "Great Swims", has meant that once again Open Water Swimming has been brought to the attention of the public like never before. Let us hope that this results in greater participation, by athletes of all ages, in future Open Water events around the country.

At regional level, we again managed to hold a very successful championship during a fortunate spell of settled weather in an otherwise turbulent couple of weeks. As in the last five years, the location of Whitlingham Great Broad near Norwich proved to still be one of the best venues within the country; the comments from swimmers and spectators were all highly supportive of both the event format and the professional staff attitude. 2012's championships required some very careful planning to incorporate an addition to the distances normally swum. As part of the ASA's development of Youth Open Water Swimming, the additional 1750m event stretching the equipment and officiating staff resources to accommodate. Under this initiative, the appropriate Age-Group Regional winner from the 1500m, 1750m and 2000m events gains an automatic right to enter the National Open Water

Championships, regardless of having gained a qualifying time from in the pool. East Region Championship entries were slightly down on the previous year's total, at 273; however, we then gained an additional 19 London Region swimmers in the 1500m and 1750m events. These competitors swam as a separate competition within our event; we effectively hosted their attempt to gain entry to the Nationals, following the cancellation of their own swim the previous week due to the conditions on the day.

Future development of a separately organised sea swim event is currently under discussion, centred on Felixstowe. This venue shows great promise, and may in the future offer the opportunity to host an open water development camp and cold water acclimatisation training ahead of the regional championships. Keep an eye out for future announcements regarding this.

Training of new open water officials has had a disappointingly low take-up this year, with few candidates expressing interest. The lack of locally qualified officials within the region will again mean that we will have to rely on our friendships with other region's officials, and ask them to come and support our championships. More officials of our own are required, but the poor take-up of the 2013 courses suggests that there may be problems promoting the training. In an attempt to make training more accessible, provisional dates for next year at Kentford have been announced, these being OWJL1 on 27th April and OWJL2 on 28th April 2014. Additionally, it may be possible to conduct training at a venue more local to individuals, if a large enough group come forward from the same club or county. Voluntary help and assistance at the regional championships is also always greatly appreciated by the committee; please direct offers to the discipline manager. No previous experience is necessary.

Swimming

2012 was a good year for swimming. Our Olympians and Paralympians did the region proud in the Aquatic Centre and were duly rewarded with medals, records and honours from the Queen.

We also saw Zonal, Youth, BAGCAT and Winter Championships and the National Inter-County Competition running as usual. Sadly the Regional Inter-County event was cancelled, but the hole was filled by the Olympics so not too many complaints. Youth Championships saw an increase in entrants from 320 to 340, BAGCATs entrants increased by

two from 393 to 395, whilst Winter Championships stayed the same at 319.

The region's top placed team at the Inter-County event was Hertfordshire, who finished an impressive 7th in Division 1.

Kathy Korth resigned as swimming manager at the ACM and, with no nominations received, Bryan Thompson volunteered to take up the reins. We would like to thank Kathy for running the events for last year.

We feel swimming in the region is improving and intend to work hard to increase numbers of swimmers and indeed the standard of the swimmers, hopefully gaining more representation at National Championships.

We will be looking for new initiatives to inspire our swimmers and encourage them to push themselves a bit harder to reach their potential.

Swimming Officials

The East Region continues 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. The number of newly qualified officials at Judge L1 was 121, and, of those, 119 applied for a British Swimming (BS) licence. The turnover of officials still continues, as swimmers leave the sport and the parents, who are officials, also leave. The importance of clubs continuing to train officials is important as ever.

East Region officials' licensing has continued to increase during the year from 507 to 570 licensed officials (JL1 and above). Overall we improved in gaining two more officials in total - 793 for the year (791 in 2012), so there is still room for improvement. We must continue to encourage more officials to become licensed.

Nationally, we continue to be one of the top performing regions. Across the eight regions in March 2013, there were 4300 (4299 in 2012) JL1s or above. East Region has 793 of those officials.

Two candidates passed the British Swimming Referees examinations held in November 2012.

Technical Officials Training 2012/13		
Qualification	Applications received	Qualified during the year
Timekeeper	217	167
Judge L1	293	121
Judge L2	113	41
Judge L2S	23	18

The Swimming Officials Group continues to offer training and support to our volunteer technical officials during the year, together with support from our county volunteers.

The courses we offered, including Continued Professional Development (CPD) were: -

- BS referee training for new candidates
- New version of BS Contemporary Issues CPD
- BS FINA Rules 2009 update
- BS Swimming Disability course for Officials CPD
- BS Mentoring of Officials - New CPD

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.

Four officials from the region were selected to officiate at the London 2012 Paralympic Games, they were:-

Robert Outtram (Team Luton)
David Metcalf (Mid Beds Swim Squad)
David Harman (Modernian SC)
Stephen Christian (Deben SC)

At the Olympic Games, Paul Kendall was selected to officiate for the Open Water events.

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

Synchronised swimming held four events in 2012/13 - two development days held in Norwich and Hemel Hempstead and two competitions which were both held in Stevenage. This has doubled the number of regional synchronised swimming events taking place in the region since 2011/12 and ensured continued progression. Development days have seen an

increasing number of participants and have covered both routines and more skill/figure-based work. Competitions have also seen an increase in participation, with the last competition in March 2013 seeing all eight of the region's synchronised swimming clubs entering for the first time. The age group structure was changed for solos and duets, which provided clubs with more options for the routines they entered, which helped contribute to an increase in entries for the same competition held in 2012.

It was intended that officials' courses would run during 2011/12, but they were unavailable, pending approval by the ASA. Now that they are running again, we have two courses planned for May 2013 - Basic Skills Assessor and Basic Judge. We also hope to get a scorers' course running, possibly joining up with the London Region.

The same structure of development days and competitions is planned to continue in 2013/14 and we are also moving forward with a talent identification and development programme to create a pathway from club to national level competition.

Water Polo

East Region water polo continues to prosper. We have the splendid new Inspire Luton Sports Village as another deep water venue. Luton has hosted our Junior Boys and Senior Men's Championships as well as a British Water Polo League (BWPL) weekend, and we look forward to more national events there in future.

Essex won both the Junior Boys and Senior Men's Championship titles, while Suffolk retained the Junior Girls Championship trophy at Basildon Sporting Village. Basildon club won the Under-14 and Under-16 Summer Cup competitions.

We launched the Essex & Suffolk Regional Training Centre (RTC) as a joint initiative with centres at Royal Hospital School Holbrook and Basildon Sporting Village. The RTC has attracted over 60 young players, several of whom have been selected for the England Talent programme. Four of the region's coaches have joined the ASA National Coach Development programme and several more have achieved the UKCC Level 1 and Level 2 qualifications. We organised referee and table official courses jointly with London Region and a number of East candidates gained their qualification.

City of Cambridge won BWPL Championship 3 and are promoted for next season. Watford's Under-18

boys reached the qualification round of the ASA National Age-Group Championships. Icení women's team continued to progress in their second BWPL season and recorded their first victory in London League. Players from the Under-16 Girls Training Camp also entered London League as Icení Juniors and achieved several wins.

London 2012 saw volunteers Dean Walker, Chris Stephens and the Watford Junior Gamesmakers assisting at the Water Polo Arena.

Finance Report

The figures below are the current view of what the region will be submitting to the Independent Examiner. The full set of accounts will be published separately once they have been seen by the Independent Examiner.

	2012/13	2011/12
Income	248,376.51	111,919.03
Expenditure	140,384.54	202,994.09
Surplus (Deficit)	107,991.97	(91,075.06)

Fixed Assets	12,380.34	10,070.92
Current Assets	285,064.96	186,870.01
Current Liabilities	1,874.89	9,422.49
Total Assets	295,570.41	187,518.44

The considerable difference in income between the two years is down 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. This financial year the region received payments in April 2012 and March 2013 meaning two years' worth were received in the financial year. The April payment was in respect of the 2011/12 year. If the payments are attributed to their due years then the comparable figures are:

	2012/13	2011/12
Income	196,836.51	163,459.03
Expenditure	140,384.54	202,994.09
Surplus (Deficit)	56,451.97	(39,535.06)

The bulk of the payments under the closed swim21 scheme have now been made. There are around £2500 of potential claims remaining.

2012/2013 Roll of Honour Olympic Games



Athletes

Adam Brown

Hatfield SC

Swimming

Officials

Richard Crisp

Potters Bar SSC

Synchronised Swimming

Paul Kendall

Combined Services

Open Water

Chris Sage

Beaumont DA

Diving

Paralympic Games



Athletes

Jessica-Jane Applegate

City of Norwich SC

Emma Hollis

Epping Forest District SC

James Hollis

Epping Forest District SC

Harriet Lee

City of Peterborough SC

Officials

Stephen Christian

Deben SC

David Harman

Modernian SC

David Metcalf

Mid Beds SS

Robert Outtram

Team Luton