

**Minutes of the ASA East Region Synchronised
Swimming Committee
14th January 2017
Kentford**



Present:

<p><i>Amy Davis (AD)</i> <i>Amy Bryant (AB)</i> <i>Lucy Tallowin (LT)</i> <i>Madeline Tallowin (MT)</i> <i>Sue Copley (SC)</i> <i>Caroline Pickering (CP)</i> <i>Tom Brennan (TB)</i> <i>Karen Brennan (KB)</i> <i>Sue Frostick (SF)</i> <i>Ian Mackenzie (IM)</i></p>	<p><i>East Synchronised Swimming Manager</i> <i>Regional Development Support Officer</i> <i>Norwich SSC</i> <i>Norwich SSC</i> <i>Potters Bar SSC</i> <i>Potters Bar SSC</i> <i>Aqualina SSC</i> <i>Aqualina SSC</i> <i>Chelmsford SSC</i> <i>East Region Synchro Board Representative</i></p>
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17/1		<p>1. Apologies for Absence</p> <p>Apologies for absence were received from Jo McKeown (Bedford SSC), Sharon Crawford (Clacton SSC) and Sam Dowson (Specialist/Clacton SSC).</p>
17/2		<p>2. Declarations of Interest</p> <p>All confirmed that there were no conflicts of interest.</p>
17/3		<p>3. Previous Minutes</p> <p>AB passed around copies of the minutes of the last committee meeting on 1 October 2016. These were agreed as a true record.</p>
17/4		<p>4. Matters Arising</p> <p>All matters that the committee had questions on were going to be covered in the agenda items that follow.</p>
17/5		<p>5. Ratification of items agreed since last meeting</p> <p>N/A</p>
17/6		<p>6. New Grades and Grading Days</p>
	17/6.1	<p>AB talked through the changes to the new figure and routine grades. It was agreed that the changes were good, like anything, changes take time to sink in and get up to speed with. The land grades will be coming out next year. AB said that if anyone has any queries regarding the new grades, they should email her and she will hopefully be able to answer the query, or find out for us.</p>
	17/6.2	<p>It was explained that we as a region would hold grading days like we did for skill levels. We would not be holding a grading day in February as the focus for grading days until March would be for focussed on swimmers requiring skills 3-5 for National Champs in April. As a region, we do not have enough swimmers of that level or requirement to hold one.</p>
	17/6.3	<p>AB explained that the main difference between skills and grades is that they will be judged, not assessed. We are a judged sport so this change is a good one. AB explained that the assessor qualification no longer exists.</p>

	<p>17/6.4</p> <p>17/6.5</p> <p>17/6.6</p> <p>17/6.7</p> <p>17/6.8</p>	<p>For swimmers who hold Skill Levels, they will transfer to the same Grade Level, at Bronze level. Swimmers are encouraged to stay on the same grade for their age group and repeat to get better scores. Gold and Silver are to become more prestigious. For Routine Grades, it is proposed that swimmers start at the same level as their figure grade, i.e. Skill 3 can start at Routine 3.</p> <p>For Nationals this year, all grade level requirements can be Bronze but for 2018, entries will be specified whether you require Bronze, Silver or Gold to enter. Entries will be based on the figure grade level, not routine level.</p> <p><i>Judging levels for grading days were discussed and this is set out in the Courses section below.</i></p> <p>It was asked whether we would hold separate figure and routine grading days. There is no definitive answer at present but we would assume that they would be held on the same day depending on entries. AD and AB said that they would find out about that one.</p> <p>AD and AB expressed that at the regional grading days we would like clubs to only send swimmers who have a real chance at passing, AD said that she personally in the past has sent swimmers along to a skill day for experience (having told them it was unlikely they would pass) but feel that even knowing that it was unlikely, they were still very disappointed when they were told they had failed. We would like swimmers to feel good about grading days and not be discouraged by going along too early and failing.</p> <p>Action</p> <p><i>AD and AB to find out about grading days for figures and routines.</i></p>
<p>17/7</p>	<p>17/7.1</p> <p>17/7.2</p> <p>17/7.3</p>	<p>7. Competitions</p> <p>AB ran through the changes to the competition framework and the different levels of competition.</p> <p>Level 1 – this would be aimed at very beginner swimmers and just doing figures.</p> <p>Level 2 – this would be a mixture of figures and combination routines.</p> <p>Level 3 – this would be a mixture of figures and routines (including solos, duets and teams).</p> <p>Level 4 – this would be an age group competition and senior open championship events, targeted for talented/competitive swimmers who have achieve high figure grades/national level</p> <p>Masters & – Adult/Senior/Masters events designed to support fun, fitness and competition. Seniors</p> <p>As a region we will need to base our competitions on level 1 and level 2 and cater the competitions around the swimmers we have in the region. We would need to incorporate level 3 to be able to include solos and duets so we would hope to be able to run a joint level 2 and 3 competition so that we can include these for our more advanced swimmers. We would need to sit down and work out the competition criteria carefully.</p> <p>Swimmers like to work on solos and duets and it was discussed that these could still be encouraged but would not necessarily be able to swim them at competitions – the swimmers would just need to work hard on achieving the grades they need so that they could enter solos and duets.</p> <p>Changes to NAGs were discussed, this would now be held in November and would now not have a “recreational strand”. Recreational no longer exists in the world of synchro. The Combi Cup (which is scheduled to take place in July) would be for all clubs of all abilities to enter a national competition. We agreed that for our region, our competitions would be based around the Combi Cup regulations as there are lots of options for entries with age, mixed age and two groups, one for swimmers grade 0-1 and the other for swimmers grade 2 and above. All agreed that this would be an exciting competition for our clubs to swim against new clubs and see a different level of competition.</p> <p>We agreed that it would be nice to compete against other clubs for some variety. Multi regional competitions was raised and AB said that she would get in touch with Hannah Secher to see if we could get this going.</p>

17/7.4	<p>It was discussed what we do about our swimmers who still want to swim and compete who are 18 turning 19 this year. Unfortunately they are then not able to compete in Nationals or the Combi cup this year as they will be too old. AD said that we would want to include a Masters/Senior section into our competitions like we trialled in November last year. It was agreed that we want to encourage our older swimmers to continue so we will ensure we do have options available to them in our regional events.</p> <p>It was discussed about how the region tried to put together an East Masters group and once competition structures are all figured out, we would try and get this going again as all clubs would want to take part if we could work it out.</p>
17/7.5	<p>The committee agreed that the previous regional competition which had been held in Chelmsford had been unsuitable for routines and a struggle for figures with limited deck space. It was agreed all competitions should be held at Stevenage where 6x25m lanes are available with adequate depth and deck space.</p>
17/7.6	<p><u>March 2017 Competition</u></p> <p>Our March competition would be for Grade 0 swimmers and would be a figures only competition. The new criteria for competition levels means that for our Grade 0 swimmers solos and duets are not part of the plan and all felt that a figures only competition would actually be a good start for our new swimmers.</p> <p>AD confirmed that the date provisionally booked with Stevenage was 11 March. As the competition is only a couple of months away and the licencing terms have not yet been updated, we needed to ensure that we had a plan in place during the meeting so that AD could get this moving. We discussed what figures we would use for this competition and it was decided we would use the new Grade 1 figures as a guide. We all took a look at the figures and agreed on the following being swum:</p> <ol style="list-style-type: none"> 1. Back Tuck Somersault 2. Back Layout to Bent Knee Position returning to Back Layout 3. Inverted Splits 4. Front Pike Position <p><u>AD said that we usually only have 3 figures due to time constraints but as this would only be for Grade 0 swimmers, she suggested that we put a fourth figure in and that if once entries were in, timing looked to be a problem, we would drop figure number 4.</u></p> <p>It was also agreed that the swimmers would be split into age group categories (this is also in line with the new competition event structure). Age groups would be split as follows (swimmers age at 31 December 2017):</p> <ul style="list-style-type: none"> • 9-10 • 11-12 • 13-15 • 16-18 <p>AD said that she would get this organised and an email and forms sent to clubs as soon as possible.</p>
17/7.7	<p><u>June 2017 Competition</u></p> <p>As the Combi Cup is provisionally set for July 2017, it was agreed that our June competition would be aimed at Grade 1+ swimmers for figures and all grades combination team routines. This would be a good time for clubs to practice/try out their combinations before the Combi Cup and be able to adjust anything in time for July.</p> <p>Dates for this competition were discussed and all agreed that it would be best to have at least a two week gap between our comp and the Combi cup to enable adjustments etc so dates suggested were 10 June (option 1) and 17 June (option 2). AD said that she would enquire at Stevenage if either of these dates would be available.</p>

	17/7.8	<p><u>October 2017 Competition</u></p> <p>As mentioned above, AB said she would enquire about a Multi-Regional competition and that perhaps our October competition could be the time for this to be held. AD and AB said that, again, as the new licensing terms have not been updated and with the new levels of competition, there was a lot of thinking needed to go into planning the structure for our competitions. AB asked if clubs would be happy for them to sit down and work it all out and then circulate to the clubs. All present agreed that they were happy with this.</p> <p>Dates for the October competition were discussed. Half Term was suggested to be avoided and so a provisional date of 14 October was suggested. AD would enquire about pool availability. At present, we know that Nationals has moved into November but no date is yet known. Our competition date may need to coincide with that date.</p> <p>Action</p> <p><i>AB to contact Hannah Secher re Multi Regional Competition.</i></p> <p><i>AD to apply for competition licence and send email and forms to clubs asap.</i></p> <p><i>AD & AB to discuss and work out structure for 2017 competitions and circulate to clubs.</i></p> <p><i>AD to enquire with Stevenage about pool hire for competitions in June and October.</i></p>								
17/8	17/8.1	<p>8. Officials Courses</p> <p>There are three levels of judge qualifications and all courses are exam based. There are conversions from the old judge levels which are explained below.</p> <table border="0" data-bbox="343 952 1061 1153"> <thead> <tr> <th><u>Old Judge System</u></th> <th><u>Conversion To</u></th> </tr> </thead> <tbody> <tr> <td>Basic Judge</td> <td>Level 1</td> </tr> <tr> <td>National Judge (either Figures, Routine or Technical – 1 or 2 out of the 3)</td> <td>Level 2</td> </tr> <tr> <td>National Judges (all 3)</td> <td>Level 3</td> </tr> </tbody> </table> <p>17/8.2 Within the region we plan to hold two Judge Level 1 courses (one on a Saturday and one on a Sunday) and one Judge Level 2 course. We are planning to hold a Level 1 course in February, we are just waiting to hear who can deliver the course. As soon as this is known/organised, we will circulate a date.</p> <p>AD said that she was going to encourage all Basic Judges at her club to take the Judge Level 1 course as she didn't feel that as a Basic Judge herself, she would be comfortable in her ability to judge at a grading day. Her recommendation was that as a region we should encourage our basic judges to take the Judge Level 1 course rather than going straight into the Level 2. It was obviously not obligatory, but the committee felt it should be encouraged.</p> <p>TB asked if there would be an update/shorter course for those who have Basic Judge as he said it would be hard to convince people who have already done the BJ course to attend a full 6-7 hour course. AB said that she would enquire to see if an update was available.</p> <p>17/8.3 IM said that Hertfordshire were holding a Team Managers courses in St Albans on 14 and 16 February. 14 February was a level 1 course and 16 February was level 2. IM said that people should check their county websites for courses. IM confirmed that the Team Manager course was generic for all disciplines, there was not a course that was synchro specific.</p> <p>17/8.4 Course fees were discussed and it was suggested no fee for officials' courses should be charged. Those who have taken assessor courses which are no longer valid would then need to pay again if they wished to re-train as a judge. Plus, the committee had recommended that all regional officials update in line with the new judging criteria. It was agreed that official's courses should be offered free of charge to ASA East Region members and a fee apply to anyone wishing to attend from outside the region. This would help clubs financially and encourage official's development which is a priority in the region.</p> <p>17/8.5 It was agreed that as a region we did not need to run a Scorers course this year as we held a very successful one last year and we hold enough scorers in the region to run our competitions.</p>	<u>Old Judge System</u>	<u>Conversion To</u>	Basic Judge	Level 1	National Judge (either Figures, Routine or Technical – 1 or 2 out of the 3)	Level 2	National Judges (all 3)	Level 3
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		<p>Action</p> <p><i>AB to confirm who can take the Level 1 Judging course in February.</i></p> <p><i>AB to enquire whether there could be a Level 1 Update course for people already holding Basic Judge qualification.</i></p>
17/9	<p>17/9.1</p> <p>17/9.2</p> <p>17/9.3</p>	<p>9. Development</p> <p>AB explained that the new thinking for development within the region was to hold development days and development camps. These would replace the previous Talent Squad going forward. The Development Days would be aimed at Ungraded and Grade 1, 12 & Under swimmers initially, changing to Grade 1+ once swimmers have had the opportunity to attend several grading days. Development Camps would be aimed at Grade 1+, 13 & Over swimmers, initially, and after several grading days would become Grade 2+.</p> <p>Development Camps in the new structure are suggested to be 3-5 days but for our region the swimmers are not the right age and grade to be able to cope with that. So regionally, we need to do what works for us. A one day event for younger swimmers and a 2 day camp for our older swimmers. This can be reviewed for 2018/19.</p> <p>The plan is for us to hold Development Days in February, June and October and our Development Camp in October for this year. Going forward we would have the Development Camps 3 times a year (February, June and September).</p> <p>AB will continue working on that structure and is working on securing an additional coach not presently coaching in the region to help.</p> <p>It was suggested that safeguarding courses and team manager 1 and 2 courses could be run during the development days. Team manager 1 is for day trips and team manager 2 is needed for overnight or abroad trips to cover clubs insurance-wise.</p> <p><u>25 February 2017 Development Day</u></p> <p>AB said that this development day would be for swimmers and coaches. Jenny Gray would be taking the coaches and she would be with the swimmers. A guest coach may be attending, AB is awaiting confirmation.</p> <p>The day would be routine based, working on movement, flow, pool plans, lifts and throws.</p> <p>It will be open to all swimmers but there is a maximum of 50. Due to the high interest, it was discussed and agreed that all clubs would be able to send up to 5 swimmers each of Grade 1 competency (i.e. not complete beginners). Clubs would also be able to send 2 coaches. If clubs have more swimmers or coaches that would like to attend, they should give AB a list so that they can go on a reserve list if places are not filled. AB confirmed that the course fee for swimmers would be £15 and coaches could attend for free. AB said she would shortly send out an email and forms.</p> <p>Action</p> <p><i>AB to send out email for 25 February Development Day.</i></p>
17/10		<p>10. Plan and Budget 2017/18</p> <p>All of the items discussed during the meeting and their timings would form the synchro annual plan for 2017/18. AD would put a budget together for submission to the board to reflect the delivery of the agreed plan.</p> <p>Action</p> <p><i>AD to complete 2017/18 budget proposal for the Management Board.</i></p>
17/11		<p>11. Any other urgent business</p> <p>IM said that as of 3 April the ASA would become Swim England so we would be Swim England Synchro.</p>

17/12		<p>12. Confidential items</p> <p>Nothing was raised.</p>
17/13		<p>13. Next Meeting</p> <p>It was agreed that the next committee meeting would be held before the Region's first Grading day in May 2017. AD would circulate an agenda and timings etc nearer the time.</p> <p>AD thanked everyone for coming and for their support. She said that if anything comes up in the meantime, she would send out emails.</p>