



Swim England East Region
Minutes of the Artistic Swimming Leadership Group Meeting
10th April 2021

Present	Amy Davis (AD)	East Region Artistic Swimming Manager
	Ian MacKenzie (IM)	Director, Swim England East Region
	Tom Brennan (TB)	Aqualina
	Karen Brennan (KB1)	Aqualina
	Kerri Brennan (KB2)	Aqualina
	Amy Bryant (AB)	Hatfield
	Sharon Crawford (SC)	Clacton
	Jenny Goodall (JG)	Norwich
	Emily Gower (EG)	Norwich
	Lisa Hurley (LH)	Brentwood
	Alison Maidment (AM)	Bedford
	Laura Neary (LN)	Chelmsford

21/01 **Apologies**

21/01.1 There were no apologies for absence, all that had responded had attended. Missing club LG members/club representatives were Cheshunt, Dacorum Potters Bar.

21/02 **Declarations of conflict of interest**

21/02.1 All confirmed that there were no conflicts of interest.

21/03 **Previous minutes**

21/03.1 AD started the meeting by thanking everyone for attending and hoped that all were well and had managed to get some kind of update on when they were returning to training following second lockdown lift.

21/03.2 AD had attended a Regional Managers meeting on 1st April 2021 and wanted to update clubs on what she had learned following that regarding restrictions to training, competition, grading days etc.

21/03.3 AD highlighted that there was a SE update to returning to training guidance which she would share with all clubs and during this meeting, but was available live on the Swim England website.

The main differences from prior lockdown return was that you could now return to duet and team training.

21/03.4 16 of the Elite GB squad had returned to training and will be attending the Euro Championships.

There would be no trials for seniors this year.

No trials for juniors either – they would have been scheduled for end of June but with second lockdown would not have been able to see swimmers until May so would be too close to bring in new swimmers.

21/03.5 Youth trial – still hopeful later in the season. These may be virtual, they would select and invite swimmers to residential camp in the summer if all goes to plan.

More webinars to come for athletes of all ages.

21/03.6 There will be one coach seminar per month.

Level 1 and 2 coach courses have taken place virtually but still have a number to finish the pool part of the qualification. IoS are pulling together some dates and will circulate.

They have been developing new qualifications to be rolled out in summer for assistant coach and coach courses – part would be on line as this works better for wide spread of country.

21/03.7 For judges, obviously not done a lot in the last year but have had opportunity to judge at Level X competitions.

Advised that figure grading days would be done virtually until August and will review the position then with regarding to continuing to be virtual or face to face depending on Government guidelines.

21/04

Virtual Grading Days

21/04.1 AD explained how the Virtual Grading Days would work following the RM meeting.

Each club would be able to enter 10 swimmers (total) per grade day. Each figures/elements to be videoed separately, i.e. 10 videos per swimmer.



Date to be at least 4-6 weeks after return to training.

Region only, not allowed to attend any other region days and no swimmer outside our region to attend ours.

No limit on amount of days held by each region.

Cost of entry £10 to cover certificate cost and sending out.

To make sure clubs know that it is their responsibility if video shows figures incomplete/incorrect/zeros etc.

Prior to day, advised that Senior Judge should attend the Judges webinar and then filter down to region judges.

Guidance for senior judge/clubs/organisers/judges to be circulated.

21/04.2 AD asked for dates that would work for clubs to ensure swimmers had enough time to train prior to videoing their elements. It was agreed that date for updating videos to drive would be 17th May 2021.

[After the meeting it was agreed that we needed to extend the date so finalised date for our virtual grading day would be 20th June 2021]

21/04.3 **Action**

AD to circulate guidance for clubs, judges and senior judge.

21/05

Competitions 2021/2022

21/05.1 AD updated on the National Competitions that were planned for the rest of the year.

Level X Figure Competition – May-August, date to be confirmed.

- This competition is for anyone who wants to enter for fun/not NAGs.
- Based on grades.
- There will be a webinar on 3rd May 2021 to fully explain how it will work.
- Grades are to be split into two series, figures/elements 1-5 series 1 and figures/elements 6-10.
- No videos submitted but scores will be.
- Places 1-3 get a prize/certificate.
- No routines.

21/05.2 Virtual Competitions (more guidance to follow).

- National Champs – September
- National Age Groups – October
- Masters Champs – November
- Combo Cup – December

21/05.3 2022 – hope to be face to face competitions and get back to usual calendar.

21/06 **2021 Plan/Dates**

21/06.1 As above we have set up a date for a virtual grading day and agreed that if all goes well with that we would do another one before the year end. Any other competitions would not be held regionally but encourage clubs to take part in the National virtual series if they are able.

21/07 **Development**

21/07.1 Prior to the meeting AD had circulated the following options which AB had come up with in terms of (remote) development and asked clubs to have a think about what they would like and update at the meeting.
The options were:

21/07.2 Option 1
Theme: Land grades

Session One: 2-hour session (with a break) for coaches covering land grade 1 and 2. Will cover all elements, common faults and corrections, supporting exercises/stretches.

Session Two: 2-hour session (with a break) to go over all of the elements for land grade 1, practical session for swimmers with coaches logging on to watch if they wish. Two-hour session will allow for splits stretches for Ariana and back stretches for prone lift as well as all of the elements.

21/07.3 Option 2
Theme: Figures and Flexibility

Session One: 1-hour session for swimmers working on figure grades 1 and 2 aimed at body awareness, muscle engagement and applying those to figures.

Session Two: 1-hour flexibility session for swimmers of all abilities. General all-over stretching session, including splits.

Session Three: 1-hour session for swimmers working on figure grades 3+ aimed at body awareness, muscle engagement and applying those to figures.

From the discussion had on the meeting, Option 1, Session 1 seemed to be the more desired approach, refreshing/helping coaches with land grades so



AB said she would set up a date and Zoom for coaches who wanted to attend.

21/07.4 **Action**

AB to circulate date and attendance details to clubs.

21/08 Any other business

21/08.1 N/A

21/09 Confidential items

21/09.1 Nothing was raised.

21/10 Next meeting

21/10.1 It was agreed that we would hold our next committee meeting via Zoom later in the year and AD would be in touch to find a date that worked to plan the dairy and budget for 2022.

AD thanked everyone for coming and for their continued support. She said that if anything comes up in the meantime, she would send out emails.