

Rushmoor Synchronised Swimming Club
Minutes of the 40th Annual General Meeting 2005
Held at Elles Hall, Farnborough Community Centre
November 27th 2005

1. Apologies for Absence

Received from Lucy Hockin, Olivia Allison, Nicole Golder, Julie Golder, Steffie Stone, Julie Andrews, Edna Russell, Lauren Smith, Hayley Cornick, Carolyn MacDonald.

2. Present

Judith Anderson, Louise Anderson, Jan Mattinson, Mark Carpenter, Debbie Carpenter, Jenny Miller, Brenda Perkins, Pat Koster, Emma Clelland, Kate Poulter, April Poulter, Hayley Tribe, R McGurk, Louise Woolley, Tina Clark, Vicki Burt, Judy Lawrence, Debbie Ohren, Paul Ohren, Bridget Bignell, Jenna Randall, Asha Randall, Mark Randall, Melinda Lucass, Amy Hibbert, Helen Hibbert, Neil Wilson, Simon Kearn, Penny Dunford, Sarah Dunford, Emma Cole, Hannah Cole, Jane Cole, Mike Firmin, Barbara Firmin.

3. Receive the Minutes of the 39th AGM

The minutes were correct, approved and signed by Jan Mattinson.

4. Matter Arising

No matters arising

5. Honorary Chairman's Report

Jan Mattinson introduced herself as Chairman and said once again that Rushmoor has had a wonderful competitive year. In every competition the club has had great successes. Hampshire Age Groups produced gold, silver and bronze medals as did the intermediate, novice and champs. It won the Hampshire Aggregate cup this year after letting it go to Portsmouth last year. This cup is presented to the Club with the highest aggregate marks from all competitions run by Hampshire over the year, so every swimmer who swam in any competition in Hampshire this year is to be applauded for the return of the cup. Rushmoor was also responsible for Hampshire winning the Just Tiles Trophy in the Inter County Competition as the team consisted entirely of girls from the Club. Southern Counties Age Groups also brought fantastic results, with Rushmoors' 18 yrs and over girls winning all the golds, 2 silvers and 2 bronze medals. Southern Counties Championships was unfortunately cancelled due to lack of entries from other Clubs. National Age Groups was a success with 2 of Rushmoors' teams winning gold medals, and the third, relatively new team, coming 4th which was a great achievement for them.

Caroline Jones and Jo Lambert once again agreed to coach Rushmoor's National Squad, and choreographed the technical routine. For the free routine Claire was invited over from Canada for a second year and a very intensive training week was held over the Easter holidays. The girls worked so hard that by the end of the week when usually the squad is cut down in number to 10, it was felt there was nothing to choose between any of them and so all the girls continued training until final selection - some of the sessions were very chaotic to say the least with 15 girls in the water.

The club again competed in the Heliopolis Cup in Egypt but it proved difficult to put a senior team together because many of our senior swimmers were due to start work or university at the same time as the competition was being held. So, this year, the club took a fairly junior team out to Egypt. However they worked really hard and all the girls gave a very creditable performance.

Once again Rushmoor became British National Team Champions. In fact, not only did the club win the team competition, but also the girls won every gold medal available – an outstanding triumph for Rushmoor and proving that the club really is the best in the country.

Jan also expressed how proud the club is to have 2 swimmers competing in the Commonwealth Games next year.

Jan said “these results have only been achieved by the hard work of the swimmers and the dedication of our coaches. Remember these coaches give their time for no reward other than to see a girl they have coached achieve her skill level or get the competition result she deserves. It is very frustrating for them, when a girl does not give that dedication either by missing figure sessions and more importantly choreography sessions, as it puts enormous pressure on the coach. We have very few reserves for our younger teams for next year, so it is vital that all swimmers in a squad attend their planned choreography sessions”.

The club has gone through enormous change this year with the introduction of the Skills and Recreational Levels to replace grades. The Committee, but especially our Heads of Figures and Choreography have had to go through an extremely steep learning curve to come to terms with these massive changes.

Jan offered grateful thanks to Janet and John Selley and Mike Firmin for all their work in communicating these changes and the implications to the Club earlier this year, and to Hayley, Simon and Louise for taking the changes forward after Janet and John resigned.

Jan said that the club is unsure of the full implications as competition details, including dates, have yet to be finalised for next year, which is why training next years teams needed to start early.

“Obtaining the skill levels has been a challenge in itself as very few swimmers are passing in our region”, this Jan believes is being looked at Nationally.

The club also has the challenge of Swim 21 to look forward to and further details on this will be published at a later date. One of the consequences of the changes has been the need to schedule an extra flex session, and a proposal is to be raised later, plus give more time for figure training.

Jan asked that if anyone had any queries or problems with any aspect of the changes for them to refer to the relevant Head – either Figures or Choreography. If they cannot help then someone on the Committee will be able to either answer the query or know where to get the information.

Wednesday night stamina sessions have much improved since the Club employed John Hodgesson to run them. Stamina is vital for a synchronised swimmer so swimmers must make every effort to attend these sessions.

The Garrison sessions have again been fairly successful and the club will be making the most of this pool again next year. Attendance at these sessions is important, as it is the only pool where we can train 2, and if necessary 3, teams at the same time.

Jan expressed that she has really enjoyed her first year as Chairman, although admits to relying very heavily on Janet. Janet is not standing for re-election this year, and neither is John and both will be missed on poolside.

Jan thanked Judith Anderson who is retiring as the club’s Secretary this year. “Judith has been the backbone of the Club for several years now and will be sorely missed”. Thanks went out to all the parents who have become qualified coaches this year by attending the courses at Cobham. Jan expressed the need for more help at the choreography sessions.

Grateful thanks went out to the management committee for all their hard work, and Jan hoped that those attending the display after the AGM enjoy it. The usual Christmas Show could not be organised due to training for next year, but next year is the clubs 40th anniversary so a stupendous extravaganza can be expected as both Janet Selley and Julie Andrews will be putting it all together.

Thanks expressed to Pat Koster for her involvement in coaching the new intake and wishing her well in the future, as this was to be her last year of coaching.

6. Honorary Treasurer's Report

Last Years finances showed a turnover in excess of £50,000 for the first time. The clubs income exceeded expenses, with a profit of £927.

Donations totalling £362 were received by the club, most of which came from Pat Koster from car booting. In his annual report the Treasurer thanked Pat for her fund raising efforts.

Donations were also received from Reading swimming club and Dave Smith who won the GB Synchro lottery and donated his winnings.

The club website whose idea came from Jan Mattinson, set up by Simon Kearn and publicised by Mark Carpenter has generated £70 in four months. The Treasurer expressed to all present the benefit of having the web shop facility and the monies that can be gained from commission each time a purchase is made using the website.

The Christmas show raised £2,203.

A minimum of £7,000 net total will be required going into next year. Block booking of pool sessions will save on VAT paid. The Garrison bookings next year alone will save £300 in VAT payments. In order to block book the club will need £2,000 extra (on top of the expected £5,000) at the beginning of next year.

Mark Randall paid £1,000 by credit card at the Nationals and agreed to be paid back by deduction from monthly fee invoices; the Treasurer for this kind offer passed on thanks.

The Treasurer proposed that the annual membership to be increased from £10.00 to £12.00 as from 1st January 2006, this was put to a vote with no objections received from those present at the meeting.

The Treasurer also proposed a change to the swimming fees to an hourly charge, this was held until the Head of Figures report.

There will be no funding from the National Lottery as they do not fund ongoing organisations and their running costs, only specifics such as the construction of a pool (an example).

- A question was posed to the Treasurer as to why Rushmoor Royals receive a grant but Rushmoor Synchro club do not. The answer to this was that Rushmoor Royals have a full time paid coach. R.S.S.C are to consider further applications to the council for future grants.

- A further question put to the Treasurer was whether the club had paid coaches. The Treasurer explained that the club pays for flex coaches due to the professionalism required and also £20 per session (1.5hrs) is paid to John Hodgson for the stamina sessions on a Wednesday.

7. Joint Director of Figures Reports

Thanks went out to everyone in the club for making Simon Kearn welcome and to the management committee for having the confidence in appointing both Simon and Hayley Tribe. Simon said that he has tried to bring a different style of coaching to the club, and hopes that he has done himself justice.

Simon said that it has been a difficult year in terms of many changes in the sport and possibly the hardest time to take on this role, especially with the added handicap of learning the complexities of the sport as a whole. Both Simon and Hayley thanked

John Selley for not only stepping in unexpectedly, but also for all the hours spent identifying how best to implement all the changes most certainly the introduction of the skill levels into the club.

They also gave thanks to Janet Selley for her guidance in issues relevant to the job of Head of Figures.

Simon expressed that although the current grading system ceases to exist as of 2006 the club still had a number of successes with swimmers passing some of the old grades, and as of 13th November had some successes with the new skill levels. Both Simon and Hayley acknowledge that the first few assessments were a new experience for them and the swimmers and due to time constraints full assessment of swimmers prior to the skill assessment was not possible. They both hoped this would not be repeated in the future. Simon felt most clubs in the South East region seemed to be guilty of the same looking at the results of the first few assessments. Both ensured the club that swimmers would only be entered for a skill level once an internal assessment has been conducted.

Simon had words of praise from John Hodgeson that all swimmers have worked hard in their stamina. With all the great results from the Novices right up to being National Champions again and having two swimmers selected for the Commonwealth games next year, it has been a successful year and one that both Simon and Hayley congratulated all those who took part in.

Simon went on to say that it would not be an AGM without the subject of time keeping and discipline being raised, and at times discipline levels had been lowered. All in all the swimmers work hard and at times need a 'release valve' but preferably not all at the same time.

Both Simon and Hayley thanked the current coaching staff with special thanks going to Mike Firmin, Ray Grier, Pat Koster and John Hodgeson.

Thanks also went out to those top swimmers who have helped coach, sometimes at the expense of their own training, when required. More often at last minute request.

Details of changes to be introduced into the club next year were offered as follows:

1. Less experienced coaches will have the ability to learn from the more experienced coaches by way of shadow coaching. Ideally the ASA will offer up higher level figure coaching seminars/workshops.
2. Regular coaches meetings to discuss issues pertinent to both figures and routine skills.
3. Attempt to keep the swimmers with the same coaches, where possible. Often though on a rotational basis, and the learning of new skills coaches maybe moved around.
4. The introduction of goal setting for the swimmers to identify with. Both Simon and Hayley intend to speak to all swimmers to find out what they would like to achieve and set up a four monthly meet with the swimmers.
5. Log books to be given to the lower level swimmers to help them identify where they need to improve, and each swimmer will be assessed on their ability to perform the skills required, through the use of a traffic light system.
6. All swimmers will be assessed internally prior to a skill assessment to ensure that they are ready for it. Ideally the lower level swimmers (1 and 2) to achieve at least 2, 3 or even 4 by the end of the year.

8. Director of Choreography's Report

We did well. had five girls in GB squads, won national champs team, 13/14 and 15/16/17 at national age groups which shows that we have strength in most areas of the club. Next year with all the changes coming in we will be doing combo teams rather than teams and this will be a good chance for coaches to try choreographing something new. Hopefully we will keep to the same high standard that we obtained this year.

9. Vote of thanks to the retiring Management Committee by the Club Captain

A thank you to all those leaving the committee, especially Janet Selley as Chairman and Judith Anderson as Honorary Secretary.

THE SELECTION OFFICERS

10. Election of Chairman

Jan Mattinson was elected, proposed by Kate Poulter and seconded by Janet Selley.

11. Election of Honorary Treasurer

Mark Carpenter was elected, proposed by Judith Anderson and seconded by Kate Poulter.

12. Election of Honorary Secretary

Tina Clarke was elected, proposed by Judith Anderson and seconded by Melinda Lucass.

13. Election of Honorary Minute Secretary

Debbie Ohren was elected, proposed by Mark Carpenter and seconded by Simon Kearn.

14. Election of Club Captain

Lauren Smith was elected, proposed by Janet Selley and seconded by Louise Anderson.

15. Election of Management Committee

There were 5 nominations.

<u>Nominee</u>	<u>Proposed by</u>	<u>Seconded by</u>
Melinda Lucass	Jan Mattinson	Mark Carpenter
Bridget Bignell	Judith Anderson	Simon Kearn
Rosemary Ramskir	Kate Poulter	Mark Carpenter
Penny Dunford	Bridget Bignall	Mark Carpenter
Judy Lawrence	Mark Carpenter	Judith Anderson

16. Honorary Life Members

Mike and Barbara Firmin
Pat Koster
Carolyn MacDonald
Robin Raynsford
Edna Russell
Kerry Shacklock
Laila Vakil
Neil Wilson

A meeting was held and the above named Honorary Life members remain. The same conditions for becoming life members stand. Anyone can nominate a life member, which is then passed through the Club Committee. This year no nominations were received.

17. Proposal of a Change to Swimming Training Sessions

The proposal to change club nights to Sundays instead of Tuesdays and to add an extra flex session on a Sunday was put forward by Hayley Tribe and seconded by The Management Committee.

The current schedule includes only 6 hours of flex a month and the proposed change was to enable increased training hours in not only flex but figures and choreography too. Below is an average per month (based on a four week month) of how many hours the swimmers do currently, and how many hours would be done if members vote for the change.

<u>Currently</u>	<u>Proposal</u>
Figs: 12hrs	Figs: 14hrs
Choreography: 17hrs	Choreography: 18hrs
Flex: 6hrs	Flex: 10hrs
Stamina: 4hrs	Stamina: 6hrs

A change to the proposed schedule as follows was to split the 6.30-8.30pm figs to reduce the number of swimmers in the pool at a given time.

Tuesday	7.30-9pm choreography (for who Louise feels it would be most appropriate/beneficial for)
Wednesday	7.30-9pm Stamina only (all)
Thursday	

Judith Anderson suggested a trial for possibly 2 – 3 months. The proposal was carried with a view to a 3-month trial starting in January 2006.

Amy Hibbert offered to help on Sundays when not at work.

18. Swimmer of the Year

To be announced at the Christmas Show.

19. Examiners of accounts for 2006

Only one examiner of accounts is required. Richard Poulter has agreed to do this for 2006.

20. Any Other Business

Mark Carpenter notified all present if they were interested in the Christmas Dinner to let him know.

Mike Firmin advised that he had received only one duet application.

There being no other business the meeting closed at 3.50pm.