



Bourne End Swimming Club Coaches Meeting

25th February 2009, Three Horse Shoes, Marlow



Minutes

Attendees Andy Ruler, Frank Ravenscroft, Tricia Hylton, Marlene James, Claire Wotherspoon, Emma Lewington, Julie Matthews, Grace Grego, John Couves, Peter Sones, Mark Rimmer

Apologies Jon Sanders, Neil Bailey, Chris O'Connell, Andy Roberts, Tricia Finney-Hayward, Paul Lewington

1. Changes to the Training Schedule

With the wall in place at HX allowing two lanes per squad and Green later on Monday, pool safety and swimmer organisation is better and has improved the effectiveness of our training sessions.

Action All to monitor the organisation of our squads and make Andy Ruler aware of any developing issues regarding organisation or safety moving forward.

2. Coaching Rota

We reviewed and altered the teaching rota so that we covered the gaps left by Amy Vance leaving for the States, Green Squad moving to the later Monday session and all squads training together on Sunday evening. Also the return of Mark Rimmer to our team.

A view was expressed that we should look at teachers rotating from teaching, junior and senior squad training to enhance our training knowledge and experience.

Action Andy Ruler to add Teacher Rotations to the next meeting agenda to be put in place for September as decided in the summer.

Action Andy Ruler has issued the new teaching rota via email and the website. Review at next meeting.

3. Squad Moves

Reminder to all that squad moves should involve the sending and receiving coach on the Saturday and Monday sessions reviewing candidates and agreeing the moves between them.

The longer term objective is to align the squads training sessions to the squad move criteria so that we are developing the skills required to progress through the club.

As Counties are on now (7-15 March) and we lose the Abbey pool soon, squad moves need to be decided between 7th and 23rd March.

Action All coaches to ensure that candidates for squad moves are identified over the next three weeks and agreed between the coaches.

Action All coaches to communicate to Andy Ruler the squad moves agreed so that Andy and Grace Grego can organise for the start of the Summer term.



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4. Competitive Start Award

This requires two L2 teachers to assess the swimmers in demonstrating the Competitive Start award skills. Peter Sones, Andy Roberts and Frank Ravenscroft can make themselves available on Saturday to assess A, B and Yellow squads in the summer term. Chris' document identifies the activities required for the CSA.

The intention is for this award to be a pre-requisit for moving from Blue to Green squad and that the above approach will be used to ensure that the award is maintained at this level at the required interval.

Action Frank, Peter and Andy Roberts to organise two of the three each time to assess the seniors during the Saturday session starting after Easter.

Action Andy Ruler to distribute the CSA from Chris and arrange dates when the seniors and juniors swap ends on Saturday to allow juniors to continue gaining experience of swimming at the deep end now the wall is in place.

5. Training Plans

These training plans are very nearly complete in their first draft format. Many have been reviewed as they have appeared the second and third time. The intention in the near future is to publish these on the website for all to print as required.

The next stage is to continue the review of these plans for suitability to each squad and to integrate them to the squad move criteria produced by Chris and Hannah O'Connell which will continue over the next year.

Sessions are a guideline which supports the new coaches and guides the more experienced coaches. We will ensure that fly is not put into warm up sessions unless as a drill and that target times are reviewed.

It must be noted however that the distances in these sets are achievable if the target times are maintained. Where squads require more teaching then the set will be altered to accommodate these needs.

Action All coaches to feed back to Andy Ruler where possible on the timings, distance and content of each session plan. Email or amended sheets are fine.

6. Registers

The registers must be kept at all times by the teachers of each squad. Please pass to Andy Ruler for updates to the master copy at the end of each month. If any teacher wants these back, they will be returned.

It is important to make sure that we fill in our registers for every session in order to account for all swimmers should a pool evacuation be required and also to record who is swimming in which sessions so that we can review session numbers and more effectively plan future sessions.

Action All coaches to complete their registers and pass them to Andy Ruler for collation each month.



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7. Code of Conduct for Coaches

Following the Junior Committee producing a junior members code of conduct and our committee adopting this and adding it to the BEJSC Membership Form as from September 2009, we have taken the Welcome Pack Adult Code of Conduct and amended it to suit coaches, teachers and pool side helpers.

This is not for formal signing but as a reminder to us of the requirements of us as adults and teachers on pool side.

Action Andy Ruler has published the Coaches Code of Conduct via email and the website including amendments identified at the coaches meeting.

8. AOB

National Rescue Award

This is a teachers life guarding award which takes a weekend to cover and allows us to self life guard at the Wycombe Abbey school with no life guard. This will help relieve the pressure on the life guarding rota which struggles to cover Abbey sessions currently.

It has been identified that life guard training and continued training can utilise the spare 4 lanes we have at Handy Cross on Sunday evenings.

Action John Couves has identified a training resource and costings for the course.

Action Andy Ruler secure funds from the committee for this training so that John can progress the course with the tutor.

Adult Swimming

A suggestion to offer adult swimming for parents of club swimmers was made. This would require fees payable and would include the provision of a coach / teacher to give instruction to the adults swimming as they require.

Action Andy Ruler to raise at the next committee meeting.

Teacher Development

Our new teachers would like to develop their skills through availability of media (books and video) as well as master classes especially in turns and starts. This has been identified elsewhere and discussed at committee.

Teachers can benefit from their Level 2 teacher being pool side with them as the L2 are there primarily to coach the teacher as well as oversee the swimmers.

Use of senior swimmers as demonstrators should be encouraged as visual demonstrations are very effective and it is beneficial for the juniors to see the seniors swim.

Action Andy Ruler to identify resource for teacher development and continue the discussions at committee on obtaining external tutoring for our coaching team.



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Action All to use senior swimmers to demonstrate the the juniors as they can.