



Bourne End Swimming Club Coaches Meeting

24th June 2009, Three Horse Shoes, Marlow



Minutes

Attendees Andy Ruler, Tricia Hylton, Marlene James, Claire Wotherspoon, Emma Lewington, Julie Matthews, Grace Grego

Apologies Neil Bailey, Chris O'Connell, Andy Roberts, Tricia Finney-Hayward, Paul Lewington, Frank Ravenscroft, John Couves, Peter Sones, Dave Hammond

1. Changes to the Training Schedule

Due to the high numbers in the junior squads, Green Squad will move to the first and second lane at the deep end on Saturday morning.

The Shallow end will have three lanes for Minnows, two for Blue and one for Tadpoles so that Tricia and Chris can take some of the more advanced tadpoles out of the teaching pool reducing the high numbers there currently.

Andy Roberts will be teaching Minnows from September and Marlene Blue Squad.

Action Chris, Tricia, Frank and Andy Roberts to monitor this new arrangement in the Autumn term.

2. Coaching Rota

Mark Rimmer has gone to the USA until October and Tricia Finney-Hayward is expecting a second baby later this year so is not available on Tuesday evenings any longer. Both will return to the club hopefully and we will add them back into the schedule as appropriate when they return.

Rota Changes:

- Paul Lewington will coach Yellow Squad on Saturday starting in September.
- John Couves will join Peter Sones coaching Green Squad on Saturday when the life guarding rota allows
- Marlene and Andy Roberts will swap squads so that Marlene is teaching Blue Squad and Andy Roberts Minnows on Saturday and Monday
- Andy Ruler will take Blue Squad on Sunday evening (Can Marlene now that Robert is in Blue Squad?). Andy Roberts will be a reserve for Sunday evening now
- Claire Wotherspoon will take Green Squad on Tuesday evening and Tricia Hylton will take Yellow squad
- Tricia Hylton will take Yellow Squad on Thursday with Dave Hammond
- Grace Grego will be a reserve for Saturday morning although this is a good morning for admin as new parents are available for form and money chasing
- Paul Lewington will be a reserve for Thursday second session

John Couves is looking for a few more coaches to join the Rescue Award course he has organised for October this year, please contact John directly or via Andy Ruler if interested.

John Couves has taken his Level 2 Teaching course over the summer, Marlene is due to start in Aylesbury in October and Andy Ruler will take his once John Lewis sort the course out for him as they are paying for his training now.



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Tricia H, Grace and Julie will be looking to take this course in 2010.

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

3. Squad Moves

The Squad moves were assessed at the end of term as agreed and the suggested list of swimmers issued to all coaches for agreement. These were agreed and no alterations suggested and so this set of squad moves will be issued to swimmers and coaches ahead of swimming starting again in September

Action Andy Ruler to issue squad move letters and issue the new registers ready for September 2009.

4. Competitive Start Award

We have got some senior swimmers through the first part of the CSA, the deep end tests, and we plan to put the rest of the seniors through the first part of the CSA before the end of the year.

The intention is to clear the senior CSA awards (A, B and Yellow) then to ensure that all Green Squad swimmers have the CSA before moving into Yellow Squad. This is the aim for the 2009 / 2010 season.

Action Frank and Peter to continue to assess the seniors during the Saturday session starting in September.

Action Frank to provide Andy Ruler with the CSA tests so that he can incorporate them into the session plans for each squad ahead of formal testing sessions.

5. Training Plans

We have run through the first year of full session plans and these will be revised and published in the coaches section of the website as from September 2009 so that all coaches should print off their session sets as required.

It has been noted that the 1.5 hr sessions are not very inventive and Andy Ruler will talk to Frank about what he does on Tuesday evenings so as to introduce some of these activities into the 1.5hr senior sessions.

Action Andy Ruler to produce a stroke plan, average squad times and all session plans on the ebsite before the start of September 2009

Action All coaches to ensure that they have all sessions printed off themselves before their sessions as Andy Ruler will no longer be printing them off each session.



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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.

These registers also allow us to identify any swimmers who are swimming with us but not properly registered or paying fees.

- Action** Andy Ruler to produce the registers for each squad including the promotions ready for September and then for each month moving forward
- Action** All coaches to complete their registers and pass them to Andy Ruler for collation each month.
- Action** All coaches to ensure that any swimmers who are attending but not on the registers are identified to Andy Ruler and Grace Grego so that we can ensure that the swimmers are correctly registered and therefore we are correctly insured against their having any problems in our sessions.

7. AOB

Teacher Training Budget

We have money available in the club for teacher development and so if any of us come up with a relevant training course for some or all of us then money will be made available.

A specific need we have is how to deliver instruction in starts and turns as this is particularly missing from the UKCC Level 1 teaching course.

A useful development aid is to attend open meets where you can observe some of the best swimmers in the county and often beyond to develop your appreciation of what a good stroke looks like.

- Action** Claire Wotherspoon will look for someone to come to us and conduct whole club training in the disciplines we are teaching. This was agreed at the last committee meeting.
- Action** All to use senior swimmers to demonstrate skills to the junior swimmers as appropriate.