



President: Jean Scott (Beckenham SC and Bexley SC)

## Kent County Amateur Swimming Association Annual Report 2016

The Management Committee of the Kent County ASA has pleasure in presenting its Annual Report for 2016:

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What a year to serve - 2016, 125 years of the founding of the association, Olympic and Paralympic year, as well as enjoying many successes at county level.

Our sport is so heavily reliant on unpaid volunteers, technical and non-technical, and without this dedicated army of people the county would not be able to function at the highest level. Water polo continues to thrive under Paul Holehouse and is to be congratulated on introducing a badge scheme which has been taken on nationally. The Water Polo Network is well established and a Centre of Excellence is being established at Strood. Synchro is being well managed by Carolyn Crowe and her team. I am the liaison officer for Synchro to the Kent Management Team and I have enjoyed the meetings I have attended this year. I thank the team for their patience with some of my questions. There has also been a Network for Synchro set up in the SER and I am pleased to write that Kent London Water Polo clubs and Kent London Synchro clubs will not be totally excluded from these two networks.

Open Water is being worked on by a new committee and will, in time, go from strength to strength. The Masters have now formed a committee under the watchful eye of Glen Isaacs – they have hit the ground running – have already produced one newsletter with more to follow, and have plenty of ideas for Masters to make their mark on the county scene. There is no news on diving as there doesn't appear to be much going on – we need to get diving back into the Kent calendar and there is a need for someone to step up to the plate and take diving on.

Two major events take place during the year: county swimming championships and a swimming development meet which includes para swimmers and swimmers with a disability(ies). Although the other disciplines hold their own championships, the major funding for the county comes through competitive swimming - it has many, many more participants which obviously contributes to the county coffers as a whole - it is just the nature of the beast. County swimming championships this year were held long course at Crystal Palace and the Aquatic Centre at Stratford. I still haven't come to terms with the fact that we held some of our championships outside the county but needs must when the devil drives! The expense of hiring these two pools is astronomical and will be even more in 2017. Our hopes and dreams of a 50m pool in Kent, to provide fair access to all, remains a distant hope at present. I extend a huge thank you to Alan Davidson for steering the county forward in this technological age with live results and all the other paraphernalia associated with the press of a button – that's if there is a good wi-fi connection!

Our events could not be managed without qualified and licensed officials. Carina Enderby has been, at various times since 2005, both the Appointments and Examinations Co-ordinator for the county. Carina is 'retiring' this year and the county owes her a depth of gratitude for the unstinting work she has done in organising potential official's training. On behalf of the county I wish Carina a well-deserved rest but I am sure her club Maidstone will keep her in the fold somehow. It has been her relentless work on behalf of the county and clubs that 2016 saw the highest number of Kent Referee candidates sit the Referees exam, nine in early November. I hope all are successful but results are awaited.

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They say all good things come in threes - although the first may seem a bit intangible to some - I must take this opportunity to congratulate a young lady Shelley Camy who coached a young Aussie, Kyle Chambers, 18 years of age, to 100m Freestyle gold, in Rio. Shelley was a Kent swimmer noted for her butterfly swimming, swam for Kent, was a member of a Kent club and went on to be a head coach at Bromley SC and then head coach at Bexley SC. She took the plunge and emigrated to Adelaide, Australia where it would seem now the rest is history ... how did we ever let her go!

Secondly writing of Rio, I must congratulate three swimmers for their selection to the GB Team – Susie Rodgers (Beckenham SC) a Swimming Paralympics medallist, Joseph Choong (Sevenoaks SC) and Kate French (ex Kent swimmer), both in the Modern Pentathlon.

Our third success came with the National County Team Championships in October at Pond's Forge Sheffield. A very excited President watched the team achieve a coveted top three finish, the very first time in Inter County swimming. This was without any first places being achieved in any event, but as long as swimmers were finishing in the top six places, anything can happen ... and it did! Not being greedy it would be great now to see a Kent team dislodge those two northern teams from the podium! This achievement can only be down to the improvement of coaching and training methods over the years, culminating in this unprecedented success. May more follow – no pressure.

The county dinner was held at Eltham Warren Golf Club founded in 1890, only slightly older than the KCASA itself and was an ideal setting. It was good to see new faces and of course the regular stalwarts. Thank you to Daphne Geer for bringing Pat Carrie and June Piper to this celebratory dinner. It really is an enjoyable occasion and all went home with a gift ... is it time for a cuppa?

I am not about to list a load of people to thank as I am sure to miss some one but it is without a doubt whatever your involvement with Kent aquatic disciplines however small, it is so much appreciated. The county has a web site and we are deeply indebted to Shelley Robinson for all the work she does with the web site, as well as her role as County Secretary. If you want to know anything just access the web site [www.kentswimming.org](http://www.kentswimming.org) and if the answer isn't readily available, there is always someone listed who can answer your queries or point you in the right direction.

This is also a time to thank Kathy Hook County Treasurer for keeping our funds safe and sorting out the bursary to clubs for this special year. Kathy has been our treasurer for 10 years and Ian Howes takes up this role in 2017. I am pleased that many clubs applied for the bursary – I am disappointed that there was not 100% take-up although I doubt whether the outgoing treasurer is!

Going back to the Kent dinner and my few words presented there, I used two quotes from 'The History of Kent County ASA – Centenary 1891 -1991'. It is fitting that I use these again to close this 125<sup>th</sup> year of the founding of the Association:

'Any County Association that can flourish for a century, must have been well served by its officers and Kent County ASA is no exception. Fixtures and events do not just happen. People have to devote time, talent and energy to such achievement; one must offer one's appreciation to anyone who has contributed in any part to the well-being of the county. It does no one any harm to reflect on the endeavours and tribulations of one's forebears and to consider the radical changes that the Sport has undergone, particularly in recent years'

'Our sport is changing rapidly and the challenges to be faced in the future will be daunting. I am sure that the Association will meet and overcome them'

These two quotes resonate 25 years on – there are still challenges ahead – it will take time but we will overcome them with your continued support. Thank you one and all.

Jean Scott  
President KCASA

## Financial Report

At the beginning of the financial year we had a healthy balance of £91 809.00

**KCASA Grant Scheme:** Kent County ASA was founded in 1891 and this year, 2016, sees us celebrating 125 years of promoting and managing swimming and swimming related activities in Kent. To celebrate this milestone the KCASA Management decided to allocate £10,000 to help develop aquatics within the club environment across the county. This sum was split across clubs based on the contributing Category 2 members

at the club as at 1 September 2015 (the start of KCASA financial year). Clubs with 0 Category 2 members were eligible to claim up to £75.00, 1- 50 members £150.00, going up to those with over 300 members £450.00.

Thirty-three clubs applied for their share of the grant using the money for activities such as 50m pool training, training volunteers, branded hats, stroke clinics, as a contribution towards turning boards, as a contribution towards AOE, paddles and fins, storage for equipment, as a contribution to an overseas trip, Level one training, to part fund a lifesaving course and to buy branded shirts for helpers.

**Kent Swimming Championships:** A long course programme at the Kent Swimming Championships this year meant the use of more expensive venues. We made the decision not to increase the entry fees, and as a result this year sees a loss.

This loss and the 125 years grant scheme means that we will be entering 2017 with a balance of £73 779.00.

After being a member of the KCASA Management Board since 2010, I have decided to stand down. For the last six years I have been Treasurer and Trustee and in 2014 I was honoured to be President. Thank you for being a great team dedicated to aquatics in Kent. Ian Howes has kindly agreed to take on the role of Treasurer and Trustee. I wish him well and know that you will all make him feel very welcome.

**Kathy Hook**  
Treasurer and Trustee

## Development Report

We organised a County Development Day for volunteers in June which included Safeguarding and Time to Listen sessions, both of which were well attended. A session on Sports Systems and Hytek use was also well attended, but not the two Team Manager sessions 1 and 2. Further thought on the venue and date, plus early notification to clubs is required in 2016-17 to enhance attendance at this event next year.

A Kent Development KCASA sub-committee is in the process of being set up with representatives from the various aquatic disciplines tasked with drafting a five-year Development Plan for KCASA for presentation to the KCASA Management Committee for its consideration.

Meetings are being set up with Kent County Council leader Tom Walsh (who was involved in a previous 50m Pool Plan at Canterbury) and possibly Tracey Crouch MP (whose portfolio includes sport) regarding the @50mPool initiative.

**John King**  
Development Officer

## Masters & Seniors Report

This is the first report for the newly formed Masters Swim Committee whose members wish to thank Shelley, Jean and the organising body for the structure we have inherited. It is clear to us that hours of hard work have gone into making Kent swimming and particularly Kent Masters a success. Therefore, it is a pleasure to report the summary of this year's successful activities where we continue to break records and gain National recognition and reward.

Before I report on the success in the pool I would like to bring you up to date with the committee structure and organisation. We have split the county into four areas with the objectives of improving communication, and organisation at a local level. Masters and Seniors are about competition but also, camaraderie.

**East Invicta: Area Masters Manager David Staveley** (Clubs: Ashford, Ashford School, City of Canterbury, Deal Tri, Dover, Faversham, Folkestone, Herne Bay, Hythe Aqua, Kings School Canterbury, Shepway, Thanet).

**Medway and Maidstone: Area Masters Manager Catrina Borrell** (Clubs: Beachfield, Black Lion, Gravesend and Northfleet, Larkfield, Maidstone, Rochester, Sheerness, Sittingbourne & Milton).

**West Invicta: Area Masters Manager Shauna King** (Clubs: Dartford, Edenbridge, RTW Monson, RTW Masters, Sevenoaks, Sevenoaks Tri, White Oak). **Kent London: Area Masters Manager Jenny Vick** (Clubs: Beckenham, Bexley Masters, Bexley, Bromley, Chislehurst Millennium, Erith & District, Greenwich Royals, Orpington Ojays, Saxon Crown).

The committee will be working to increase communication to clubs to spread the word on strategy, best practice and results, as well as to listen to concerns and issues. Our first newsletter was published in June and can be found here <http://kentswimming.org/spage-masters-newsletters.html>.

In the pool we have achieved another very successful year. At the time of writing this report the Inter Counties have not yet taken place, however we have a very strong team - well done to all those selected. A verbal update will be available at this year's ACM.

At national level Kent clubs competed the LEN European Masters Championships in May, as well as the British Long Course (Kent Clubs achieved 7 gold, 7 silver and 8 bronze medals)

and ASA Short Course events. We are proud of every competitor, particularly those achieving PBs. It is only right that we take care to recognise our National Winners

**Long Course:** **Sandra Vincent** (Black Lion) four gold medals and she is also ranked within FINA's Top 10  
**Jennifer Pearson** (Saxon Crown) three gold medals

**Short Course:** **Emma Oliver** (City of Canterbury) two gold medals  
**Sandra Vincent** (Black Lion) four gold medals  
**Luke De Clerk** (Gravesend & Northfleet) one gold medal  
**Brian Hunt** (RTW Masters) one gold medal

In total, Kent clubs achieved 8 gold, 9 silver and 8 bronze medals an increase of six medals over 2015. At a Regional level Kent clubs sent 66 swimmers to do the county proud by winning a total of 36 gold, 56 silver and 35 bronze medals.

Our own Kent Masters Championships continue to increase in popularity with 12% growth in 2016. The event featured 162 swimmers breaking 27 EBP's giving a total of 58 new best events over two years. More evidence of the improvement within the county!

Our new EBP holders are: Lauren Willcox, Penny Stotesbury, Sandra Vincent (2), Della Jenkins, Shelley Robinson, Tracy Van Rooyen, Kaira Redman, Mike Wake (5), Brian Hunt, Kevin Arundell, Philip Bradley, Steve Earl (2) Mariusz Barcikowski (2), Paul Reynolds, Anthony Pates, plus relay EBP's from RTW (4) and Black Lion. The winner of the overall Top Club Trophy was won for the eighth year by RTW Masters – congratulations!

Masters swimming features a National Decathlon competition, where again Kent have increased its results. The overall top Kent Lady was **Lauren Willcox** (Saxon Crown) with a total of 4590\* points, an increase of 58 points over 2015's winning total. The top Kent Man was **Alan Burrows** (Black Lion) with his record Kent score of 4870\*, an increase of 524 points over 2015. The top club for Men was **Black Lion** with 13<sup>th</sup> place\* up five places on last year. The top club for Ladies was also **Black Lion** with 18<sup>th</sup> place\* which was down two places but up 94 points on 2015 leading club RTW Masters.

I would like you to join in congratulating all swimming participants and thank hard-working officials, the committee and Kent Volunteers for an excellent year. Here's to 2017!

**Glen Isaacs**  
**Masters Manager**

## Open Water Swimming Report

The Open Water Committee was set up in January this year, supported by John Burdett as its Management Committee Liaison. The Kent County Open Water Championships were held in conjunction with Deal Tri's Dover Harbour swim at the end of June which, despite the rather cold water temperature, was well-supported by ten Kent Masters swimmers although only three under-25s. Erith & District did exceptionally well, winning the KCASA Open Water Team Trophy.

The Committee is still considering a number of options for next year's Championships, and it is likely that there will still be a sea swim – but later in the year when the water is warmer – plus a lake swim for those that prefer inland water.

In addition, there are plans for a number of taster/orientation sessions plus links with existing organisations to be able to support training sessions for all ages, although the big issue will be the need for Open Water officials and volunteers with the skills to organise and manage events. Next year's Open Water programme will be one to watch!

**Laura Ansell**  
**Open Water Manager**

## Synchronised Swimming Report

We continue to see interest in synchronised swimming in Kent, with all clubs having recruited new young swimmers over the past year. Clubs are not only active in recruitment, but also in participating in and arranging shows and taster days.

Teams from Kent have participated at the multi-regional and National Age Group Championships. This year's County Championship event, held at Canterbury, was very successful with a full turnout of swimmers and spectators.

Kent clubs are in the process of linking together to form a Swim21 Network, and work is underway to develop a Masters team – exciting times!

Carolyn Crowe  
Synchronised Swimming Manager

## Speed Swimming Report

Our swimming season and my tenure as Kent Swimming Manager started with the Inter County Championships in October 2015. Our team performed superbly and achieved their best ever finishing position. The team selection was the most transparent ever with the selection criteria being advertised on the County website.

2016 has been and continues to be a challenging year for all aquatic disciplines - in particular Competitive Pool swimming with the much heralded changes to the programmes and age groups being released by British Swimming at the end of 2014. During the second half 2015 a small group worked very hard and worked very closely with the ASA and British Swimming to develop the blueprint for our 2016 Championships. Whilst it was not ideal to have the competition in London pools particularly for those travelling from Rural Kent, the statistics speak for themselves:

- Most individual entries ever 4,900
- More spectators than ever before over 1,000 during one of the sessions!
- Live results throughout

All participants were given the opportunity to participate in an electronic survey. Feedback from this was very good indeed and many of the comments received have been used to fine tune what we have planned for 2017. A big challenge remains around the financing of the championships as the County made the decision to run the 2016 events at no additional cost to participants. Unfortunately, this is not sustainable despite the additional levels of participation, consequently the Management Committee are applying their minds to alternative methods of covering costs without making the entry to the championships more expensive.

I would thank Alan Davidson and Kin Longland in particular for their hard work and dedication behind the scenes to ensure that the changes worked and the Championships were such a success, and to Carina Enderby who worked tirelessly behind the scenes to ensure we had officials on poolside to run the events. We will miss her!

I would also like to take this opportunity to thank John King whose unbridled enthusiasm continues to drive our Development activities. He organised a very successful Development camp for our younger swimmers in the spring which was very well received by all who participated. In June he arranged a "Training Day" which was classroom based for administrators, potential Team Managers, coaches and teachers.

During the summer, John worked with Kim Longland to devise a new programme for the Development Gala which brought in more into line with the Competitive Swimming pathway which our Championships are now designed to follow.

I have very much enjoyed my tenure as Swimming Manager and I am sorry that work commitments are making it impossible for me to continue. I am confident that the key members of the team working closely with Coaches Forum will continue to drive Kent Swimming forward in the positive way we have seen over the last 12 months.

Scott Walker  
Speed Swimming Manager

## Water Polo Report

### **Junior Player of Year: Sasha Tinkler-Davies** (Beckenham WPC)

- key player for Kent Girls U16/U19 triumphs in the SE Regional Tournament over last few years
- integral part of the London Region team
- member of the England Junior Squad

### **Senior Player of Year: Nick Jackson** (Beckenham WPC)

- supporter of Kent Water Polo as a player, referee and coach
- integral part of Invicta success in reaching Super 5s, best five clubs in the British Water Polo
- Captain and Coach of Beckenham in their hat-tricks of Kent Senior League Wins

**Kent Seniors:** Kent Cup was played in two leagues, with the winners meeting in the final. The final was won by Bexley with an excellent performance over Dover. The Kent League title was won for the third year on the trot by Beckenham. Although there were three teams in contention Beckenham, Shepway and Bexley all season. The critical game that clinched the league was Beckenham winning 16-15 at home to Bexley, after Bexley had missed two penalties.

**Juniors:** We have continued to build on the Kent Festival successes from 2011, 2012, 2013, 2014 and 2015 with over 100 youngsters playing ranging in age from 9 to 16 - a major success! Sevenoaks/Monson combined team won the U12 mini polo, with Beckenham winning U14 and U16 competitions. The knock-on effect continues to be increased participation in the annual junior tournaments – the Sean King Shield (born 2001 and later Mixed) both won by Beckenham in September, who continue their dominance in these age groups, and the newly named Spud Murphy Shield (born 2003 and later Mixed) will be played on 19 November 2016,

### **Club Success:**

- Invicta achieved an absolutely amazing result by reaching the Super 5s, which is the five best clubs in British Water Polo.
- Beckenham are still head and shoulders above the rest of Kent with a junior set-up to be envied, producing top quality players. Simon Woolley continues to do a fantastic job not just developing players, but new coaches as well.
- There are three Beckenham players in the England National Squads Freddie Pearson, Sasha Tinkler-Davis and James Spencer-Boyce.

**County Squads:** Kent continues to be a dominate force in SE and London Regional competition. The Kent U16 Girls won the SE Regional one and the Kent U19 Girls were silver medal winners. The U16 Mixed four-year winning run came to end, but they still picked up bronze medal.

**Kent Water Polo Network:** All seven clubs have now achieved Swim21 and we will be launching the brand new Kent Water Polo Badge Scheme in 2017, which England Water Polo are looking to adopt. We hope to support the setting-up of a new water polo club at Strood as well in 2017.

**Paul Holehouse**  
**Water Polo Manager**

## Swimming Officials

Most importantly, thank you very much to you to all those who have supported our swimmers by helping at events around the county - without you we would not be able to have competitive swimming events and congratulations to all of those who have achieved an officiating qualification this year, which included 19 new J1s.

As most of you know, this is my last year on the Swimming Officials Committee. To ensure a smooth succession I handed the Swimming Officials Examinations Co-ordinator role over to Malcolm Keysell at the last ACM. Malcolm hit the ground running, and has done an extremely good job. This year we have had:

- a full set of courses in Canterbury, Medway and Erith
- J1 and 2 sessions in Tonbridge
- J1 sessions in Beckenham, Bromley and Sevenoaks
- 54 new J1 candidates.



- 10 new J2 candidates.
- 12 J2S candidates.
- 10 referees in training (led by Jane Davies and Kay Grimshaw), seven of whom sat the exam in November are now waiting for their exam results
- 1 new Referee Course Leader - John Burdett will be leading candidates in 2017 - well done John.

John has also agreed to organise the officials for the 2017 County Championships. We are currently testing the new website solution and intend to use for the Swimming Championships. Please welcome him aboard and give the same fantastic support that you have always given me.

Lastly a huge thank you for all the support you have given me over the year, it has and always will be very much appreciated.

Good Luck!

**Carina Enderby**  
**Swimming Officials Manager**

## **London Region Development Report for Kent London SA**

**swim21:** The London region now has 45 accredited clubs, 9 of which are in Kent London. There are still 9 out of the 14 Kent (London) clubs accredited and both Sharks of Mottingham and Bexley Masters have expressed an interest in wanting to work towards it.

**Young Volunteers Programme:** The Region delivered a successful programme in late 2015/early 2016 and of the 32 who attended four were from Orpington Ojays and Beckenham. The programme consisted of two development days incorporating the ASA Young Aquatic Helper certificate, ASA Timekeeper, Team Manager 1, a bespoke session on goal setting and social media, as well as undertaking ten hours' voluntary work within their club. This programme will run again in 2016-17 and has been expanded to be able to accept more young people but will also include First Aid training and hopefully a talk from an Olympic Swimmer!

**Regional Talent Camp:** A total of 43 athletes aged were invited for the development day, designed by the England Programmes Team and delivered by a group of Lead and Assistant coaches from across the region. There were 17 girls and 22 boys in attendance, of which 10 were from Kent London clubs:

- Girls Orpington Ojays (1), Greenwich Royals (1), Bromley (2), Bexley (1)
- Boys Orpington Ojays (1), Erith & District (1), Bromley (3),

The aim is for this programme to be replicated every year, with three individual development camp days being planned for 2016-17.

**London bursaries:** The region has now expanded its coaching bursary to include grants for Level 1, 2 and 3 coaching courses and has increased to two applications per financial year for each club. In the last 12 months, we have had one Kent London club receive a grant which was Orpington Ojays. Now that the offer has been widened we hope to receive more applications in future.

**Coach Education:** The region delivered four coaching courses: two Level 1 Coaching Swimming (two of which were from Eltham Stingrays), one Level 1 Water Polo and 1 Level 1 Diving. All of which were at a subsidised 'club offer' rate, as well as the Diving and Water Polo courses being further subsidised through some additional funding from London Sport. As a result, we now have 47 new Level 1 coaches in the Region across three disciplines. The Region is currently planning a programme of courses for next year based upon a training needs analysis that some clubs have completed.

**Coach Development workshops:** The region delivered a Coach Development Day in January 2016, led by the England Programmes Team. There were nine coaches from Greenwich Royals and Beckenham who attended the day.

**Club Networks:** As in previous years, both the Crystal Palace Club Network and London Aquatics Centre Club Network continue to include some Kent London clubs and are still growing and improving. Over the past 12 months both networks have strengthened and are now delivering a sustainable joint session, with the addition of also having access to the Beacon programme at the LAC. The London Region have now finalised and released a pot of funding to support these club networks, which it is hoped can help them with anything from

coach/workforce development, joint training sessions or sports science provision to perhaps purchasing new equipment or introducing a new discipline!

**Volunteer Training:** Following the results of the ASA Club Survey and a Training Needs Analysis which some clubs completed, the Region put together a programme of workshops and training to meet the needs of our clubs. They therefore delivered two workshops on Funding and Sponsorship, in partnership with London Sport, and there were representatives from both Crystal Palace Diving and Bromley in attendance. The Region has also run a series of Team Manager (Module 1 and 2) and Time to Listen workshops, which were attended by volunteers from Crystal Palace Diving, Bexley and Saxon Crown. The Region is currently planning for 2017 and so details of the various workshops available should be promoted in the New Year.

**Regional Forums:** The Region has both a Chairs' and Coaches' forum which are a collective of the clubs across London and who meet quarterly to ensure the correct decisions are made where applicable, that their needs are met, and they are represented at a Regional and National level. Both forums have been attended by Beckenham, Saxon Crown, Bexley Masters and Orpington Ojays. The Coaches forum recently awarded Coach of the Year for 2016 to Tony Beckley of Beckenham SC.

**Sophie Joinson**  
**London Region Club Development Officer**

### **South East Region Development Report for Kent Rural SA**

**Swim 21:** The South East Region now has 101 swim21 Essential accredited clubs, 18 of which are in Kent Rural. Tonbridge SC, Sittingbourne & Milton SC and Bexley Water Polo clubs have achieved swim21 accreditation for the first time in the last 12 months, and Invicta Water Polo club achieved accreditation once again in 2016. City of Canterbury SC lost accreditation in the last 12 months. Sheerness SC, Dover Lifeguard SC and City of Rochester SLGC are actively working towards accreditation. In total 49 % of the affiliated Kent Rural clubs are currently accredited (18 out of 37 clubs).

**Young Volunteer Programme:** The Region once again delivered a Young Volunteer Programme in 2015/2016. The SER was inundated with applications from young people in Kent, and managed to double the number of candidates and accept 30 on to the programme representing Dartford District SC, Black Lion SC, Beachfield SC, Beaver SC, Thanet SC, RTW Monson SC and Tonbridge SC. The aim of this programme is to increase the number of trained young people and to improve the accessibility to formal and informal training opportunities. Young people participating in the programme were expected to attend two Development Days, one between September-December 2015 and the second in February/March 2016. In addition, the young people were expected to undertake ten hours' volunteering within their home clubs and complete an online training course. Training provided during the programme included:

- ASA Young Aquatic Helper Certificate
- ASA Timekeepers Course
- St. Johns Emergency First Aid
- Sports Coach UK – Safeguarding for Young Volunteers (13+)
- ASA Team Manager Training (Module 1) – for those young people 16 +
- Bespoke workshops on Social Media / Demonstrations

Of the young people in Kent, 22 completed the whole programme and were rewarded with an SER T-shirt and water bottle. The programme is running again in 2016/2017 with young volunteers from Tonbridge SC, RTW Monson SC and Sheerness SLGC participating.

**Regional Talent Camps:** During September, Wycombe Abbey School and ACS International School, Cobham hosted the annual regional talent camps for 11 and 12 year-old boys and girls from across the South East. 144 athletes were selected based on the rankings in Olympic events from 1<sup>st</sup> January-31<sup>st</sup> March 2016. Each age group attended two days, which consisted of two stroke and skill based pool sessions, land training, pre- and post- pool sessions and a workshop covering nutrition and lifestyles for the 11 year-olds, and goal-setting and injury prevention for the 12 year-olds. Coaches were invited to put themselves forward to participate as lane coaches, Kent coaches participating on the talent camps included:

Neil Parker (Black Lion), E-J Crossman (Herne Bay), Marcus Branson (Aqua SC), and of the 36 swimmers in each age group for both boys and girls, the following were selected Kent clubs:



- 11 year girls: Tonbridge SC (2), Sevenoaks SC (2), Thanet SC (1), Black Lion SC (1), Dover LG&SC (1)
- 11 year boys: Thanet SC (2), Ashford Town SC (1), Black Lion SC (1), Maidstone SC (1), Faversham SC (1), White Oak SC (1), RTW Monson SC (1), Dartford District SC (1)
- 12 year girls: Thanet SC (2), Sevenoaks SC (1), Ashford Town SC (1)
- 12 year boys: Thanet SC (5), Sevenoaks SC (2)

**South East Region Bursaries:** Between August 2015 and August 2016, Kent clubs received the following SER bursaries totalling £10,348.65

- |  |          |
|--|----------|
| • 34 x Level 1/2 bursaries                         | £7397.40 |
| • 22 x Safeguarding & Protecting Children Workshop | £ 330.00 |
| • 2 x Level 3 bursaries                            | £2621.25 |

**Club Networks:** Kent Water Polo network achieved swim21 network accreditation in March 2016 and continue to run training sessions, coach development and development of young players. The network is waiting to hear from Kent Sport on possible funding to support a badge scheme.

Medway Network achieved swim21 network accreditation in August 2016. The network has delivered a stroke clinic for young swimmers at Strood, which also included a coach education workshop. In addition, the network delivers regular long course training, has delivered a successful ASA Level 1 and Level 2 Coaching course and Team Manager Module 1 course. The network is planning a Level 1 Coaching course for February 2017 and a Level 2 coaching course for April 2017 in Maidstone.

RTW Monson SC are part of the SSK Network who have delivered development days.

Rosa Gallop and Sarah Darragh (ASA Club Development Officer for Synchro) are working with Kent clubs to establish a synchro network in rural Kent.

East Invicta continue to run competitions for East Invicta and training sessions

**Coach Development Workshops:** Ashford School hosted a coach workshop in March 2016, this was hugely popular with 35 coaches attending the day, 20 from Kent clubs. Faversham, Herne Bay and Ashford School all provided swimmers for the pool session. The content included injury prevention, Breaststroke technique and the crossover turn.

Six coaches from Kent attended the 2015 Regional Coaches Conference, which covered sessions on testing and monitoring in the club programme, race modelling: understanding stroke rate and stroke count, communication and pre- and post-race 'process focused' goal setting and feedback.

**Volunteer Training Calendar:** The Region continues to produce the volunteer training calendar on a monthly basis, which identifies courses for the coming three months. The calendar includes all volunteer courses, such as Safeguarding and Protecting Children, Team Manager workshops, Time to Listen, etc delivered within the South East Region. Information is collated from all partners, including county sport partnerships, scUK, the IOS and other Approved Centres.

**Monthly club update:** The region continues to produce the monthly club update which is e-mailed to clubs directly at the start of each month and is available on the South East Region website.

**Time to listen:** The workshop delivered in Kent at the development day had 12 attendees - only one Kent CWO has attended a TTL course elsewhere in the Region over the last 12 months.

**Helen Mack**  
**South East Region Club Development Officer**

## Item 10 on the Agenda: Presentation of Awards

### **Keighley Memorial Trophies (Swimming Championship Points Winners)**

Ladies/Girls: Sevenoaks SC

Men/Boys: Thanet SC

### **Kent Schools Swimming Association Trophies (Runners-up)**

Ladies/Girls: Thanet SC

Men/Boys: Bromley SC

### **John and Pat Carrie Trophies (3<sup>rd</sup> Place)**

Ladies/Girls: Beckenham SC

Men/Boys: Beckenham SC

### **Age Group Trophies (Swimming Championship Points Winners)**

Girls: Sevenoaks SC

Boys: Thanet SC

### **Masters' Swimming Club Points Trophy**

RTW Masters SC

### **Ladies Masters Swimmer of the Year**

Lauren Willcox (Saxon Crown)

### **Mens Masters Swimmer of the Year**

Alan Burrows (Black Lion SC)

### **Edward G Maples Memorial Trophy**

TBA

### **Swimmer of the Year**

Susie Rodgers (Beckenham SC)

### **Junior Swimmer of the Year**

Annabel Guye-Johnson (RTW Monson SC)

### **Diver of the Year**

Not Awarded

### **Synchronised Swimming Progression Trophy**

Madelyn Praman (Hythe Aqua SC)

### **Synchronised Swimmer of the year**

Not Awarded

### **Water Polo Player of the Year:**

Nick Jackson (Beckenham WPC)

### **Junior Water Polo Player of the Year**

Sasha Tinkler-Davies (Beckenham WPC)

### **Open Water Team of the Year:**

Erith & District SC

### **Keighley/Mayes Trophy:**

Isabella Woods (Sevenoaks SC)

Joseph Dobb (Bromley SC)

### **President's Cup:**

Kent Inter-County Team

## Item 11 on the Agenda: Election and induction of the Vice President for 2017

John Handley (Beckenham SC)

## Item 12 on the Agenda: Election and induction of the President for 2017

John Burdett (Erith & District SC)

## Item 13 on the Agenda: Induction of a New Honorary Life Member

Jean Scott (Beckenham SC and Bexley SC)

## Item 14 on the Agenda: Declaration of the Election of the Management Committee

### **Treasurer and Trustee:**

Ian Howes (Folkestone Sports Centre SC)

### **General Secretary:**

Shelley Robinson (Sevenoaks SC)

### **Secretary Kent London SA:**

Kay Grimshaw (Bromley SC)

### **Secretary Kent Rural SA:**

Shelley Robinson (Sevenoaks SC)

### **Elected Representatives: Kent London SA**

John Handley (Beckenham SC)

Norma Nyaulingo (Beckenham SC)

Jean Scott (Beckenham SC and Bexley SC)

### **Elected Representatives: Kent Rural SA**

Colin Booth (Maidstone SC)

Alan Davidson (City of Canterbury)

Ann Hunt (RTW Monson SC)

Ellie Purvis (Herne Bay SC)

Barbara Upton (Larkfield SC)

## Item 15 on the Agenda:

Vote of thanks to the Scrutineers