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Annual Report
2023-24

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Swim England Affiliated County

Swim England South East

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For the most part, this was a year when our clubs saw recovery from the chaos of 2020 with membership almost recovered to pre-pandemic levels.

President's Report

Sussex President 2023/24 Kate Lafferty

It's been an exciting and fast passing first year as County President.

Soon after my inauguration I was able to join divers at the 1m Championships at Splashpoint in Worthing. This was my first diving event and I was really impressed by the skills on show.

In October I joined our team at the National County Team Championships (Inter Counties) in Sheffield and travelled with our squad stopping off at Loughborough for a quick training session. This is a fast paced competition with some nail biting results but was thoroughly enjoyable. Our swimmers performed excellently by going into the competition ranked 19th and finishing joint 14th. A big thank you to our coaches and team managers for their support and guidance over the whole weekend and of course to the team who were a real credit to our county.

This was quickly followed by the Sussex Winter Competition which takes place over one weekend of fast and furious racing. It was a pleasure to be able to present trophies to the 100m IM champions.

In February we had our showcase County Championships where for the first time we presented awards on the day to our senior and junior champions. It is obviously a shame that we aren't presenting our historic trophies but making presentations on the day instead of months later means that our champions now get to keep the salver instead of returning it after just a few months.

My thanks and appreciation go to all the coaches, team managers, officials and volunteers for ensuring that our athletes can enjoy great competition. I also need to thank all the parents for the hours they spend supporting their children.

All in all a successful but busy year!

Kate Lafferty
President

Chairman's Report

For the most part, this was a year when our clubs saw recovery from the chaos of 2020 with membership almost recovered to pre-pandemic levels. This follows a national trend, which is particularly evident across the South East where the Region now accounts for 22% of Swim England membership.

Swim England continues to evolve and introduce measures that add to the already heavy load on club volunteers and this also applies to the County Association. Members of the Manager Committee, all of whom are volunteers, have spent a great deal of time making sure we comply with the latest governance guidance. An example of this can be seen in the major changes that have been made to our Regulation that will be debated at this year's council meeting.

During the year Littlehampton SC and Bognor Regis SC came together to form Arun Tridents SC. I wish them well and judging by their success at the County Championships in February they are well on the way be becoming a positive influence in the county.

The more successful our clubs bcome the more they will need good facilities to develop their members. Unfortunately the county's stock of pools is aging and beginning to suffer from a lack of investment in recent years. K2 Crawley,

Worthing U19 boys win national title

now approaching 20years old, has suffered from a growing number of failures to the booms and other equipment. Mostly these have been able to be repaired before any major inconvenience but there is going to be a time, soon, when significant investment is going to be needed.

Brighton & Hove have an aging stock and, what seems like, continuous discussion about what to do. The King Alfred complex, originally built in 1939, is not really fit for purpose anymore but no definitive decision has been made on its replacement which, when it is agreed, will take at least 3years to complete from the initial planning stage. Similarly, Brighton's Prince Regent pool, along with the Sovereign Centre in Eastbourne and Summerfield's in Hastings were all built in the 1970's and are all showing their age.

While local authorities might be sympathetic to redevelopment of these sites there is a shortage of funding, and possibly vision, to develop new facilities that suit the demands of today. This is not helped by the governing body reducing the number of people employed in their facilities team.

Demand from a range of out of Sussex users on K2 Crawley also affects our ability to book competitions for Sussex Clubs. We are now competing for water time with national and regional events as well as other counties and clubs from some distance away.

This report once again is unable to bring any news from the Artistic Swimming community in Sussex. The discipline is active but has not been able to find volunteers to represent them around the county management table. Despite their being no representation from Artistic Swimming at county level, and therefore no funding to support its development, the three clubs that train Artistic Swimming do compete and have success at Regional and National competition.

There is a similar situation with water polo. At the start of the year the county provided bursaries to help Water Polo clubs train coaches. However only three of these bursaries were taken up between the five clubs who offer water polo. There are signs some of these clubs are building their sections so I am hopeful that this will continue and players will have an opportunity to compete once again.

Despite there being no structured competition between Sussex clubs I must celebrate the success of Worthing SC water polo section winning the 2023 Swim England Water Polo National Age Group Championships in April last year. Their head coach, Alistair Roberts, was also named British Swimming's Water Polo Coach of the year in 2023. While Felix Monaghan from Worthing SC was named Swim England Talent Athlete of the Year (Water Polo). Laura Hand's (Mid Sussex Marlins & Worthing SC) was awarded the Swim England South East Region's Water Polo coach of the Year 2023.

While mentioning awards I have to include Chris Hobbs (Eastbourne SC) winning the Swim England South East Region's Swimming Technical Official of the Year Award.

We need to pause and remember our Past Presidents who we have lost during the year:

- **Richard Wadmore – 1991**
- **Daphne Bryant – 1992**
- **Alan Putland – 2003**
- **Carol Barber – 2013/2014**

As I have said before and happily repeat myself, nothing can happen in our sport without our magnificent and dedicated volunteers and I want to take this opportunity to again thank all the people who sit on our committees, help run our events and also work within clubs to make sure that our athletes are kept safe and can each reach their personal goals. Every level of our sport, from the very highest level competition to the people who welcome new members into a club for the first time, runs because of the time that volunteers freely give to help others. Thank you.

Brian DeVal
Chairman
chairman@sussexswimming.org

Finance Report

Year end 31 March 2024

I am pleased to report that the activities during the year resulted in a surplus of £5,203.

As predicted pool hire and other costs increased during the year ended 31 March 2024. Fortunately, these costs were more than covered due to the higher than anticipated numbers attending events – both swimmers and spectators. We hope that this level of participation continues into the year ended 31 March 2025.

Again, our development programme has benefitted from the £5,000 sponsorship received from P&S Electrical during the year and we will continue to enjoy this level of sponsorship for the next year.

In addition to supporting the usual aquatic activities, Sussex ASA have provided three grants during the year under the Club Bursary Scheme.

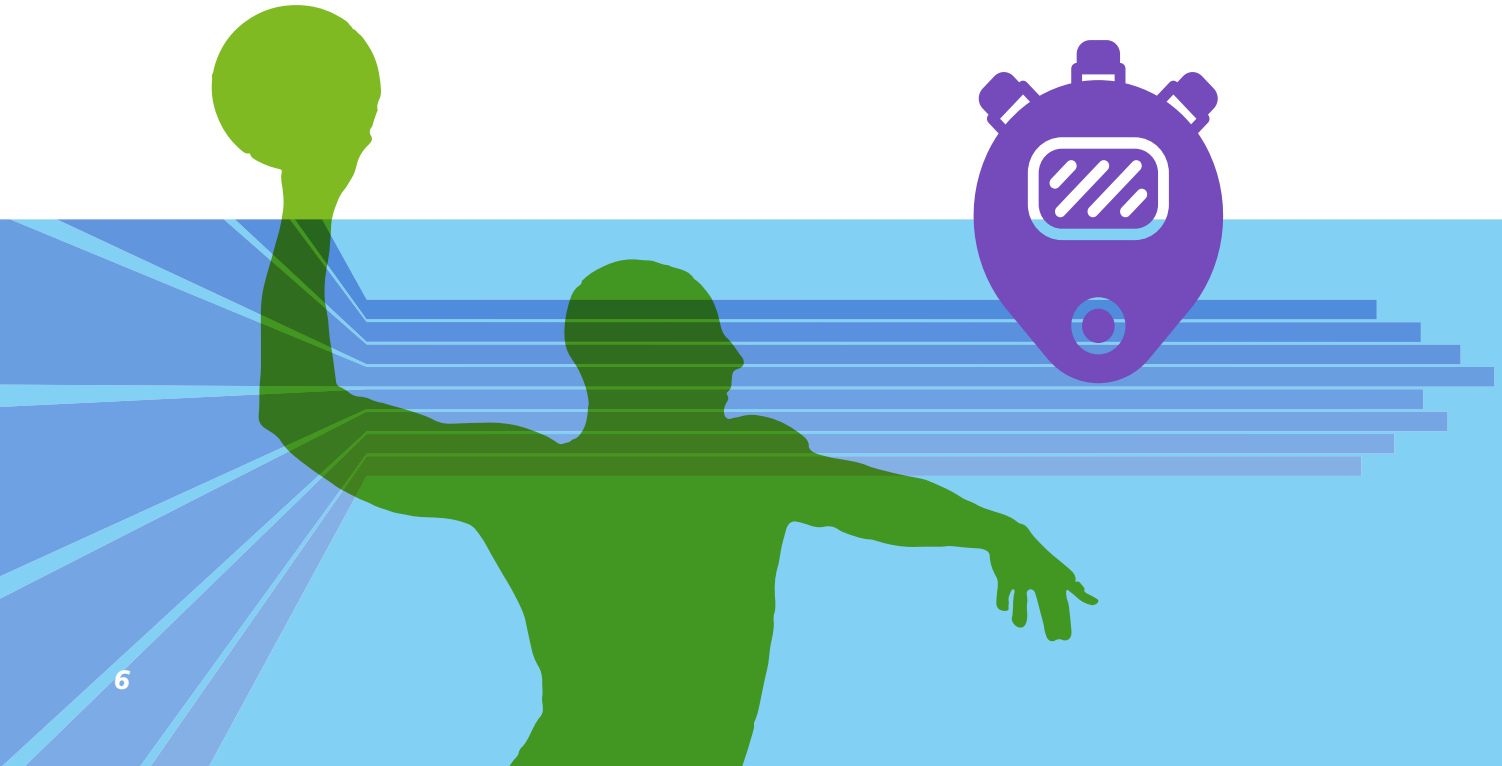
Looking forward to the year ended 31 March 2025, we are budgeting for costs to rise further. However, with reserves in excess of £63,000 at 31 March 2024 we are in a strong financial position to manage these future challenges.

Sarah Johnson
Honorary Treasurer
treasurer@sussexswimming.org

Sussex County Amateur Swimming Association

Income and Expenditure Account for the year ended 31st March 2024

		2023/24			2022/23		
		£	Income £	Expenditure £	£	Income £	Expenditure £
Swimming							
Income							
Galas	Entries	41,420			35,610		
	Door	18,253			13,304		
	Other gala income	995			1,590		
Sheffield	Swim England Subsidy	1,000			1,000		
			61,668			***51,504***	
Expenditure							
Galas	Pool & Room Hire	26,471			20,727		
	Trophy - Engraving & Refurbishment.	5,555			3,846		
	Medals and Awards	8,150			4,651		
	Gala Refreshments	3,460			3,406		
	Equipment hire	1,308			1,112		
	Other expenses	4,463			4,725		
Sheffield	Costs	8,096			7,408		
				(57,503)			***(45,875)***
Other Sections							
	Masters		4,552	(4,646)		4,740	(3,521)
	Diving		95	(205)		45	-
	Water Polo		-	-		-	(413)
	Development		1,500	(5,881)		1,490	(6,244)
			6,147	**(10,732)**		***6,275***	**(10,178)**
Other Income							
	Bank Interest	953			281		
	Sponsorship income	5,000			5,000		
	Affiliation Fees	5,008			3,870		
			10,961			***9,151***	
Other Expenditure							
Administration	General	(1,777)			(2,278)		
	Finance	(767)			(827)		
	Promotion/Development	(1,160)			(4,139)		
Gratuities and donations		(200)			(50)		
Dinner ACM & Mid Term Meetings		(1,205)			(1,598)		
Travel Expenses		-			(576)		
Bad debt		(180)			-		
Independent Examiners fee		(50)			(50)		
				(5,339)			***(9,517)***
			78,776	(73,573)		*66,930*	*(65,570)*
Surplus for the year				**5,203**			***1,360***



Sussex County Amateur Swimming Association

Statement of Affairs as at 31st March 2024

			2023/24 £	£	2022/23 £	£
Balances B/Fwd	Previous Profit and Loss Surpluses		58,540		57,180	
	Plus Surplus for Year as above		*5,203*		*1,360*	
				£63,743		***£58,540***
Represented By:	Cash in Hand and at Bank (Sussex)		*59,473*		*54,410*	
	Sundry Debtors		*1,523*		*1,768*	
	Items Paid In advance		*-*		*237*	
				60,996		*56,415*
	Less	Sundry creditors	*(2,612)*		*(163)*	
		Amount received In advance	*-*		*(2,997)*	
				(2,612)		*(3,160)*
	Add	Medals & Clothing	*5,358*		*5,285*	
				5,358		*5,285*
				£63,743		***£58,540***

Brian DeVal

Mr B DeVal
Chairman

Report of the Examiner to the Members of Sussex County ASA..

I certify that the above Accounts have been prepared from the books and records of the Association and are in accordance therewith. I have not examined the physical holdings in stocks.

S Rose ACA
Honorary Examiner

Swimming

The year followed a regular pattern with a weekend short course (25m) Winter Competition held in October. The Winter Competition included the 4x25m Individual Championships for junior an open swimmers as well as salvers for winners of the Age Group point competitions for 10yrs – 14yrs swimmers.

County Championships over long course (50m) and a relay gala held over the short course were held in the January/February window.

Our Championships programme includes 68 Championship events and covers 4 full days over 2 weekends and 2 evening sessions for longer distance event (800m & 1500m). We again made presentations to winners of the Age Group point competitions for 10yrs – 14yrs swimmers.

Entries for the 2024 Championships appear to have recovered to pre-pandemic levels with 569 individual swimmers entering 2,847 events.

The biggest change this year was the presentation of salvers to all our Champions on the day of competition. We made this change because of the growing cost of engraving and repairs to our historic trophies as well as the huge effort required by volunteers collecting up trophies, transporting them to the engravers and then collecting them for presentation in June. This all meant that our Champions were only able to hold the trophies for about six months. By presenting salvers our champions can keep them as mementoes of their achievement for life.

The Relay Gala also took place in the January/ February window over a single day of furious racing when 2 county records were broken.

In October our county team of 30 swimmers plus coaches and team managers were joined by our President for trip to Sheffield for the National County Team Championships to defend our 1st Division place. There was tight racing throughout but the team did what they went to do and we retained our place – joint 14th with Hampshire on 283 points. Every member of the team achieved PBs and as a team were a great credit to their clubs.

Changes in the supervision ratios now required by Swim England have had a significant impact on the number of volunteers who are able to help deliver our competitions. Parents who had previously been a reliable source of volunteers now train as Team Mangers to support swimmers in their clubs. An example of how this has changed is that in 2022 we issued 50 pool passes, in 2024 more than 100 deck accreditations were bought from Swim England. Of course this change enhances the safety of swimmers but it does put a strain on the delivery of competitions. It also means that the deck space around pools is now more crowded than ever.

This will be my final report as Acting Swimming Manager. After providing cover since June 2021 whilst at the same time carrying out my elected role of Chairman I have decided that I can no longer do both jobs effectively. The last 3 years have been both challenging and satisfying but I believe that the county needs some new blood and energy to meet the challenges ahead and to ensure the continuity that our swimmers need. I will, of course, provide any help required to whoever takes over the role.

Development

The primary development activity in the year was the delivery of three Development Pathway Camps for our most talented 10yrs, 11yrs and 12yrs swimmers. Selection for the programme was through the County Championships in February. A total of 74 swimmers were included in the squad.

Pathway camp: strength and flexibility session

These three camps, held in June, September and December, were all held at Eastbourne College where we were able to get exclusive use their excellent facilities.

Matt Naunton (Shiverers SC) was head coach and was supported by lane coaches, strength and conditioning trainer and sport psychologist. Together the team aimed to provide our young athletes with new skills that they could take back to their clubs and hopefully use throughout their swimming careers.

Unfortunately, Simon Taylor had to step back from his role of Development Manager because of pressure of work for the final camp. He provided strong leadership and a major contribution to the county and the county will miss his commitment to the sport.

P&S ELECTRICAL

Once again the county have had generous support for our development programme and I must thank P&S Electrical (South East) Ltd for their generous support over the past three years.

Brian DeVal
Acting Swimming Manager

Para-Swimming

There has been plenty of activity in Para Swimming over the past year. Unfortunately much this work is fragmented and is very reliant on individuals reporting what has been happening in their clubs and at the various competitions they attend.

I have produced bi-monthly reports for the Swimming Committee which are always available as part of the committee reports published on the county website.

Alfie Penfold (Crawley SC) and Lewis Jones (Arun Tridents) have had success in various events with Alfie being selected for Team GB at the British Para Swimming International Meet in Aberdeen where he also broke the 800m freestyle British record at the meet.

Genevieve Hunter (Mid Sussex Marlins SC) moved into the area this year, and has swum in various high-level para events, gaining several PBs. Rilee Parker (Mid Sussex Marlins SC) aged 10 years has been classified S9, SB9, SM9, which will now open up more opportunities for her to compete.

Ross Hunter joined Mid Sussex Marlins SC in August to take a leading role in coaching the Club's competitive para swimmers, as well as being Assistant Head Coach for the club. He also assisted as a coach at the two Regional Para Training days, as did Tom Baxter, who moved from Crawley SC to Epsom SC towards the end of the year. Several Sussex para-swimmers attended these training days and found them to be very useful.

A Regional Para-Swimming competition was held at Eastleigh Leisure Centre in October. Again, several Sussex para-swimmers took part and found it to be a valuable experience.

K2 Crawley hosted a major Downs Syndrome competition in November which proved very successful with competitors travelling from across the county to take part. The event will be repeated in 2024.

'Flamingos' is a swim group based in Crawley and helps to support anyone with a disability to access time in the water. The group has now become affiliated with Crawley SC to try and help them expand.

Sunbeam Disabled SC (Horsham) have also been considering affiliation with some of their members already training with Atlantis SC.

Pauline Draper
Disability Adviser to the Swimming Committee

Sussex Masters swimmers have been travelling the world this year

Diving

Diving continues to recover from Covid but unfortunately there remains only one active club (Worthing SC) offering diving in Sussex; the lack of diving facilities in the County does not help the situation and the wonderful boards at K2 Crawley are unfortunately not being widely used at the moment.

As a discipline we continue to offer divers the opportunity to compete in County Championships and other competitions. Entry numbers are still low but we have the privilege of seeing the divers develop their competencies in different dive groups and also their ability to take these dives from different board.

This year we again held a development afternoon where we were able to build on experience from previous years. A total of 18 divers aged between 8yrs & 21yrs and with the abilities from beginner to competition diver took part. They were supported by two diving teachers and a coach and a specialist land trainer. The session followed a similar programme to previous years with gym work that allows divers to reinforce skills they already have but also to learn new ones. Feedback from the session was very good.

The gym session was followed by a 2-hour session on the boards. This longer than normal session gave divers the opportunity to repeat dives, get quality feedback from their teachers and coaches and try new dives, all showed improvement. We continue to use diving into bubbles as a way of helping divers manage nerves when they attempt new dives because they assured a “soft’ landing.

Members of the diving committee continue to look for ways to improve the development sessions and are investigating the use of a different pool that offers a 5m board high board. This would be a challenge for all of our divers and the addition of an experienced trampoline coach could make an exciting session.

The diving committee have agreed the dates for the 2024-2025 season. We are planning our 1m Championships for October and a 1m synchronised competition is scheduled for November. This would require an additional 4 judges so we are encouraging anyone interested, including families of our divers to become involved and train to become diving officials.

We welcome Richard Brame to our Sussex diving officials list as a recorder.

I remain optimistic that, despite the reduction in clubs offering diving in Sussex, the discipline continues to develop and I look forward to even more divers joining the sport.

Hilary Knott
Diving Manager
divingmanager@sussexswimming.org

Masters

After the last-minute cancellation of the Sussex Masters’ Championships in May 2023 because of a burst water main, the event was held on 10th September at Pavilions in the Park, Horsham. Events included individual and relay events with a total of 1101 entries.

Sussex Masters swimmers have been travelling the world this year. Along with the usual locations for meets such as London, Swansea and Sheffield, some of the Sussex Masters headed off to compete in Madeira, Doha and Fukuoka in Japan.

Dave Cummings

In Japan in August, David Cummings from Eastbourne SC broke the British, European and

World record for the 85/89 year age group on the 200m Butterfly, he also broke the British and European record on the 100m Butterfly. Dave then added six British short course records, two European records and one World record in October at the National Masters Championships in Sheffield. He rounded off the year with a 400m Medley European Record in Doha in March 2024.

Our Masters were well represented at both the South East Region Short Course Championships at the end of September last year and at the Long Course Championships in January. Sussex clubs also entered team in the 1500m and relay Championships held at K2 Crawley in March.

Back in November a team of 35 swimmers headed off to the London Aquatics centre for the Swim England National Masters Inter-Counties. The team finished 5th in the South East region's round of the National competition where they finished 11th overall. There were great swims by the whole team.

Trixie Nisbet
Master Manager
mastersmanager@sussexswimming.org

Officials Coordinator

During the year we have welcomed parents and young volunteers to our team of officials as they qualified as Timekeeper or J1 (judge). In addition to our new officials we have seen many progress through the different levels of training to help ensure that our swimmers always have the very best competitions to help them progress through their swimming careers.

Any officials looking to develop their training and who requires mentoring should contact me so that I can arrange an appropriate mentor.

A further twelve officials completed the mandatory Contemporary Issues online training and 74 have completed mandatory World Aquatics Rules Updates 2023 update training.

Becoming an official, whether you have a swimming background or not, is straight forward. It's an important role that helps ensure that athletes have a pathway through competitions whether that is their own club, open meets or County, Regional and National Championships.

If you would like help your club and become a trained official please talk to your club who will be happy to point you in the right direction.

This table summarises the training undertaken by Sussex officials in the year since March 2023:

Timekeeper theory and competency	**92**
Young Volunteers Timekeeper online theory and Timekeepercompetency	**21**
Young Volunteers J1 online theory	**2**
J1 online theory	**39**
J1 completion	**16**
J2 theory	**16**
J2 competency completed	**12**
J2S theory	**10**
J2S final assessment completed	**6**
J2S final assessment outside of county	**3**
Beginner's Guide to being a Referee	**5**
Referee training completed	**4**
Referee training completed outside of county	**1**

Training for Timekeepers and J1 judges is carried out on line through the Institute of Swimming (IoS) www.swimming.org/ios/courses-officials-volunteers. Training for higher qualifications including J2 and J2S (starter) continues to be delivered face to face via zoom and at a practical level in competition.

It is no longer a requirement for trainee officials to include all levels of competition, from Level 4 to Level 1, in their training programme, however, in Sussex we are fortunate that our clubs run a number of events throughout the year which can provide training opportunities. This means that everyone working through the various levels of technical officials training has plenty of opportunities to be mentored and can get their competencies signed off by a qualified Licensed Referee.

Chris Hobbs, Swim England South East Technical Official of the Year

I would like to express my thanks and appreciation to all course tutors for the time, effort and dedication they give in supporting Swim England Officials Courses. Also, to the mentors who have helped in the training at the relevant Galas to ensure that we now have more qualified officials to help with Officiating at our events.

Chris Hobbs
Officials Co-ordinator

Welfare and Safeguarding

During the year I have been asked for advice from clubs about welfare issues and in some situations Swim England has had to become involved for advice and support.

So that clubs can fully understand the issues around safeguarding it would be helpful if Club Welfare Officers attended both “Safeguarding Children” and “Time to Listen” courses so they are able to advise their clubs about best practice and are better able to manage the range of welfare concerns they are confronted with. Both of these courses are now only accessible online.

It is important that clubs provide current details of all Clubs Welfare Officers and I would be very grateful if clubs could notify me of any changes as soon as possible.

Chris Hobbs
Welfare and Safeguarding officer

Becoming an official, whether you have a swimming background or not, is straight forward