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**LECALE ASC**

**ANNUAL REPORT 2016-17**

**Introduction**

Lecale ASC trains in Down Leisure Centre, Downpatrick and is part of the Swim Ulster and Swim Ireland families. It is a competitive swimming club which is open to swimmers aged 6 to adult.

In line with Swim Ireland requirements, the club now presents an annual report at its AGM. This report consists of:

* Chairperson’s report
* Secretary’s report
* Treasurer’s report
* Head Coach’s report
* Club Children’s Officer report

This report covers the July 2016 to June 201717 year.

**1. Chairperson’s Report – by Paul Naughton**

1.1 I am pleased to present this report to our members and parents at the end of what has been another successful season for the club.

1.2 My thanks go to our swimmers and parents, our coaches and teachers and, particularly, to our committee members who have worked so hard this year to support our swimmers. All this hard work has provided the club with smooth and efficient running of the many aspects of work that goes on behind the scenes.

1.3 Lecale has continued with another year of great success, not only in the pool but in providing a safe and enjoyable environment for all our swimmers to try and achieve their full potential.

1.4 The club trials last September showed the continuing popularity of the club with each year we have to turn away new swimmers. This is mainly due to available pool time.

1.5 We have a new coach, Sophia and we are lucky to have such an excellent new instructor for the Monday night swims.

1.6 Those who swim on the Monday and Tuesday sessions will know that the club now has two sessions each night and these are structured to bring on the gala squad swimmers.

1.7 Lecale has now a new club kit and we must thank Pauline for all her work from the design stage right through to the organising of delivery and distribution.

1.8 Recently we had an election and Lecale has two new Captains for next season namely Katie and Aaron. I’m sure that they will be outstanding role models for our young swimmers.

1.9 This club relies on volunteers. Without the goodwill, effort and application the many tasks required to run a swimming club just would not get done. So my thanks to all those who helped throughout the past season.

1.10 Looking ahead we have an exciting new project to contemplate: the New Pool. The committee will be working closely with the new Council officers and trying to arrange pool time that will suit both the council and Lecale.

**2. Secretary’s Report – by Michael Burke**

2.1​ Membership of Lecale ASC this season has remained very strong at 174. We aimed for a slight reduction on last season’s numbers (196) to give our swimmers more space in lanes and we hope to keep membership at a maximum of 175 going forward unless we can increase pool time with the new pool.  There are always adjustments every year; sometimes upwards, sometimes down depending on a range of variable factors.

2.2​ Every year we register with our two affiliated swimming bodies; Swim Ulster, who are the governing body of aquatic sports in Northern Ireland and Swim Ireland, who represent all members and Clubs throughout Ireland.   As part of the Swim Ulster and Swim Ireland family we have to comply with the requirements of both governing bodies.  We also benefit from advice and guidance on a range of governance and membership issues, including club management structures.

2.3​ Our management committee met regularly throughout the year to plan our activities and to ensure compliance with the requirements of our governing bodies.  Minutes of all meetings were taken and action points followed up.  We also took our first steps to explore how we might achieve the Clubmark quality standard.

2.4 Club Registration will take place on **Friday 25th August** in Down Leisure Centre with the second and final opportunity to register, Friday 1st September. A reminder email will be sent to members in August. Club Trials are likely to be Sunday 10th September. A notification will be posted on our website and Facebook page.

**3. Treasurer’s Report – by Ann George**

3.1 Income/Expenditure with an opening balance of £7,448.28, and a closing balance at 31 May 2017 of £7,438.80. The club was breaking even. We like to keep membership costs at the absolute minimum but as costs to the club are increasing, the Committee agreed that a small increase in our annual fees is required. So, from September 2017 new membership fees will be £170 for first child, £150 for each subsequent child.

**4. Head Coach’s Report – by Brendan Mulholland**

4.1 This year began in July with great success in the Irish Age Groups Division 2 meet in Limerick. We had 7 swimmers qualifying, the highest number ever. Daniel M came first in his age group in 100 and 200 back and Adam C came second in his 100 back. Our senior boys also won gold in the Medley Relay and silver in the freestyle relay. In the IAG Division 1 championships in Dublin, Chloe G qualified and swam very well.

4.2 From September, we had to get used to the new structure for Swim Ulster Development Meets, with a more stringent focus on technique, especially in the IM. We had great numbers taking part in these meets with lots of PBs and medals.

4.3 It was also pleasing to see swimmers meet the standard to progress to the Swim Ulster Qualifying Meets and again perform really well at this higher standard and bring home more PBs and medals.

4.4 We also had 3 swimmers who made the standard for the Ulster Age Group Championships in April (Aaron C, Adam C and Rebecca C).  They swam very well, with Adam picking up a bronze medal in 200 breast.

4.5 There were several open meets during the year organised by other clubs and again Lecale was very well represented at every one with our swimmers doing themselves proud in both sprint and distance events, sometimes competing against the very best in Ulster.

4.6 Our main focus, of course, was our PTL and Aquasprint Leagues and here we performed magnificently. In the PTL we consolidated our position in Division 2, with two wins and 3 narrow defeats, finishing mid-table and clear of the relegation zone. In March, we had 13 swimmers taking part in the PTL area heats in Newry, with 4 (Roisin C, Philip G, Joe H and Amy G) being selected to represent a South of Ulster Team. It competed against a North team at the PTL finals in Ballymena in April; our swimmers played a key role in ensuring a good Team South performance and picked up some medals too.

4.7 In the Aquasprints league, we had 3 wins out of 5 which secured us a place in the Division C ‘A’ final. These were excellent results for Lecale.

4.8 As we end the season, it is heartening to note that our swimmers continue to meet the standard for national competitions. Congratulations to Chloe G and Adam C who have qualified for the Irish Age Groups Division 1 Championships, held in Dublin, and to Aaron C, Amy G, Isla M, Jamie H, Joe H, Rebecca C, Adam M and Philip G who all met the standard for the Division 2 Championships Limerick.

4.9 Finally, although they were representing their schools and not the club, it is worth mentioning that we had an amazing 48 swimmers in action at the Swim Ulster Schools’ Championships in October. Five swimmers qualified from this event for the Irish Minor Schools’ Championships in February and Adam C was crowned All-Ireland championship in his age group in the 100 IM and also won a bronze medal in the 50 back, an amazing achievement.

4.10 For next season, the coaching team has, with advice from Swim Ulster, begun work to develop a new training structure which will help our swimmers achieve to their potential and ensure consistency and common purpose across the different training sessions.

4.11 On behalf of the coaching team, I would like to congratulate every one of our swimmers, from those in Philip’s learner pool to our 18 year olds getting ready to leave us, for your hard work and excellent performances throughout the year. We are very proud of you.

**5. CCO Report – by Katrina Godfrey**

5.1 As a member club of Swim Ireland, Lecale is committed to ensuring that its young members can enjoy their swimming safe from harm and can get involved in in the running of the club. The Club Children’s Officer role supports the Committee in these areas.

5.2 During 2016-17, we put significant effort into refreshing our own training. I attended Swim Ireland CCO training and 17 other committee members and coaches/teachers attended approved Safeguarding in Sport training, either through Swim Ulster or Sport NI/Newry, Mourne & Down District Council.

5.3 In swimming, there are strict requirements around the vetting of adults working in regulated positions or positions of trust with our swimmers and enhanced disclosure checks must be carried out regularly. During the year, Access NI checks were completed for any coaches/teachers and committee members whose clearance was due to expire. In total, 17 checks were renewed.

5.4 Our elected club captains have been excellent role models for our younger swimmers and have given the Committee feedback on several aspects of the club. They have also welcomed visiting teams and proposed the vote of thanks during away galas. This year’s captains were also involved in leading a group of younger swimmers to come up with designs for the new club kit. In May we held elections for our new captains. It was great to see the enthusiasm and interest in voting among our younger members, with 92 votes being cast on election night.

5.5 Finally, our young people have continued to volunteer their time and skills to help others. We have 4 senior swimmers who hold Level 1 Swim Ireland teaching qualifications and many others who help out on poolside and in other ways. Our volunteers are also registered through Swim Ulster with the Millennium Volunteers Programme and, during 2016-17, Laura and Aidan achieved their bronze awards for 50 hours of service while Amy, Daniel, Diarmuid and Megan went to a special ceremony at Belfast City Hall where they received their gold awards for 200 hours of service. We are very grateful to Swim Ulster for the support given to us in running our young volunteers programme.

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