



## MINUTES OF COUNTY MEETING

HELD ON 24 AUGUST 2016 AT HAVERFORDWEST LEISURE CENTRE

Ser	Item	Remarks / Discussion / Decision	Action
1.	Present	Ross Nicholas (RN), Mark Arnold (MA), Craig Nelson (CN), Paul Haley (PH), Gary Nicholas (GN), Sharon Whalley (SW), Glenda Thomas (GT), Nicala Harding (NH), Jenny Llewellyn (JL), Karen Thomson (KT).	Info
2.	Apologies	Makala Doughty, Gill Orchard.	Info
3.	Introduction	PH thanked RN (National Performance Director) and MA (Chief Operating Officer Swim Wales) for coming. The purpose of the meeting was to receive the new Swim Wales Performance Club Network Presentation.	Info
4.	SW Presentation	<p>Presentation still in consultation phase and therefore details confidential. A summary of salient points below:</p> <ul style="list-style-type: none"> <li>• Following consultation, Swim Wales (SW) aim to support performance clubs better.</li> <li>• Coach development plan for performance coaches.</li> <li>• Specific strength and conditioning support and syllabus to be implemented.</li> <li>• Technical advice, stroke technique, technical skill and physiological development improvement plan.</li> <li>• SW in partnership with Sport Wales to implement sports science support and education programme to include nutrition, psychology and performance science.</li> <li>• Targets to be aligned to National Squad.</li> <li>• Consistent financial support to enhance performance.</li> <li>• Long Term Athlete Development (LTAD) Training Guidelines implemented.</li> <li>• Annual review of performance to include KPIs.</li> </ul> <p>Official launch (TBC) but expected by end of 2016.</p>	Info
5.	Review of Minutes	Not conducted owing to presentation.	

6.	Chairs Report	<ul style="list-style-type: none"> <li>• PH asked MA who the PCS Development Officer is / will be. TBC.</li> <li>• PH asked MA to clarify the constitution requirement for consultation with SW prior to spending funds. MA stated that Swim Wales are to be consulted to ensure spending is for the development of swimming and to rule out financial irregularity.</li> <li>• Sponsors still needed for PCS Championships. A number of potential sponsors were to be approached.</li> </ul>	MA Info Info
7.	Treasurers Report	<ul style="list-style-type: none"> <li>• As per previous minutes.</li> </ul>	
8.	Pembrokeshire Leisure	<ul style="list-style-type: none"> <li>• GN asked RA and MA to confirm and clarify financial support across performance clubs. It was agreed that funding would be consistent and equal across performance clubs.</li> </ul>	Info
9.	Coaches Report	<ul style="list-style-type: none"> <li>• CN stated that the performance club coaches would promote the new programme.</li> <li>• CN relayed the importance of attendance at external meets. It provided a great opportunity for swimmers to gain a balance of competitive exposure.</li> <li>• The general consensus was that the new performance model was positive and promising. CN encouraged everyone to make a fresh start with the suggested improvement plan. A staged introduction would be necessary.</li> </ul>	CN Info Info
10.	Club Reports	<ul style="list-style-type: none"> <li>• GT highlighted the importance of parental support for swimmers.</li> <li>• GT stated that more technical support is required at Development Clubs. MA agreed that coaching education was critical and delivery of UKCC L1 &amp; L2 courses would be reviewed and driven by what the coaching community needs.</li> </ul>	Info Info
11.	AOB	<ul style="list-style-type: none"> <li>• NH stated that official and marshal numbers are low for the forthcoming PCS Championships. All development clubs requested to follow up and forward nominations.</li> <li>• NH to confirm medal requirements with PH.</li> </ul>	Dev Clubs NH/PH