Date: Wednesday 30 June 2017
Time: 1pm – 3pm
Venue: Aquatics Studio, Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Attendees: Duncan McKinnell (DMcK), Ally Whike (AW), Alan Lynn (AL), Mat Trodden (MT), Ian Wright (IW),
Ann Dickson (AD), Gregor McMillan (GMcM), Kostas Kalitsis (KK)

Guests: Andy Sommerville (AS), Brad Hay (BHy), John Szaranek (JS), Patrick Miley (PM), Chris Jones (CJ),
Ben Higson (BH), Steven Tigg (ST)

Minute Taker: Shona McCallum (SMcC)

Item | Action
--- | ---
1. | **Apologies:**
   - With apologies from Chair, Phil Reid (PR), sportscotland, AW gave thanks to Duncan McKinnell for stepping in to Chair.

2. | **Notes from previous Meeting:**
   - Minutes agreed as a true and accurate record.

3. | **Actions from previous meetings:**
   - **10 May 2017**
     - Item 3: AL updated that the Nutrition project had expanded and that once the project had been further developed details would be provided, adding that he would follow up with Nikos and advise on progress.
     - Item 6: Agenda item 4
   - All other items complete.

4. | **Presentation: Brisbane Camp Feedback**
   - AW introduced AS to the group advising he would present on the key findings from a performance science perspective following the camp held in Brisbane. AW went on to outline the presentation, outlining the key objectives of the camp and noting the opportunity for a small group of swimmers who were within range of the CWG consideration standards. AW commented that following feedback from previous Games the recommendation was, where possible, to include the divers with the swimmers and para-swimmers, forming an integrated Aquatics Team. He further added that with training organised for Chandler pool this had been achieved.
   - AS presented the data commenting that it was a good data set with information gathered from wellbeing diaries, training loads and sleep watches. AS advised that the initial data was primarily used to monitor jet lag and sleep, with results indicating that the effects of jet lag wore off after day 6 and that sleep patterns returned to normal after day 3. AS commented that the wellbeing diaries were completed by swimmers and staff attending the camp, highlighting that during the first week the swimmers felt consistently more jet-lagged than the staff. He also noted the beneficial impact from having a rest day during the camp, with improved quality and length of sleep. AS provided information on temperature and humidity, adding that whilst the weather was varied it was consistently hot and humid with high UV levels, commenting that the travel pack provided prior to travelling was excellent and that advice would be to enhance this for the 2018 holding camp.
   - AL updated on the accommodation, pool and gym facilities along with the trips taken to the Gold Coast all of which were invaluable learning experiences and provided excellent opportunities to build working relationships with staff at the various facilities and enable the group to familiarise themselves with the local environment. JS and BHy added that it had been a successful camp, commenting on the helpfulness of the hotel staff and their willingness to accommodate what the group required, particularly with regard to nutrition. The late pool sessions were highlighted as an area of learning with long days and swimmers commenting on the challenges in keeping motivated between 2pm-6pm plus the negative effect of eating late. Whilst this will be the case during the CWG competition, a phased approach to acclimatisation should be adopted next year.
   - Discussion took place on all aspects of the camp with attention given to the learning and information gathered, particularly around jet lag with acknowledgment of the importance of adhering to protocols...
to ensure minimal effects. Consideration was also given to the weather and plans for keeping cool along with the potential need for waterproof jackets; the need to revise the plans for nutrition based upon the skin folds analysis; the need for the athletes to be well prior to travelling; the need for flexibility of pool training times and the need to maximise the benefits from a rest day focussing on how this would shape the holding camp for next year.

AW thanked AS for his comprehensive and valuable presentation and invited him to stay for the rest of the meeting.

Following the discussion IW requested individual feedback on his athletes who attended the camp which AL confirmed he would follow up.

5. **SNOG Update**

AL commented that the group was functioning well and reviewing its effectiveness towards a focus on projects based on the Performance Plan Centre Lanes. He added that MT/IW are part of the group providing CTP representation and that this would continue. AL advised that once the SNOG project plan was complete, CTP would be updated with details.

6. **Commonwealth Games: Selection Policy and Process**

AW updated on the Selection Policies with CGS having revised the number of places for Aquatics, advising that the updated policies were with CGS for approval. AW confirmed that details of the numbers would not be contained within the policies but informed CTP of the details to make them aware.

AW reported on the process for requesting additional places above the allocated number with each sport providing CGS with a prioritised list (swimmers and divers) which would then be reviewed along with all other sports and a final prioritised list compiled before any additional places were awarded by CGS.

Discussion took place on a variety of scenarios, with confirmation that as per the published policy, final selection decisions would not take place until February 2018.

**December Gathering**

AW reported on the outline plans for the December gathering, providing a copy of the draft planner. Comment was made on the potential impact of the European SC selections with discussion on decisions to race at Swim England Winter Championships. It was agreed that coaches and swimmers would make performance-based decisions on a case-by-case basis.

**Warm Weather Camps update**

AL asked if there were any updates with the camp to Perth, Australia taking place after Christmas and the camp to T3, Tenerife taking place after New Year with BH and CJ advising nothing further to report at this stage. AL commented on the even split of swimmers across both camps with discussions currently taking place with SIS regarding support provision. AW confirmed the level of financial support per athlete.

7. **National Squads Programmes 2017/18**

AL spoke to the circulated paper and advised the document was as read with details of each squad activities and the coaches involved. He highlighted that with the success of dovetailing some SS swimmers into some of the YS activities, in particular the competition in Geneva, SS would look to continue to take a flexible approach to the squad structure, providing opportunities not only based upon squad but on other criteria e.g. sex, stroke, distances.

8. **Swimmer Transition Feedback**

AW commented that following feedback from YDS and YS swimmers the process of producing some guidance for swimmers transitioning from school to Further Education had begun culminating in the video he was about to show. He advised that the video was scheduled to be uploaded to SS website the following day and looked to obtain any feedback prior to this.

Following viewing of the video presentation feedback was given on the timings which AW confirmed required to be adjusted. Discussion took place on monitoring the resource on the web and obtaining feedback, in general and from those going through the transitioning process, with the ability to alter the video in response to the feedback. CTP felt that it was an excellent resource.

9. **British Swimming update:**

**British Championships**

AW reported that he had provided feedback to the PIG meeting, where acknowledgement was given that the current process was not working, however they were not convinced that the way forward was to have A, B & C finals and consequently the current format is likely to remain. AW advised that their rationale is to provide opportunities for younger swimmers as opposed to allowing younger swimmers to develop by having to compete to obtain opportunities. AW confirmed that the
qualifying times for 19+ swimmers were being reviewed to facilitate swims. AW updated that this was not his preferred outcome and as a result stats were now being reviewed in order to ascertain what the actual impact is with several examples being provided. He advised that stats would be reviewed over a further 2 year period before any conclusions drawn, confirming that he will report back on the findings with a view to taking to PIG. Confirmation was sought on whether the Edinburgh International would be a compulsory BS meet next season with AL to enquire then advise.

Curriculum/Off the Blocks
AW updated that the Home Nations would be responsible for the Curriculum with details of this being uploaded to ‘Off the Blocks’, confirming that AL will be the main point of contact and that feedback from CTP may be required at some point in the future.

Planning 2017/18
AW advised that with Commonwealth Games in April 2018, BS would look to take a step back until after the Games with Home Countries leading on their own preparation and plans.

PIG Terms of Reference
AW reported that these were going to change with the likelihood of SS having a greater opportunity for input which he viewed as being positive. AW confirmed he would share details once the Terms of Reference had been agreed.

10. Calendar Planning:
AL confirmed that an updated calendar had been issued at the beginning of the week along with a copy of the Swimming Committee calendar with no further updates to date.

11. AOB:
IW reported that he had not received the CTP paperwork with SMcC to investigate.

12. Date of next meeting:
AW thanked everyone for their contribution over the season, confirming that a new panel would be selected for 2017/18 season with the first meeting likely to take place in October.