

Coaches Technical Panel Minutes

Minutes of the CTP held 16 May 2018, 1030hrs – 1230hrs
Seminar Room, University of Stirling, Stirling FK9 4LA

Present

Phil Reid (PR)	Chair
Ally White (AW)	SS Performance Director
Alan Lynn (AL)	SS National Coach
Ian Wright (IW)	Coach Representative (West District)
Ann Dickson (AD)	Coach Representative (Midland District)
Brad Hay (BH)	Additional Coach Representative
Mat Trodden (MT)	Additional Coach Representative
Neil Shanks (NS)	sportscotland Institute of Sport
Monica Borland (MB)	Guest Coach
David Haig (DH)	Guest Coach
Bruce Halloran (BH)	Guest Coach
Anthony Ryan (AR)	Guest Coach
Shona McCallum (SMcC)	SS Executive Officer, Performance (minute taker)

Item

Action

- 1. Apologies**
PR welcomed everyone to meeting introducing himself to the invited guests, noting apologies from Gregor McMillan (GMcM), Coach Representative (North District) and Kostas Kalitsis (KK), Coach Representative (East District) and advising on the change to running order of agenda items.
- 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 data was still being collected and that NJ would not be ready to present until next season. Action updated for October meeting.

28 November 2017
Item 8: PR advised that he anticipated having an update for the June meeting.

31 January 2018
Item 5: ongoing
Item 10: refer to item 7 on agenda

All other items complete.
- 4. Aberdeen Camera Project**
AW updated that the tendering process was now complete with the contract awarded to Contemplas. AW was pleased to advise that additional funding had been secured enabling the project to go-ahead with the camera system that had the ability to do both kinematics and kinetics, advising that the equipment was likely to be installed by September, followed by a graduated implementation phase. AW commented that whilst it had taken a considerable amount of time for the project to start it was now moving at an exciting pace, with PR on behalf of CTP, giving thanks to all those involved for the tremendous amount of work that had taken place and the excellent cross agency working.

5. Commonwealth Games

- Review Process
- Competition Overview
- Preparation

PR congratulated SS on a successful Commonwealth Games, commenting that swimming was only 1 of 4 sports who had won medals at each of the last six Games, winning 25% of Team Scotland's medals over this period, with AW adding his congratulations to the Team.

Review Process

AW advised on the review process currently underway, highlighting a number of areas being considered with the purpose of identifying areas for improvements and highlighting areas of success to take forward and implement at future Games. AW confirmed that feedback would be obtained from all members of the Team with the CEO communicating with team coaches and team staff, AW with home coaches and SS staff and DR with Institute support staff and athletes. AW added that a debrief meeting would also take place for all those who attended the Games, adding that he was happy to receive feedback from CTP noting a deadline date of 5 June, with a paper being submitted to SS Board at the meeting on 24 June. AW indicated the likelihood of an Executive Summary being circulated following the Board meeting.

Competition Overview

AW commented on the meet and in particular the tough environment with lots of variables to contend with including inclement weather and large numbers of spectators giving credit to the athletes for their excellent performances which resulted in 9 swimming medals and 2 diving medals. AW updated that SS would look to analyse the results, looking at trends for medals, lifetime and seasons bests, comparisons with previous Games, qualifying times and times swam at the Games, whilst providing some initial stats. AW requested feedback on any other data that CTP felt should be captured. Discussion took place around the various stats with 2014 seen as a good starting point for comparisons with consideration given to lifetime bests from 2016 onwards following BS change to season's timing. In addition looking at the age range of medallists and different strokes should be included. AW advised that the data would be used when setting out the selection policy for 2022 with CTP to e-mail any further feedback to AW.

Preparation

AL provided a brief summary of the preparation camp noting that SS held their own camp separate to that of Team Scotland, commenting on the excellent support from all involved with the advance party ensuring everything was in place for the arrival of the Team. AL highlighted the benefits gained from the camp held in Brisbane the previous year with thanks to those who had attended. NS commented that he viewed the camp as being the Gold standard and that all future camps should aspire to replicate this. Discussion took place around preparation for the village environment and that of racing with consensus that the whilst the camp environment had been relaxed, athletes had worked hard and were ready to race and with staff having visited the village the previous week, providing the athletes with pictures and feedback meant they were prepared for the village. It was noted that Team Scotland had chosen an excellent area within the village.

6. Presentation – sportscotland Institute of Sport – Neil Shanks

NS thanked CTP for the invite to the meeting and provided a brief background to the presentation based upon SNOG identifying the need for a strategic document incorporating multiple disciplines to look at performance. NS advised that currently each discipline used different systems with data being captured in various places and that the document he was presenting was an initial attempt at pulling the data together. NS talked through the document (spreadsheet), detailing each discipline on a separate tab and the relevant data requirements within. NS provided examples relating to athlete profiling with data shown on S&C, power, strength, AAA etc., highlighting however that data relating to swim times and pool training were missing. NS commented on the need for reliable, consistent data in a similar format to ensure best effectiveness when reviewing athletes noting the potential of the document to provide an overall picture and indication of impact on performance and if developed further would be an extremely powerful tool.

Discussion took place around the dashboard and the need to identify the key critical factors to be published, along with the ability for coaches to access the information to ensure maximum benefit with a couple of options possible. Consideration was given to whether the indicators had a known effect on results with NS confirming that a large bank of data would be required before any conclusions could be made with the main objective at this stage to create a tracking tool for measuring how key objects have been met/not met, providing a more targeted approach to reviews and the ability to share knowledge/practice across the group. CTP acknowledged that the

document required further refinement and were positive that the project should continue in order to achieve what would be highly beneficial.
PR thanked NS for his work and presentation.

7. British Summer Meet Paper

AW having previously circulated the paper advised it was as read and looked to receive any feedback, with comment that the document captured the discussion well.

Focus was then given to the practical implementation and the three main areas for consideration along with discussion on the areas of interest. The Coach Symposium in September was identified as a time to discuss coaching practices and provide timeframes for the season with helpful hints to promote club engagement.

CTP whilst supportive of the British Summer meet felt that the experiment of the window and ranking system over the last 3years had not worked and in many cases had jeopardised performances at the meet with suggestions not only to shorten the window but to remove it all together and have just one qualifying meet. With this year being the last prior to review, it provides an opportunity to put forward collective suggestions with the aim of identifying the best way to proceed with the longer term view in mind. AL to take forward suggestions.

AL

8. SNAGs

AL updated that next year the meet would take place from 27 – 31 April 2019 and looked to obtain feedback from this year's events to assist with the programming for next year.

Discussion took place on events for senior age groups with CTP's preferred option to continue to have the events and if possible to have heats and finals. As previously discussed this has an impact on the number of days for the competition with no appetite for an additional day, particularly when many of the events only have a few swimmers entered. AL agreed to take request for heats and finals events to Swim Committee acknowledging the increase in number of days and thus CTP accepting of the format as per this year.

AL

Concern was raised over Technique Matters with an excellent resource not being fully utilised. It was highlighted that the times the sessions were held conflicted with when coaches had to be on deck with access times to be reviewed.

AW/AL

AL commented on the excellent feedback from SNAGs and the reduced entries at the Scottish Nationals with the event proving not as valuable as in the past and was looking to gauge opinions on the possibility of having a joint event or moving SNAGs to nearer the end of the season and looked to obtain CTP feedback on the principle by the end of May.

CTP

9. SNOG update

AL advised the next meeting was scheduled in two weeks' time, noting that with everyone having been occupied with Commonwealth Games, the purpose would be to have a review of existing work and identify areas for future development.

AL commented on improved cross-team working, with a number of Heads of Disciplines having now presented to CTP and identified CTP member(s) part of SNOG.

10. Coach Development

AL provided an update on recent events and those planned for the start of next season and was pleased to report that over 50 coaches attended the stroke camps in April, a significant increase over the last 2years advising on the Youth Coach Development Programme (YCDP) that ran in parallel with the Squads programme this year, contributing to the increase in coaches with plans to develop the programme further for next season. AL added that a flyer would soon be issued to coaches inviting those who wished, to apply to be part of the Squad Programmes for the 2018/19 season. AL advised that the Coaches Symposium held last year for coaches with swimmers on Youth and YDS squads would this year be held at the beginning of September and would be opened up to more coaches with a view to facilitate club development.

AL updated the next meeting with BS and Home Nations was scheduled for the following Tuesday.

11. Calendar Planning

AL reported that the dates for next season had been confirmed and that he would circulate an updated calendar with the next issue of 100ths.

AL

Concern was raised over planning for the next few years for BS/National/District events, followed by discussion on planning in general with International events being planned years in advance yet BS planning done on an annual basis with SS likewise. Comment was made on dates of BS Trials being inconsistent and the subsequent knock-on effects with the clash between the 2020 Olympics and the BS Summer meet noted. It was confirmed that Swim Committee had responsibility for SS calendar and suggestion put forward that AW/AL, on behalf of CTP, produce

AW/AL

a paper to present to Swim Committee, capturing challenges for coaches with planning and possible solutions to help improve and assist in the process.

- 12. British Swimming update:**
British Summer
National Camp
Competition update
OADF

With the British Summer Meet having been discussed earlier in the meeting AL updated on the recent National Camp in preparation for the Europeans. Feedback from coaches was positive with lots of information provided and good discussions taking place along with consensus from athlete feedback on a much improved camp than previous years.

AW advised that the competition window for the forthcoming year would be shorter than in previous and would update on the timeframe in due course. **AW**

AL reported on OADF (optimum athlete development framework) having evolved from LTAD, advising that it was much more of an organic way of working with a set of principles in place which were to be followed using supporting documents when required and as appropriate to provide the best opportunity for athlete development. AL having circulated the most recent work from the group was happy to take any feedback. With feedback provided on lack of context around some areas, AL advised he would circulate the full document. AL confirmed plans to have an equivalent Coaching document. **AL**

- 13. AOB:**
nothing

- 14. Date of next meeting:** Friday 29 June 2018
Following first session of Open Championships
Room – TBC, Tollcross International Swimming Centre, Glasgow