

## Coaches Technical Panel Minutes

Minutes of the CTP held 9 October 2018, 1030hrs – 1230hrs

Team Talk/Talk Tactics, sportscotland Institute of Sport, Airthrey Road, Stirling FK9 5PH

### Present

Ally Whike (AW)	SS Performance Director
Alan Lynn (AL)	SS National Coach
Ian Wright (IW)	Coach Representative (West District)
Gregor McMillan (GMcM)	Coach Representative (North District)
Kostas Kalitsis (KK)	Coach Representative (East District)
Morag Mitchell (MM)	Coach Representative (Midland District)
Ross Douglas (RD)	Additional Coach Representative
Brad Hay (BH)	Additional Coach Representative
Shona McCallum (SMcC)	SS Executive Officer, Performance (minute taker)

### Item

### Action

1. **Apologies**  
With apologies from Chair Phil Reid (PR), AW welcomed everyone to the first meeting of the season, introducing the new members. AW commented that when PR was unavailable, Duncan McKinnell (DMcK) would normally stand in as Chair but unfortunately on this occasion was also unavailable, therefore AW would 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 advised project ongoing with an invite to be extended to Nikos Jakubiak to present at next CTP meeting. **AL**  
  
28 November 2017  
Item 8: with apologies from PR, AW commented that PR should be in a position to update soon.  
  
All other items complete or ongoing as noted on running actions sheet.
4. **CTP Terms of Reference**  
AW spoke of the Terms of Reference for CTP, noting how they fit within SS regulations. AW highlighted the key areas that CTP were responsible for and asked the group to consider if these should remain under the remit of CTP and whether there were any other areas they thought should be included. The group agreed that the existing areas of responsibility should remain with discussion following on the addition of: (i) planning for Commonwealth Games and International Competitions; along with, (ii) the newly formed performance centre hub forum with its areas of responsibility and the need to avoid duplication. Other areas discussed for inclusion were that of National Events and Coach Development. AW to amend wording and forward to Editorial Board for appropriate updates to SS regulations. **AW**  
AW moved on to discuss the selection criteria for the group highlighting that those around the table were the core group, based upon the T of R criteria. The Panel agreed that the criteria for selection were still pertinent with the option to have additional invitees, contingent on venue and topic.

**5. SNAGs/Summer Meet 2019**

Scottish National Age Groups

AW highlighted that the discussion on this was primarily around the topic of Relay entries and the introduction of consideration times. AW referred to the tabled times which were based upon the previous year's entries plus a few other considered factors, with the aim of setting the standard at a level to allow for a reasonable number of heats. Discussion took place on the number of heats and whether there should be a prescribed number, with clear detail in the meet information highlighting the possibility that not all teams achieving the consideration time would be entered into the meet, balanced against the option of using the consideration time as a qualifying time and allowing that to dictate the number of heats with no cap. The Panel agreed to go with the latter option and review afterwards to provide guidance for the following year. Having considered larger club and smaller club viewpoints into consideration, a consensus was also reached that no restriction on the number of teams from one club should be applied, with the best teams entered being accepted.. AW to advise Swim Committee for their consideration.

AW

The subject of mixed relays was also raised and whether there should be plans to include the 4 x 100m mixed medley at the BS Championships in 2019, with AW to investigate and feedback. The option to include the event at SNAGs was discussed with the difficulty of fitting into the programme highlighted along with option of including at the Open in June, with preference for an invitational event at the Open for both 14-16yrs and 17yrs and over with clubs submitting verifiable times and the top ten entries chosen for the Saturday and Sunday evenings. AW to take forward suggestions to Swim Committee.

AW

AW

Summer Meet

AW reported on the large increase in numbers attending this year's Summer Meet compared with previous years highlighting that the event will be held at the RCP in 2019, in line with the Events programme to rotate between the various venues, and looked to CTP for feedback on the various options presented in order to deal with the reduced number of lanes. Initial discussion took place on the potential reasons behind the increase in numbers with a change in the process for offering places to the next person on the rankings; fewer swimmers choosing to attend the BS Summer Meet; and, swimmers getting used to the meet as a fixture in the calendar. CTP considered the options. With no appetite to change the venue, reduce the number of swimmers or have three 9-hour days the only remaining options were to choose the additional day or half-day, and when taking into account that those travelling were likely to do so the evening before. Consequently, the option of the additional half-day made most sense. Discussion took place on what would happen to the scheduling of the age group events with the additional half day with comment on the ability to be more flexible with the session lengths. AW to report back to Swim Committee on the preference for the option of additional half day and bring to the next CTP meeting the proposed programme of events.

AW

**6. District Competition Experience Opportunities**

AW provided context around the paper advising that it had been written at the request of Swim Committee, following on from discussions relating to both East and North Districts providing athletes with competition opportunities. Whilst welcomed, the approach could provide athletes with greater benefit and ensure a more effective use of resources if dovetailed with the National Programme. AW commented that the paper had been submitted to Swim Committee at end September with the District Convenors agreeing to have a further conversation during Short Course on how they might progress in future seasons and looked to obtain CTP's viewpoint.

Overall, feedback on the paper was positive, however, it was felt that stating the ages of athletes identified for opportunities may be viewed as prescriptive and would be better if including a statement such as 'following discussion with District, National Coach and Home Coach'.

AW

Concern was raised as to whether all Districts would look to provide similar opportunities, with AW noting that the premise of the paper was to encourage all Districts to be engaged in the process. Discussion continued around the level Districts were pitching the opportunity and the need for swimmer incentives with selection criteria set, for example, setting a level of performance that would be required at a certain meet in order to be considered for selection to the competition opportunity. Consideration was also given to the selection of coaches for the competition opportunities and it was felt that guidance on this should be part of the process with a few ideas put forward including; suggestions made by National Coach, notification of any application process to both Performance Director and National Coach to assist with encouragement of coaches to apply, wider consultation within the District with the possibility of establishing coaching forums within Districts, similar to the Coaches Advisory Group in the North District, where such matters could be discussed. The possibility of the Districts working collectively was broached with different competitions being targeted, whereby a number of swimmers from each District could compete at

a particular level of event with another group competing at a different event which may then provide additional opportunities for those at an older age group

It was felt it was important for the Districts to discuss the paper prior to it being finalised and that AW should take CTP feedback to the District Convenors to include in their discussions during Short Course and that any opportunities provided by the Districts could have a positive impact on the National Squads.

AW

## 7. Calendar Planning

AL reported that the calendar issued with the 100's had been updated and that it would include a second tab which would contain detail of the Swim Committee calendar which had been pulled together and was currently published on the website, confirming circulation of this with the next issue of 100's. AW added that Swim Committee were aiming to have a 4-year rolling calendar, noting that it also included detail of National and District Masters events.

AW advised that BS Championships in 2020 were currently pencilled in to take place at the same time as the Olympic Games with discussion ongoing as to whether they should be moved, confirming that SS preference would be to have the week earlier and that whilst the venue had not been confirmed the likelihood was that it would be held in London.

AL requested any further amendments to calendar be forwarded for update in the next week prior to its circulation.

All  
AL

Discussion took place on the continual changing of the period for the window and whether it was likely to be more stable in the future with AW commenting that changes were made in response to feedback and as a result were increasingly becoming minor adjustments.

## 8. Coach Development

AL provided a summary of what had taken place so far with a busy start to the season commenting on the open application having taken place over the summer months for those wishing to be on National Squad programmes with a healthy number of coaches engaging with the programmes. AL referenced the numbers involved, starting with the DRP Orientation Day followed by the Symposium for Youth & Age Group Coaches, Youth Squad Camp, Youth Development Squad Camp and DRP Day 1 with a synopsis of what took place at each event. AL advised that he had spent the last couple of weeks visiting a number of clubs and meeting coaches to discuss and plan for the forthcoming season.

AL added his congratulations to coaches Steven Tigg, Gregor McMillan and Kostas Kalitsis who were given Awards at the recent SS Awards Dinner, noting the importance of recognition for the achievements of coaches.

AL reported that AW had run a District coaches meeting in the Midlands the previous weekend to discuss the way forward following a recent District Committee meeting to address the reducing number of swimmers in DRP over the last few years.

AL updated on several events planned for the remainder of the year with the Senior Bronze Day at the end of October, highlighting that it would include an element of Technique Matters. There are emerging plans for PLE Workshop 4 focussing on mental health and wellbeing. The inaugural Home Nations coaching conference, Nxt Gen would be taking place in Manchester in November. Finally, a Workshop on physical preparation on land for female swimmers would be delivered at the Scottish Short Course in December.

AL advised that with the demise of UKCC imminent, consideration was taking place as to the best way forward for coach training and education. AL also commented on the new online platform, HIVE Learning, being implemented by SS with DRP being used as a pilot project with engagement and feedback very positive, thanking those who had so far been involved.

## 9. British Swimming update

AW advised that the British Championship were likely to run the finals events as championship finals, with the second finals, still under negotiation, age 23/under, with a junior final to finish.

AW commented that BS were looking for feedback on removing presentations to reduce the length of the day. With CTP viewing this as a positive step, it was also suggested that the interviews should be removed with some other format for recognising achievements put in place. Discussion took place on how this could be done with options of photos on podium and posting on social media whilst noting that consideration should be given to the swimmer viewpoint with a suggestion put forward to consult with them during a National camp in order to ascertain their opinions.

## 10. AOB:

- National Swimming Committee/District Matters

AW reported that during the recent Swim Committee meeting some matters had arisen where feedback from CTP had been requested.

AW advised that a suggestion had been put forward to remove the option of using SC times to qualify for LC meets and whilst the general feeling from Swim Committee was to allow SC times they were seeking to find a coaching perspective. Discussion took place on the need to consider the whole nation along with the number of opportunities to swim at a LC meet prior to agreeing that SC times should continue to be allowed to qualify for entry to LC meets.

AW commented that a review of some awards presented by SS was taking place with consideration being given to awards for coaching and whether they should be included as part of the statutory awards, with currently only BSCA awards for swimming coaching in place.

Discussion took place not only on the various disciplines but also on the various levels and different types of coaching within each discipline with the potential for a large number of coaching awards. After careful consideration and given the number of other SS Awards it was felt that the best option would be to have one Coach of the Year Award that covered all disciplines allowing any other category of coaching award to be recognised externally e.g. by BSCA. It was noted that Coach of the Year did not necessarily have to be the coach of the Athlete of the Year.

Comment was given on the presentation of the Awards and need to consider the importance of the Award along with the timings at future Awards dinners. It was also noted that a Summary of the Awards would be useful. AW to feedback.

**AW**

No other business.

- 11. Date of next meeting:** Proposed dates were agreed with next meeting as detailed below;

28 November 2018, 1030hrs – 1230hrs  
Party Room, RCP, Dalkeith Road, Edinburgh EH16 5BB