

VIKING SWIMMING CLUB



ANNUAL GENERAL MEETING

DATE: Thursday 9 Nov 2017

TIME: 7:30 p.m.

VENUE: Ballyfermot Sports and Leisure

In Attendance:

Paul Smyth Chairperson
Majella Malone, Treasurer
Brendan Curtin, Committee Member
Brendan Ryan, Committee Member
Brenda Shannon, Secretary
Tara Connaughton, Children's Officer
Alan Walsh, Children's Officer

Jackie Roche, Head Coach
Conor Foley, Coach
Sinead Millar, Coach

Sign in sheet available for full member list
in attendance.

The meeting commenced at 7:40 pm

1. The Chairperson, Paul Smyth, opened the meeting, welcomed those in attendance and introduced the Club Officials and Coaches.

2. Minutes of Annual General Meeting held on November 2016.

The Chairperson, Paul Smyth, read the minutes of the Annual General Meeting held November 2016 into the record.

There were no matters arising from the minutes

The minutes were adopted without amendment.



3. Chairman's Report:

"The Club has gone from strength to strength over the past year. We now have over 130 members between the Minnows, Junior, Transition and Senior Squads. The training programme, across the week, for each of the squads is extremely well attended. The land training programme has recently been boosted by the work of Lawrence who is working very closely with Jackie and the coaches to ensure that the swimmers get the maximum benefit from each of the sessions. The minnows programme continues on its successful path. Our relationship with both the Centres t Ballyfermot and Stewarts continues to be strong.

Our financial position has remained stable, with extra swimmers at all levels, so we are confident at this moment in time that the club can discharge its dues, and can invest in new ventures. We had hoped to be in a position to draw down our Sports Capital Grant funding for new diving blocks however this has proved not to be possible in the timelines of the current scheme. It should be possible to make a further application in the coming year.

Our website was given a new look in 2016, and this, combined with Facebook, continues to be our prime communication tool for members and parents. We recently added a number of WhatsApp groups across the squads to keep parents updated on club relevant issues. I would strongly encourage all parents to sign up. We will continue to communicate via e-mail for Memberships and urgent issues. We are still open to a full re-development of the website, to bring it to an even higher level, so we appeal to anyone with website design/development experience to please make themselves known to us. Paul Collins who has maintained the website for the last number of years is stepping off the Committee and would like to see one of the parents with experience in this area to volunteer.

We have not needed to fundraise recently, but we did organise a Bake Sale with all proceeds going to the Ian Daly Swim a Mile with a Smile Challenge, which has proved to be successful as a fundraiser. These events also strengthen our links with Ballyfermot, increase our profile and also allow parents to interact outside of the swimming arena.

We again had a number of social events with the visit to Lough Crew Adventure Park being extremely well attended and providing a great social day out for the swimmers, parents and coaches. We are now in a position to subsidise these events and they provide great opportunities for a social gathering and again would encourage all who can take part to do so.

As I step down as Club Chairman and from the Committee there are a number of people I want to thank. Martin, Dionne and Stephen and their team in Ballyfermot have been helpful and cordial in all of our dealings with them. I was anxious that we secure our long term future in Ballyfermot and was happy to be able to sign our new 5 year agreement with the centre. I would also like to say thanks to Daniel and the team in Stewarts. We have strengthened our relationship with the centre this year and long may that continue.



I would like to thank all the members of the committee, past and present, for their tremendous support and attendance at our monthly meetings. Committee meetings are rewarding with strong debate and with decisions being made on a consensus basis. I have been extremely lucky to have worked with such a strong and committed group who all bring their skills, knowledge and understanding to their respective roles. To Majella, Brendan Curtin and Ryan, Tara, Alan I want to say a genuine and heartfelt thank you. You have been a joy to work with. I want to thank Paul Collins and Brenda who are both stepping down from the committee. They have given their time and energy to the Club selflessly over the last few years and the Club is lucky to have had both of them in key positions and difficult and challenging times and now in better times. I am lucky to have both of them available to me over the last year.

My sincere thanks also to Jackie and the coaching team, Sonia, Sinead, Conor and Alan. Again the Club is incredibly lucky to have people of their calibre to guide, nurture and support swimmers and to assist parents. The ethos of the Club is exemplified through the work they do. The time and effort they put into the Club at coaching sessions at galas and in preparing for training can't be underestimated. Thanks also to the assistants, Labhaoise, Eve, Aoife and Leanne for their efforts.

Thanks finally to all the parents who get themselves and their children up in the early morning and during the week for training and for their support at Galas and other events. It is an essential part of a Club such as this that we get parents volunteering to step up and take on roles even when they don't feel comfortable with the role. We need that to continue into the future and as a final word I would encourage all parents to get involved, to volunteer to help and to assist the Club in any way they can. I cannot think of anything more fulfilling or rewarding than to give of your time and your energy in the interest of others. I wish the Club and its members every success into the future.

Finally, thanks to all our swimmers, for their interest, application and dedication to their training. Our club exists solely for them, and we wish them well as they progress through the club."

4. Head Coach's Report

The Club attended 14 galas in total last year. We opted to go to Newry this year for our end-of-year gala for swimmers not involved in Nationals, instead of Wexford, which we have attended the last two years. This proved to be a great success with 28 swimmers taking part and lots of medals and PB's. It is on the calendar this year again, so keep it in mind.

We had a large group of swimmers qualifying for Nationals this season with 12 swimmers attending D2 and two swimmers attending D1. We had Aoife Allen, Hollie Curtin, Irina Egan, Diana Griniouk, Tara Mac Court, Oisin Malone, Lauren Neville Thomas, Katherina Perets, Eve Smyth & Orla Tallon at D2 and Naoise Allen and Daniil Loventski at D1. To have such a large group of



swimmers at this level of competition reflects the hard work put in by all during the year. Well done swimmers!

The Club continued to grow and develop over the past year. Numbers have increased in all squads and we have added a designated Strength and Conditioning Coach to bring the Saturday morning land training session one step forward. We had a talk on Sports Nutrition which was well attended and we hope to get a talk on Sports Psychology soon. This is exactly what we need to make the Club continue to grow.

None of this would have been possible without the outgoing Committee which did tremendous work over the last few years. With no disrespect to others, I personally must thank Brenda, who went over and above her duties as secretary and definitely made my job as Head Coach so much easier. No matter what report I asked for, she had it at my fingertips almost immediately!

The Club is now facing into a new swimming year and we have started well with a good attendance at the Development Gala, the Distance Gala and Leinster SC. Swimmers are already making good times with the majority achieving PBs. But we do face into a difficult time in swimming. Under a newly appointed Swimming Director, Jon Rudd, it will become increasingly difficult to qualify for National Events, especially for our older swimmers. I have prepared a hand-out for parents to explain the new structure.

It will be important to understand the structure and make sure all swimmers attend the appropriate galas for them. One big change will be Distance events. The focus of Junior Squad is to make proficient 200m swimmers over all events. This is in line with current thinking about the best practices for age-groupers. But none of our Juniors can now swim distance events at Leinster meets without qualifying times and we will have to have a good look at Club galas to get them a chance to quality.

We must be very vigilant and not sit back because all is going well. The incoming Committee will have to take up the reins and continue to drive the Club forward. The Minnows squad, which is now well established, will give us a continuous feed into Junior squad with the calibre of swimmers that we want with a good understanding of what is ahead of them.

I would encourage all parents to continue to support the Club, to do duties in Ballyfermot and at galas willingly, but also to support their swimmers in pursuit of their sport. Swimmers should arrive on time, they should have their equipment and water bottle with them. Swimmers should take responsibility themselves but, ultimately, they need parental support.

The coaches have also put together a list of the criteria needed to move between squads and lanes. These criteria have been in our heads forever but it was necessary to get those thoughts down on paper so that swimmers and parents can see what we are looking for and what we expect from the swimmers as they progress.



As Head Coach, I am lucky to have such a strong team working with me. I must thank Sonia, Sinead, Conor and Alan for their continuous hard work and dedication. I would also like to welcome Lawrence as the Strength & Conditioning Coach. I would like to mention too the Senior swimmers who have been coming on to the bank to assist with the Juniors. Eve has now been joined by Leanne and Aoife, and Labhaoise has returned after her Leaving Cert. These really represent the future of the Club and the coaching staff will support them in any way we can.

I must also say thank you to you, the parents. Swimming is a fantastic sport but it is also a tough sport requiring a huge commitment. Coaches depend on the parents to get their children to training regularly. Our swimmers are a polite, hardworking bunch of kids and it is a pleasure to work with them. I look forward to this new season ahead of us. I particularly look forward to the busy buzzy sessions in the pool. I have no doubt that this season will bring many challenges but I have no doubt either that with the new committee, coaches and parents working together, Viking SC will continue to thrive.

5. Secretary's Report

Current Membership:

Total number of Swimmers is 130

43 Minnows

44 Junior

12 Transition

31 Senior



6. Treasurer's Report

The Financial Statement for the period to 31st October 2017 was circulated at the meeting. Majella Malone, Treasurer presented the financial statement.

7. Election of Management Committee Members

- Paul Smyth informed the meeting that himself, Brenda Shannon, Secretary and Paul Collins, committee member, are departing from their roles and thanked them for their service to the Club and its members.
- The following Committee Members put had been proposed election:
 - i. Officers of the Club
 1. Chairperson: Brendan Ryan
 2. Secretary: Ciara Duffy Kane
 3. Treasurer: Majella Malone (re-election)
 - ii. Committee Members
 1. Brendan Curtin (re-election)
 2. Brian McGann
 3. Isobel Collins (Member/Gala Secretary)
 - iii. Club Children's Officers
 1. Alan Walsh (re-election)
 2. Tara Connaughton (re-election)

It was proposed by Paul Smyth, seconded by Paul Collins and unanimously agreed that the Treasurer, Committee member and Club Children's Officers be re-elected.
 - iv. The election of the remaining positions of Chair, Secretary, Committee member were proposed and seconded and unanimously agreed.
 - v. It was agreed that Majella Malone and Brendan Curtin would remain as bank signatories, removing Paul Smyth and Brenda Shannon; and adding Brendan Ryan and Ciara Duffy Kane.

8. Changes to Club Constitution

Changes to the constitution were not presented to the meeting as there are a number outstanding items from swim Ireland and it was agreed that an EGM would be held at a later date to ratify the changes.

9. The Chairperson opened the floor to questions. The following issues were discussed:



- i. Club Gear: Majella Malone informed the meeting that quotes have been obtained for t-shirts, hoodies, shorts and tracksuit bottoms. Fitting sessions will be organised before the New Year. A discussion was held on sponsorship.
- ii. Galas: Parents requested that the committee look at the method of assigning tasks at galas so that parents are not left on gala jobs without relief or training. The incoming committee agreed to look into this.

10. AOB

- The Christmas Gala will be held in Ballyfermot on the 16th December. The Minnows will be invited to participate in a fun relay in Stewarts.
- A Sea Swim will also take place, possibly on the 1st January. Date TBC.

The Meeting concluded at 8.45 p.m.

