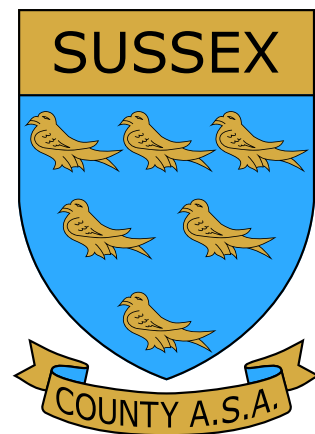




Annual Report 2024-25



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 ***Nothing can happen in our sport without our magnificent and dedicated volunteers. Thank you.***

President's Report



Sussex President 2024/25 Kate Lafferty

As my term as President of Sussex County ASA comes to an end, I want to take this opportunity to reflect on what has been an immensely rewarding journey and to thank each of you for your continued support.

Two particular highlights over the past year for me were the Sussex County Swimming Championships and the Inter County competition in Sheffield.

The County Championships once again brought together swimmers of all ages and abilities, showcasing the incredible depth of talent and the strength of our clubs across Sussex. The atmosphere, sportsmanship and performances were exceptional.

At the Inter County competition in Sheffield, our swimmers delivered a brilliant performance, representing Sussex with pride, passion, and determination on the national stage. Their efforts and successes reflected the high standards of training and the unwavering support of their coaches, families, and clubs.

None of this would have been possible without the extraordinary people who make Sussex swimming what it is. Thank you to the committee members for their dedication, to the coaches for inspiring the next generation and to all the volunteers who give their time so willingly. None of what we have achieved during the year could have been done without you.

Thank you again for the honour of serving as your President. It has been a privilege I will always cherish.

As I hand the reigns over to Wendy Pritchard, I do so knowing she will embrace and enjoy being Sussex County ASA President as much as I have. With warm regards and best wishes for the future.

Kate Lafferty
President

Chair's Report

I believe that we can now say with confidence that our sport and clubs have moved on from the 2020 pandemic and that clubs have reversed the worst of the effects that that brought. A similar situation has occurred across the south east region.

Swim England continues to evolve and appears to be continually introducing, mostly subtle, changes that still impact clubs and volunteers. One of the most impactful are changes to the supervision ratios for swimmers on poolside. The number of team managers now required by clubs to support swimmers during competition is having a significant impact the county's ability to run events effectively. There is always going to be a limited number of people willing to volunteer for anything and that group is now being asked to commit more time.

Every club is impacted by these issues and I would ask everyone to see if they could support their club by volunteering for whatever time they can. It's not always easy but it always rewarding.

During the year Brighton SC and Shiverers joined forces to become City of Brighton & Hove SC and is now able to provide swimmers in the city with a strong pathway from learn to swim to Masters and a real opportunity for swimmers wanting to experience other disciplines including Open Water, Artistic Swimming or Water Polo.

Unfortunately, the City has an aging stock and some indecision about what to do. As reported last year the development of a new pool is recognised by local politicians as important but very little progress appears to have been made on the what, where and when's of a new facility. Similarly, there has been little movement anywhere else in Sussex. This indecision is not being helped by the ongoing consultations about local government boundaries.

Over the past couple of years there have been issues with the reliability of the booms at K2 Crawley which is now almost 20 years old. However, in January 2025 Crawley Borough Council invested in a programme of investigation to determine the cause and possible solutions to the reliability of the booms. Thankfully the investigations also identified a relatively straightforward solution which seems to have worked – we now have a 50m pool that, so far, has proved reliable. We have now confirmed booking into 2026 to use the pool. For both long and short course championships.

This report is once again unable to bring any news from the Sussex Artistic Swimming community. The position from my last report is unchanged with three clubs supporting the discipline but with no representation them around the county management table. Despite their being no representation from Artistic Swimming at county level, and therefore no funding to support its development, the three clubs that train Artistic Swimming do compete and have success at Regional and National competition.

There is a similar situation with Water Polo. The early signs that were suggested last year remain just that. The one big change is that the South East Region have appointed a new Water Polo Manager who is building on the positives. I am hopeful that this will continue and players will have an opportunity to compete once again.

There is better news with Diving. In early March 2025 Crawley SC were able to incorporate the Crawley Diving Club and bring them into the Sussex diving community. It is very early days but we are hopeful that this represents a new beginning. You can read more about our diving activities in Hilary Knott's Diving Report on page 11 of this report.

Volunteers from Sussex were once again celebrated at the Swim England South East Volunteering Awards:

- Development Coach of the Year (Silver Award) was made to **Ben Stevens** from Beacon SC
- Volunteer of the Year (Bronze Award) was made to **Becci Henderson** from Worthing Water Polo

Every year we invite all our past Presidents, life members and committee members to a lunch to thank them for their service and to learn more about the history of swimming in Sussex. At these events we also have to pause and remember those Past Presidents that have passed during the year; Sheila Paice was our President in 2009/2010. I also want to pay tribute to David Chan (Worthing SC) who was a great friend of our Masters Community who died earlier this year.

As I have said before and happily repeat myself, nothing can happen in our sport without our magnificent and dedicated volunteers and I want to take this opportunity to again thank all the people who sit on our committees, help run our events and also work within clubs to make sure that our athletes are kept safe and can each reach their personal goals. Every level of our sport, from the very highest level competition to the people who welcome new members into a club for the first time, runs because of the time that volunteers freely give to help others. Thank you.

Before signing off I want to make a special mention of our President, Kate Laffety. Kate will be standing down at our Annual Council Meeting in June after two very busy years. Not only has she come to all our competitions, travelled with the team to Sheffield, contributed to committee meetings and handed out the awards but she, along with Gemma McNish and Deedee Pickering have run the medals desk ensuring that every one of our swimmers gets the awards they deserve. Kate will be passing the President's chain to Wendy Prichard (Eastbourne SC) who will represent the county until June 2027.

Brian DeVal
Chair

chairman@sussexswimming.org

Finance Report

Year end 31 March 2025

I am pleased to report that the activities during the year resulted in a surplus of £9,665.

Attendance at events – both swimmers and spectators – again increased. Fortunately, this more than compensated for the ever-increasing expense in pool hire, medals and other costs. We hope that this level of participation continues into the year ended 31 March 2026.

Again, our development programme benefitted from the £5,000 sponsorship received from P&S Electrical during the year.

Looking forward to the year ended 31 March 2026, we are budgeting for costs to rise further. However, with reserves in excess of £73,000 at 31 March 2025 we are in a strong financial position to manage these future challenges.

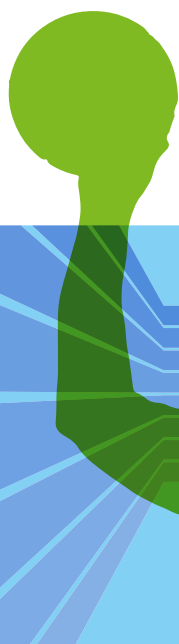
Sarah Johnson
Honorary Treasurer
treasurer@sussexswimming.org



Sussex County Amateur Swimming Association

Income and Expenditure Account for the year ended 31st March 2025

		<u>2024/25</u>		<u>2023/24</u>	
		Income £	Expenditure £	Income £	Expenditure £
<u>Swimming Income</u>					
Galas	Entries	47,365		41,420	
	Door	19,886		18,253	
	Other gala income	2,087		995	
Sheffield	Swim England Subsidy	1,000		1,000	
		70,338		61,668	
<u>Expenditure</u>					
Galas	Pool & Room Hire	31,220		26,471	
	Trophy - Engraving & Refurbishment.	-		5,555	
	Medals and Awards	12,174		8,150	
	Gala Refreshments	3,548		3,460	
	Equipment cost	1,868		1,308	
	Other expenses	7,441		4,463	
Sheffield	Costs	8,562		8,096	
			(64,813)		(57,503)
<u>Other Sections</u>					
	Masters	6,529	(4,738)	4,552	(4,646)
	Diving	95	(112)	95	(205)
	Development	1,580	(5,890)	1,500	(5,881)
		8,204	(10,740)	6,147	(10,732)
<u>Other Income</u>					
	Bank Interest	1,145		953	
	Sponsorship income	5,000		5,000	
	Affiliation Fees	5,148		5,008	
		11,293		10,961	
<u>Other Expenditure</u>					
Administration	General	(1,835)		(1,777)	
	Finance	(1,061)		(767)	
	Promotion/Development	(215)		(1,160)	
	Gratuities and donations	-		(200)	
	Dinner ACM & Mid Term Meetings	(1,440)		(1,205)	
	Travel Expenses	(17)		-	
	Equipment purchased - computer & printer			(180)	
	Independent Examiners fee	(50)		(50)	
			(4,618)		(5,339)
		89,835	(80,171)	78,776	(73,573)
Surplus/(Deficit) for the year		9,665		5,203	



Sussex County Amateur Swimming Association

Statement of Affairs as at 31st March 2025

		<u>2024/25</u>		<u>2023/24</u>	
		£	£	£	£
<u>Balances B/Fwd</u>	Previous Profit and Loss Surpluses	63,743		58,540	
	Plus Surplus/(deficit) for Year	<u>9,665</u>		<u>5,203</u>	
		<u><u>£73,408</u></u>		<u><u>£63,743</u></u>	
<u>Represented By:</u>	Cash in Hand and at Bank (Sussex)	61,700		59,473	
	Sundry Debtors	1,349		1,523	
		<u>63,049</u>		<u>60,996</u>	
	Less Sundry creditors	(229)		(2,612)	
		<u>(229)</u>		<u>(2,612)</u>	
	Add Medals & Clothing	<u>10,587</u>		<u>5,358</u>	
		10,587		5,358	
		<u><u>£73,408</u></u>		<u><u>£63,742</u></u>	

Brian DeVal

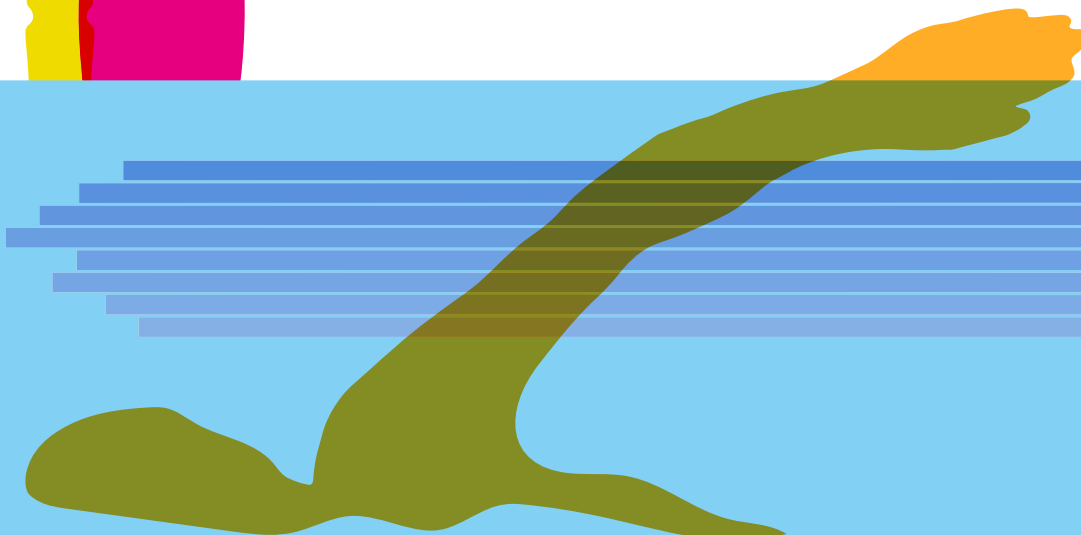
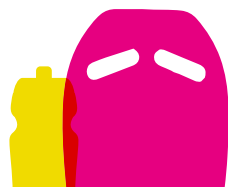
Mr B DeVal
Chairman

Report of the Examiner to the Members of Sussex County ASA.

I certify that the above Accounts have been prepared from the books and records of the Association and are in accordance therewith. I have not examined the physical holdings in stocks.

Geet K.

S Rose ACA
Honorary Examiner
16 May 2025



Swimming

I am delighted to have completed my first year as Swimming Manager for Sussex, however stepping into this role has been a very steep learning curve to say the least.

As a parent of three swimmers, a J2S Official and Volunteer Coordinator for my home club (Hastings Seagull SC), becoming the Swimming Manager has given me a fantastic opportunity to bring all of my experiences together and provided me with the privilege of working with some of the most dedicated and experienced people in our sport who have supported me every step of the way. Their passion for swimming is second to none and it has been a pleasure to become part of this Team.

The Swimming Committee meet every 2 months with the remit to plan our competitions, oversee development and select a team to represent the county. The committee work hard to deliver what clubs and coaches want through discussion with our coach forum within a busy swimming calendar. Without this team none of our competitions would happen let alone run as smoothly and professionally as they do.



Team captains Harley Williams & Katie Oliver

As in previous years our swimming calendar follows a regular pattern with a short course (25m) competition in October followed by our long course (50m) Championships in January & February. The big change in 2025 was the introduction of long course relay Championships just before our main Championships.

The first competition of the reporting year was the Intercounty Team Championships. This annual event brings county teams together in Sheffield for a day of drama and fast times in the pool. In 2023 we defended our place in the top division and so our 2024 team had a lot to live up to. Under head coach Lee Hammond and assistant Becky Harrison, the team did not disappoint! Most swam PB's and we retained our ranking. This great result is a testament to the hard work that swimmers do with their own coaches every week.

The Winter Competition in October included the 4x25m Individual Championships for junior and open swimmers as well as salvers for winners of the Age Group point competitions for 10yrs – 14yrs swimmers.

It was also the first opportunity to show off the designs for our new Championship and age group medals.

We changed the format of our Relay Championships to long course with club points carrying over to the Championships. Although some felt that the new format lost some atmosphere the event allowed more space and better conditions for swimmers and volunteers. For the first time we presented salvers to every member of the winning teams so that they can have them engraved with teammate names as a memento of friendship and success.

After careful consideration we have agreed that the change to long course was an overall success and will remain the format of the gala going forward. We made this decision because it is important that everyone has great conditions that let them prepare to perform at their best.



At the County Championships

Photo: bendavidsonphotography.com

Our Championships programme again included 68 Championship events. The event covers two whole weekends and two evenings for long distance racing. Several significant records were achieved during the Championships:

- **Rebecca Hardy Bishop (Crawley)** achieved a British S12 record for 1500m freestyle & also achieved a British Championship QT in the S12 100m backstroke.
- **Patryk Przyczyna (Eastbourne)** set 3 South East Region 14yrs records – 50m & 100m backstroke & 100m butterfly. He also set 5 County U/16 records – 50m & 100 backstroke, 50m, 100m & 200m butterfly.
- **Ella Thornburg (Crawley)** set a new County record in 100m butterfly.

Once again, we need to report that the supervision ratios now required by Swim England are having a significant impact on the number of volunteers able to help deliver our competitions. It is essential that swimmers are properly supported and supervised but there is also pressure to deliver the very best competition for our swimmers. The challenge is that we can only recruit volunteers who are members of clubs. If you think that being part of our team instead of sitting in the crowded gallery sounds like something you could do, then please ask your club to make you a Club Support member. There isn't a club anywhere that will ever turn you away.

“The supervision ratios now required by Swim England are having a significant impact on the number of volunteers able to help deliver our competitions

To ensure that our county continues to grow and develop for many years my aim is to recruit new members who can bring fresh thinking and new skills to the group.

Bill Uttley-Moore
Swimming Manager

swimmingmanager@sussexswimming.org



Our Championship medals

Development

The primary development activity in the year was the delivery of three Development Pathway Camps for our most talented 10yrs, 11yrs and 12yrs swimmers. Selection for the programme was through the County Championships in February. A total of 74 swimmers were included in the squad.

These three camps, held in June, September and December, were held at various schools in Sussex; Eastbourne College, Windlesham House and as a first for any organisation we were able to use the excellent new facilities of Brighton College.

Lisa Chapman (Hastings Seagull SC) took on the role of head coach and was supported by lane coaches, strength and conditioning trainer and sport psychologist. Together the team aimed to provide our young athletes with new skills that they could take back to their clubs and hopefully use throughout their swimming careers.

With no one able to take on the role of Development Manager I added this to my portfolio as interim manager. As I write I am delighted that Simon Taylor, who stepped back last year, has been able to join the team again for 2025 and I hope that his new plans will be fully supported by clubs and coaches.

Once again the county had generous support for our development programme from P&S Electrical (South East) Ltd. I want to take this opportunity to thank them for their generous support over the past three years.

Brian DeVal
Interim development manager
development@sussexswimming.org

Para-Swimming

For some of our para swimmers it was a very successful year with great results and national recognition but for others it was frustrating.

Starting with the successes: There were notable achievements from Alfie Penfold and Rebecca Hardy-Bishop from Crawley SC and Lewis Jones from Arun Tridents with all being selected for the Swim England Para Bespoke Programme (PBP) for the 2024 – 25 season. They achieved this on

the back of great performances in all the home nations and British Championships where they broke records and set some wonderful PB's. Genevieve Hunter (MSM) also competed in the Scottish Nationals.

Rebecca Hardy-Bishop (Crawley SC) achieved a British S12 record for 1500m freestyle at the Sussex Championships in February.

Lewis Jones is part of the DiSE Team England Squad and travelled with the squad to Sweden to race for the Swedish Grand Prix in March.

Mid-Sussex Marlins SC hosted another low-key Para Gala in June when 66 para swimmers from several local clubs competed for lots of medals and had lots of fun.

The British Downs Syndrome Championships returned to K2 in November and provided a great opportunity for Sussex swimmers to compete in a major competition, many for the first time.

“A combination of complexity, qualified personnel and the number of people wanting classification, often causes delays

Both Jasper Thornton-Jones and Marley Challen (Mid Sussex Marlins SC) had hoped to be classified whilst at the South-East & South-West Regional Combined Development Meet in September. Unfortunately, that couldn't happen at this event as not all the paperwork had been completed in time. The good news is that Jasper went on to be classified (S6 SB5 SM5) in February.

A combination of complexity, qualified personnel and the number of people wanting classification, often causes delays in the classification process across the country, but hopefully these things will soon be resolved.

Sussex has some great coaches working with our para swimmers and clubs are very willing to find space in their busy schedules so that our para swimmers can get the opportunities they need.

Pauline Draper
Disability Adviser to the Swimming Committee

Diving

I am pleased to report that in 2025 Sussex Diving sees an increase in the number of clubs offering diving to two, unfortunately the lack of diving facilities in the County still restricts more clubs offering the sport.

As a section, as well as teaching diving, we continue to offer divers the opportunity to compete in the County Championships and competitions.

Competitions

We welcomed Josh Coulson and Sarah Coulson to our Sussex Officials list as a Diving Judges.

Synchronised diving: This is an interesting event to watch, two divers both doing the same dive from different boards. As the name suggests, divers try and synchronise their dives in all aspects; the run, take off, flight and entry.

To make the most of the sport more judges are always required. Judges in synchronised diving either look at the execution of a dive – how a dive is performed or judge the synchronisation of the divers.

If becoming a diving judge interests you then please make contact to learn more about the training to become a Sussex diving official.

I therefore appeal to relatives of our divers and anybody else that would like to become involved in diving to contact me.

Skills: There has been an increase in the number of participants in this event. Considering that the novice has to complete 12 dives from 3 different levels, the poolside, 1m and 3m, it is a challenge to teach these progression dives to competition level but very rewarding when the diver achieves their 'set'.

1m Championships: The 1m is the most popular event with all categories being competed for, currently there are more open/males than females but numbers entering are consistent with 2024. In training, when the dive is confidently achieved on a 1m board, progression is to move the dive up to the 3m board.

3m Championships: The continual progression from 1m to 3m and the standard of diving has slowly improved as with the difficulty of the dives

performed, we are seeing more somersaults in at least three different groups being attempted in the 3m championships. Unlike the 1m, the 3m's entrants fluctuate but still retain the core established divers.

Clubs:

Worthing Swimming Club's (WSC) diving section operates on two days a week, a Tuesday (two groups of novice divers and one group of experienced divers) and Thursday (a large mixed group). The club currently has a waiting list. Because of the limitations on time the club is not able to offer diving lessons to adults.

Crawley Swimming Club's (CSC) diving section operates on two days a week, Tuesday and Thursday. As mentioned in the Chairman's report Crawley Diving Club was recently amalgamated into Crawley Swimming Club where they can now benefit from Swim England governance.

This is an exciting development that we hope will provide divers from the area access to great facilities.

Judges in synchronised diving either look at the execution of a dive – how a dive is performed or judge the synchronisation of the divers

Diving Development:

During the year we again held a development camp, feedback agreed that the event was an improvement on the previous year. This year we moved pools to Tunbridge Wells where there are additional facilities and opportunities.

These included a dry board facility that allows divers to practice their take-offs from diving boards onto mats and a 5m firm board which all divers experienced. Numbers attending was similar to previous years with the ages of the divers ranged from 6 years to 21 years with the abilities from beginner to competition diver. The sessions followed a similar programme with dry side training and time in the pool.

The diving committee continue to look for ways to improve the development session and the use of different pools to ensure a session that fully challenges the divers in new ways of dry and water based training, including identifying a trampolining coach who could offer a trampolining session for divers during our development session.

I want to thank Hilary Brame (WSC) who supports Sussex Diving in her role as WSC Diving Secretary and as Diving Referee and Judge at the County events. In addition, I thank all the officials who attend the events, without them we could not hold the competitions or championships. My thanks also to WSC who donate pool time for our County events.

The coming year looks very positive with more divers and more officials joining the sport.

Hilary Knott
Diving Manager
divingmanager@sussexswimming.org

Masters

The Sussex Masters' championships took place on 8th September 2024 at Pavilions in the Park, Horsham. The events included individual and

relays with a total of 988 entries of which 378 were from Crawley Swimming Club. The final team points saw Crawley as the runaway winners taking the top team trophy. Second were Mid Sussex Marlins and third were Lewes Swim Club. The relay trophy also went to Crawley Swim Club.

In October 2024 swimmers from several Sussex clubs attended the National Masters' Short course championships in Sheffield. At the event, Steve Braine (Mid Sussex Marlins) gained an individual British record in the 50m Butterfly.

At the same event the Male/Open 240+ age group relay team from Crawley SC secured two British records in the 4 x 50m Medley and 4 x 200m Freestyle. The team comprised Alan Parkins, Nigel McDonal, Mark Robertson and Ade Belcham.

In November our Sussex Masters team headed off to the London Aquatics centre for the South East round of the Swim England National Masters Inter-County Championships. When all the results were confirmed Alison Gwynn (MSDM) came first in the 75/over 50 Free. Our Sussex team finished 9th out of 31 counties.

Trixie Nisbet
Master Manager
mastersmanager@sussexswimming.org



Crawley SC Masters won both the club points and relay trophy at the 2024 Championships

Officials Coordinator

Since my last report there have continued to be parents and Young Volunteers who have undertaken various online training and have successfully completed their qualifications.

Therefore, as mentioned previously, if anyone wishes to undertake either Timekeeper or J1 training it is now only accessible online through the Institute of swimming at www.swimming.org/ios/courses-officials-volunteers

J2 training has now changed in that it is now face to face, with a J2 logbook in a similar format to the version used for J1 candidates. However, this training no longer requires a final practical assessment, as it is all undertaken by signed off competencies.

The J2S and Referee's training continue to be delivered face to face via zoom. Both still require a final practical assessment to be undertaken.

Contemporary Issues training has now been withdrawn and replaced by a mandatory online CPD course which is as follows:

- **Under 18** – Foundation Safeguarding for Young People
- **Over 18** – Foundation Safeguarding Course for Adults

Any Official who requires to relicence as from now will have to undertake this mandatory online CPD course. This will now apply to any J1's in training who are yet to complete their J1 training.

Officials in training during the year

The numbers who have undertaken and completed their training in the years since March 2024:

Candidates	Course	Numbers successfully completed training
120	Timekeeper theory and competency completed	
2	Young Volunteers J1 online theory	
35	J1 online theory	19
11	J2 theory	20
10	J2S theory	6
7	Online Contemporary Issues module completed	
8	Referee Beginner's Guide	1
1	Trainee Referee to complete Referee final practical assessment	

In addition, Sussex welcomed candidates from outside of the county to undertake and complete their official's training.

1	Young Volunteers TK competency
1	Young Volunteers J1 trainee completion
8	Timekeeper competency
2	J1 Training completed
3	J2S final assessment
1	Referee training completed

We welcome everyone, whether you have a swimming background or not, to join our training programme and ensure that swimmers can have competitions to swim in with well trained officials to run them – without trained officials the County cannot run competitions.

It is now not a requirement for trainees to include all levels of events from Level 4 to Level 1 in their training programme, however, in Sussex we are fortunate that our clubs run a number of events throughout the year which can provide training opportunities, so hopefully trainees can get their competencies signed off by a qualified Licensed Referee, especially at events at Level 3 and above.

It would be appreciated if anybody wanting to be mentored at any gala could let me know beforehand so that I can allocate a properly trained official to mentor you.

On behalf of the County I would like to express my thanks and appreciation to all our Course Tutors for the time, effort and dedication they give in the organisation and running of these Swim England Officials Courses. Also, to the mentors who have helped in the training at the relevant Galas to ensure that we now have more qualified officials to help with Officiating at our events.

Chris Hobbs
Swimming Officials Co-ordinator
swimmingofficials@sussexswimming.org

“Sussex welcomed candidates from outside of the county to undertake and complete their official’s training

Welfare and Safeguarding

During the year I have been asked for advice from Clubs on Welfare issues and in some situations Swim England have had to become involved for their advice and support to ensure best practice has been maintained.

There have also been several sessions for all Club Welfare Officers to attend to ensure that they continue to be updated with different scenarios and updates of topics to be discussed from the National Welfare Team.

It is desirable that all Club Welfare Officers attend both “Safeguarding Children” and “Time to Listen” courses so they can understand what best practice is and how to manage any child welfare concerns they identify or are informed of. Both courses are now only accessible online.

To ensure that I have always got up to date contacts information for Clubs Welfare Officers I would be very grateful if I can be notified of any changes as soon as possible.

Chris Hobbs
Welfare Officer
welfare@sussexswimming.org



At the County Championships
Photo: bendavidsonphotography.com