# SASA NORTH DISTRICT COACHES FORUM SET UP MEETING

## Fraserburgh Pool – 3 October – North District Distance Meet – Meeting Notes

In attendance – Alison Low (Aberdeen), Liz Robertson (Westhill District), Lynn Alderton (Alford Otters), Lorraine Harcus (Westhill District), Sean Dawson (Bridge of Don/RSDM), Helen Smith (Swimming Convenor), Keith Thomson (President), Sarah Burkinshaw (Broch), Colin Reekie (Peterhead), Karen Blanchard (Deveron), Lynne Barnett (Deveron), Claire Sutherland (Upper Deeside), James Scott (Broch), Gail Murray (Peterhead), Tracey Ogg (Garioch), Pauline Downie (Broch), Laura Bowie (COAST/Cults Otters), Maureen Keil (Inverness), Liz Riley (Cults Otters) and others.

A number of apologies and messages of support had also been received.

## Welcome

Alison welcomed everyone and outlined the short history leading up to the meeting and the purposes of setting up a Coaches Forum in the North District. Initially the hope is that as coaches we can get the North District to help us share ideas and network more effectively. All agreed that whilst as clubs we compete against each other, we need to work together and support each other too.

It is desired that as many teachers and coaches will take part and contribute and that there will be no hierarchy within the forum and ideas are welcome from everyone, no matter what their qualifications or experience are.

## Finance

A financial contribution from the North District will be sought. It is expected that a budget will need to be submitted to the AGM but it is hoped that this will be ample and some flexibility will be available, especially in the set-up year. There are very few coaches attend District meetings and all are encouraged to attend in order to have their views heard. Every club can send up to three delegates to each meeting.

## Ideas for Activities

* Mechanism for sharing philosophies, sets or schedules, training plans
* Engage with experts and support staff – other coaches, physios, psychologists
* Hold open workshops or seminars for level 2 and level 3 coaches for stroke/skills development
* Share information we receive – it was noted that there may be development opportunities for coaches that they cannot attend because they don’t know they are happening
* Selecting a representative team to attend a meet and/or training camp

## Actions to follow from Meeting

* Set up a contact list of coaches who have attended this meeting and/or expressed an interest and/or known to be active for sharing
* Set up a facebook group to serve as an easy method of sharing information or seeking help – all welcome – invite anyone and everyone to join
* Prepare broad and open financial request to go to the AGM with some estimate of budget breakdown
* Plan a second open meeting at the North District Grand Prix