# SASA NORTH DISTRICT COACHES FORUM - Budget Request

Please note that due to the number of unknown factors the plans and budgets are not detailed as it is very difficult to negotiate prices or even to firm up dates and possible events with no prior knowledge of funding available.

## Pre-amble

A number of different needs and wishes were identified for both coaches and for swimmers through initial meetings, face-to-face discussion and correspondence. It is clear that there is a wide range of needs and wishes but the following were identified as being common themes that the District could support –

## Common Comments on Gaps/Needs and Wishes

Accessible education/mentoring/CPD for level 1 and level 2 coaches working in clubs

Perceived poor provision for Senior Bronze swimmers and for those on the periphery (aged 15+)

Lack of opportunity for senior/youth swimmers to train/travel with peers, especially from small teams

Desire to compete in a representative team

## Activities to meet these Gaps/Needs/Wishes

**Attendance at a meet as a representative team selected from either rankings or from a North District Championships aimed at older District swimmers**

Number and age of attendees, number of coaches, specific meet and method of selection to be agreed by Coaches Forum and endorsed by North District Swimming Committee when formed

Currently proposed as 10 – 12 swimmers, aged 16+, 3 staff, domestic or foreign meet

**Domestic Residential Camp**

Number of attendees, number of coaches and method of selection to be agreed by Coaches Forum and endorsed by North District Swimming Committee when formed.

Currently proposed as 10 swimmers aged 14 – 16, Melanie Marshall 5 day swim camp with 2 staff. Attendance straight after SNAGs so travel from Glasgow.

This is a pay by attendee camp. It would serve two functions -

1. Inspiring and motivational camp for swimmers
2. Educational opportunity for coaches. Coaches cannot stay at the camp but can be housed nearby and would eat and work with swimmers during the day. The plan would be for coaches attending to gain experience working in a different environment and with different coaches with a view to them using that experience and new knowledge to share with the coaches forum so that we can deliver our own camps more effectively in the future.

**Two Day Long Course Training Opportunity combined with Coach Education**

Number of attendees, number of coaches and method of selection to be agreed by Coaches Forum and endorsed by North District Swimming Committee when formed.

Currently proposed as 40 – 60 swimmers aged 12 – 16 at ASV with one external coach to lead and volunteer coaches rotating to include training and alternative activities for swimmers. This would take place between the Scottish Open and the Scottish Summer Meet and is aimed at swimmers qualified for Summer Meet. Swimmers and coaches to arrange own accommodation and meals with preferential rates at Hillhead to be sought by District to support this.

## Budget

**Attendance at a meet as a representative team selected from either rankings or from a North District Championships aimed at older District swimmers**

Assuming 12 swimmers and 3 staff

72 swims @ £10 = £720.00

15 persons @ £400 = £6000.00 (4 nights accommodation (160) and sustenance (160) domestic travel (80))

Total cost = £6720.00

12 swimmer payment @ £100.00 = £1200.00

**Cost to District = £5520.00**

Or

72 swims @ £10 = £720.00

15 persons @ £800.00 = £12000.00 (5 nights accommodation (200), sustenance (200), flights and transfers (400))

Insurance ?

Total cost = £12720.00

12 swimmer payment @ £200.00 = £2400.00

**Cost to District = £10320.00**

**Domestic Residential Camp**

Assuming 10 swimmers and 2 coaches

10 swimmers camp @ £499 = £4990.00

12 travel Glasgow to Derby @ £30.00 = £360.00

12 travel Derby to Aberdeen @ £44.80 = £537.60

2 coaches camp @ £140.00 = £700.00 (5 night accommodation at IBIS and meals from SwimInspiration)

Total cost = £6587.60

10 swimmer payment @ £125.00 = £1250.00

**Cost to District = £5337.60**

**Two Day Long Course Training Opportunity combined with Coach Education**

Assuming 40 swimmers

8 hours x 4 lanes @ £15.50 =£496.00

2 hours at transition extreme climbing @18 = £720.00

Lead coach £500.00

2 hours x 8 specialists for delivery at camp and/or tutors @£50 = £800.00 (to include prep time)

6 hours games hall @ £28.00 = £168.00

8 hours seminar room @ £12.50 = £100.00

Total cost = £2784.00

40 swimmer payment @£40 = £1600.00

**Cost to District = £1184.00**

**Total cost to District =£12041.60**

**Or**

**Total cost to District = £16841.60**