



**North Norfolk Vikings
Swimming Club
AGM and Review of the Year
2023**

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Introduction

Welcome to Review of the Year 2023 and to many new swimmers who have joined us this year. This review will form the basis for the AGM and Presentation Evening, which is being held at the North Walsham Community Centre on New Road.

This year has been a busy one, with swimmers entering their first galas through to representation at Nationals and Regional and National Champions. A first for the club in the past few years.

We continue to grow and make a noise wherever we swim. It is so warming and heartening to hear how officials and hosts talk about Vikings. We may be small in numbers but when that inner Viking is unleashed, we are mighty and loud!

The club continues to go from strength to strength whether in the pool, fundraising or innovating while maintaining good competitive standards of coaching at its core, ensuring that all swimmers have the opportunity to achieve what they want to achieve.

I hope that you find this booklet useful and a good reminder of all that has been achieved this year – there has been a lot and we have a bumper 2024 to look forward to.

Many thanks for your continued support and I look forward to seeing you all on Friday 24 November.

Sarah

Chair NNVSC

Friday 24 November

The AGM will be held at 7pm on Friday 24 November at North Walsham Community Centre, New Rd, NR28 9DF. As usual please can we ask all to bring a plate of something for all to share – sweet and savoury. The bar will be open so you will be able to purchase drinks, including soft drinks. This year there is no clash with any world cup games. There will also be a raffle so please bring along any prizes to donate or money to buy those tickets!

On completion of the AGM there will be a presentation of awards from club champs and the annual special awards presentation. This will be followed by a disco.

AGM Agenda

1. Opening of the meeting – Chair
2. Apologies – Chair
3. Confirmation of minutes of previous meeting – Chair (will need a proposer and seconder)
4. Presentation of Annual Report – Chair
5. Presentation of Coach's report – Lead Coach
6. Presentation of Treasurer's report – Treasurer
7. Election of committee

Current committee. All have agreed to stay where names are present. Please see later on for explanations of the role. We still need a few more, so please consider volunteering if you can.

Chair - Sarah Buchan
Secretary – Sam Seaman
Treasurer - Jane Bussey
Membership Secretary - Jane Bussey
Welfare Officer - Louise Harris
Second Welfare Officer: Becca Morton
Swim 21 Co-ordinator - Guy Metcalf
Fixtures Co-ordinator – Nicky King
Social Media / website - Gapped
Fundraising - John Holden

Other committee members:
Squad A1 & A2 - Anna Drake
Squad B1 & B2 - Craig Sayer
Squad C1 & C2 – Sam Seaman
Development – Gapped
Masters - Spike Buchan
Tri - Guy Metcalf

8. Vote of thanks to outgoing committee – Chair
9. Notice(s) / motions – Chair

10. Any Urgent General Business – Chair

Please send any items to Sarah by the 22 November 2023.

11. Closure - Chair

Committee roles and volunteering

The committee has continued to work extremely hard this year to ensure that the club is profitable and providing the service to its swimmers that is expected. However, we cannot do it alone and we need more of you to help us to continue to deliver the best that we can for all of our swimmers. Below is a brief overview of the roles. Please feel free to contact Sarah if you wish to know more. We do need a squad rep for Development, otherwise emails about galas and club news may be missed. If you wish to volunteer for a role but it is taken, please let me know as that person may be ready to step down.

Chair – set the strategy for club alongside its members and work closely with the treasurer to ensure that the club is financially viable. Chair the committee meetings and ensure committee members are supported in achieving their roles. And anything else that needs doing!

Secretary – To handle all the correspondence sent to the Victory address and pass onto the appropriate personnel and reply after consultation if needed. To take minutes at the committee meetings and AGM. Prepare agendas with the Chair and give notice of same. Liaise with Norfolk County ASA regarding county wide issues. Co-ordinate the Annual Report.

Treasurer – To handle all the financial affairs of the club, including swimming fees, calculating budgets, ensuring all invoices are paid and issuing invoices as necessary. Full records are updated regularly. Liaise with the Chair, Secretary and committee as necessary. Provide reports for committee meetings and produce the annual accounts.

Membership secretary – Deal with all aspects of new members from the initial point of contact to becoming members. Ensure all swimmers, pool side staff and volunteers are registered in the appropriate categories with Swim England and maintain these records.

Welfare – To advise on welfare issues within the club and its members. Second welfare officer is to support if needed.

Swim 21 Coord – Coordinate the annual return to Swim England.

Fixtures Coord – To liaise with the chair and coaches as to what events to enter. Collate the entries for competitions and liaise with treasurer regarding payments.

Social media – Update website as and when required, to liaise with the Chair about specific content where necessary. To work with a website designer to build the new content and site.

Fundraising – Generally to raise funds for the club, through legal means writing grant applications. Seeking out and securing sponsorship. To make sure that the club fulfils its grant and sponsorship agreement. To engage in appropriate fund-raising ideas and projects. The more the merrier for this role!

Squad reps – To be the link between the club and the swimmer by sending out information from the committee, answering questions on kit, training etc and supporting new swimmers learn about the club and competitions.



Fixtures

The following fixtures are confirmed or planned. Please take note of the dates and look out for entries. Competitions are being filled quickly so please ensure you get your entries in as quickly as possible. All entries are to go to nickynnvc@hotmail.com

Please be aware that this fixtures list may change depending on confirmation of dates.

Month / Date	Meet	Venue / Location	Level / Length	Closing Date
Jan 24				
Sat 13 - Sun 14	Norfolk County Champs – Distance events (weekend 1)	UEA	Level 1 All qualifiers	11 Dec 23
Sat 27 – Sun 28	Norfolk County Champs – Weekend 2	UEA	Level 1 All qualifiers	11 Dec 23
Feb 24				
Sat 3 – Sun 4	Norfolk County Champs – Weekend 3	UEA	Level 1 All qualifiers	11 Dec 23
Sat 17	County Champs Relays	UEA? tbc		TBC
Sun 18	Royal Navy Open Masters	Millfield School, Somerset	Masters	
Sat 24 - Sun 25	Warwick Thompson	Thetford	L3/4 (25m)	TBC
Mar 24				
Sat 9 – Sun 10	CONSC March Long Course	UEA	50m Level 3	We will decide in Dec whether to do this or West Norfolk
Mid March	West Norfolk SC Spring Open Meet	King's Lynn	25m	
Late March	COSSS	Sheffield	50m Level 1	Good for national potentials
Late March	Swans Long course	UEA	50m level 3	Attend 2024
29, 30 and 31 March	Easter meet	UEA	50m Level 1	
Apr 24				
Sat 20	Development meet – West Norfolk	King's Lynn	25m	
TBC	Summer regionals (15 and over)	UEA and Luton	50m	
May 24				
Sat 11	Norfolk Masters	UEA	Format to be determined	
Sun 12	Inter-club gala	UEA	25m	
22/23 or 29/30	County Challenge	Dereham	25m	
TBC	Summer regionals (14 and under)	Luton	50m Level 1 – all qualifiers	
Sat 25	Development meet – West Norfolk	King's Lynn	25m	
Jun 24				
TBC	British Masters Champs (LC)	Pond's Forge		

Mid June	WNSC and Swans	King's Lynn	TBC	
Jul 24				
Early July	Midsummer Madness	UEA	50m	
Sun TBC	NCASA and East Region Open Water Championships	Whitlingham Lake	Various	
Oct 24				
Sat 5 – Sun 6	Iceni	Dereham	25m	Could be week before
Fri 7 – Sun 9	Cambridge Grand Prix	Cambridge	25m	Winter regional and national qualifiers
Late Oct	Dereham Otters Halloween meet	Dereham	25m	
Fri 27 – Sun 29	British Masters Champs (SC)	Pond's Forge		
Nov 24				
TBC	NNVSC Club Champs	Victory Pool	25m L4	
Sat 23 – Sun 24 TBC	CoN Winter qualifiers	UEA	25m	
Dec 24				
Sat 7 – Sun 8 TBC	GY Winter Wipeout	UEA	25m	May do this instead of CoN

Guide to the four levels of licensed meets

All licensed meets are subject to Swim England Regulations and the Swim England Technical Rules of Racing. They are graded into four levels.

1. **Level 1** Meets are long course (50m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships.
2. **Level 2** Meets are short course (25m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships in short course.
3. **Level 3** Meets are long and short course events. Their purpose is to enable athletes to achieve times for entry into Regional and County Championships and other Meets at Level 1 or Level 2.
4. **Level 4** Meets are entry level events in pools 25m or greater. Borough Championships are an example. They are for inexperienced athletes and swimmers seeking to compete outside their club environment. If times are good athletes progress to Level 3 Meets.

Chair's report

I would like to start by saying, what an honour it is to have been involved with the club again this year. We continue to grow and go from strength to strength. I would like to thank all our coaches, volunteers, committee and most of all the swimmers for all the successes we have had in really cementing Vikings into the swimming fraternity in Norfolk.

I think we can truly say that the interruptions of Covid are very much in the past and we have made great headway in placing the club in a strong position going forwards. Part of this has been the continuous training of coaches. A highlight for me was attending a workshop by a world-renowned physiologist who really hammered home the concept of preparing the swimmer for the future, not just the next race, ensuring the swimmer peaks when they need to. I was extremely pleased to see the club licence its club champs this year. Swimmers often swim best in the pool they train in, and we decided that licensing the champs would allow more swimmers to get the best times they could ahead of upcoming County qualifying galas. My thanks go to Susie for organising the officials this year in their training and on the nights of club champs.

We have instigated a partnership with Little Fish who train at Hewitt Pool, Norwich where we help swimmers who want to compete under a club banner but cannot do so with the big clubs in Norwich. It was a pleasure welcoming them to our Club Champs and to our presentation evening. A partnership I hope will continue.

A swimming season is long and hard. The commitment from the swimmers and parents over the year is enduring and the highs and lows along the journey can be extreme. We've had great success at Nationals with Ellen and Lily both making Nationals this year and Noah making the English and Scottish Open Water Finals, winning the Scottish 2km final to become National Champion. Lily has



just returned from winning a gold at winter Regionals where Ellen, Leah and Harry also competed. Masters had a quieter year, but Coach Sam broke the East Region record in the 800m and myself and Spike were Norfolk and Regional Open Water Champions in the 3km. I also qualified for the Ironman World Championships in Hawaii.



But it is not just the top swimmers, all swimmers have achieved so much this year. The fear of the first

gala has been overcome by many of our new swimmers, competing for the first time and many more swimmers than in previous years have achieved County qualifying times, with the hope that some of these will achieve regional times. Swimming really is quite unique in the fact you're really racing against yourself and your previous personal best. The development meets, club champs, various meets across Norfolk, region and national venues give our swimmers the opportunity to compete and progress at all levels. The confidence this can create for our swimmers is huge and essentially what we are about here at Vikings.

We have started to hold our swimmer's rep forums and at the first meeting we had some great initiatives from swimmers such as a potential triathlon, breakfasts and more fly! I have left that one with the coaches. But I feel it is important for the swimmers to have a voice in the club as it has to work for them or there will not be a club. We have a pathway for older swimmers who wish to start on the path to becoming a coach where we fully support them in training for their poolside helper qualification and help them put their years of experience into practice, thereby growing the next generation of coaches.

John has worked tirelessly in finding grants and organising fund raising events. This brings much needed income to the club. Thank you also to those who have helped support him in these endeavours whether bag packing, baking or just offering to spread the word. My thanks also go out to all of the committee and those who work behind the scenes to ensure the smooth running of the club and support me as Chair.

As many of you know, I originally took on the role of Chair for 3 months to cover a gap and help steady the ship. That gap has lasted 5 years and so I feel that it is now time for me step aside and let someone else take on this thoroughly rewarding role. We have faced and achieved so much in that time but with my boys swimming more elsewhere and heavy workload I feel that it is now time for someone else to take over and pave a new way forward for the club. I plan to step down at the next AGM (Nov 2024) and would like to use the next year to hand over to a new Chair. Please do contact me if you would like to know more about the role.

As you know, things never stop here at Vikings, and we've got a lot to look forward.

Sarah

Chair NNVSC

Coaches report

The First weekend of Norfolk County Championship for 2023 at the sports-park in Norwich in January saw Noah taking the Viking flag into the 1500m where Noah came 2ND in his age group and being awarded his 1K open water trophy from the Norfolk Open Water Champs in 2022.

Noah's brother Isaac also still a member of Vikings was swimming for St Felix and Suffolk County Championship earlier this year before returning to Norfolk saw him becoming the Suffolk County Champion in the 1500m. Following this, the next day Noah become Norfolk County Champion in the 800m taking home NNVSC first gold medal 🏆 Isaac came 2nd in his age group for Suffolk.



With a huge amount of swimmers at Norfolk county's this year I can start to say how proud I am with how we as a club are growing, we also had are first para swimmer in Lily Herring.

We had 20 swimmers this year take part in January and February, so far we have 28 qualify for 2024. Unfortunately, a few weeks before County this year poor Reuben broke his arm roller skating so couldn't attend the championships – please no roller skating this year from anyone.

Vikings have had a very successful year with a lot of best times at the galas that we have competed at this year.

We also did very well at the Inter club meet and really showed how much we have grown as a club which saw the 9-12 year ages group just shows how much we have grown again this year.

At the Swim England East Regionals this year we had 7 swimmers wearing the Viking colours which included Leah, Harry, Ellen, Lily H in the over 14 yrs and Michael, Noah and Isaac in the under 14 yr olds.

Ellen made finals for the 100m, 200m breaststroke and Lily H got 3 bronze medals as a para swimmer. Both qualified for summer nationals in August.

At nationals in Sheffield in August Lily H came 5th in all her events and Ellen, although swimming for City of Norwich, came 2nd in the 200m Breaststroke which was very good for her. Noah then swam in Scotland's open water event coming 1st in the 2,000m. Both are a very good achievement for both swimmers.

The fundraisers this year has been very successful first was at Wroxham and the 2nd was at Morrisons.

Starting the 23-24 session we went to Icen in Dereham where we had the highest attendance at a gala we have had in the 5 years I've been at the club. We came away from the meet with an outstanding result - we had 116 best times from 144 swim with 63 medals.

We then went on to a development gala in Dereham which was a good chance to see our ever growing development squad compete which was successful and we came home with 3 gold, 17 silver

Congratulations to

Lily D	Ellen E
Lily H	Jessica S
Leah H	Grace P
Harry H	Michael S
Ashley J	Noah B
George E	Razvan P
Zack E	Ruby T
Emily B	Sophie M
Emily M	Toby C
	Evie B
	Reuben S

and 9 bronze medals and lots to learn from the younger ones as it was the first time some of them had raced before.

Gala	Gold	Silver	Bronze	PBS	Success	Swims	
Norfolk county	11	5	3	99	90%	110	Top boy 12 years Runner up girl Junior 100 Breast champion 1000m boys champion
Warwick Thomson	14	14	5	36	63.16%	57	7 th in top club
Swans meet	11	8	10	73	70.87%	103	
Regionals			3				4 over 14yrs 3 under 14yrs
Development				27	81.82%	33	
Diss development				32	74.42	43	
Boudicca meet	6	13	4	108	81.82%	132	
Midsummer	2	4	8	92	72.44%	127	Ranked 6 over all
Iceni	18	26	18	116	80.56%	144	
November short course							TBC
Winter regionals	1		2	9	81.82%	11	

November is always busy for Vikings which this year was no different as we had club champs which for the first time was licenced. We also invited the Little Fish Swim School.

At the same time we also had winter regionals in Luton. In Luton we had 3 swimmers Harry, Leah and Lily H over the weekend they did 11 swims and had 9 PBS from the 3 swimmers.

Lily Herring came home with 2 bronze medals and a gold and only 1 second of her 400 Para East Regional short course record.

I have had a good year in the pool, in January 2023 I broke the East Region record for the 800m Free at a long course in a master's event and then became Norfolk County Champion in May in my age group. I hope that my own achievements inspire our swimmers to improve and work hard.

I have also been on coaching clinics to improve my knowledge and how we can train in a better ways which is a big eye opener and took on a lot of new information, the most recent one with City Of Norwich and my mentor Alex invited us to spend the day with Doc Jans which Alex and City Of Norwich has been working with for a few years now looking into the different energy systems and how lactic acid affects the body.

The new information has changed the way we train a little bit as we now work in a 3-1 system which means we have 1 intense week, 1 maintenance and 1 building week.

The future if our club is looking good and we can get bigger and stronger.

Let's keep work hard together.

Many thanks Sam

Treasurer's report

Please find attached to this report the Profit and loss accounts and the Balance Sheet. Below is verification from our independent auditor.

NNVSC INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES YEAR ENDED 31 MARCH 2023

I report on the accounts of the club for the year ended 31 March 2023.

My examination was carried out on 16 November 2023. The scope of the examination has included:

- Review of cash accounting line items for allocation accuracy
- Review of restricted grant balances
- Production of accrual based Profit & Loss
- Verification of Balance Sheet

In my opinion, the reports herein represent a true and accurate picture of the financial position of NNVSC.

Kind regards,



Tracy Shurey

B.Com (Acc), MICB PM.Dip

Jane Bussey

Treasurer NNVSC

17 November 2023

Conclusion

Thank you once again to all who have supported the club over the past year and hopefully will continue to support us through the next year. I look forward to the success enduring as we continue to grow and strive to make Vikings a welcoming and supportive club for all to enjoy.