



STEP ROCK AMATEURS SWIMMING CLUB

St. Andrews

Affiliated S.A.S.A., S.A.S.A (East District), R.L.S.S., Founded 1928

MINUTES OF ANNUAL GENERAL MEETING

Sunday 18th November 2018 at 6pm in St Andrews Bowling Club, Kinnessburn Road, St Andrews.

Apologies: Hilary Findlay, Tara Turner, Netta Spence, Lorna Marroney.

Minutes of last AGM held on 12th November 2017, were proposed by EG and Approved by ES.

Welcome & President's Remarks (Eric Gillespie)

Good evening everyone, it is my great honour and pleasure to welcome you all here this evening to our AGM and Awards Ceremony in this the club's 90th year. I should take this early opportunity to thank Billy Bain for arranging the venue for us and to the St Andrews Bowling club for allowing us to use these wonderful facilities.

Just to remind everyone that following the AGM and presentation of awards, we have a selection of food and then we have our 90th anniversary raffle as well as a couple of items for auctioning so hopefully everyone can stay on.

What a fantastic year 2018 has been for Step Rock and I really hope that everyone involved with the club has enjoyed the many events and that the swimmers have appreciated all the galas and activities that have been put on for them not to mention all the freebies! I really believe we have enhanced our reputation as a club both locally and across Scotland.

Whilst I would like to take much of the credit, I feel that it has been down to the coaches, the management committee and of course the swimmers themselves. We will hear about all the swimming successes in the coaches' report in a little while, but I take great pride in informing you that in Corey Philip and Sam Coull we have 2 swimmers who have this year held the fastest times for their age in Scotland and Ellie Wilson has also been one of the fastest in her age group.

As you all know the club is 90 years old this year and I wanted to ensure that we celebrated the occasion in style, promote all the good work that is being done at the club, capture what the club has achieved in its 90 years and the role that it has played in the local community and beyond. When we look back on the last 12 months I think

it is fair to say that we achieved our goals! Perhaps the only disappointment during the year was the winding up of the Masters' Section due to administrative difficulties.

The first success of the year was the creation of a 90th Step Rock logo brilliantly designed by Jessica Buckett one of our swimmers, with the professional guidance provided by Karen Brennan. This has been used widely on our website and merchandise.

In March, the club were thrilled when it was announced that Mark Keracher and Sharon Hedley had won coaches of the year at the East Fife Sports Annual Awards Ceremony at the Younger Hall in St Andrews. It was a thoroughly deserved award and fitting in the club's 90th year.

Also, in March, we held a highly successful Club Championships, with club records being smashed, a first ever parent v child race, a guest appearance by club legend Dorothy Johnston and 4 new trophies presented to honour the great work done by David Sharratt, Lorna Marroney, Mark Keracher and Ian Macfarlane. We also managed to have a live face-time link to Ian in Tenerife. As a special one-off to recognise all the fantastic work of all our coaches and all the time that they give up freely, each coach was presented a commemorative glass with the club's 90th logo engraved.

On the same day we launched our book 90 Years in the Water, The History of Step Rock Amateurs Swimming Club. Superbly written by Neale Laker and ably supported in the research and preparation by Ian Poole, Jimmy Bone, Paul Charlton, Ellis Jaffray, Lorna Marroney and myself we really have produced a best seller but more importantly we have left a legacy for future generations. I should thank Jimmy Whittet at this point for his guidance and support throughout. If there is anyone in here who hasn't yet bought one, then they are not allowed out the premises tonight without doing so because that was 18 months hard work! Every life member was presented with a copy which they greatly appreciated, and it brought back fond memories for them all.

At the same time a sub-committee led by David McCallum with support from Sharon Hedley, Fiona McDonald, Ian Macfarlane and myself was planning our 90th Anniversary Gala. The event was held on Saturday the 9th June at Glenrothes and it was a resounding success with great appreciation shown by all the clubs and the 200 plus swimmers who were in attendance. It is safe to say that this event would almost certainly not have happened without David's leadership skills.

In the evening we then had a gala party at Station Park superbly organised by Julie Stewart and Gayle Edie with the free burgers and ice-cream a big hit with the kids. The whole day was a truly memorable occasion!

In between March and June swimmers had received anniversary caps and water bottles as well as their free t shirt at the main gala. We also enjoyed Step Rock rock, sweets and of course the launch of our own Step Rock Ripple ice cream courtesy of Jannettas which was delicious. We also had car stickers produced with the club's logo to ensure that the club was firmly on the road.

In August, the rain failed to dampen spirits when members of the club headed to Stonehaven's outdoor heated pool for a social day's swimming and fun.

Then in September we held a mini gala at East Sands for our younger swimmers and invited other Fife clubs who we have close association with. Again, the event was a

huge success with many swimmers competing for the first time so lots of proud and emotional parents.

One of the highlights during the summer was the re-introduction of open water swimming. It seems perfect that this was re-ignited in our 90th year given that when the club started back in 1928 all the swimming was done outdoors.

Our final major event of our 90th Anniversary Celebrations was our dinner dance at Rufflets and thanks to the efforts again of Julie Stewart and Gayle Edie we had a fantastic night eating, drinking, and dancing. The piping by Paul Webster on arrival added a lovely touch.

Our 90th Anniversary raffle which is drawn later doesn't happen by magic so thanks to Ellis Jaffray for organising with great support from Fiona Philip and to her mum Davina Sheriff's drumming up prizes and to our top sales persons Jim Stewart and Susanne Lumsden.

Much of what we did in the past year wouldn't have been possible without sponsorship, so we are extremely grateful for the financial contributions from the Community Trust, New St Andrews Japan Golf Trust, Shepherd Chartered Surveyors, Thorntons, Henderson Black & Co, Jannettas, Abbey Cleaning, Robertson Printers and Angus Wright.

I would like to thank Mark Keracher, Sharon Hedley and Lorna Marroney and all the coaches for the way they organise the training sessions and the way they encourage and inspire our swimmers giving them the confidence to swim and teach them a skill that will stand them in good stead throughout their life, to our great management committee we have at the club who spend thankless hours carrying out admin tasks and dedicating time to ensure that the club runs efficiently, to our technical officials who ensure that our club championships and galas run smoothly and to all our parents, guardians, grandparents and volunteers who spend many hours either chauffeuring children to training or providing support at galas.

My final thanks are to all our swimmers who I know always try their hardest and do the club proud.

We may be a small club, but we are a great club. We have a big heart which is beating loud and it is a club that everyone of us should be proud to be part of. I do believe that our founder members would be extremely proud the way the club is flourishing today.

Lorna Marroney

Before we hear the LTS report, this is an opportune moment to acknowledge the dedication, enthusiasm and passion that Lorna Marroney has demonstrated in ensuring that we have a fantastic Learn to Swim section. She has been an inspiration to many, so I would like to thank her for all the hard work over the years whilst carrying out this role. As most of you know Lorna is stepping down from this position but the club are very fortunate to have Kirsten Geary and Fi MacDonald taking over the reins. The good news is that Lorna will still remain involved with the club helping the trophy convener.

Unfortunately, Lorna can't be with this us this evening as she is just out of hospital having had a hip operation, but she has passed on her good wishes to the club and sends her thanks for the bouquet of flowers that the club sent her yesterday.

Treasurer's Report

Introduction

2018 has been a very busy year from a financial viewpoint with many more transactions than normal mainly due to all the 90th anniversary celebrations which our President has referred to (Please refer to attached accounts appendix).

You can see from the bottom line that the club made a loss of £9k for the year, which is £7k more than expected but we need to take into account the fact that we have £1.5k more in stock, we have raffle of money in excess of £2k, and a £550 donations (R&A and Mike and Marianna Henretty) going into the next years account, leaving a realistic overspend of only £3k.

The main reasons for the overspend can be summarised as follows;

- the 90th anniversary celebrations,
- the increased spend on gala entry fees
- and the introduction of open water swimming

The club is on a sound financial footing with over £19k in total with over £9k in our current account and £10k on fixed rate bond at a rate of 1.4% which has earned us an excellent £140 in interest which is great in the current financial climate.

Despite having this amount of money, we still need to take care as our funds could disappear very quickly if we were for example to suddenly have to pay for coaching which is the case for most other clubs in Scotland.

I will quickly go over the main items on the accounts so if we look at the Income first

Income

Subscriptions are the main source of income for the club and they are on budget at £30k. The £43 SASA subscription that every swimmer pays is handed over to SASA. Regarding the 90th anniversary, you can see the individual breakdown of the monies received. It is worth mentioning at this point that the club raised over £3.5k in Sponsorship this year mainly due to Eric and without this many of these events would not have been possible.

Fundraising has become an important part of our income and this year we raised more than £2k due to the bag packing and the New Year Dook, so thanks Julie for organising these 2 events. Moving on to the Expenditure

Expenditure

Pool Hire didn't cost as much as budgeted which was a great help. The fees to SASA and the Fife Region were as expected. The 90th Anniversary costs have been broken down by event and are self-explanatory. The net loss on the accounts for the 90th is £5.5k but we as I said earlier we have £2k raffle money, £550 from the R&A/MMH and £1.5k more in stock making the cost of the 90th £1.5k. This is a very acceptable figure given all the fantastic celebrations that the members have enjoyed.

Although this hadn't been budgeted for the committee agreed to support spending this year on Open water swimming which cost just under £1k.

Gala Entry Fees rose significantly from the previous year costing more than £6k and this is a measure of the success of our swimmers and the enthusiasm to represent the club.

Training costs are also £1k up on budget but this a worthwhile and important investment. I think these accounts tell the story of a club that is being extremely well managed. Finally, I would like to thank Jonnie Adamson for auditing the accounts.

Membership fee

Management Committee recommended that we reinstate a membership fee for swimmers of the club. For 2019 season we are proposing the fee be set at £15 payable from 1st September 2019. Pretty much all clubs already charge a membership fee eg DCA £40, Glenrothes £40. StepRock have not charged a membership fee for the last 4 years but the committee feel that it should be re-introduced.

Budget

The first thing the club is planning to do is raise £2000 through sponsorship however that alone won't cover the increase in our gala entry fees.

As mentioned in my report our gala entry fees have increased significantly so it is not financially sustainable for the club to keep the monthly subscriptions at £20 and £22 for the learn to swim, and the junior/senior squad swimmers respectively.

Our subscriptions are by far the lowest in Fife and East of Scotland. But the committee feel it is prudent to increase the monthly fee for the swimmers in the junior and senior squads by £3 per month to £25. The learn to swim swimmers and those swimming one session a week subscription will remain at £20.

Coaches' Reports

Learn to Swim – Report from Lorna Marroney (read by Kirsten Geary at the AGM)

This report is usually a positive report on the healthy state of the Club's waiting list and on the progress of the children in the Learn to Swim section of the Club.

At their last meeting the Management Committee reluctantly agreed to close the waiting list as there is not a realistic expectation of being able to invite all those on the list into the Club while they are of an age to most benefit from the Learn to Swim programme.

This situation has arisen because in general it is taking longer to progress the children through the various levels. The Club are aware that one half hour session per week, which can be considerably reduced by sorting out caps, goggles etc. and having to encourage the less enthusiastic children into the pool is simply too big an ask to make any significant progress.

We would strongly advise that you bring your own child to the pool whenever possible. It may prove easier to involve members of your extended family, friends etc. Young swimmers need more pool time. If your child already attends other swimming lessons and if possible, you should continue with these until your child progresses to Level 5 (deep end). If not, and you do not feel able to teach your child to swim, then you can help by encouraging water confidence e.g. turning somersaults in the water, jumping in where allowed from poolside, breath holding with face in the water, blowing bubbles - the list is endless.

That was the bad news! The good and even great news is that for the swimmers who have progressed many have had the opportunity to compete either in the more formal Novice League events or in this the Club's special anniversary year, in a particularly enjoyable fun Friendly Gala, winning not only medals but being rewarded with an ice cream in the process. The annual Cupar Friendly Gala will be held on 24 November, a chance for swimmers to win what might be the first of many medals or to win what will be their first and special only medal if they do not progress to compete on a regular basis.

The Club are hugely indebted as ever to our competent and enthusiastic regular team of teachers and we welcome Sally Crumplin as our newest recruit. I would like however to take this opportunity to record the Club's appreciation to the ever-increasing number of swimmers and ex-swimmers who routinely give up their time to the Learn to Swim programme. Please bear with me while I name names, Orla Suttie, Lucy McCallum, Maddy Wallard, Daniel Wilson, Bernat Tortajada, Emily Malcomson, Robert Sparks (now an ex-member but teaching at St Leonards) and to Sara Keracher, who has returned to the Club to teach in addition to her studies. And although not strictly in Learn to Swim huge thanks also to Callum and Hamish Findlay who have become old hands at this.

Lastly, I would like to say a very special thank you to Eric Gillespie, our Club President who has so successfully steered the Club through the 90th Anniversary celebrations, making the many events memorable and fun. Eric has captured and regenerated the spirit of community which was such a factor in the past success of Step Rock and hopefully given us the impetus to keep this going.

Junior Squad & Senior Squad Report from Sharon Hedley & Mark Keracher

Encompassing what has been a hugely exciting 90th anniversary year, 2017/18 has been another successful period for the club's squad swimmers.

In a new initiative, this year the coaches offered an "Open Evening" for parents – one for LTS and one for squad swimmers, to explain "all things swimming" including how to help your child's progress, the swimming pathway and generally to learn more about the Club. We also aimed to improve communication with our older swimmers; the Senior Squad were invited to give their views on training, competition, the club and their own expectations via a questionnaire – we were pleased with the high response rate and the answers and have attempted to act upon these.

The highlight for many of our swimmers was our very own Step Rock 90th anniversary gala, held at the Michael Woods Centre in Glenrothes. Step Rock had 46 swimmers competing on the day, and in the individual events, relays and Skins, the atmosphere and team spirit was fantastic to witness. A personal memory of the day was seeing a fired-up Callum Findlay on the starting blocks prior to his relay event (and unsurprisingly he swam a personal best in that to break 30 seconds for 50m freestyle for the first time).

Spurred on by performances at that gala, particularly in the relays where so many of our swimmers were around or well under 31 secs for 50 freestyle, and in view of the questionnaire responses, then the coaches requested that the Committee support a one-off initiative to (a) commemorate our anniversary (b) further enhance squad cohesiveness in training and (c) have a directional goal to work towards for the remainder of 2018. Aka Adam Peaty's "Project 56" (in which Peaty is attempting to

become the first person to break 57 seconds for 100m breaststroke), this initiative was termed “Project 59” and involved the senior squad aiming for at least one member to break the magical 1-minute barrier for 100m freestyle – something that is clearly in reach but has not been achieved by a Step Rock swimmer in many a year. All members of the squad wrote down specific individual goals, and whether that be “improving underwater work when turning” or simply “turning up more often”, it is hoped that training has become more focussed. In turn, the coaches have been delivering sets to enable this target to be achieved. As the clock is ticking in 2018, the swimmers are closing in on their individual targets, with one swimmer’s PB just 0.62s off the 1-minute mark and several others genuinely in reach of the target before long.

A further initiative for our anniversary year was for the club to return to its original Open Water roots, and with this in mind an informal group of parents, coaches and swimmers swapped the comfort and clarity of East Sands pool for the 13° murky darkness of Lochore Meadows in very early May – and it is fair to say most of them appear to have embraced it! Our first Open Water competition in 2018 was the East District Championships at Loch Ore on 20th May, where 15 swimmers braved the still-pretty-cold water. It was something of a surprise but also delight when Jack Webster, Isla Thoms and David de Wolff all emerged East District Champions, with Rowan Geary and Anna Suttie taking silver medal spots. The Midland OW champs clashed with our own 90th gala, so the next event was at the beautiful location of Loch Morlich for the North District Champs, where Fraser Stewart raced to gold in the 11/12 boys 500m, and Freya Hedley took bronze in the girls’ event. Isla Hedley, having finished 5th in the girls 13/14 500m event earlier, later swam for over an hour to complete the demanding 3km course, in 7th. The final competitive OW outing for the club was a coach trip in September to Loch Ken, venue for the West District champs. First up was coach Kirsten Geary, taking silver in the 4km Masters event. Fraser Stewart and Rowan Geary grabbed the top two spots in both the Men’s Open 1km and the boys’ 11/12 event, with Jack Webster and Daniel Wilson 5th and 6th respectively in the Open. The Women’s Open was dominated by Step Rock, the top 5 placings going to Isla Thoms, Kayla Bain, Esmée Thoms, Anna Suttie and Freya Hedley, with Isla, Kayla and Anna also on the 11/12 girls’ podium. Congratulations to Isaac Laker, Anna Hedley and Isla Hedley who all swam well in their 2km events. The end-of-season finale was an inflatable obstacle relay in which the club fielded 4 teams. This was a fun event and even our self-proclaimed “joke” team of OW coaches and helpers (Rhiannon, Damon, Kirsten and Tom) didn’t disgrace themselves.

Fuelled by cake, hot chocolate, laughter and no small amount of courage, we aim to progress Open Water next year and make it an integral part of the club once again – not a one-year wonder. Kirsten Geary has agreed to take on the role of East District OW convenor for next year – a massive thanks to her, Damon, Rhiannon and Tom for encouraging our swimmers to take the plunge this year – and we look forward to seeing what next year holds.

Returning to the pool, one of the most striking things about the year has been the small cohorts of swimmers throughout the club that have developed and seem to be pushing each other to new heights. This year two swimmers, Fraser Stewart and Isla Thom, achieved qualifying times for Scottish Swimming’s National Bronze Squad – the District Regional Programme or “DRP” – Isla retaining her place in the squad from last year. We’re pleased to report that some of our younger swimmers are already targeting (and have achieved) DRP times, that should see them invited to the squad next year too.

Back in February, Kayla Bain’s year got off to a fantastic start to win a bronze in the East District Age Groups girls 11/12 50m breaststroke at the Royal Commonwealth Pool in Edinburgh – only the club’s 2nd ED medal in the pool in recent years, following

up on Charlie Gillespie's 2017 success. Kayla took 6 seconds off her entry time in the heats to qualify for the final so this was an incredible achievement. Isla Thoms' prowess in butterfly was rewarded with two final places – finishing 5th (with a 6 sec PB) and 6th (with a 9 sec PB) in the 100m and 50m respectively. It's surely a measure of Isla's determination that she got out of the pool slightly disappointed, despite her swims which made us, as coaches, proud. Of several more who achieved qualifying times, a further 11 Step Rockers swam at this round of EDAGs – with Fraser Stewart, Rowan Geary, Corey Findlay, Anna Suttie, Maddy Wallard and Angus McCallum all making their long course debuts.

Kayla's success at EDAGs brought an additional reward – our single swimmer this year to achieve a Consideration Time for the Scottish National Age Groups (SNAGs) at Tollcross. This was not only a great experience for her, but also for her freestyle and medley relay teammates – Maddy Wallard, Isla Hedley, Anna Suttie and Isla Thoms.

At Step Rock, an important focus for us is the Novice and Fife Leagues. The Novice Leagues are a fantastic introduction to the competitive sport of swimming and we'd strongly encourage any young swimmer invited to participate to take part. This year, we had 37 swimmers in the Novice Leagues, and when all the points were totted up, the 10-and-over girls finished as league winners, with 3rd places for both girls' and boys' 9-and-under teams. The Fife Leagues were somewhat disrupted by the decision to hold Round 2 as a Level 3 gala, resulting in a number of Fife clubs withdrawing from that round, but we are pleased that Step Rock as a club continued its support. Our 9-10 boys had little competition from elsewhere, comfortably winning their league. We also won three of the other age groups – both the boys' and girls' 11-12, and the boys' 15-and-over. Our 13-14 girls took the runners-up spot. It's particularly pleasing to see success from recent years in the Novice Leagues feeding into the Fife Leagues, but going forward, we do need to see a fuller complement of squad swimmers willing to turnout and represent the club at these events.

The League finale is in early September, in the form of the Geordie Wotherspoon and Fife Championships. A clash with a local golf competition saw us field a weakened team for the Geordie this year. Nonetheless our swimmers, enthusiastically captained by Sam Jaffray and Lucy McCallum competed well, with gold medals won by James Wright and Sam Jaffray (both backstroke), Sanna Wright and Jack Anderson (both breaststroke), Oliver Taylor-Robertson (butterfly), Tommy Nolan (freestyle) and our boys' 9-and-under relay team. In the Fife Championships, gold medals went to Sam Coull (100m IM), Corey Philip (50m backstroke, 50m butterfly and 50m freestyle), Kayla Bain (50m breaststroke), Isla Thoms (50m butterfly). Also achieving podium spots were Finch Geary, Isaac Laker, Angus McCallum and Anna Suttie. Consistent performances across the 5 events saw Corey and Isla crowned Fife Champions.

Our swimmers took part in numerous other galas throughout the year; we'll attempt to highlight some of the main results here (and apologise in advance for any omissions).

Last November, the Fife Schools Championships took place at Glenrothes, in which our club swimmers were representing their primary and secondary schools. Fife Schools champions were Corey Philip (25m backstroke and 25m freestyle), Freya Hedley and Fraser Stewart (25m butterfly), Isla Thoms (50m butterfly), Canongate P.S. boys relay team, Strathkinness P.S. mixed relay team, David de Wolff (100m butterfly) and Anna Hedley (400m freestyle).

The new Warrender Graded Meet in December was an excellent meet for us – with some particularly good PB and first 200m freestyle swims. This continued into January, where nine swimmers tackled 200m events at EDAGs, and a team of 14 swimmers

participated in the Carnegie Graded Meet. The Glenrothes Spring Meet in March is always popular; our swimmers were honing their racing skills in preparation for the upcoming Club Championships. Fraser Stewart and Corey Philip pushed each other all the way in the 8-10 age group – each with 5/5 PBs – Fraser eventually winning the “Best Boy” award.

The 90th Anniversary Club Championships were a very special occasion. We would like to express our thanks to the Committee for awarding 4 new trophies for U10 and U12 freestyle (and well done to recipients Ollie, Ellie, Corey and Freya). David Sharratt’s idea in 2016 to introduce Club Championship records continues to add an extra edge to the swims and this year, no fewer than 12 records were broken, including the long-standing boys’ Beginners Cup record going to Ollie Taylor-Robertson. All U12 boys’ records were broken – Fraser and Corey sharing these, whilst in the U14 boys, Charlie Gillespie broke three and Russell one record to leave only Keith Simpson’s breaststroke record of 2002 intact. In the Open age group, Angus McCallum (backstroke) and Anna Hedley (butterfly) also set new records.

The year continued with swimmers attending the Midlothian Spring Meet at Prestonpans, and then a relatively young team raced superbly at the Carnegie Spring Mini Meet to win the Best Visiting Club award, over 50 points ahead of Midland’s Perth City. Jamie McDonald, Corey Philip and Fraser Stewart each scooped the “Best Boy” award in their age groups, whilst Ellie Wilson took the girls’ 7-8 honours.

The InCAS Distance Meet provides our swimmers with a good opportunity to race at distances from 200m to 1500m. It’s pleasing to see so many of our young swimmers keen and willing to take on these events, despite the limited number of training hours we are able to offer, particularly as they provide a good opportunity to gain qualifying times for Level 1 meets and the District Regional Programme. There were some superb performances and some impressive first swims and PBs, but perhaps the most memorable swim was Jack Webster’s metronomic pacing in his first ever 1500m.

After the summer holidays, 19 Step Rock swimmers returned to competition at Bathgate for the Dunedin Challenge, Corey Philip and Sam Coull racing well – with one or other of them taking gold in every event entered.

So, in summary, it’s been a busy – very busy – year, but very rewarding.

Going forward, we have much to look forward to, as well as challenges to face. Both junior and senior squads are thriving and bulging at the seams. With a number of swimmers currently ranked in the top 10 in Scotland in their age groups, we hope that we can support our swimmers and help them fulfil their own personal ambitions.

Our swimmers are of course indebted to our coaching team – all of whom are voluntary. This year we have continued to get help from our current and recent ex-swimmers. Callum and Hamish Findlay, Emily Malcomson, Laura McInnes, Orla Suttie, Bernat Tortajada, Daniel Wilson, Sara Keracher, Robert Sparks and Lucy McCallum all coach or help in LTS on a regular basis; we are very grateful to them for passing on their knowledge and skills to our up-and-coming swimmers. Mark and I would like to express our huge gratitude and sadness at Lorna Marroney’s decision to step down from teaching. Lorna has been a Step Rock stalwart for over 30 years and is irreplaceable. We certainly hope she continues her involvement with the club in some capacity, and if the draw of being on poolside ever proves to be too strong, she will be welcome back anytime. Thankyou Lorna.

Election of Office Bearers, Committee Members

Office	Office Bearer	Continuing	New Office Bearer	Proposer	Seconder
President	Eric Gillespie	Yes	NA	Ewen Sparks	Alison Sparks
Vice President	Ewen Sparks	No	NA	NA	NA
Secretary	Fiona Philip	No	Ellie Nolan	Ann-Marie Gillespie	Susanne Lumsden
Asst Secretary	Fi McDonald	No	Steph Gilbert	Jane Parker	David McCallum
Membership Secretary	Linsey Wilson	No	Fiona Philip	Eric Gillespie	Susanne Lumsden
Assistant Mem Sec	Ann-Marie Gillespie	No	Vacant		
Head Coach	Mark Keracher	Yes	NA	Ann-Marie Gillespie	Rhiannon Purdie
Technical Co-ordinator	Susanne Lumsden	Yes	NA	Fi McDonald	Sharon Hedley
Treasurer	Ellis Jaffray	Yes	NA	Billy Bain	Claire Doig
LTS Convener	Lorna Marroney	No	Fi McDonald / Kirsten Geary	Fiona Philip	Sharon Hedley
Social Convener	Julie Stewart	Yes	NA	Claire Doig	Damon Thoms
Trophies Convener	Gillian Taylor	No	Linsey Wilson	Fi McDonald	Jane Parker
Kit Co-ordinator	Claire & Alison	No	Tara Turner and Sophie Mifsud	Ewen Sparks	Anne Black
Bug Administrator	Hilary Findlay	Yes	NA	Jane Parker	Gillian Taylor
Wellbeing Officer	Ann-Marie Gillespie	Yes	NA	Susanne Lumsden	Anne Black
Website	Claire Thoms	Yes	NA	Jane Parker	Ellis Jaffray
Ordinary Members	Gayle Edie	yes	Anne Black	Graham Black	Billy Bain
Press Officer	Fiona Philip	No	Claire Thoms	Julie Stewart	Claire Doig

New Life Members

The Club were delighted to award the following members new Life Membership; David MaCallum, Eric Gillespie, Neale Laker and Ewen Sparks.

Presentation of Trophies/Awards

Beginners Cup

Beginners Cup Boy – Oliver Taylor-Robertson
Beginners Cup Girl – Amelia Saeed

Age Group Trophies

Under 10 Boy – Oliver Taylor-Robertson
Under 10 Girl – Ellie Wilson

Under 12 Boy – Fraser Stewart
Under 12 Girl – Freya Hedley

Under 14 Boy – Charlie Gillespie
Under 14 Girl – Isla Thoms

Men's Open – Isaac Laker

Endeavour Trophy

The Stewart Endeavour awards recognize outstanding contributions of our swimmers to the club, whether that is in training, helping other swimmers, performance or having an exemplary team attitude. The coaches were delighted to nominate six swimmers for these awards this year – four boys and two girls.

Starting with the boys, the nominees were as follows: Sam Coull; Hamish Findlay; Jamie McDonald and Bernat Tortajada.

Sam has a high attendance record, both at training and galas, and is a pleasure to coach. He won a gold medal in the 100m Individual Medley at the Fife Championships and has had some epic battles at various galas throughout the season, largely against his Step Rock teammates, all of whom have been seen cheering each other on showing fantastic team spirit. In his age group, Sam is currently ranked 2nd in Scotland in 100m breaststroke, and sits in the top 10 in numerous other events. However, it was not always the way... coaches remember a time not too long ago when Sam had to be encouraged into the water and needed one-to-one help to even be in the water. He has been nominated not because of his current success, but because of this incredible progression which will hopefully provide inspiration to others in the Club.

Hamish Findlay – well what can we say other than it would hardly be an Endeavour Awards without one of the Findlay boys on the nomination list! Recently retired from swimming with Step Rock, Hamish has been coaching the Junior Squad this year, and we are happy to say, is continuing to do so, bringing his knowledge and understanding to the younger swimmers. Hamish is another one of our swimmers who was not always confident in the water, but who has persevered and eventually things clicked – never more so than during our own 90th Anniversary Gala in June, when he got 4 PBs from his four individual swims, plus a never-to-be-forgotten 3rd leg of his team's 4x50m relay – an amazing 27.92 seconds. That swim captured what Hamish is all about, a real team player and an asset to any team.

Our youngest nominee, this year has seen Jamie progress from Learn-to-Swim and establish himself in the Junior Squad. He represented not one but two of our teams in the Novice League this year, “flashing out” of his own age group after round 2, and swimming against much older opposition in the latter rounds, gaining essential points for the team and enabling the 10-and-overs to field a relay team. Jamie is a conscientious trainer, asking questions of the coaches if something is not quite clear, and always tries his best. A fitting reward for this came in April, when he saw off talented young opposition to win “Best Boy” in his age group at the Carnegie Mini Meet, an effort which contributed to the team winning “Best Visiting Club” at that gala.

Our final nominee is Bernat Tortajada, who we hope was not too surprised to be nominated! Whilst Bernat continues to operate in his own personal time zone, coaches have grown to accept that this is just Bernat, and to change it, well, let's just say we just wouldn't have the same character on poolside. Bernat is a highly popular member of the Senior Squad, and has made extremely thoughtful contributions to both the Squad questionnaire and his own personal Project 59 goals. Impressively, Bernat makes his own way to training, often by bicycle, and in all weathers. His perseverance with his technique has seen him make great strides this year in improving his PBs, and he was a valuable member of the boys' 15 and over team at the Fife Championships. Perhaps most impressively, despite having joined Step Rock late (entering via a squad

trial and therefore never having been in Learn to Swim), Bernat has joined the LTS coaching team and is a valued member of our deep-end coaches.

So, it was a difficult decision for the coaches this year, a year in which team contributions were very much to the fore. But we have to have a winner, and this year, we are pleased to award the Stewart Endeavour Award for boys to **SAM COULL** for his attitude, team spirit and progression.

Our female swimmers have also done incredibly well this year and there were a number of swimmers who in any other year, could have been nominated. However, this year, there were two swimmers who stood out above all else, and so the coaches made just two nominations: Emily Malcomson and Lucy McCallum.

Emily is now perhaps best known to our younger swimmers as a coach rather than a swimmer – she has been responsible for coaching the final lane of our Learn-to-Swim programme for well over a year. From the moment she came on poolside to help, Emily's natural empathy with our swimmers was evident, she is calm but firm, and passes on her knowledge of swimming with great skill and variety. Rarely missing a week, our LTS swimmers have undoubtedly benefitted from her consistency and dedication. Emily has been a qualified timekeeper for almost two years, offering these skills at time trials, the Club Champs and on other occasions. She also has filled the job of "last marshal" at the Championships, that vital last person who checks each nervous young swimmer knows what stroke to swim, how far, and even whether they've got their goggles on. In the water, the coaches were delighted to welcome Emily back to Senior Squad training this year – overcoming a real hurdle to come back after a long absence. This was, in Emily's eyes at least, primarily for fitness and enjoyment rather than any remote desire to return to competition. It was therefore with great admiration and gratitude that when asked to fill in as a reserve for one of our relay teams at the 90th Gala, Emily was glad to do so, and even swam a 1-second PB in her leg! Another great team player.

Our second female nominee is Lucy McCallum, a swimmer who has been with the club for many years but for most of those years, swam in our Wednesday St Leonards Development Session only. On leaving Primary 7, Lucy was invited to join our Monday night Senior Squad and since then her attitude to improvement has been utterly exemplary, always with a smile on her face, and always giving 100% effort, even when others in her lane had much more experience and already knew the somewhat cryptic "coaching lingo". After all these years at the club, for the very first time Lucy took full part in the Club Championships – a very impressive step given her relative lack of training compared to her peers. At her age, all of these swims needed turns to be executed, so that added an extra complication but Lucy performed really well and in fact even swam the equivalent of a novice League "flash" time in the 50m breaststroke – not the easiest one to flash. She subsequently joined the Novice League team finishing 2nd in her first race, going on to win team gold and captaining the girls' Geordie Wotherspoon team. Lucy also joined the hardy Open Water brigade, training on Wednesday nights at Lochore Meadows in early May, and finished 8th in the East District Championships 1km event. On top of all her swimming endeavours, Lucy has also been helping in Learn to Swim, especially in the Baby Pool, a crucial role that helps those new little Step Rockers gain confidence in the water. Her manner with the wee ones is brilliant, gently encouraging and very supportive.

So, as you have heard, we had two outstanding female nominations this year. The Club is delighted to award this year's Girls Stewart Endeavour Award jointly **TO BOTH EMILY MALCOMSON AND LUCY McCALLUM.**

Club Championship Records

12 records were broken, including the long-standing boys' Beginners Cup record going to Ollie Taylor-Robertson. All U12 boys' records were broken – Fraser and Corey sharing these, whilst in the U14 boys, Charlie Gillespie broke three and Russell one record to leave only Keith Simpson's breaststroke record of 2002 intact. In the Open age group, Angus McCallum (backstroke) and Anna Hedley (butterfly) also set new records.

AOCB

As a thanks to Claire Cameron, Alison & Ewen Sparks for all their efforts over the years, 90th club glasses were presented to them at the end of the AGM.