



Minutes 2016

The minutes of the Youth Academy 2016 AGM was confirmed as an accurate record by Steve Cannings and seconded by Sallie Joseph.

Youth Academy AGM. 8th February 2017 Record of Meeting

Present; Nigel Smaller, Donna Chappill, Anna Gibbs, Amanda Clements, Sallie Joseph, Tony England, David Hinch, Pete Chappill, Jeff Chappill, Roo Butterill, Catherine Butterill, Claire Hobley, Mark Clements, Cathy Walsh, Steve Cannings, Vicki Stewart, Dave Gibbs, Ed Smith, Janine Turner

Apologies received from Emma Riby, Rachel Crisp and Shona Cannings

Youth Chair 2016 Report – Nigel Smaller

As reported last year, we were awarded the British Cycling Clubmark certificate subject to changes to the constitution. This was fully ratified with the amendments accepted at last year's AGM and they being in line with British Cycling guidelines.

Part of the criteria we submitted was a development plan, this included key aims and objectives of helping the youth members prepare for competition, the introduction of individual training plans, coach recruitment and development of core bike skills. In general terms, excellent progress has been made against the delivery of this over the year.

An element of the plan that is flourishing are club rides for youth members and their families. A gentle ride to Claytons corner was the inaugural trip with other trips having been taken further afield including Sherwood Pines, Carsington Water and a blustery visit to Rother Valley country park this weekend. We also recognised a new name for the youngest of members; Squadlets.

The Go-Ride series which ran throughout the year continued to attract a growing number taking part. The club as a result has welcomed new members who are also taking part in running and or swimming. For organising and running these events for a second year, we are grateful to Amanda and Mark Clements.

Those attending running in particular has again grown this year and we continue to monitor the numbers at all training sessions to ensure we operate within the governing body guidelines. The introduction of new coaching staff this year has certainly meant that we can continue to welcome new members.

In reviewing the delivery of training focused on appropriate Tri-star distances and a subsequent proposal by a couple of the coaching staff, we looked to introduce a revised training programme and schedule from March onwards. This was met with strong opposition and with due consideration to the comments received a retraction was duly undertaken and a full review put in place.

As a result the club, has now embarked on a framework model called the Long Term Athletic Development (LTAD) under which we aim to deliver our training programme.

We are grateful to members of North Lindsey college who ran an awareness workshop for children, parents and coaches on the LTAD principles and what it would mean to club members if the approach was adopted. The workshop demonstrated how maturity growth affects the body in relation to sporting activity and helped gain an understanding of the framework and it's aims. The college also assisted earlier in the year by delivering presentations on nutrition and how to prepare for race day.

Whilst we are still in the early stages of putting all aspects in place, training sessions are already beginning operate under the core principles and the first batch of individual training books have been produced to help guide our youth members to longevity in sport.





I would like to thank Pete Chappill in spearheading this and his support in helping Lincsqquad be at the forefront of training methodology.

The long-term use of Quibell still remains unknown. As you may recall the council had looked to sell the facilities and commenced discussions back in 2014. Since then a Community Interest Company was formed with a view of taking ownership however no further progress has been made on the sale and it remains with the council to operate.

I am pleased to report that Emma Riby will be taking up the position of Club Welfare Officer, an important role in any club and offer our full support in conducting the role.

Finally I would like to thank the Youth Academy committee for their support over the year. There has been some significant matters to deal with but we are I believe, in a better place for them.

Secretary Report 2016 – Donna Chappill

I have enjoyed my first year as secretary to the Youth Academy, normally I would report various events that have happened throughout the year but I feel that I would only be repeating what Anna and Amanda have to say. So I would like to say thank you to everyone for all your support and I hope and look forward to another year supporting Lincsqquad Youth Academy.

Treasurers Report 2016 – Anna Gibbs

Started 2016 with a bank balance of £6092.01 (dated 027/01/2016)

With the running weekly fee remaining at £2 we have taken throughout the year £3236, so slightly down on the previous year. The cost of hiring Quibell Park for the sessions was £435 so overall for the running we made a profit of £2801.

For the Saturday morning cycling of £3 per session the total taken was £1398, so an increase on 2015 figures. We have found that a fair few of our newer cyclists have initially turned up for a Go Ride session and then we have told them more about the club and they have joined so I would put this increase in revenue predominately down to that, therefore thanks to Amanda and Mark Clements.

The cost of hiring Quibell Park for the Saturday sessions and some of the Go Ride races was £673, making a profit on just the session fee versus hire of £725.

However, this year we have spent a fairly large amount on buying new equipment for all the triathlon disciplines, maintaining the equipment we currently had and also repairing the Container to ensure equipment isn't damaged (£1069.75). Also we have invested heavily in our coaches and bringing new coaches through to the required standards (£2217.40), included in this figure is the Advanced Maintenance course that Steve Stewart undertook (Dave Gibbs and Jon Lonsdale still to book their dates, however a course is available at Dalby Forest at the beginning of June 2017). The terms on how the cost of training our coaches has been split between the Adult and Youth Bank Accounts has changed for this year going forward, with the Youths taking the larger percentage of the cycling costs seeing as we use the cycling coaches for the majority.

For the first time we introduced Youth Trisuits and the majority of youths that have worn these this season have actually purchased them from the club, but we have sold for what the club bulk bought them for so no monies have been made here. Other expenses throughout the year have been Go Ride related (Amanda will elaborate further), leaving/get well presents, subsidised xmas party, refreshments, insurance, youth award trophies and selection boxes.

This leaves the Youth Academy with a bank balance as at 29/12/2016 of £4034.73

Events Secretary Report – Amanda Clements

During 2016 we put on 6 Go Ride races, 2 at Primrose Hill, Kirton at the start of the year so the kids could practice the MTB skills they had been learning, and the remaining 4 as grass circuit racing at Quibel Park.

We had a total of 118 entrants through the 6 races (an increase in 21 entrants overall or 3.5 extra per race over the 2015 entrants figure of 97)



Feedback we received was very positive with comments as to how well run, friendly and enjoyable the events were.

The series made a profit of £81.97 overall (made up of £354 entry fees collected less £118 in BC levy payments, £40 BC registration fee, £70 Primrose Hill hire and £44.03 for prizes/sweets)

Several new members have joined throughout the year after being introduced to Lincsqquad by attending the Go Ride races.

We have already run 1 event in our 2017 mini winter series at a new venue of Vuelta Sport which was very well received and had a record number of 31 entrants.

Coaching Secretary – Tony England

2016 has been my first year in the position at Lincsqquad & I knew I had big boots to fill from the work Steve Cannings had done for the club. I mean I only joined Lincsqquad to do a bit more cycling.

The job has been challenging & had its ups & downs during 2016 leaving me pulling my hair out sometimes & worrying about coaching cover on a few occasions but, as ever, our coaches have stepped up to the mark & have always put on great sessions for all those who came along.

We have seen a few of the coaches' step down, Jackie, Ollie & Fred moving on to concentrate on their new venture. Paul Fytche also decided to step down too. Will Walsh, who seemed an ever present face on a Saturday morning will be missed down at Quibell as he moves onto Uni to start his years of "socialising", sorry I mean study. But hopefully he will still be popping in to see us. Simon Beedham has also decided to have a break from coaching to concentrate on his work as well as his swimming & running, which could mean some revenge from coaching staff after knowing the type of sessions Simon has put a few of them through. So I would like to say a big thank you to all five of them for their help they have given to all the members of the club & wish them well for the future.

We have also had Jeff Chappill come back to coach, which has been a hugely positive step for me, & I guess it just goes to show that once you are in Lincsqquad it is difficult to get out of.

We have had five new coaches join us this year, Andrew Porte, Sallie Joseph, Julie England & Donna Chappill who were all successful in passing their Level 1 BTF coaching (apparently the last two only did this as it was their only way to see their husbands, so I've been told) & are going from strength to strength with the sessions they are putting out for us all.

Mark Turner came on board too with getting his Level 2 BC qualification & has been a tremendous help down at Quibell Park on a Saturday morning.

We will also have at least one new Level 1 BTF coach for 2017 in Ric Longcake & I look forward to him taking the swim & track sessions once he has passed the exam.

Ciaran McDonald & Sallie Joseph will be doing their Level 2 BTF qualification also, which will make them great assets to the club.

Amanda Clements & Ed Smith will also be taking their Level 2 BC qualification shortly & once these two have passed I hope it will mean Steve Cannings can get a lay in even once in a while on a Saturday, or even go shopping with Shona.

We are constantly on the watch for members who we believe will make good coaches for this club, as well as looking for the coaches we hope to progress to the next level, so don't be surprised if you get pulled to one side & propositioned by myself or Jeff Chappill after a session.

Training equipment was purchased during 2016 to aid with the delivery of the sessions & this will, once again be the case for 2017 as we are currently compiling a list of item we think will benefit you all.



The youth section itself appears to be going from strength to strength within the club in all aspects of the disciplines we do. Swimming, running & cycle well attended & all who do attend appear to be making great progress at these sessions. Another positive result for all our coaches I'm sure you'll agree.

The only aspect of the sessions that we deliver that sticks out to me is the swimming & the minimum standard we, as a club, require is that all who attend must be able to swim 50mtr (2 lengths of The Pods) using a recognised stroke (front crawl or breast stroke the preferred two) but we do keep emphasising this to anyone, young or old, who enquire about giving it a go.

We must remember all our sessions are coached training & not lessons.

The most disappointing thing was a few weeks back when I had to speak to the youth group 11-15 down at Quibell Park on the Monday night run session & remind them of their behaviour & the need for discipline due to the large number of members who have been attend. But they seemed to have understood this & have settled down. So it's good to see them putting in the hard work once more.

We have had a couple of the youth members trailing the LTPD booklet & judging from what Pete & Jeff have been telling me getting some interesting results put down. We are looking to move forward with this programme for the youth that wish to participate & I'm sure it will be hugely beneficial to those who do.

The amount attending all the sessions has fluctuated throughout the year, this is to be expected when it comes to race season, but overall the attendance has been very good so I guess our coaches are doing things right. It has also been nice to constantly see new faces at all the training we do & I hope this continues through 2017.

The new coaching rotas are sorted & session plans getting written for you so I hope to see you all attending though out 2017.

All in all this has been a real eye opener for me as to the amount of time & effort that is put into making this club work for us all & so I would just like to say a huge THANK YOU to all the coaches, the committee, senior & Youth plus the members of the club for their help this year.

So if you think you are able to help out your club in anyway don't be afraid to offer.

Election of 2017 Youth Committee & Supporting roles

As per the constitution Nigel Smaller was re-elected as the Youth Chair at the clubs AGM on the 18th January 2017.

Youth Academy roles elected at the Youth Academy AGM.

Secretary - Donna Chappill – proposed Tony England, seconded Rachel Crisp

Treasurer - Anna Gibbs – proposed Dave Gibbs, seconded Cathy Walsh

Event/Race Secretary - Amanda Clements – proposed Anna Gibbs, seconded Mark Clements

Membership Secretary – As per the change of constitution agreed at the senior AGM 18/1/17 for a single membership secretary, this position is now elected as part of the adult section but will have vote on the Youth Committee.

Support Roles

Welfare Officer – Emma Riby

Club Liaison Officer – Position is not appointed at the Youth AGM as it is carried by the clubs Coaching Secretary.

Social Organiser(s) – Claire Hobley proposed by Anna Gibbs, seconded by Dave Gibbs



AOB and questions submitted by members to be discussed

1. The alignment of the duration of the cycling sessions with the other two disciplines, the reason behind this is twofold:-

1.1 To ensure that those youth athletes who attend park run are not over training. Currently, they can do 30mins run followed by 90mins cycling, this makes for a very big brick session and goes against the principles of LTPD, which have been agreed and are being adopted by the Youth Committee for all its members.

1.2 This brings the cost of the cycling training in-line with the youth swim and run session (currently set at £2.50 for an hour).

SC – replied to this stating that 90% of the youth members do not participate in park run and the cyclists do not cycle for 90mins. Lincsqquad members, the cycle section, are encouraged not to over train, coaches are aware and protect all the youth. Their weekly session includes the maintenance, cleaning, coach instructions of the session. The session is always halted at some point to explain/encourage feedback from the cyclists. The actual physical activity is approximately 40 mins most of which is instructional.

NS agreed to the principles of the matters but said that the coaches were to determine the content of each session, discuss with the individual concerned regarding park run and cycling, and to set the guidelines/targets as to how each athlete trains as per the LTPD framework.

MC replied that it had the same principles as school whereby we do not know what they have done in the day.

SC expressed concern that we need to be mindful of the clubmark criteria which required us to put on Youth sessions.

PC replied that the cycling is not a youth only section, BTF and BC state there is no reason why adults and youth should be segregated from each other.

PC agreed that sometimes there is a need to separate the adults and youth but overall there was no need for this to occur on a regular basis.

SC felt that reducing the time would be detrimental to discourage the social interaction of the academy. Reducing the session to an hour would cause problems i.e., track time would be approximately 20mins.

ES stated that the distance he travels to attend the session (45mins each way) would be too much for just an hour and would reconsider attending.

AG referred briefly to the Go-Ride insurance policy, which states that BC advertises the events on their website and charges £1 per cyclist for insurance purposes.

PC stressed that this is not a youth only session.

NS stated that DC had put a post onto the forum in the past regarding the participation of adults but had only had a limited response.

SC stated he has run in the past a ladies only session.

NS replied that there was no reason why not to progress with adult sessions in the future.

Motion rejected on the above 2 points. Cost of £3.00 per session and time of 90mins remains.



2. The cost of the hire of bikes within the Saturday sessions and would suggest that a fee of £1.00 per bike be applied. This is to try to recover some of the cost of the wear and tear also encouraging parents to purchase and bring along the athletes own bike.

CW stated that the purchase of youth cycles could cause a barrier, therefore, not allowing some children access to the discipline, furthermore discouraging non-attendance of some.

SC replied that there were only 2 members at present making use of the club bikes.

MC asked if as the cycle section has several different disciplines within, are the youth expected to own various types of bikes? Surely, parents shouldn't be expected to purchase these when they have access to them at the club.

ES – looking at the funds that are available from the Youth section, can we not use these for maintenance? The £1 hire charge should encourage the youth to look after the bike.

DC stated that the monies from the cycle section are insufficient to cover general maintenance.

NS replied that as a tri club the monies are managed accordingly.

PC expressed that the £1 hire is a good cheap alternative to purchasing a new bike, stating that it would cost the cyclist £40 per annum rather than a one off payment of several hundred pounds.

Motion rejected 5 for/6 against

3. The encouragement from the swim coaches for parents/athletes to purchase swim aids such as pull buoys, kick boards and fins.

DC/TE explained how it would benefit the youth members if parents purchased their own swim aids i.e., sizing, especially the fins, availability

DG stated why not hire this equipment out too

DH asked the question of why the Lincsqquad shop didn't sell these and would we be able to add these items to our shop stock.

TE said that the items were already available from Blizzard but were rather expensive.

SC expressed that the cost would increase significantly if you had more than one child.

Motion carried – parents to be encouraged to purchase swim aids.

4. The current ownership of Quibell Park, with the reinstatement of work within the Park, does this mean that the i's have been dotted and the t's crossed with regards club ownership? If this being the case, does the committee have a long-term strategy to deal with any price increase or restriction to access.

NS stated that there was nothing to report at present and we were not aware of any changes at present.

TE said that the costings would remain the same at present. All the paperwork on behalf of Lincsqquad had been completed and returned to the council, at the moment we are not aware of any costings yet for 2017.

NS asked if there were any grants that we could apply for the youth academy.

PC replied that there was Lottery funding and that the Canoe Club at Brigg has been successful in their applications for funding and managed to build their club house with the monies. We need as an academy to look at the benefits and projections for the future to enable us to start applying for funding from any source.

SC mentioned that he knew someone from the local area who could assist with the completion of applications.

It was agreed that this would be placed on the Agenda of the first committee meeting.

5. Seek agreement of intent to proceed a cycle training partnership with Lincoln Velo – S Cannings

It was agreed that this would be placed on the Agenda of the first committee meeting.



6. Junior Quadrathlons

SJ raised the point on offering training support for the Manvers Quad in July.

DC stated that she was talking to Manvers at present and trying to arrange training days for the all, and would keep everyone informed of the progress and any dates etc.

PC also said that we could arrange a training session with Brigg Canoe Club alongside the Manvers training.

NS asked regarding a water licence and was informed by PC that this was not required as it would be covered by the Canoe Club.

7. Language/Behaviour

AG requested that the language of persons around the youth be monitored as there were instances of improper language used by individuals.

DG asked where the complaints policy and procedures were kept.

NS replied and explained that they were available on the forum.

DH asked why no-one has stepped in and sorted the problem there and then.

CB asked the committee to individualise rather than generic.

TE stated that the Monday night "talk to" with the 11-15 youth section was so that all were aware of what was correct behaviour whilst attending a session.

CB replied that the kids were fearful that they would be excluded should they misbehave.

TE explained that this was a last resort and not an initial punishment.

NS replied that as an individual was not known the whole of the youth were addressed collectively. If the instigator has been known then they would have been talked to exclusively.

SJ suggested the use of a card system i.e., yellow/red card depending on the type of misdemeanour.

SC agreed with this.

TE stated that there were too many on the track to use this system effectively.

NS replied that if the behaviour couldn't be dealt with there and then, it would be passed onto the committee to progress it.

PC suggested that the use of the LTPD booklets to keep track of the youths behaviour at all disciplines.

Booklets handed out.

CB expressed concern regarding the process of disciplining of the child.

PC explained how to use the booklet and how to record behaviour

NS did state that it would be improper for a child to be excluded without the knowledge of the parent.

TE explained the process of why we keep the membership cards and that they would be used to contact the parents should any coach need to, if their child misbehaved continuously at any of the track, swim sessions.

The Youth section 11-15 were also addressed by TE with regards to their behaviour during the Monday evening run session, and their parents were informed as to why this talk had to be made.

20:50hrs – meeting closed