

Gyllyngvase Surf Life Saving and Triathlon Club

Annual Report 2010/11



The Committee

President
Matthew Stone

Chairman
Allan Reid

Secretary
Pat Lord

Treasurer
Graham Boulton

Club Captain
Sam Steele

Junior Coach
Melissa Reid

Nipper Coaches
Matthew Trebilcock and Hugh Emsden

Gear Steward
Will Parkinson

Welfare Officer
Dr Emily Trebilcock

President's Report

Matthew Stone

Gyllyngvase Surf Life Saving and Triathlon Club recently celebrated its 3rd birthday, and there have been plenty of positives to write about in the last 12 months. With the continued support of committee members and coaches, showing countless amounts of voluntary dedication towards the club, we have been able to have another very successful year.

A fundamental highlight to 2011 was the accreditation to the Sport England ClubMark scheme. The only national cross sports quality accreditation structure for clubs with junior sections. It is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted operating standards. For almost 14 months prior to approval, the committee had been creating a portfolio of evidence to submit to the Sport England judging panel. Gylly remains the only accredited Surf Life Saving club in the UK. This demonstrates how we have established a very well managed club with excellent links within the local and wider community. More importantly, it shows our commitment to providing a duty of care to children and young people. All coaches remain qualified and CRB checked to the required standard, and the committee are determined that this carries on for the foreseeable future.

Another positive for the club over the past year was the continued strong relationship with the Royal National Lifeboat Institution (RNLI) and the Gylly Beach Café. Thanks to both groups' generosity, Gylly SLS +Tri club now has temporary storage on the beach – allowing more equipment to be purchased and stored safely. A grant from the Youth Capital Fund, entitled 'Our Money Your Dream' made the purchase of new equipment possible. We now have a large selection of training and race equipment, and we are at a position to purchase further equipment once our storage situation becomes clearer.

The Triathlon section of the club is now flourishing, with ever-increasing numbers of participants in our swim, bike and run sessions. The Aquathon series at Penzance showed how many potential triathletes the club now contains and the winter Turbo training and club runs are becoming essential training activities for many members. We are looking towards a strong 2012 triathlon season, and I encourage all adults to become involved in this side of the club. As Triathlon is now becoming a more high-profile Olympic Sport, I can only postulate that the Triathlon section will continue to grow, giving our members and the local community the opportunity to become involved in the sport, and potentially compete for Great Britain.

This can be substantiated with Melissa Reid representing GB in the World Para-Triathlon Championships this year. Many members from the club will be competing in the 2011/12 South West Cross Country Championships in the upcoming season as well. We certainly are going from strength to strength in this area.

Surf Life Saving Sport has also been an immense success for the club this year. With Matt Trebilcock and Hugh Emsden collaborating to lead the nipper team to a remarkable 4th place at the National Champs and Melissa Reid continuing to nurture an ever-increasing number of Junior athletes to a superb 8th place at Portreath. We now need to focus our attention on the Senior and Master age groups in the upcoming year. The frequent North Coast training sessions proved to be an excellent way to enhance skills and fitness. This shall be carried on into 2012.

Everyone involved in Gyllyngvase SLS + Triathlon club should be proud of our achievements. We all must remember that we have now only been established for 3 years, and with the on-going support from the majority of members and parents, we will have even more successes to write about next year.

Chairman's Report

Allan Reid

2011 is Gylly's third year it has been a challenging but exciting one. It has been a very successful year with lots of highlights. We have fielded lots of national champions and even a world champion silver medalist paratriathlete.

We have just finished the last year of our initial 3 year action plan and will be starting on our first year of the new 5 year plan. So far we have managed 99% if all the action plan so a big pat on the back.

I personally look forward to seeing the whole club having another successful year.

A big thank you to all committee members and coaches and helpers.

Secretary's Report

Pat Lord

As Secretary of Gyllyngvase Surf Live Saving and Triathlon Club I am primarily responsible for the day-to-day administration of the club.

However, this is ably assisted by the other committee members, who take responsibility for their own area of specialism, and manage this; for example Membership Secretary, who provides her own administration processes.

So, what do I do?

General

I reply to correspondence, fill in forms, make sure that membership of affiliated clubs is up to date.

Meetings

I provide committee members with agenda / minute taking / recording and documentation. I also chase and highlight action areas for individuals on the Committee.

E-mail

I try to provide an e-mail record of members to allow mailings. However, this is mostly redundant because of the advent of Facebook. This record is difficult to keep up-to-date as members do not advise of amendments.

Treasurer's Accounts

Graham Boulton

Gyllyngvase Surf Rescue and Triathlon Club
Year to 30 September 2011

Receipts and payments account

Signed on 17.10.2011

Treasurer

Graham Boulton

President

Matthew Stone

Chaiman

Allan Reid

	£	2011 £
Receipts		
Memberships		4,577
Subscriptions		3,506
Fundraising		4,314
Merchandise		2,851
Grants		13,070
Competitions		2,505
Other		140
Total		<u>30,963</u>
Payments		
Memberships	2,882	
Competitions	2,823	
Equipment	6,169	
Merchandise	2,742	
Fundraising	854	
Repairs	435	
Training	2,997	
Donations	300	
Other	340	
		<u>19,542</u>
Excess of receipts over payments		11,421
Bank brought forward		2,545
Bank carried forward		<u><u>13,966</u></u>

Junior Coach's Report

Melissa Reid

This year I have yet again had the privilege of being the Junior Coach and like last year, we fulfilled our goals and improved above expectations.

We started off at the pool in January 2011 by taking a team to the Cornish Still Water Championships. Many of our members gained medal positions and the girls medalled in all the relays - even the manikin. Although there were only a few of us we placed very high.

Moving on to the National Championships at Cardiff, we had even more competitors taking part. The Junior team had the opportunity to team build the day before and then show the rest of the UK what they were made of. They came away with lots more medals than the previous year and gained considerably more points, putting Gyllyngvase higher up on the overall club rankings.

Moving on to the beach, the Cornish Champs were a disappointment to all the Juniors, Seniors and Masters, to no fault of our own. After travelling all the way to Bude, the team was told that no events were going to take place due to the conditions. After the setback at the Cornish, the Juniors came fighting back at the Nationals and achieved a phenomenal

amount of medals, placing 8th in the UK. This is a fantastic achievement considering the club has only been established for 3 years. It just shows how everyone's commitment has paid off. There were too many outstanding performances at the National Beach Champs to name specifically, and I wouldn't want to miss anyone out.

This year there hasn't been any newly qualified lifeguards through the club (mainly most of the Juniors are too young). Next year there are a number of Juniors that will be old enough to become a Beach Lifeguards and I am hoping to get them qualified so that they can progress their skills to aid others.

As Juniors and Seniors it is not all about competing; we have an ever-increasing social side to keep everyone involved. This year is the largest Junior section that we have had and I am sure that this will carry on into 2012.

Nipper Coach's Report

Matthew Trebilcock and Hugh Emsden

Sitting down to write a review of the 2010/11 season gives us a chance to reflect on what a fantastic season in both the pool and on the beach our club has enjoyed.

Our nippers this season have exceeded all our expectations and continue to shine, and most importantly they do it with a huge smile!

So, going back to the start of the season, we started with the Cornish Stillwater Championships held in St Ives in February. Over 380 nippers over 2 weekends competed in the championships, with the Gylly team finishing in a great 4th place, beating some very well established clubs in the process. Our medal haul included 11 gold, 8 silver and 9 bronze, but the team spirit shone through, with every representative from Gylly giving all the events 100%.

This team spirit and success then followed through to the National Stillwater Championships held in Cardiff in March. Gylly finished in a well deserved 7th place overall, winning 10 gold, 5 silver and 4 bronze. We cannot understate the achievement of our nippers, as for many of them this was the first time competing in such an impressive pool in front of over 2,000 people.

However, the fun pool and water slides were a welcome relief for many after a hard and very long day's competition. Hopefully, next year we can take an even bigger team up to the National Stillwater Championships, wherever they may be held!

Then on to the beach part of the season, once the lifeguards had returned to Gylly, our normal Sunday training sessions resumed, in our normal summer weather, cold, wet and windy, but occasionally we did have a few sunny days. This weather did not seem to dampen the spirits of our nippers, who continued to arrive each Sunday in their masses.

Unfortunately, the usual precursor to the competitions, the Max Hocking fun day was postponed due to our normal summer weather, large surf, very high winds and torrential rain, so then onto our first beach competition of the year, the Cornish Championships held at Carbis Bay over the weekend of 16 & 17 July.

As the weekend progressed the conditions began to deteriorate, and as it turned out Carbis Bay was about the only surf able spot on the north coast on the Sunday. But, once again, our nippers performed above and beyond our expectations, in very challenging surf conditions to finish in an excellent 4th place overall,

taking home 11 gold, 8 silver and 9 bronze medals. Finally, we moved onto the last competition of the year, the National Surf Championships held on Portreath beach over the weekend of 26 & 27 August. Once again the sun gods were not shining on us and again we were faced with some extremely challenging surf conditions. To their immense credit our nippers took all of this in their stride and showed great strength and determination and in the majority of cases even with a huge smile to achieve some amazing results in both the beach and surf events. The team spirit showed by our nippers to help each other through and support each other is to their huge credit.

This spirit meant that we finished in an amazing 4th place overall, securing 13 gold, 15 silver and 4 bronze medals.

But this is only a small part of the season for some of our nippers, as a large number compete in a number of different disciplines throughout the season, under the banner of Gyllyngvase Surf Life Saving Club, from the Bennett Board Paddle Series, to cross-country races, road races, aquathons through to full triathlons and more, which truly reflects the multiple discipline background of Gylly SLS.

Nipper Coach's Report Continued...

Matthew Trebilcock and Hugh Emsden

Finally, we need to say a huge thank you to Reggie and the other coaches for all their support over the year, to all the parents who have helped us during the sessions, both in the pool and on the beach, from registration to added safety cover, to Allan and Matt and others for providing the required Nars cover for all our sessions and to all the individuals and companies that have supported our club. Thank you.

Lastly, we would like to thank every last one of our nippers who have attended a session with us throughout the year, as without you things would not have been as much fun!

Looking forward to 2011/12...

MemberShip Secretary's Report

Michelle Reid

It has been a very productive year we were down on a few numbers but it worked by closing membership it made the club a manageable size.

Gyllyngvase SLS + Triathlon Club have ended this year with:

- Supporting members 1
- Nipper members 82
- Youth members 32
- Senior members 29

Total members. 144

We shall go from strength to strength if we can support our members like we have this year.

Well done everyone!

Press Officer's Report

Matthew Stone

This season has seen continued support to the club from the local media, to which I have a very good relationship with. Local papers and radio stations have helped identify to the local community the club's (and its members') achievements throughout the year.

I can only reiterate, if you have a Press story that you would like to see published, please pass over words and images to myself as soon as possible after the event. I am very grateful for those who take time to do this. All members must remember that the committee and coaches are volunteering, and any time that can be saved chasing these elements will help make press print deadlines, and therefore create even more positive media attention.

On a communications front, I have voluntarily developed a new website for Gyllyngvase SLSC that was launched at the start of the year. Together with our refreshed Facebook page, we are providing a high level delivery of online communications to our members and third parties. We highlight that this is our fundamental way of communicating to members in the renewing/new membership letter, which is dispatched via our Membership Secretary. There have been no problems raised, so I presume that there are no issues

in this area, and everybody is pleased with the service provided. The club will be adding to this by sending out a quarterly newsletter to stakeholders, highlighting the success stories and significant news that the club has achieved. The first edition will be sent out in December.

The Press summary:

- 2 Front cover stories.
- 3 Back cover stories.
- 24 further articles published in the local press.
- 2 radio interviews.
- Countless mentions on Surf Life Saving GB newsletters.
- Online presence within the Clubmark website.
- Increased links from relevant external websites.
- Event features from Cornwall Sports Partnership, British Triathlon, Tri-Cornwall and ShelterBox.
- www.gyllysurf.org.uk has received 11,254 visits and 30,695 page views in the last year. In the last month 4,120 people visited and spent an average time of 2:19 on the site. 37% of these were new visits. Following the Endless Summer Swim, on Monday 26th September the website received 164 unique visits.

Gear Steward's Report

Will Parkinson

The third year has been another busy one for the club and it's fantastic to see all the members giving generously at fund-raising events to allow us to purchase more equipment!

This year has been slightly different to previous years in that we have enough equipment to allow all members to participate, even if it's only in groups, this has allowed us to spend on some newer items that have allowed members to compete at a higher level!

4 racing skis

1 double ski

3 carbon paddles

2 standard paddles – beginner use

3 Bennet racing boards

1 nipper/junior soft Bennet board

4 old paddle boards

7 surf rescue boards

8 rescue tubes

2 swell boards

15 nipper boards (yellow/swell) – 5 new on order not yet delivered

4 nipper boards (blue) – 2 without fins

5 greenstick nipper boards

4 pairs of fiberglass racing fins

1 club tent- beach competition use

13 turbo trainers

1 tandem

10 hi-vis running vests

2 storage containers – One shipping container and one shed

We would like to purchase more equipment, but we have decided to wait until we have more permanent storage.

Fundraising Coordinator's Report

Matthew Stone

Over the past year I have coordinated the fundraising income of £17,134. £4,064 has been received through various events with £13,070 through grants. This can be highlighted in the Treasurers report.

Gyllyngvase SLSC celebrated our 3rd birthday in style last month, hosting the fourth annual Endless Summer Swim. With over 100 swimmers taking part, the event once again raised lots of funds and public awareness for the club. With the generosity of our sponsors (ASP Industries, Sessions Surf Shop, Gylly Beach Café, Arvor Sea Kayaking, 2twenty2, PureBlue Water, Neuvya Swim School and Seasalt), we were able to provide all competitors and officials with race T-Shirts, increasing the event's exposure. Thank you also to the RNLI for assisting with water-cover. The club were also able to donate £300 of the proceeds to Helston based Disaster Relief Charity ShelterBox.

Allan and myself have a few more events in the pipeline for the upcoming season as well. If you would like to put on an event or help raise funds for the club, please get in touch.

A big thank you

We are very grateful for the generosity shown to the club by the following people and organizations:

Addinalls Electrical Contractors

Addinall Plumbing and Heating

Arvor Sea Kayaking

ASDA Penryn

ASP Industries

Associated Photography

David Addinall

BF Adventure

Blue Flame

C K Kitchens and Bathrooms

Cornwall Council

Courtyard Deli

Elemetal U.K.

EXpress Valeting

Falmouth Hotel

Falmouth Beach Hotel

Falmouth Fire Station

Falmouth Packet

Falmouth Surf School

Freeriders Surf Shop

Greenbank Hotel

Gylly Beach Cafe

JH & M Choak

Kingfisher Boats

Laskowski Estate Agents

Neuvya Swim School

Nick Ferris

Our Money Your Dream

Patio and Tile Centre

PureBlue Water

RNLI Lifeguards

Sainsbury's, Truro

Seasalt Cornwall

Sessions Surf Shop

ShelterBox

SKB Sails

The Draceana Centre

The Good Design Co.

The Jewellery Workshop

The West Briton

Truro School

2tventry2

Warehouse Bistro

Watson Marlow Pumps

Westcountry Fruit Supplies