Gyllyngvase Surf Life Saving + Triathlon Club

Annual Report 2011/12

Gyllyngvase







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

Gear Steward
Will Parkinson

Welfare Officer
Dr Emily Trebilcock

President's Report
Matthew Stone

In 2008, a small group of people had a vision to create a sports club based at Gyllyngvase Beach in Falmouth. They were interested in teaching their life-saving skills to the local community as well as establishing a triathlon club, encouraging its members to train and compete in the Olympic sport.

The first training session consisted of only four members… 4 years later Gyllyngvase Surf Life Saving + Triathlon Club is now recognised as one of the most successful surf life saving and triathlon clubs in the UK.

Gylly now has over 200 members. There are training sessions put on for our members throughout the week in a number of areas, including swimming, cycling, running and life-saving. A dedicated group of coaches give up their time to teach their skills to others, including Allan Reid (Head Coach) Matthew Trebilcock (Nipper Coach), Sam Steele (Club Captain), Melissa Reid (Junior Coach), Reggie, Hugh and Rob.

Last month the club's 4th birthday ended with great success, following a record turnout for our annual Endless Summer Swim. Over 160 swimmers, aged between 7 and 70 entered the water at Gyllyngvase Beach on the last Sunday of September, completing an 800m open-water course. Over £1,250 was raised on the day enabling the club to purchase more equipment for our members. As well as the swim, Gylly now hosts 7 annual events, including the Falmouth Triathlon, Gylly Relay + Junior Triathlon, the Dawn to Dusk Board Paddle, the Lifeguard Challenge and the Iceberg Challenge on New Years Day.

In surf life saving, the nipper (7-13) team finished an incredible 3rd in the country at the National Surf Life Saving Championships in August. They beat larger and more established clubs such as Portreath, Saunton Sands and Hayle. This really was a remarkable result considering the club has only been in existence for 4 years. It shows the dedication by all of the club's coaches and members. The Gylly Junior (13-19) and Master (30+) teams also had excellent success this year, winning a number of medals at both the Cornish and National Champs. 3 junior members (Tash Mundell, Issy Steele and Courtney-Lee Reid) were also selected to represent Cornwall at the Celtic Cup earlier this month. They helped the Cornwall team to secure 1st place in the event at Perranporth Beach. Since establishing, the club has qualified over 40 beach lifeguards, of which many volunteer or work for the RNLI Lifeguard service.

2012 has also been a successful year for the Gylly triathletes, with 2 Gylly members being selected to represent Great Britain. Melissa Reid is currently the British Champion in Para-triathlon, 2nd in Europe and 2nd in the World! Issy Steele has recently been selected as an under 19 age-grouper, following a good performance at the Rother Valley Triathlon in Sheffield.

2 teams also entered the National Relay Champs earlier this year. Out of over 300 teams, they finished 17th and 50th, and were the highest placed triathlon squad from Cornwall. Dan Luke and Clive-Boyes Hunter also had good results at the 2012 Cornwall Triathlon Series. Dan finished 3rd in the Under 21 category and Clive completed almost all of the events.

Finally, Gylly has been nominated for "Adult + Junior Club of the Year" at the 2012 Cornwall Sports Awards. Whether we win it or not, the fact they have been shortlisted really shows how far the surf life saving + triathlon club has come in only 4 years.

We wouldn't have been able to pull off any of these amazing achievements without the dedicated support of our committee, coaches, parents and most importantly, members. We also owe a lot to those who have supported the club, especially the Gylly Beach Café who continue to allow us to store training equipment on their land. We're already looking forward to an even more successful 2013.

Many thanks to Pat Lord and Sam Steele who are stepping down from their positions on the committee this year.

Chairman's Report
Allan Reid

What a great year Gyllyngvase has had with success upon success. This has all been possible with the help and support of all members, the committee and coaching and helpers have been working strongly towards this success.

We are known throughout the world for our sportsmanship, we have international athletes down to people who participate to be sociable. As a club we are following a 5 year plan and continually looking to the future.

We have established a strong Surf Life Saving club with Nippers coming 3rd Nationally, Juniors having a 88% medal collection for number of Gylly entries (8 out of 9 getting medals) which far exceeds any other club statistics, Seniors proving to be strong at the Cornish,

Masters being successful at Cornish and Nationals. We had two junior members complete their beach lifeguard award and go onto volunteer with the RNLI with one of them giving over 200 hours!

We are also a very strong triathlon club with success at all ages from 8 through to 72 and proving we are a fully inclusive club with a World champion Para- Aquathon champion. We have a junior selected for European 2013 triathlon age groups, 2 teams in the clubs first National relay competition coming 17th and 50th and we now have the only 12-16 triathlon in Cornwall. To ensure the success continues it is important we gain new coaches and helpers and continue to develop our existing coaching staff.

I hope the club continues to be strong due to its members.

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.

Treasurer's Accounts
Graham Boulton

Signed on 17.10.2012

Treasurer

Graham Boulton

Chaiman

Allan Reid

Gyllyngvase Surf Rescue and Triathlon Club
Year to 30 September 2012

Receipts and payments account

	£	2012 £
Receipts		
Memberships		4,789
Subscriptions		5,643
Fundraising		3,239
Merchandise		1,666
Grants and donations		450
Competitions		5,242
Other		35
Total		21,064
Payments		
Memberships	3,660	
Competitions	8,339	
Equipment	5,991	
Merchandise	1,194	
Fundraising	1,018	
Training	2,883	
Other	346	
Total		23,431
Excess of payments over receipts		-2,367
Bank brought forward		13,966
Bank carried forward		11,599

Junior Coach's Report
Melissa Reid

This year has been the strongest junior team ever and as a coach I am very proud. We have taken a full team to both national and Cornish events. In the poll and on the beach.

Unfortunately I was not able to make the junior still waters in Cardiff which I was very upset about. I was very pleased with their performance and grateful for will and Sam for taking a large role in looking after them. They had some good performances but due to lack of time our best event was cancelled. The team was quite disappointed about this.

This year has been the highest medal tally that the juniors have ever got. At the nationals at portreath 8 out of 9 got medals.

We have had a few nipper juniors come through this year and the younger juniors have progressed so much and starting to push the older juniors in performance.

We had three gyllyngvase members compete in the Celtic cup (competing for Cornwall). This was a very good result considering our junior size. We are obviously very good quality.

The sessions this year have really been testing for the juniors as the weather has not been on our side they have had some very hard sessions just to keep them warm.

We have tried to have as much social as training to keep every one keen happy and evolved. I feel that we have done this looking at our past year and performance.

Two of our juniors have passed their beach lifeguarding and will hopefully progress into gaining a job next year.

Nipper Coach's Report
Matthew Trebilcock

What a year for the Nippers of Gylly! Absolutely fantastic! It seems a long time ago to reflect on the last 12 months, when we were just starting out in the pool at the end of 2011.

Our winter season got off to a wonderful start with a warm up gala in conjunction with our friends from St Ives SLSC for the Gylly Challenge Cup. St Ives took a well-deserved victory at this gala and took the Gylly Challenge Cup back to St Ives with them, but the experiences gained by the Nippers really helped in the preparations for the Cornish and National Championships. We will be holding the event again this year, which will be held in St Ives sometime in January, so lets see if we can take the Gylly Challenge Cup back to Gylly!

Leading on from the Gylly Challenge Cup the training continued in the pool towards the Cornish and National Stillwater events. The Cornish Stillwaters were held over the last 2 weekends in February 2012. A team of 43 Nippers represented Gylly achieving a very respectable 5th overall with 6 Gold, 8 Silver and 10 Bronze. Then we went on to the National Stillwaters, again held in Cardiff in April. 28 Nippers from Gylly made the pilgrimage up to Cardiff, and once again did themselves and our club proud, with a great 8th overall

Nipper Coach's Report Continued...
Matthew Trebilcock

and accumulating 3 Gold, 13 Silver and 1 Bronze from all their efforts.

The nationals in Cardiff signalled the end of the 2011/12 stillwater season and our transition into the surf season, but looking ahead to the 2012/13 stillwater season, the biggest announcement so far is that the Nipper Stillwater nationals for 2013 will be held at Millfield School, near Bridgwater on 20 and 21 April 2013. I would encourage as many of us to attend this as possible, for what is a fantastic day for the Nippers, just speak to those Nippers and Parents that have attended previous national Stillwater events.

In early May we moved onto a rather chilly beach season, with our normal training sessions held on a Sunday morning. These sessions have been fantastically attended this year and it has been a pleasure to watch the development and confidence building in all of the nippers during the season. Also during the summer for those looking to compete at either of the competitions, the midweek sessions have also been an important part of the programme, and we must say a big thank you to Matt Stone and Allan Reid for providing life guard cover at these sessions, which sometime have been in rather interesting conditions!

So from the training we entered our first competition of the year the Cornish Surf Championships held at Carbis Bay on 21 and 22 July. A team of 46 Gylly Nippers made the trip and what an impact they made… 3rd Overall with 26 Gold, 33 Silver and 15 Bronze medals. This result exceeded all our expectations and was a reflection and reward of all the hard work that all the 46 nippers had put into their training and the way that they approached the competition, with a relaxed and happy attitude, that resulted in amazing performances from all 46 of the team, without exception.

On the crest of the wave after the Cornish championships, we then went into the National Surf Championships with the team of 56 Gylly Nippers, at Portreath beach over the 31 August and 1 September. Again, for me it is not easy to explain the pride that I have for the achievements of all of the 56 members of this team, finishing in an amazing 3rd place overall with 27 Gold, 8 Silver and 16 Bronze. The skills shown in the surf and on the beach over these 2 days from all 56 team members was a fantastic sight to watch, and the results has a testament to all the hard work that everyone in the club has put into learning and improving their skills, but always doing it with a huge amount of enjoyment.

This was the culmination of a fantastic season for all the Gylly Nippers, from those that just trained to those that also competed. As is the ethos of our club, we also entered teams and excelled in other competitions, like the Coose Trannack cross country, where Gylly retained the team title for the 2nd time, lets see if we can make it a third year in a row in 2013, to fantastic results by our Nippers in triathlons, aquathons, and open water swimming competitions, the energy and the skills of our nippers is endless.

Next years national surf competition will be a little different as it will be held in Saunton Sands in Devon over the week of 17 August to 24 August. I would again encourage as many nippers as possible to come and take part in what is a fantastic 2 days of fun and competition with your friends, and if it doesn't rain, there is no better place to be!

Finally, from me, we have to recognise that through this season none of this would have been possible without the help and dedication of the parents, watercover providers (although they seem to enjoy themselves rather too much on the north coast sessions) and the coaches, especially, Reggie and Sam for all their hard work in training and during the competitions, thanks to you all. Lastly, to the Nippers, all 100+ of you, thanks for all the fun.

MemberShip Secretary's Report
Michelle Reid

Gyllyngvase SLS + Triathlon Club have ended this year with:

- Supporting members 1
- Nipper members 106
- Youth members 21
- Senior members 12
- Master members 33

Total members. 172

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

Well done everyone!

Gear Steward's Report
Will Parkinson

This year has been a good year for the club doing well in all events entered, and it's fantastic to see all the members giving generously at fund raising events to allow us to purchase more equipment!

The club now owns quite a collection of equipment, it's been steadily growing over the past few years especially since we have gained the use of the ex RNLI container. Our equipment now consists of:

- 5 Racing skis
- 1 double ski
- 3 carbon paddles
- 4 standard paddles –beginner use
- 5 racing paddle boards (3 nearly new)
- 2 old paddle boards
- 7 surf rescue boards
  (2 nearing the end of their use full life)
- 8 rescue tubes
- 2 swell boards
- 10 nipper boards (yellow)
- 4 nipper boards (blue)- 2 without fins
- 8 Bennett nipper boards (6 more on order)
- 4 Greenstick nipper boards
- 1 club tent- beach competition use
- 2 club flags
- 43 club beach hats (100 on order new design)
- 15 turbo trainers (5 more on order)
- 1 tandem

We are also looking for extra storage for the equipment especially during the summer months.

I'm pleased to say Jack Trevail has played a huge role this year in repairing much of our equipment, and I hope he is keen to continue with his excellent work.

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 member's) 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 the press officer as soon as possible after the event. I am very grateful for those who take time to do this.

The club is 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, and I hope everybody is pleased with the service provided.

If there are any suggestions about club communications, please get in touch.

The Press summary:

- 1 Front cover story.
- 9 Back cover stories.
- 39 further articles published in the local press.
- 9 radio interviews.
- Countless mentions on Surf Life Saving GB newsletters + website.
- Online presence within the Clubmark website.
- Increased links from relevant external websites.
- Event features from Cornwall Sports Partnership, British Triathon, Triathlon England, Tri-Cornwall.
- www.gyllysurf.org.uk has received 15,151 visits and 37,635 page views in the last year. 7,659 were new visitors in the past season. In the last month 1,489 people visited and spent an average time of 1:58 on the site.
  There has been a 45.91% increase in visitors and a 100.92% increase in unique visitors to the club website.
  The biggest peaks were the following days of the Falmouth Triathlon, Gylly Triathlon and Endless Summer Swim.

Fundraising Coordinator's Report
Matthew Stone

Over the past year I have coordinated the fundraising income of £3,689. £450 has been received through grants with £3,239 through various events. This can be highlighted in the Treasurers report.

Gylly celebrated our 4th birthday in style last month, hosting the fifth annual Endless Summer Swim. With almost 200 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, Cornwall Property Paper, Miller & Son, 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 (further t-shirts are on order). Thank you also to the RNLI for assisting with water-cover.

The Falmouth Triathlon and Gylly Triathlons also raised great awareness for the club. If you have any ideas of an event please get in touch.

I am currently applying for a grant through thr RNLI.







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
Cornwall Property Paper
Courtyard Deli
doodlemore.co.uk
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
Miller & Son
Neuvya Swim School
Nick Ferris
Our Money Your Dream
Patio and Tile Centre
Primal Fitness Cornwall
PureBlue Water
RNLI Lifeguards
Rob Dick
Sainsbury's, Truro
Seasalt Cornwall
Sessions Surf Shop
ShelterBox
SKB Sails
The Draceana Centre
The Jewellery Workshop
The West Briton
Truro School
2twentry2
Warehouse Bistro
Watson Marlow Pumps
Westcountry Fruit Supplies