



LTSA(Lincoln Trident
Swimming Academy)
(Registered charity number 1166296)

RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED
31 DECEMBER 2021

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**LTSA
FOR THE YEAR ENDED 31 DECEMBER 2021
TRUSTEES' ANNUAL REPORT**

The Trustees have pleasure in presenting their annual report and financial statements for the year ended 31st DECEMBER 2021

REFERENCE AND ADMINISTRATION DETAILS

Full Name

Lincoln Trident Swimming Academy (LTSA)

Registered Charity Number

1166296

Registered Office

LTSA
2 Moorland Crescent
Lincoln
LN6 7NL

Trustees

Mr Ben Strathon	Chairperson
Mrs Caroline Strathon	Secretary
Mrs Sarah Hallam	Treasurer
Mrs Emma Copland	Committee Member
Mrs Cheryl Flint	Committee Member
Mrs Michelle Parsons	Committee Member
Mrs Heloise Abbott	Committee Member
Mrs Sarah Jackson	Committee Member

Bankers

HSBC
Business Banking
Cornmarket
Louth
LN11 9QB

**LTSA
FOR THE YEAR ENDED 31 DECEMBER 2021
TRUSTEES' ANNUAL REPORT**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its Constitution.

A volunteer management committee comprised of the Trustees governs the charity. The members will elect future Officers and it is hoped that new Trustees will be elected at successive AGMs to support the continuing Trustees.

Various external bodies including SwimMark and Swim England support the setting.

Recruitment and appointment of new trustees

The committee members are appointed/reappointed at the AGM held annually no later than 31st August.

The current committee members have varied qualifications and backgrounds, including legal, financial and business in addition to those related to the charities activities. The Disclosure and Barring Service have checked them, where required, in line with Swim England requirements.

Risk Management

The committee members have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide assurance against fraud and error.

There is a child protection policy in place; the CIO has adopted the Swim England policies.

LTSA continues to be aware of risks and is insured accordingly. Our policy is based on the Swim England and SwimMark guidance received. Regular training is in place to ensure competency.

**LTSA
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TRUSTEES' ANNUAL REPORT**

OBJECTIVES AND ACTIVITIES

The aims of LTSA

LTSA is a teaching/coaching club dedicated to improving the technique and stamina of swimmers in a flexible, friendly, no pressure environment, preparing and enabling them to compete if they wish. The focus remains on developing skills and refining technique to enable each and every individual swimmer to reach their fullest potential, whether the swimmer's personal goal is skills, competition or fitness.

LTSA aims to be sustainable, high quality club providing a flexible programme of structured training sessions, which encourage and maintain participation at all levels and goals enabling swimmers to take control of their swimming, achieve their personal goals and optimum performance within a supportive development environment.

Encouragement support and mentoring is also provided for anyone wishing to teach/coach, again on a flexible no pressure basis.

The objectives of the CIO are set out in the Constitution.

Significant activities

The training programme continues to be developed and progressed whilst remaining flexible in its approach and accessibility.

The year began with a coronavirus lock-down, closure of facilities and restrictions on group meetings so it was not possible for members to swim until mid-April.

Following re-opening of facilities in mid-April, the Club returned and although losing a number of members maintained sufficient numbers to continue.

Successful internal Level X Galas were held in June and August enabling members to achieve times for entry onto the national rankings prior to the return of open competition in September.

ACHIEVEMENT AND PERFORMANCE

Re-Affiliated with Swim England - National, Regional and County. Re-accredited with SwimMark.

Unfortunately due to the coronavirus lock-down and competitive swimming ceasing there were no County Championships this year, however following easing back of the coronavirus restrictions in July, one swimmer qualified and was selected to compete in the Regional Summer Festival which was restricted to very limited numbers.

Competitive successes over the year included one swimmer at County Open Water, one at Regional Summer Festival, a number of level X internal competitions and open competitions, with many new swimmers competing for the first time.

In September, the first open competition following easing of lock down restrictions resulted in many PB's and medals as well as County and Regional Qualifying times and two subsequent meets through the remainder of the year building on that success.

One swimmer was selected for the County Development Day.

Four swimmers attended the Short Course Winter Regionals, one swimmer attended the Swim England Winter Nationals.

A number of swimmers represented their school(s) at the inter-schools swimming competition. One swimmer's school relay team went through to the national final and the team (including swimmers from other Clubs) participated in a number of sessions with the Club's Head Coach to prepare and improve them for the final.

The Club has in process a number of collaborative projects and link ups with local Clubs for synchronised swimming and triathlon as well as with pool providers to improve community swimming by providing facilities for coached/taught adult swimming sessions on a pay as you go basis (open to all - no membership required).

Numbers of non-competing members maintained at approximately 50% of membership, however essentially for the majority of the year all members have been non-competing over the year but have continued to participate in training when possible due to coronavirus lockdowns.

Charitable Activities

Membership numbers have fallen slightly, but most swimmers have shown resilience in continuing to train, despite the issues and disruptive breaks there have been this year with extended lock-downs, pool closures and restrictions due to coronavirus pandemic.

In line with our CIO Objectives:-

Programme provides fitness training, nutritional advice and support to enable swimmers to maintain health. Facilities have been introduced for an adult coached pay as you go session (open to all - no membership required) and collaborations are in process with local synchronised swimming and triathlon clubs.

Funded education and development of volunteers to further enhance the amateur sport of swimming. Open invitation to local swim schools and leisure centre providers for their staff/teachers to be involved in training and coaching to both improve their skills and also enable them to better understand and be aware of the opportunities for swimmers to continue participating in swimming after finishing swim school. Offer also to mentor/develop teachers/coaches to improve quality of swimming lesson/training provision locally.

Assess and refer service giving information to non-members about their options in the County, including details and contacts for the various clubs/activity providers.

Financial support is available to swimmers both within the club and externally who required assistance to continue to swim/learn to swim – as agreed by the Trustee.

SUMMARY

LTSA has had a very successful year of activities, building on the successes of previous years, despite the limited time in the pool and opportunities both for competing and training.

Hi-lights from the year include: -

- ▲ Swimmers competing under the LTSA banner at Regional and National Championships (no County Championships this year due to coronavirus lock-down).
- ▲ Membership numbers fallen slightly, but remain sufficient to enable Club to continue despite the issues and disruptive breaks in training due to coronavirus lock-downs.
- ▲ New swimmers competing for the first time and retaining swimmers who have decided to stop competing.
- ▲ Swimmers graduating from Swim School into main academy membership.
- ▲ Balance of training to support non-competitive swimmers achievements and also to maintain commitment of competitive swimmers despite lack of competitive opportunities and disruption of frequent breaks due to lock-downs, restrictions and pool closures etc
- ▲ Increased team cohesion and support within the membership, ensuring a fully inclusive approach.
- ▲ Facilitating adult swimming session open to all.
- ▲ Collaborations and link-ups in process with local synchronised swimming and triathlon clubs.

**LTSA
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FINANCIAL REVIEW

The charity was established in April 2016, so this is its fifth year of operations. It has further improved its stable financial position.

Reserves policy

The aim of the charity is to maintain one month's running costs approximately £2,200. The reserves are currently £7,918.

Internal control and risk management

The Trustees continue to monitor the major risks to which the charity is exposed and to keep under review the adequacy of the systems which they believe are adequate and appropriate to the size of the charity and the nature of its operations.

The main source of funding this year has been the monthly fees from members, although there have been some donations received from private individuals, with gift aid being claimed where possible. Grants obtained towards training of volunteers have been paid at source by the granting authority (eg SwimMark etc).

The majority of income is spent on pool hire costs and associated equipment.

Following an unanimous vote of members at the 2019 AGM this is the second year reduced rate payments and bonus have been paid to the Head Coach for coaching services.

Signed 
Ben Strathon, Chairperson

Dated 23 July 2022

LTSA
FOR THE YEAR ENDED 31 DECEMBER 2021
RECEIPTS & PAYMENTS ACCOUNTS

		2021	2020
RECEIPTS	£	£	£
Swim England/ASA Fees	585		1,530
Fees	10,509		11,930
Interest	1		2
Fundraising (Branded items)	95		231
Functions	370		0
Donations (inc Gift Aid)	1,209		280
Swim Meets	1,267		2,013
Total Income		14,036	15,986
 LESS PAYMENTS			
Swim England/ASA Fees	1,374		1,972
Pool Hire	8,011		6,930
Equipment	44		94
Telephone	0		20
Misc	0		0
Training	0		0
Insurance	105		105
Swim Meets	1,724		1,233
Uniform (inc branded items)	641		322
Functions	284		0
Expenses/Coaching fees	3,247		1,821
Hardship Fund	0		0
Total Expenditure		15,430	12,497
Net Receipts/(Payments)		(1,394)	3,489
Cash funds at start of this period		9,312	5,822
Cash funds at end of this period		7,918	9,312

Approved by the Trustees and signed on their behalf by:

Signed*Sarah Hallam*.....
Sarah Hallam, Treasurer

. Dated15/1/2022.....

LTSA
FOR THE YEAR ENDED 31 DECEMBER 2021
STATEMENT OF ASSETS AND LIABILITIES

	2021	2020
	£	£
Current Account	1,906	3,301
Deposit Account	6,011	6,011
Cash in Hand	0	0
	7,917	9,312
Assets Held at Year End 2020	£	
Swim Equipment	50	
Laptop	100	
Uniform	50	
Arrears (to be collected)	107	
Total	307	
Liabilities Held at Year End 2021		
Pool Hire	564	
Advance Payments	169	
Expenses/Coaching fees December	252	
Total	985	

Notes

1. Outstanding Fees– £107
 2. Advance payments of £169 made due to lockdown refunds etc -
- Net Balance carried forward for year = £7917

Approved by the Trustees and signed on their behalf by:

Signed*Sarah Hallam*..... Dated15/1/2022.....
 Sarah Hallam, Treasurer

LTSA
FOR THE YEAR ENDED 31 DECEMBER 2021

NOTES TO THE ACCOUNTS

1. Receipts and Payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial year.

2. Trustees remuneration

The only payments made were reduced rate payments and bonus paid to the Head Coach for coaching services as agreed at the 2019 AGM and expenses, which are available for all volunteers for expenses incurred during the course of them assisting the CIO in its activities.