



LTSA(Lincoln Trident Swimming Academy)

(Registered charity number 1166296)

RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED
31 DECEMBER 2022

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**LTSA
FOR THE YEAR ENDED 31 DECEMBER 2022
TRUSTEES' ANNUAL REPORT**

The Trustees have pleasure in presenting their annual report and financial statements for the year ended 31st DECEMBER 2022

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 Michelle Parsons	Committee Member
Mrs Sarah Jackson	Committee Member
Mrs Alexandra Parkin	Committee Member

Bankers

HSBC
Business Banking
Cornmarket
Louth
LN11 9QB

**LTSA
FOR THE YEAR ENDED 31 DECEMBER 2022
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 existing members will elect future Officers and it is hoped that new Trustees will be elected at the 2023 AGM to support the current 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.

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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

We have continued to further develop and adapt the training programme, which has remained flexible in its approach and accessibility.

We have competed in a number of open meets of all levels to meet the varied needs and abilities of the membership. Members also successfully competed at County, Regional, National and British Championships.

Recruitment of volunteers continues to be successful, with a number of volunteers committing to attending formal training qualifications.

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ACHIEVEMENT AND PERFORMANCE

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

Successful competitive Swimmers at meets in throughout the year achieved finals, medals, PBs, as well as many qualifying for County, Regional, National and/or British Swimming Championships. Some previously non-competing members tried competition this year at open meets.

Numbers of non-competing members maintained at approximately 50% of membership, with some previously competing members changing to non-competing over the year but continuing to participate in training.

Several swimmers assisted poolside as part of their Duke of Edinburgh Award Volunteering section. Others swam regularly as part of their Duke of Edinburgh Award Physical Section.

Charitable Activities

Increased the number of participants/members including some from non-swimming background, others joined from competitive focused clubs after considering stopping swimming, thereby keeping them in the sport as fitness and recreational swimmers.

In line with our CIO Objectives:-

Programme provides fitness training, nutritional advice and support to enable swimmers to maintain health.

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.

Provided 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.

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

Provided pool space for adult learn to swim lessons at reduced cost.

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LTSA has had a very successful year of activities, building on the successes of previous years since registration as a charity and affiliation with Swim England.

Hi-lights from the year include: -

- ▲ Competing numerous times under the LTSA banner both at open meets and in County, Regional and National Championships.
- ▲ Membership numbers growing
- ▲ New swimmers competing for the first time and retaining swimmers who have decided to stop competing.
- ▲ Swimmers graduating from Swim School into main Club membership.
- ▲ Regular additional poolside volunteers
- ▲ Structure and governance developed and expanded as the year progressed.
- ▲ Swimmers getting real personal achievement from the level of training, including being recognised at their schools as a result.
- ▲ Established on County and Midlands circuit.
- ▲ Balance of training to support non-competitive swimmers achievements.
- ▲ Increased number of members participating for fitness/healthy recreation.
- ▲ Training opportunities for volunteers and swimmers.
- ▲ Increased team cohesion and support within the membership, ensuring a fully inclusive approach.

**LTSA
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TRUSTEES' ANNUAL REPORT**

FINANCIAL REVIEW

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

Reserves policy

The aim of the charity is to maintain one month's running costs approximately £2,600. The reserves are currently £4,595

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 has been some sponsorship and donations received from Lloyds Banking Group and also donations 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.

Approved by the Trustees and signed on their behalf by

Signed*Ben Strathon*.....
Ben Strathon, Chairperson

. Dated01/04/2023.....

LTSA
FOR THE YEAR ENDED 31 DECEMBER 2022
RECEIPTS & PAYMENTS ACCOUNTS

		2022	2021
RECEIPTS	£	£	£
Swim England/ASA Fees	1,510		585
Fees	12,191		10,509
Interest	8		1
Fundraising (Branded items)	474		95
Functions	661		370
Donations (inc Gift Aid)	989		1,209
Swim Meets	2,514		1,267
Total Income		18,347	14,036
 LESS PAYMENTS			
Swim England/ASA Fees	1,595		1,374
Pool Hire	13,341		8,011
Equipment	0		44
Telephone	15		0
Misc	26		0
Training	720		0
Insurance	105		105
Swim Meets	3,059		1,724
Uniform (inc branded items)	116		641
Functions	683		284
Expenses/Coaching Costs	1,950		3,247
Hardship Fund	0		0
Bank Fees	60		0
Total Expenditure		21,670	15,430
Net Receipts/(Payments)		(3,323)	(1,394)
Cash funds at start of this period		7,918	9,312
Cash funds at end of this period		4,595	7,918

Approved by the Trustees and signed on their behalf by:

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

. Dated01/04/2023.....

LTSA
FOR THE YEAR ENDED 31 DECEMBER 2022
STATEMENT OF ASSETS AND LIABILITIES

	2022	2021
	£	£
Current Account	587	1,906
Deposit Account	4,007	6,011
Cash in Hand	0	0
	4,595	7,918
Assets Held at Year End 2022	£	
Swim Equipment	50	
Laptop	150	
Uniform	50	
Arrears (to be collected)	240	
Total	490	
Liabilities Held at Year End 2022		
Pool Hire	330	
Advance Payments	169	
Total	(499)	

Notes

1. Outstanding Fees/swim Meets/ASA– £240
 2. Advance payments of £169 made due to lockdown refunds etc -
- Net Balance carried forward for year = £4595 – £9 = £4586

Approved by the Trustees and signed on their behalf by:

Signed*Sarah Hallam*..... Dated01/04/2023.....
 Sarah Hallam, Treasurer

**LTSA
FOR THE YEAR ENDED 31 DECEMBER 2020**

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 for coaching services from the Head Coach as agreed and expenses incurred as agreed at the 2020 AGM, which are available for all volunteers for expenses incurred during the course of them assisting the CIO in its activities.