



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

RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED  
31 DECEMBER 2023

## INDEX TO FINANCIAL STATEMENTS

### Page No

2-7	Report of the Trustees
8	Receipts and Payments Account
9	Statement of Assets and Liabilities
10	Notes to the Accounts

**LTSA  
FOR THE YEAR ENDED 31 DECEMBER 2023  
TRUSTEES' ANNUAL REPORT**

The Trustees have pleasure in presenting their annual report and financial statements for the year ended 31st DECEMBER 2023

**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 Michelle Parsons	Treasurer
Mrs Emma Copland	Committee Member
Mrs Sarah Jackson	Committee Member
Ms Marie Mulholland	Committee Member

**Bankers**

HSBC  
Business Banking  
Cornmarket  
Louth  
LN11 9QB

**LTSA  
FOR THE YEAR ENDED 31 DECEMBER 2023  
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 2024 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 31<sup>st</sup> 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  
FOR THE YEAR ENDED 31 DECEMBER 2023  
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**

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

Grant funding was obtained to run an extended free trial programme to increase participation and enable local children to try club swimming.

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.

**LTSA  
FOR THE YEAR ENDED 31 DECEMBER 2023  
TRUSTEES' ANNUAL REPORT**

**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.

Financial 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.

**LTSA**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**  
**TRUSTEES' ANNUAL REPORT**

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  
FOR THE YEAR ENDED 31 DECEMBER 2023  
TRUSTEES' ANNUAL REPORT**

**FINANCIAL REVIEW**

The charity was established in April 2016, so this is its eighth 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 £5,492

**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). Grant funding was also obtained to run an extended free trial programme to increase participation and enable local children to try club swimming.

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

. Dated ... 30th May 2024.....



**LTSA**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**  
**RECEIPTS & PAYMENTS ACCOUNTS**

		<b>2023</b>	<b>2022</b>
<b>RECEIPTS</b>	<b>£</b>	<b>£</b>	<b>£</b>
Swim England/ASA Fees	1,042		1,510
Fees	16,185		12,191
Interest	63		8
Fundraising (Branded items)	82		474
Functions	640		661
Donations (inc Gift Aid)	3,907		989
Swim Meets	2,812		2,514
<b>Total Income</b>		<b>24,731</b>	<b>18,347</b>
 <b>LESS PAYMENTS</b>			
Swim England/ASA Fees	1,615		1,595
Pool Hire	18,322		13,341
Equipment	0		0
Telephone	0		15
Misc	0		26
Training	354		720
Insurance	46		105
Swim Meets	2,877		3,059
Uniform (inc branded items)	15		116
Functions	544		683
Expenses/Coaching Costs	0		1,950
Hardship Fund	0		0
Bank Fees	60		60
<b>Total Expenditure</b>		<b>23,833</b>	<b>21,670</b>
<b>Net Receipts/(Payments)</b>		<b>898</b>	<b>(3,323)</b>
Cash funds at start of this period		4,595	7,918
<b>Cash funds at end of this period</b>		<b>5,492</b>	<b>4,595</b>

Approved by the Trustees and signed on their behalf by:

Signed .....*Michelle Parsons*.....  
Michelle Parsons, Treasurer

. Dated ... 30th May 2024.....

**LTSA**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**  
**STATEMENT OF ASSETS AND LIABILITIES**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Current Account	1,422	587
Deposit Account	4,070	4,007
Cash in Hand	0	0
	<b>5,492</b>	<b>4,595</b>
<b>Assets Held at Year End 2023</b>	<b>£</b>	
Swim Equipment	50	
Laptop	150	
Uniform	50	
Arrears (to be collected)	57	
<b>Total</b>	<b>307</b>	
<b>Liabilities Held at Year End 2023</b>		
Pool Hire		
Expenses for coach	1,894	
Advance payments	73	
<b>Total</b>	<b>(1,967)</b>	

**Notes**

1. Outstanding Fees/swim Meets/ASA– £57 1 swimmer
  2. Advance payments made Aug 23 to be used against ASA Fees
- Net Balance carried forward for year = £5492 – £1660 = £3832

Approved by the Trustees and signed on their behalf by:

Signed .....*Michelle Parsons*..... Dated 30<sup>th</sup> May 2024.....  
Michelle Parsons, Treasurer

**LTSA  
FOR THE YEAR ENDED 31 DECEMBER 2023**

**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.