



# Lincoln Trident Swimming Academy (LTSA)

(Registered charity number 1166296)

RECEIPTS AND PAYMENTS ACCOUNT

FOR YEAR ENDED  
31 DECEMBER 2024



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The Trustees have pleasure in presenting their annual report and financial statements for the year ended 31st DECEMBER 2024.

## **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 Marie Mulholland	Committee Member
Mrs Emma Brownless	Committee Member
Mrs Jenny Jamison	Committee Member

### **Bankers**

HSBC  
Business Banking  
Cornmarket  
Louth  
LN11 9QB



## **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 anticipated that new Trustees will be elected at the 2025 AGM to support the current Trustees.

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

### **Recruitment and appointment of new trustees**

Committee members are appointed/reappointed at the AGM held 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. Where required, the Disclosure and Barring Service has checked them, in accordance with Swim England requirements.

### **Risk Management**

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

There is a child protection policy in place; the Charitable Incorporated Organisation (CIO) has adopted the Swim England policies.

LTSA maintains awareness of risks and is insured accordingly. Its policy is based on the Swim England and SwimMark guidance received. Regular training is conducted to ensure competency.



## **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.



## **Charitable Activities**

The CIO 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, LTSA continues to:

- provide fitness training, nutritional advice and support to enable swimmers to maintain health;
- fund the education and development of volunteers to support amateur swimming;
- provides open invitation to the staff/teachers at local swim schools and leisure centres to be involved in training/coaching, improving their skills and increasing their awareness and understanding of the opportunities for swimmers to continue swimming after completing swim school;
- provide 'assess and refer' services, giving information to non-members about their options for swimming in the county including details of and contacts for the various clubs/activity providers.
- Financial support is available to swimmers, both outside and within the Club who require assistance to continue to swim/learn to swim – as agreed by the Trustees.
- provided pool-space for adult learn to swim lessons at reduced costs.
- working with local swim schools to create swimmer pathways enabling swimmers to continue participating in swimming after swim school.



## **Achievements, Performance and Significant Activities**

Having re-affiliated with Swim England (National, Regional and County) and re-accrediting with SwimMark, 2024 was a successful year for LTSA. Building upon its experience in previous years, LTSA worked to optimise its balanced approach to training for swimmers pursuing their varied goals, whether to improve general technique and fitness or to compete. LTSA continued developing its training programme to ensure broad accessibility and flexibility to cope with individual needs.

With new Trustees admitted, LTSA's structure and governance was developed through the year.

Beyond pure swimming, LTSA worked to enhance team spirit, cohesion and inclusivity by organising periodic team social events; by encouraging members to actively support competing swimmers of all standards and levels of competition and by encouraging swimmers unable or not wishing to compete to act as poolside volunteers in support of LTSA. 2024 saw volunteers admitted to LTSA, with numerous recruits, as well as more senior swimmers, attending training toward formal coaching qualifications. LTSA continued to provide opportunities to those undertaking the Duke of Edinburgh Scheme through recognition of poolside volunteering and commitment to physical health through participation in swimming training.

Whilst various swimmers have progressed from pure technique/fitness training to partaking in competition, the influx of new club members has resulted in the proportion of non-competing swimmers remaining approximately 50% of the total membership.

Many of the swimmers joining LTSA in 2024 were of a novice standard, however, many other swimmers joined having left more competitively-focussed clubs, with LTSA providing a more appealing opportunity to continue swimming for those who might otherwise have quit the sport entirely. For those members competing for the first time and less experienced competing swimmers, the Team Gala – 'Duel in the Pool' – held twice in the year at OneNK Leisure Centre provided an ideal opportunity for up-and-coming swimmers to gain exposure to the competitive arena, in a low-pressure, friendly environment.

LTSA's competitive element also took part in numerous meets at the Open and County levels, with some swimmers taking part for the first time. While LTSA's competitive team is among the smallest of those competing in the Lincolnshire



## LTSA Trustees' Annual Report for Year Ended 31 December 2024

County and Midlands circuits, they nonetheless made waves in the competitive environment, with numerous swimmers achieving 'Personal Bests', qualifying for event finals, winning medals and individual events, and qualifying for County Championships.

In addition to achieving excellence in swimming, LTSA aims to positively influence the physical and mental wellbeing of their swimmers. Regardless of their official rankings, all swimmers accomplished meaningful and rewarding outcomes for themselves and were encouraged to take stock of their achievements, no matter the objective result. A summary of competitive events undertaken by LTSA in 2024 follows:

Date	Event	Location	Notes
Jan / Feb 24	Lincolnshire County Amateur Swimming Association Championships	Grantham Meres Leisure Centre and Louth Meridian Leisure Centre	3x swimmers 9x individual events/swims 1x team event/swim 6x 'Personal Bests'
Mar 24	Worksop Open Meet	Ponds Forge Int'l Sports Centre	13x swimmers 73x events/swims 70x 'Personal Bests' Medals awarded: 2x Gold 3x Silver 10x Bronze
Apr 24	Grantham Swim Club Open Meet	Grantham Meres Leisure Centre	9x swimmers 46x events/swims 37x 'Personal Bests' 4x County Champs qualifications Medals: 4x Bronze
May 24	'Duel in the Pool' Team Gala	OneNK North Hykeham Leisure Centre	20x swimmers Team Gala, many first time racers, PB's and building team spirit
May 24	Eckington Swimming Club Open Meet	Eckington Active Swimming Pool	13x swimmers 52x events/swims 'Personal Bests' County Champs qualifications
Jun 24	Lincoln Vulcans / Grantham Swimming Clubs Open Meet	Grantham Meres Leisure Centre	18x swimmers 96x events/swims 'Personal Bests' County Champs qualifications
Oct 24	Lincoln Vulcans / Louth Swimming Clubs Open Meet	Louth Meridian Leisure Centre	18x swimmers 69x events/swims 'Personal Bests' County Champs qualifications





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Nov 24	'Duel in the Pool' Team Gala	OneNK North Hykeham Leisure Centre	25x swimmers Team Gala, many first time racers, PB's and building team spirit
Nov 24	Scunthorpe Remembrance Meet	The Pods, Scunthorpe	14x swimmers 68x events/swims 'Personal Bests' County Champs qualifications
Nov 24	Grantham Distance Meet	Grantham Meres Leisure Centre	5x swimmers 5x events/swims 'Personal Bests' County Champs qualifications
Dec 24	Grantham Swim Club Snowstorm 2024 Open Meet	Grantham Meres Leisure Centre	13x swimmers 71x events/swims 'Personal Bests' County Champs qualifications



## Financial Review

The charity was established in April 2016 and is in its ninth year of operations and is in a 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 £4,150.

### 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 systems (financial systems, accounts etc.), 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:

**Signature:** *Ben Strathon*

**Dated:** 18th May 2025

**Ben Strathon, Chairperson**



## LTSA Trustees' Annual Report for Year Ended 31 December 2024

Receipts & Payments Accounts	2024	2023
	£	£
<b>RECEIPTS</b>		
Swim England/ASA Fees	1,817	1,042
Fees	19,988	16,185
Interest	73	63
Fundraising (Branded items)	112	82
Functions	453	640
Donations (inc Gift Aid)	2,101	3,907
Swim Meets	4,281	2,812
Prepayments	1,130	
<b>Total Income</b>	<b>29,955</b>	<b>24,731</b>
<b>LESS PAYMENTS</b>		
Swim England/ASA Fees	1,523	1,615
Pool Hire	21,470	18,322
Equipment	0	0
Telephone	0	0
Misc	21	0
Training	0	354
Insurance	165	46
Swim Meets	3,919	2,877
Uniform (inc branded items)	360	15
Functions	789	544
Expenses/Coaching Costs	2,446	0
Hardship Fund	0	0
Bank Fees	63	60
<b>Total Expenditure</b>	<b>30,756</b>	<b>23,833</b>
<b>Net Receipts/(Payments)</b>	<b>(801)</b>	<b>898</b>
Cash funds at start of period	5,492	4,595
<b>Cash funds at end of period</b>	<b>4,699</b>	<b>5,492</b>
Approved by the Trustees and signed on their behalf by:		

**Signature: Michelle Parsons**

**Dated: 18th May 2025**

**Michelle Parsons, Treasurer**



## LTSA Trustees' Annual Report for Year Ended 31 December 2024

Statement of Assets and Liabilities	2024	2023
	£	£
Current Account	549	1,422
Deposit Account	4,150	4,070
Cash in Hand	0	0
<b>Total</b>	<b>4,699</b>	<b>5,492</b>
<b>Assets Held at Year End 2024</b>		
Swim Equipment	50	
Laptop	150	
Uniform	50	
Arrears (to be collected)	0	
<b>Total Assets</b>	<b>250</b>	
<b>Liabilities Held at Year End 2024</b>		
Pool Hire	0	
Expenses for coach	231	
Advance payments Aug 24	1130	
<b>Total Liabilities</b>	<b>(1361)</b>	
<b>Notes:</b> 1. Outstanding Fees/swim Meets/ASA. 2. Advance payments made Aug 24 to be used against ASA Fees. Net Balance carried forward for year = £4699 – £1111 = £3588.		
Approved by the Trustees and signed on their behalf by:		

**Signature:** *Michelle Parsons*

**Dated:** 18<sup>th</sup> May 2025

**Michelle Parsons, Treasurer**



## **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.

1 Linga Lane  
Bassingham  
Lincoln  
LN5 9LD

LTSA (Lincoln Trident Swimming Academy)

2 Moorland Crescent

Lincoln

LN6 7NL

**Independent Examination of the Accounts for Year ending 31<sup>st</sup> December 2024**

I have reviewed the accounting records and in my opinion;

- (a) The income and expenditure account is materially in agreement with the accounting records kept by the LTSA;
- (b) having regard only to, and on the basis of, the information contained in those accounting records the income and expenditure account has been drawn up in a manner consistent with the accounting requirements of the Academy.

Mrs Amanda Chesshire ACMA, CGMA

Chartered Management Accountant

1<sup>st</sup> October 2025