

## REGIONAL DELEGATES REPORT ANNUAL GENERAL MEETING 2008

The ASA East Region Annual Council Meeting took place on 13<sup>th</sup> September. As you know Suffolk has more representation than most counties on the board, discipline managers and members on the sub-committees but none of these posts were up for election so they all remain in their roles. The new President is Dave Metcalf of Bedfordshire.

At this meeting the Regional Aquaforce awards were announced and presented and I am please to say Suffolk won three of the five categories.

Ian Cotton – Outstanding Contribution at County/Regional level.  
Oliver Christian – Outstanding Contribution by an 18 to 25 year old.  
Laura Cotton – Young Volunteer (Under 18 years).

Laura Cotton went on to win the National Event.

Shelia Westall of teamipswich was awarded a silver pin in recognition of 25 years dedication and commitment to the sport and I have put forward five more nominees for this award.

I was lucky enough to receive the Jeff Cook Salver for outstanding contribution to the Region.

The Regional Dinner took place in the evening and as usual Suffolk outnumbered the other counties by a huge margin and a good time was had by all.

This year saw the first East Region Disability Championships take place at Biggleswade in February with Liz Christian, as Disability Manager, in charge

The 2008 Youth and Bagcats held at Norwich, with Don at the helm, were again extremely well organised and hugely successful.

The 2008 Winter Championships took place last week. At the time of filing this report they had not taken place so will be interesting to see how the Short Course with swim down facilities went.

As you will be aware Suffolk retained the Regional inter-county trophy at Hatfield in July.

The second Open Water Championships also took place in July with more Suffolk swimmers taking part than last year but I would like to see more clubs represented. Pauline Larke was heavily involved with organising this event.

Deben reached the finals of the Regional Junior Water Polo Cup Competition. Chris Stephens of Ipswich is the Water Polo manager with Junior and Senior events taking place.

The Masters Championships were held at Bury on 5<sup>th</sup> October 2008 and under Bernie's management they were very successful with more swimmers competing. The Regional heat of the National Masters team competition took place at Thetford two weeks ago and Suffolk, after finishing second last year, beat Essex into second place this time. This was the first time Essex had not won for many years so well done to all those more mature swimmers.

Two new Regional Development Officers were appointed this year, one to replace Roy Emmerson who resigned in July, and one additional to assist clubs with Swim21. They both have Suffolk backgrounds, Phil Lown was a manager at Crown Pools and Carl Cooper was coach at Sudbury. Part of Phil's remit will be to assist Suffolk Clubs with Swim21. Kim Stevens became full time Swim21 Coordinator, three days for the *asa* and two days for the East Region with Debbie Emmons taking over Kim's role as administrator.

DAVE ROBINSON  
ASA EAST REGION DELEGATE