



SPORT CONWY

ANNUAL REPORT

2002 – 2003

Supported by -



Cymdeithas Cymru
o Gyngorau
Chwaraeon Lleol

Welsh Association of
Local Sports Councils



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1 What is SPORT CONWY?

Sport Conwy is the voluntary forum for sports clubs in Conwy. It was formed in 1996 following the re-organisation of the local government and was originally named Conwy County Borough Sports Council, which was formed from the two previous Local Sports Council's – Aberconwy and Colwyn. In the 2001 AGM the new name SPORT CONWY was adopted in order to move away from being confused with the Local Council.

In the last year Sport Conwy has had 96 member clubs from 35 different sports across Conwy, which includes sports associations, youth clubs, sports clubs, schools, health clubs and community associations. It is believed that Sport Conwy serves over 4,000 individuals.

Conwy County Borough Council's Directorate of Lifelong Learning – Leisure Services, and the Sports Council for Wales, generously supports sport Conwy. Leisure Services work closely with Sport Conwy to enable the work programmes to complement each other and offer advice and guidance. Funding is also received from the Welsh Church Act Fund, which is granted towards the personal development grants scheme.

The Executive Committee Structure

The committee consists of 17 members, the Chair, Vice Chair, Treasurer, and 14 representatives from member clubs. The Secretary is the Leisure Development Officer, provided by the Leisure Services Department. Local Authority Representatives from Leisure Services and Education also attend meetings, as well as two Conwy County Councillors and a Sports Council for Wales representative.

In 2002 / 2003 the committee met for six executive committee meetings. The chair also attended the WALSC meetings, which is national forum for local sports council's where issues which affect us all can be addressed on a national basis with the assistance of the Sports Council for Wales.

2 Chairpersons Report

On behalf of Sport Conwy, a warm welcome to the AGM and annual report.

The last twelve months have been very successful with 96 affiliated clubs, 6 committee meetings and numerous special events.

Sport Conwy's annual work programme has continued to offer a variety of taster's in various sports to young people and females; as well as providing Coachwise UK courses and first aid training; the two annual STOPWATCH newsletters; and special events such as the 'Questiontime', Women and Girls in Sport Week, Fun on the Beach and the Junior Triathlon.

The events would not be a success without the hard work of the Executive Committee. However the valued support of local clubs who provide assistance and coaching is essential to the success. I hope that future developments see Sport Conwy and clubs/coaches working together to develop stronger relations and provide an array of opportunities for people to participate in sport. We would be delighted to welcome any suggestions from any club for the work programme.

I would like to thank Conwy County Borough Council and the Sports Council for their continued support and the Welsh Church Act Fund for their support towards the Personal Development Grant Scheme.

May I thank the active Executive Committee members for their support this year; in particular Mike Bates our Treasurer.

To close may I thank all clubs and coaches who have worked with us this year for all their support; and may I wish all clubs, organisations, schools and athletes every success for the coming year.

Jennifer Whitlock

Jennifer Whitlock
Chair Sport Conwy

3 Treasurer's Report

This is my third AGM Treasurer's Report and I must again thank Andrew Kirkham for auditing the accounts.

If you look at the 'Statement of Annual Accounts' as at 31st March 2003 you might immediately notice two things –

- 1 This last years opening balance (£10,717.99) only differs from this years ending balance by a drop of £22.97.
- 2 In the previous year, the net cash flow went up £1,732.78, whereas this last year it went down £22.97.

I will try and give reasons for this: -

- 1 Looking at the 'total income' there is a shortfall of £4,407.53 between the two years with the main differences being: -
 - a) Grants received: over the last four years – this has been a bit of a roller coaster: 2000 (£10,760), 2001 (£3,432), 2002 (£9,325) and 2003 (£5,061) with this last year the contributors being CCBC (£2,300), Sports Council for Wales (£761.25) and the Welsh Church act Fund (£2,000) – Thank you very much for these contributions.
 - b) Affiliations shows £900, but six clubs had paid for this year before the end of March, so strictly this years total should be £960 and last year's £945
 - c) Bank interest shows an understandable decline.
- 2 Looking at 'total expenditure', this shows a decline of £2,651.78 but this is made up of various ups and downs of which the following are worthy of mention –

Downs – the biggest down was that we did not have any leaflets or folders printed – this made a reduction of £2,868.40

Ups – the biggest was in advertising with adverts in both the pioneer and North Wales Weekly News plus the Sport Conwy Banner and Polo Shirts being the main contributors.

May I thank Paula for being so helpful with her explanations as to where all the money was coming from and where it was all going, and to Andrew Kirkham for once again auditing the accounts – Thanks Paula and Andrew.

May I present the attached accounts and ask that they be formally accepted. Before that I will try and answer any questions that you may have – but my memory is not as good as it used to be!

Mike Bates

**Mike Bates
Honorary Treasurer
Sport Conwy
4th April 2003**

4 Secretary's Report

i The Work Programme

Over the past year the committee have been working hard to achieve everything that was planned in the 2002 / 2003 work programme. The programme is very diverse and aims to work with young people, females, people with disabilities, coaches and its member clubs.

Promotion, awareness and dissemination

As the voice for voluntary sport in Conwy, Sport Conwy has for the last twelve months been promoting, raising awareness of and disseminating information via regular mailings to members with information on grants, courses, coach education, discounts and special events.

Women in Sport Week

This week was organised by a small sub-group. A variety of different activities were provided by various clubs, leisure centres and coaches. Sessions were held during the morning and evening to help meet the needs of all females. Morning sessions were accompanied by a crèche. Leaflets and posters were circulated to doctors, dentists, nurseries, clinics, council departments, community centres, and libraries to attract as many ladies as possible. Over 80 registered for the activities.

As a result a new women's only climbing club has been set up at Llandudno Junction Leisure Centre, a women's only karate session (to music) has been set up, women's only golf lessons are due to start and a crèche is to be established at Llandudno Junction Leisure Centre. A database of all attendee's has been created, and several ladies have joined some of the existing clubs.

Sport Conwy's 'QUESTIONTIME'

This was held early in September 2002 at Llandudno Rugby Club. Over 45 people attended from various clubs and organisations in Conwy. The panel included Paul Frost, Assistant Director for Leisure - Conwy County Borough Council; Tim Channon, Sports Editor - North Wales Weekly News; Jennifer Whitlock, Chair - Sport Conwy; and Graham Davies Director of Governing Body Services - Sports Council for Wales. Questiontime was brilliantly hosted by Chris Jackson of the Welsh Mountain Zoo. The event provided an excellent opportunity for clubs to present their views and questions to the panel and provided an interesting evening

Integrated Festival of Sport

This event was hosted countywide at various leisure centres. Clubs were invited to provide taster sessions free of charge to young people to encourage membership of their club. 80 children registered for these sessions, which included climbing, judo, tri-golf, karate and cricket. All activities were offered fully integrated with the support of the Disability Sport Cymru Development Officer. Some clubs have reported that some children have joined on a regular basis.

HSBC Junior Triathlon

The triathlon has now been running for four years. HSBC kindly sponsored the event and have agreed to sponsor again for next year. The venue was Colwyn Leisure Centre, and a record 60 young participants braved the challenges of the three gruelling disciplines. Next years event is due to be held on the 6th July, and promises to be yet another successful event. The event will this year be preceded by a junior triathlon-coaching course.

Publications / Publicity

The Sport Conwy packs containing the following leaflets have continued to be displayed at leisure centres, fitness clubs, community centres and exhibitions to promote the support available to local clubs -

- Money for Sport
- Guidelines on Child Protection
- Lets get Strategic
- Gold Card

A new Sport Conwy banner has been produced which is displayed at any event that is held, t-shirts for committee members to wear at events, and embroidered logo badges have been produced for the recipients of the Gold Cards and Personal Development Grants to promote the scheme.

Web site

The web site for Sport Conwy has been updated internally by John Newland and features details of all affiliated clubs. This site is also regularly updated to contain details of events, courses etc.

Fun on the Beach

This event was hosted a little later in the year due to the weather conditions. A one-day event was held on Colwyn Bay Beach with the support of committee members, Rydal Penrhos Sailing Club who provided powerboat opportunities, Golf Development Officer and Dragon Sport. Other activities included kwik cricket, tri-golf, volleyball, rounders, and football. An adult accompanied all children for a fun day of sport.

Media Awareness

A full page advertorial featured in the North Wales weekly News to promote Sport Conwy and it's affiliated clubs. The cost of this was subsidised by small contributions of £5 from affiliated clubs.

ii Coachwise Courses and First Aid***Coachwise UK Courses***

Five introductory workshops were held –

Working with People with Disabilities	19
Goal Setting and Planning	5
Fuelling your Performer	6
Injury Prevention and Management	7
Good Practice and Child Protection	12
WALSC Risk Management	17

19 attendances on the Disability workshop was a record attendance for any Coachwise course in Conwy!

First Aid

Two first aid courses were organised this year.

Emergency first aid – provided by St. John's Ambulance. This course had 22 participants all from affiliated clubs, and was offered at a subsidised rate of £5 per person.

Appointed Persons First Aid – provided by Sportsmedic. This course had 12 participants from affiliated clubs and was offered at a subsidised rate of £25 (a £25 saving for participants).

iii Coach of the Year

This was Sport Conwy's seventh year to support this category at the Conwy County Borough Sports Awards. The award is prestigious in its own right and this year it was won by Phil Whitlock for his contribution to squash.

The event was hosted once again by Arthur Emyr, and the guest of honour was Sarah Fitz-gerald, the Australian 4 times and current World Champion Squash Player, who was a fantastic guest of honour and ambassador for female sport. As a sponsor of the Coach of the Year Award we were once again delighted to receive two free tickets for each affiliated club, as the event is a ticket only evening.

iv STOPWATCH

Two copies of the bi-annual newsletter have been produced featuring articles from member clubs, athletes and Conwy's Sports Development Unit.

v The Future

It is hoped that in the forthcoming year Sport Conwy will increase the number of affiliated clubs, there will be a continuation of the work programme and work on new initiatives, updating of directories, the promotion of the Gold Card and Personal Development Grants and the continuous efforts to address the issues faced by North Wales Athletes.

To further our support for talented athletes in Conwy and to reduce the financial burden associated to representing their sport, Sport Conwy have revised their funding criteria.....

As the Personal Development Grant Scheme now duplicates the Conwy Excellence Fund in offering financial support to national level athletes, the scheme has been revised to offer support to athletes competing at a regional/North Wales level with the potential to progress to a national level. This was formally launched at the AGM. Due to the expected increase in number of applications each club will be limited to 3 awards per year and applications will need to be submitted by the club secretary's. Athletes at a national level will be referred to the Excellence Fund.

The Gold Card scheme is currently under review on a North Wales basis. Negotiations are currently being held with other authorities across North Wales to form one Gold Card scheme for all athletes in North Wales to share facilities no matter where they are staying/competing. If successful a new North Wales Gold Card Scheme could be operational by 2004.

And finally.....

Sport Conwy was runner up in the WALSC Local Sports Council of the Year Award, which was achieved in recognition for the work that was undertaken in 2001 – 2002.

Maggie Smith, winner of the Services to Sport Award in the Conwy County Borough Sports Awards was nominated as the WALSC Volunteer of the Year. Maggie was runner up for the award.

Paula Roberts

Paula Roberts
Secretary
Sport Conwy

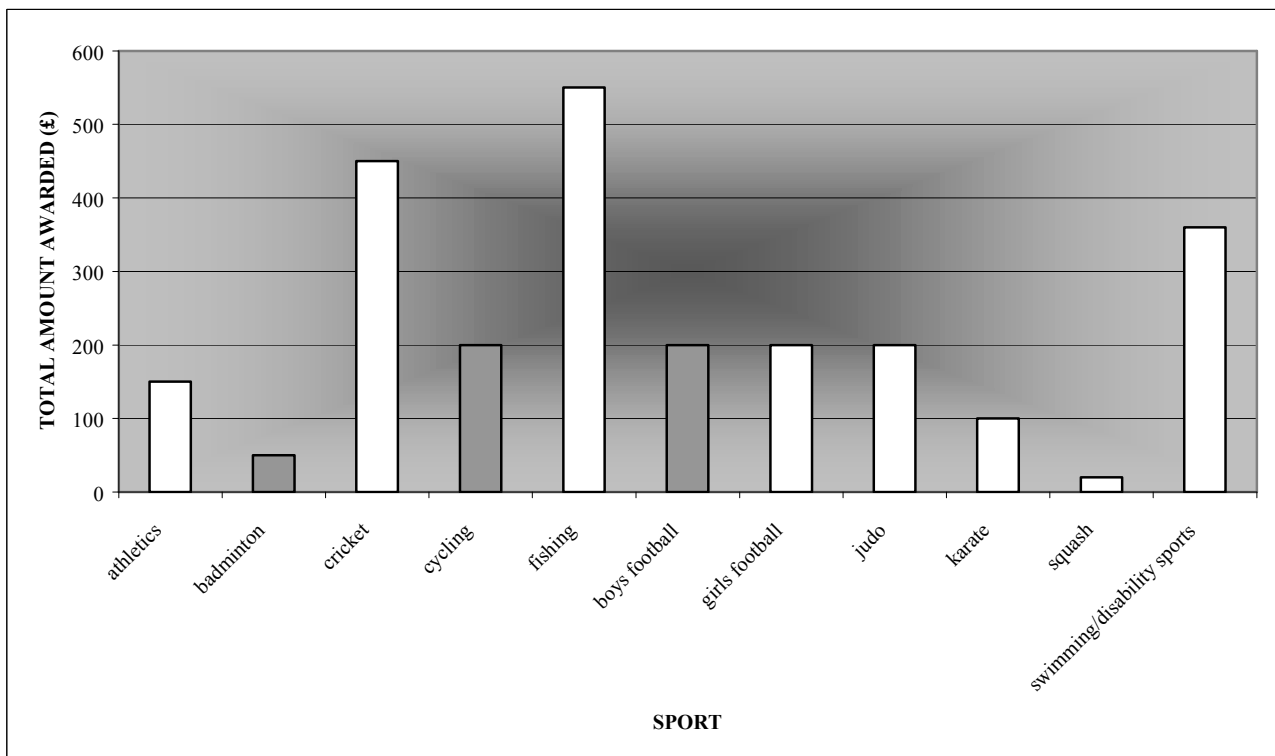
5 Personal Development Grants Awarded

£2,760 has this year been awarded to 21 sportspeople in Conwy. These are to 11 different sports –

- 1 athletics
- 1 badminton
- 2 cricket
- 1 cycling
- 9 fishing
- 1 boys football
- 1 girls football
- 1 judo
- 1 karate
- 1 squash
- 6 swimming/disability sports

Up to £250 was awarded to these talented sportspeople. The average award was £130.

Figure 1 – SHOWS THE VALUES OF THE TOTAL AWARDS TO EACH SPORT.



6 Gold Cards Awarded

In the last year 50 Gold Cards have been awarded to talented sportspeople in Conwy. This is to 18 different sports, and to athletes of all abilities -

- 2 athletics
- 2 badminton
- 1 canoeing
- 1 canoe polo
- 4 cricket
- 1 cycling
- 2 football
- 6 golf
- 1 hand cycling
- 4 hockey
- 1 judo
- 3 karate
- 1 kickboxing
- 1 sailing
- 10 squash
- 9 swimming

All of these sportspeople are at a national level or above. Ten of these are at international or world level, 5 at a GB level and 35 at a Welsh National level.

All 8 local authority leisure facilities and Llandrillo College offer their facilities free of charge to Gold Card holders and 5 Golf Clubs generously offer facilities free of charge to elite golfers - North Wales Golf Club, Maesdu Golf Club, Betws y Coed Golf Club, Conwy Caernarfonshire Golf Club and Abergele Golf Club.

7 Committee Officers

POSITION	NAME	CLUB
CHAIR PERSON	Mrs Jennifer Whitlock	Le Sport
VICE CHAIR	Mrs Margaret Kiewicz	Colwyn Bay Amateur Swimming Club
TREASURER	Mr Mike Bates	Colwyn Bay Hockey Club
SECRETARY	Miss Paula Roberts	Leisure Development Officer
EXECUTIVE	Mrs Brenda Roberts	Adult & Continuing Education
COMMITTEE	Mr Brian Grant	Llandudno Swimming Club
MEMBERS	Mr John R. Roberts	Colwyn Hockey Club
	Mr John Newland	Colwyn Sailing Club
	Mrs June Evans	Colwyn Netball Club
	Mr Derek Holt Churm	Llyn Brenig Sailing Club
	Mr Brian Roberts	Colwyn Bay RFC
	Mr Paul Murray	Llandrillo College
	Mrs Helen Rushton	Grays Gymnastic Club
	Mr Stuart Foggo	Abergele Golf Club
	Mrs Nia Williams	Bro Conwy Ladies Football Club
	Mrs Pam Chapman	Rhos Juniors Squash Club
	Mrs Beverley Prendergast	Llandudno Karate Academy
	Mr Haydn Williams	Llandudno Junction Football Club
	Cllr Paul Marl	Conwy C.B. Council
	Cllr Bob Parry	Conwy C.B. Council
Advisors	Mr Steven Morgan	Sports Council For Wales
	Mr Paul Frost	Assistant Director Of Leisure
	Mr. Jim Jones	Principle Leisure Development Officer
	Mr Dilwyn Price	Education Advisor

7 Affiliated Clubs

ANGLING

COLWYN BAY VICTORIA SEA ANGLING CLUB
LLANDUDNO SMALL BOAT SEA ANGLING CLUB

BADMINTON

BRYN ESTYN BADMINTON CENTRE
GREAT ORME BADMINTON CLUB
LLANFAIRFECHAN BADMINTON CLUB
LLANRWST BADMINTON CLUB
STELLA MARIS BADMINTON CLUB

BOWLING

ABERGELE BOWLING CLUB
BETWS-YN-RHOS BOWLING CLUB
DWYGYFYLCHI BOWLING CLUB
GLYNDWR CROWN GREEN BOWLING
ASSOCIATION
LLANDUDNO BOWLING CLUB
LLANRWST BOWLING CLUB
PENMAENMAWR CROWN GREEN BOWLING
CLUB
RHOS PARK BOWLING CLUB

BOXING

DYFFRYN CONWY AMATEUR BOXING CLUB

CANOEING

COLWYN CANOE CLUB
DYFFRYN CONWY PADDLERS

CRICKET

COLWYN BAY CRICKET CLUB
CONWY CRICKET CLUB
LLANDUDNO CRICKET CLUB
LLANRWST CRICKET CLUB

CROQUET

LLANFAIRFECHAN & NORTH WALES CROQUET
CLUB

CYCLING

RHOS ON SEA CYCLING CLUB

DISABILITY GROUPS

ADULT AND CONTINUING EDUCATION
BRITISH SKI CLUB FOR DISABLED - N.WALES
ABERCONWY RIDING FOR THE DISABLED
JUNIOR ALLSPORTS GROUP
N.C.H. CONWY
RIDING FOR THE DISABLED GROUP

EDUCATION/SCHOOLS

COLEG LLANDRILLO COLLEGE
RYDAL/PENRHOS SCHOOL
YSGOL BRYN ELIAN
YSGOL CYNFRAN LLYSFAEN
YSGOL JOHN BRIGHT

EQUESTRIAN

ABERCONWY EQUESTRIAN CENTRE

FITNESS

LE SPORT HEALTH AND FITNESS CLUB

FOOTBALL / LADIES FOOTBALL

BRO CONWY LADIES FOOTBALL CLUB
COLWYN BAY ARABS FOOTBALL CLUB
COLWYN BAY FOOTBALL CLUB
KINMEL BAY GIRLS FOOTBALL CLUB
LLANDUDNO FOOTBALL CLUB
LLANDUDNO JUNCTION FOOTBALL CLUB
LLYSFAEN FOOTBALL CLUB
MOCHDRE JUNIOR FOOTBALL CLUB
NORTH WALES SCHOOLS FOOTBALL CLUB
PENMAENMAWR PHOENIX FOOTBALL CLUB

GOLF

ABERGELE GOLF CLUB
BETWS Y COED GOLF CLUB
CONWY (CAERNARFONSHIRE) GOLF CLUB
LLANDUDNO GOLF CLUB (MAESDU)
NORTH WALES GOLF CLUB
OLD COLWYN GOLF CLUB

GYMNASTICS

COLWYN GYMNASTICS CLUB
GRAYS GYMNASTIC CLUB

HOCKEY

COLWYN BAY WOMEN'S HOCKEY CLUB
COLWYN BAY MEN'S HOCKEY CLUB
LLANDUDNO LADIES & MENS HOCKEY CLUB

MARTIAL ARTS

COLWYN BAY JUDO CLUB
JOHN LYNN'S BLACK BELT ACADEMY
LLANDUDNO KARATE ACADEMY
NORTH WALES AIKIKAI-AIKI-NO-MICHI
TAZ MUAY THAI BOXING CLUB
WELSH COAST KARATE ASSOCIATION

NETBALL

CLINTON JAMES/LLANDUDNO JUNCTION
NETBALL CLUB
CONWY COUNTY NETBALL ASSOCIATION
COLWYN NETBALL CLUB
CRAIG Y DON NETBALL CLUB
LLANFAIRFECHAN NETBALL CLUB

ORIENTEERING

ERYRI ORIENTEERS

RAMBLING

RAMBLERS ASSOCIATION CONWAY VALLEY
GROUP

RUGBY

CLWB RYGBI ABERGELE RUGBY CLUB
COLWYN BAY RUGBY FOOTBALL CLUB

RUNNING/ATHLETICS

ABERGELE HARRIERS RUNNING CLUB
COLWYN BAY ATHLETICS CLUB
NORTH WALES ROAD RUNNERS

SAILING

BAY OF COLWYN SAILING CLUB
CONWY YACHT CLUB
LLANDUDNO SAILING CLUB
PENMAENMAWR SAILING CLUB

SHOOTING

HOLLAND ARMS CLAY TARGET SHOOTING
CLUB
LLANDUDNO & COLWYN BAY MARKSMEN

SPORTS ASSOCIATIONS

BETWS YN RHOS SPORTS & RECREATION
ASSOCIATION
CYMDEITHAS CHWARAEON BRO CERNYW
CYMDEITHAS MABOLGAMPAU LLANRWST
SPORTS ASSOCIATION
KINMEL BAY & TOWYN SPORTS & RECREATION
ASSOCIATION
LLYSFAEN SPORTS ASSOCIATION
MOCHDRE SPORTS ASSOCIATION

SQUASH

DYFFRYN CONWY SQUASH CLUB
RHOS JUNIORS SQUASH CLUB

SUB AQUA

NORTH WALES SUB AQUA CLUB

SWIMMING

ABERGELE AMATEUR SWIMMING CLUB
COLWYN BAY AMATEUR SWIMMING CLUB
CONWY LOCAL PERFORMANCE CENTRE
LLANDUDNO AMATEUR SWIMMING CLUB

TABLE TENNIS

Y MORFA COMMUNITY TABLE TENNIS CLUB

TENNIS

RHOS ON SEA LAWN TENNIS CLUB