

Welcome

Sulis
Scorpions





Sulis Scorpions

Annual General Meeting 2023

Saturday 29 Apr 2023
1200 - 1300







Welcome

Annual Report

Election to Committee – Yr #1

Election to Committee – Other Roles

Plans for 2023 – 2024

AOB



Who Are We?

Committee:

Chris Crowther	Chair
Eugene Kertzman	Vice-chair
Robert Weeks	Secretary
Jason Dodd	Head Coach
Simon Bateman	Treasurer
Chris Cannings	Membership Secretary
Siobhan Waterworth	Club Welfare Officer 1
Ryan Cains	Club Welfare Officer 2
Jenson Harris	Youth Co-ordinator
Steve Burrige	Volunteer Co-ordinator

Coaches (British Cycling trained)

Ryan Cains	Level 2
Chris Crowther	Level 2
Liz Cummins	Level 1
Jason Dodd	Level 2, plus Track Award (Velodrome)
Steve Glass	Level 2, plus Road & Time Trial Award and CX Award
Liz Hughes	Level 2, plus Road & Time Trial
Jenson Harris	Level 1
Eugene Kertzman	Level 3, Level 2 plus Road & Time Trial Award
Charlie Major	Level 1
Simon Pearcey	Level 2
Jon Woodcock	Level 1

Volunteers with additional responsibilities

Bill Vallis (Outreach)	Lucinda Weeks (Bike loan co-ordinator)
Diane Pearcey (Kit)	Tim Cummins (Bike loan co-ordinator)
Leon Gierat (Bike maintenance)	

Volunteers

Alex Morris	Laurence Howard
Amy Francis	Martin Harris
Ed Tucker	Mike Woodward
Gareth Dixon	Steve Baldie
Jean Yves Cherruault	Thomas Burke-Nott
JP Hayes	Vicky Gierat

A stylized illustration of a scorpion in orange with a blue outline, positioned within a circular frame. The frame has a blue border and a grey, textured bottom edge. The scorpion is facing right.

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Annual Report
2022-2023

INTRODUCTION

Sulis Scorpions Youth Cycling Club was formed in April 2013 to enable young people to participate in cycle sport. We are based at the dedicated 1.5 km cycle circuit at Odd Down, Bath. Membership of the club is open to any youth or junior between the ages of 7 and 18 years who wishes to improve their cycling skills and/or develop their participation in cycle sport, regardless of sex, disability, ethnicity, nationality, sexual orientation, religion or other beliefs.

CLUBMARK STATUS

Joining a select group of cycling clubs across the country, in June 2018 Sulis Scorpions fulfilled the necessary criteria to achieve British Cycling's Go-Ride Clubmark status. This prestigious accreditation was successfully renewed in July 2021, and has now been superseded by British Cycling's Club Development Programme, for which we hold accredited status. It recognises high standards in welfare, equality, coaching and club management, and we remain committed to maintaining this accreditation.

The logo for Sulis Scorpions, featuring the word "Sulis" in blue and "Scorpions" in orange, positioned in the bottom right corner of the page. A large, faint orange scorpion graphic is visible in the background of the page.

Sulis
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We've come
a long way .



Not all of us can do great
things. But we can do small
things with great love.

Mother Teresa

quote fancy

Chair's Report

We are into our 10th anniversary year and I am delighted to report that we continue to thrive, thanks in no small part, to **the commitment of our volunteers and the gratitude of our members**. As a committee, we have taken the challenge of future-proofing our next decade with some key changes that will come into play this year.

We are coming to the end of our current 5 year plan (2025 will be our next sprint). Overall, we should be very pleased with our progress cognisant that maintaining steady progress takes continual effort. Covid-19 return-to-normal and the cost-of-living crisis remain my key concerns but we continue to generate and implement strategies to overcome their retarding forces. **We have increased the number of events, launched a race focused team and our This Girl Can series**



Our committee has a better balance this year and we have increased our volunteer and coach numbers but these groups will always need support. Succession planning is improving but **the solution lies with the parents of younger members** who may want to take on senior roles across the club. We have bold plans in place to comprehensively address these challenges.

We have a right to celebrate our 10th birthday. The celebration itself will be low key but our year is filled with new initiatives that will allow the celebration to continue long into the future.

Finally, I appeal to everyone in the club to ask themselves how they can support and sustain Sulis Scorpions? Your help makes a huge difference and, at a time, when the world is searching for the right thing to do, **it shows our next generations a beacon of hope.**

**Ready
for the next decade**

2024

**Celebrating 10
amazing years**

2023

**A Sustainable Succession
Plan**

2022



Keep it simple: Think Big

2021



Consolidate & Certainty

2020

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Sulis Scorpions - A Vision for the future

Treasurer's Report 2023

Sulis Scorpions continues to maintain a secure financial position, with the committee targeting spending that promotes varied and inclusive opportunities for all.

The accounting period 1st Jan 22 – 31st Dec 22 saw a **managed deficit of income over expenditure of £2,671.47**, closing yet again with a very healthy balance.

Investments of note include:

Kit: Over £5k for high quality kit, provided for coaches and sold to members with a generous subsidy so that **cycling can be enjoyed in all seasons and weather conditions.**

Velodrome: Subsidised coaching provided by expert track riders. Five sessions held in 2022 leading to a number of **Scorpions racing on the boards.**

Loan bikes and equipment: The final bikes were purchased, in line with a previously received “Places to Ride” grant. We have a **fleet of well-maintained bikes** and helmets that can be used by new and existing members. This means that **the outlay of potentially expensive equipment is never a barrier to riding with Sulis Scorpions.**

Simon Bateman

Treasurer

Subscription Changes

Since its inception, 10 years ago, Sulis Scorpions has charged £9 per month for subscription. During this time, we have continued to fully fund the training of coaches, pay hire charges for the magnificent facilities we have at Odd Down and host British Cycling events along with the fees they incur, such as medical cover.

At the same time, we have to acknowledge the need to retain coaching staff as well as attract new members to the role. Coaching staff are the lifeblood of the club, without whom we simply cannot run multiples sessions on a weekly basis.

In our tenth year, the committee propose to realign the cost of subscriptions, with a rise to £12 per month. This will be fixed for the coming three years (barring exceptional circumstances) which puts it roughly in line with inflation.

This will allow us to cover the rise in costs, as well as provide a token incentivisation to coaches and active committee members, who will be offered a reimbursement of their child's membership fee, or equivalent stipend in the case that they have no children who attend coaching sessions.

We hope you will agree that we continue to offer very good value for money, when compared to other sports or leisure organisations, whilst we ensure that we continue to enjoy an adequately funded and resourced club over the next ten years.

We acknowledge that for a few individuals, any price increase may be a genuine barrier to continued membership. If this is the case, please get in touch with our Welfare Officer Siobhan Waterworth, either trackside or by email welfare@sulisscorpions.co.uk in the first instance.

Bank of England

Topics ▾ About ▾ News and publications ▾ Museum Contac

Use our inflation calculator to check how prices in the UK have changed over time, from 1209 to now.

What would goods and services costing

£9 in 2013 cost in Mar 23 ?

Show amount

£11.77

<https://www.bankofengland.co.uk/monetary-policy/inflation/inflation-calculator>

Membership

- 99 youth members (-11 compared to 21/22)
- 34 adult members: volunteers, coaches and committee (-2).
- 23 female youth members (-3). This is 31% of our youth membership (+8%)
- 42 (-24) or 43% of our youth members are in the under 12 age groups (-17%)

Waiting List

- 54 children (-2) on the waiting list
- 29 of these are booked on the April or November Induction Courses
- 25 others: 11 are under 7 years old and of the remaining 14 all have been offered Inductions at least once

Leavers

- 49 (+8) children left the club between 1st April 2022 and 31st March 2023
- 12 years old (-1) - average age of leavers
- Reasons: **no reason** or **other commitments** most common



AGE	Girls	Boys	Total	% Members
U8	1 (14%)	6	7 (-2)	7%
U10	10 (50%)	10	20 (-2)	20%
U12	6 (40%)	9	15 (-20)	15%
U14	9 (30%)	21	30 (+3)	31%
U16	7 (33%)	14	21 (+6)	21%
Junior	0 (0%)	5	5 (+3)	5%
TOTAL	33	65	98	

GROUP	Girls	Boys	Total	% Members
Whip	6 (35%)	11	17 (-1)	10%
Sand	4 (36%)	11	15 (-5)	15%
Emperor	5 (29%)	12	17 (-4)	18%
Striped	13 (54%)	11	24 (-1)	25%
Stalker	5 (36%)	9	14 (=)	14%
Imperial	0 (0%)	10	10 (-4)	10%

Membership by age and gender

Head Coach Report 2023

Coaching Groups and Racing

Group name and time	Coaches
Endurance 09:00	Eugene
Whip 09:00	Simon and Jon
Sand 09:00	Liz x2
Emperor 10:00	Chris
Striped 10:00	Charlie
Stalker and Imperial (combined) 11:00	Steve and Jason
Assistant coaches:	Ryan Jenson

Our aims:

1. Increasing access to cycle sport for young people
2. Developing core cycling skills for young people
3. Coaching young people to compete in cycle sport
4. Organising accessible, inclusive and enjoyable competitive cycle sport events for young people
5. Enabling young people to progress to club riding and other branches of cycle sport.
6. Provide volunteering and coaching opportunities for adults and young people to develop these skills in the cycling environment.

The Coaching Team:

Having a resilient coaching team is critical to allowing us to continue to deliver coaching sessions each weekend. We currently have a team of 11 coaches, 7 at Level 2 and 4 at Level 1. We are currently looking to increase our numbers and have two trainee coaches looking to qualify at Level 1 and two of our Level 1 coaches are looking to advance to level 2 in the coming weeks. We still remain quite **thinly spread when it comes to covering coaches 'real world' absences** and it would be fantastic to have some more volunteers willing to train as coaches. We are keen to get more volunteers trained as soon as possible so if you are interested and haven't yet been in touch then please let us know, it's highly rewarding, great fun and you don't have to be a pro-cyclist. **Funding is available for the training courses.** Please speak to Jason Dodd for more information (headcoach@sulisscorpions.co.uk)

Events

2022 saw a much better year for the events although entries are still down by about 30% in comparison to pre-covid days, it is suspected that this drop is linked to the cost of living crisis. The new bikes from the **Places to Ride scheme have had good use** this year and are available each session to those that need them as well as anyone wanting to do the Induction course. The bikes have also been used for special events such as the Cyclo Cross session and the visiting Cyclo Ball team.

We now have a balanced programme of competitive British Cycling events and Club Events to try and provide something for each rider. We also have a **regular 'This Girls Can' event** to encourage female sport participation in our club (33%).

Induction courses now take place at least twice a year (Spring and Autumn) and the waiting list has been brought down to a manageable level.

Team 23

January 2023 saw the creation of Team 23, 12 riders from across the age ranges formed the team with the aim to provide regular coaching advice and training sessions to help riders keen **to improve their competitive racing potential**. Riders have access to TrainingPeaks (there are at least 2 training sessions a week) as well as support for upcoming races and events. Most riders also take part in the **revitalised Endurance group** who train on Saturday morning at 9:00 before their coaching session. For information on joining this team contact events@sulisscorpions.co.uk

Figures:

2022/23 numbers	Participants		Throughput			
	sessions	Participants	Male	Female	Male	Female
Induction May	1	17	11	6	11	6
Induction September	1	15	12	3	12	3
CX Sessions	2	35	23	12	46	23
Track Sessions	4	15	10	5	40	20
Girls only sessions	3	15	10	5	30	15
Racing	2	76	50	25	100	50
Time Trials	6	41	27	14	162	81
Half Extra Term Session	1	18	12	6	12	6
Birthday party	1	15	10	5	10	5
Avid	1	6	4	2	4	2
Coaching	14	100	66	33	924	462
Bike Loans	86	86	51	35	51	35

Club Kit

- The club offers a range cycling jerseys and shorts from Kalas, as well as hoodies, padded jackets, buffs and arm warmers to allow for layering in colder conditions.
- Info on styles & sizes: <https://www.sulisscorpions.co.uk/kit>
- **All items are generously subsidised by the club and remain very good value.**
- Small increase in price on some items due to supplier price increases.
- Lead times on orders have almost returned to pre-COVID levels so we have started to reduce our stock levels.
- **New members now receive a club branded hoodie on completion of their induction course.**

New Kit

This year we have added a bobble hat to the collection in the distinctive club colours which is proving very popular.

Second hand Kit

First sale in November raising £95 for Julian House Bike Workshop. A future sale will take place soon.



Kit sales

Usually held once per month, see weekly members' bulletin for details.

Queries

Contact **Diane Pearcey**
(kit@sulisscorpions.co.uk)

Kit items and prices

Jersey - short sleeve, half zip	£20
Jersey - short sleeve, full zip	£30
Jersey - long sleeve, winter fabric	£35
Shorts - non-bib	£20
Shorts - bib	£30
Buff	£7
Arm warmers	£5
Hoodies	£10
Padded jackets	£20
Bobble hat	£10

Stock value

Sales value of clothing stock Dec 2021	£7,147
Sales value of clothing stock Dec 2022	£6,567
Difference 2021 - 2022	£580





CLUB WELFARE

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The club continues to put the welfare of our members at the forefront of all we do and adheres to the British Cycling Safeguarding Policy and our own Codes of Conduct. All coaches are aware of their welfare responsibilities and have received the appropriate training.

The Club's Welfare team are Siobhan Waterworth and Ryan Cains. This follows our commitment to have two Welfare Officers at all times. The team ensure that all volunteers have been reference checked and that all Coaches and roles where it is required have up to date First Aid, DBS, safeguarding and coaching certificates.

We ran a very successful cycling-focused Club First Aid course in February with 12 volunteers and Coaches attending. Extending the course to volunteers means that we now have even more First Aid cover on Saturday mornings ~ maximising the safety of our riders.

We hope to run another course next year so if you are interested please get in touch.

The Welfare Team are also driving a clear process and support mechanism to **ensure all prospective Coaches are given the help and information they need to be successful.**

If any child, parent, coach or volunteer has any concerns about the welfare of any club member, please come and talk to Siobhan or Ryan, we can usually be found at the circuit on Saturdays.

Alternatively contact us via email:

welfare_team@sulisscorpions.co.uk

If you would prefer to contact us individually:

Siobhan's email is welfare@sulisscorpions.co.uk and

Ryan's email is: welfare2@sulisscorpions.co.uk

All concerns are taken seriously and treated in the strictest confidence.

VOLUNTEERS



We are pleased to report that the Scorpions continue to be supported by an amazing team of volunteers and so, on behalf of the committee, coaches and all the Scorpions - **A big thank you to all our volunteers.**

During 2022/23 we managed to recruit a few more volunteers. However, it remains a weekly challenge to ensure that we have sufficient coverage at the track to carry out the typical volunteer duties such as controlling access to the circuit via the gate, marshalling at events, sign-on at races and time trials.

To help Scorpions operate in a safe way, **we need more people to step forward and offer to volunteer please!** It isn't that complicated, and if you are at the track supporting your Scorpion, it would be great if you could lend a hand.

The more volunteers we have, the less duty sessions you'll have!

If you would like to help, please reach out to Steve Burrige (volunteering@sulisscorpions.co.uk)

Without our Volunteers there is no Sulis Scorpions!



A stylized orange scorpion with a blue outline is positioned on the left side of the page, partially overlapping a circular graphic. The scorpion is facing right and has a large pincers at the front. The circular graphic behind it has a blue border and a white interior. The text 'Sulis Scorpions' is written in blue and orange colors inside the circle.

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**Election to
Committee**

YEAR #1

CHAIR – a volunteer(s) is sought to fulfil this role.

VOLUNTEER CO-ORDINATOR – a volunteer(s) is sought to fulfil this role

YOUTH CO-ORDINATOR – a volunteer(s) is sought to fulfil this role



Additional Committee & Volunteer Roles

WELFARE OFFICER #2 (Year #3) – Ryan Cains is stepping down - a volunteer is sought to fulfil this role

DIGITAL VOLUNTEER – Chris Crowther currently covers this role in addition to Chair and Coach. A volunteer(s) is sought to fulfil this role



AOB

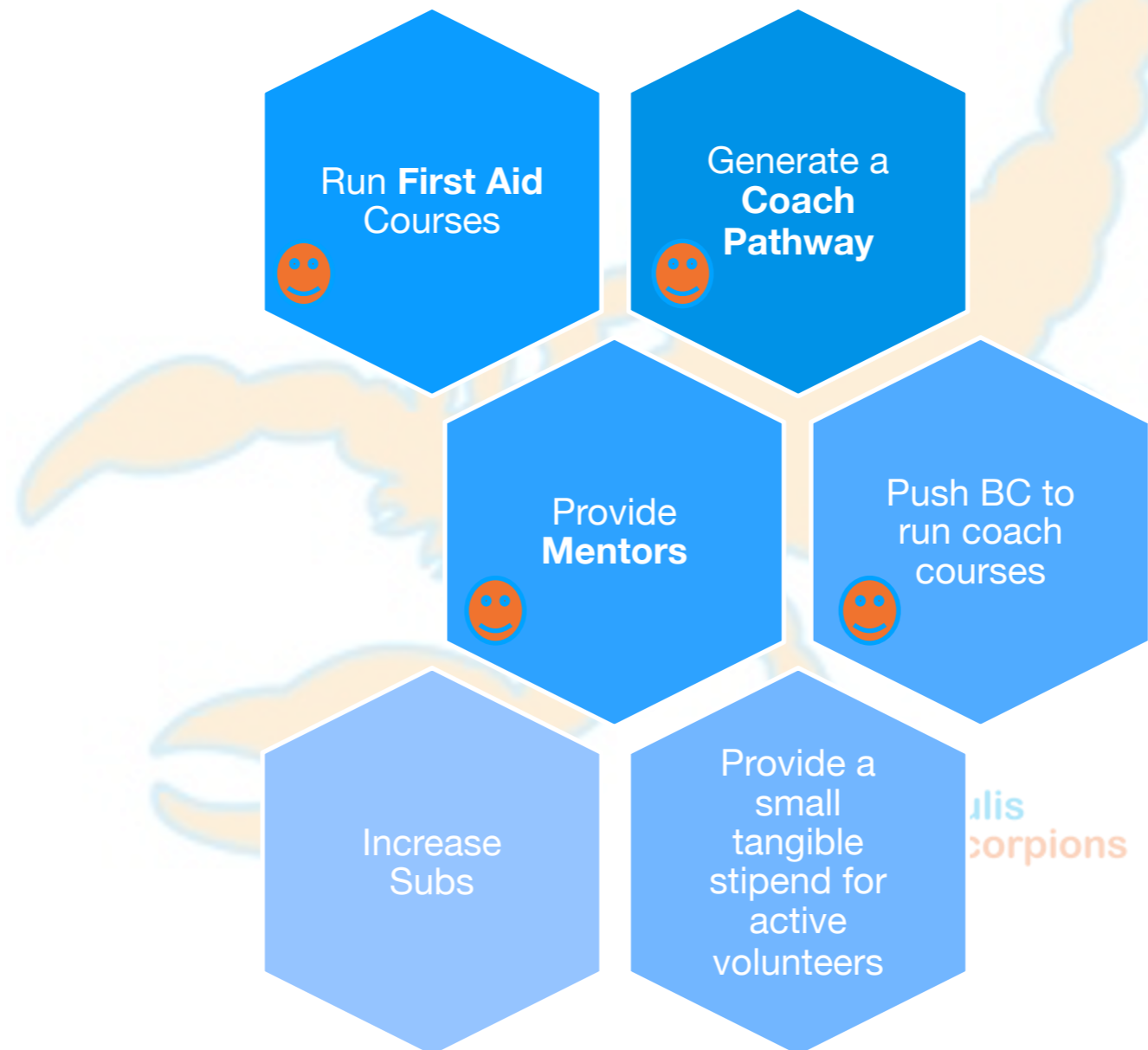


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1. Volunteer incentivisation scheme
2. Alumni scheme
3. 10th Anniversary Competition – Design a Banner

Volunteer Incentivisation Scheme

The Challenge: Currently, SSYCC has 10 regular volunteers (excluding specialist supporters) and 11 coaches. 6 coaches do not have children attending the club. Current support rate sits at 60-70%. As things stand it is highly likely that sessions will have to be cancelled due to lack of volunteer – coach support.



Alumni Scheme

Why?

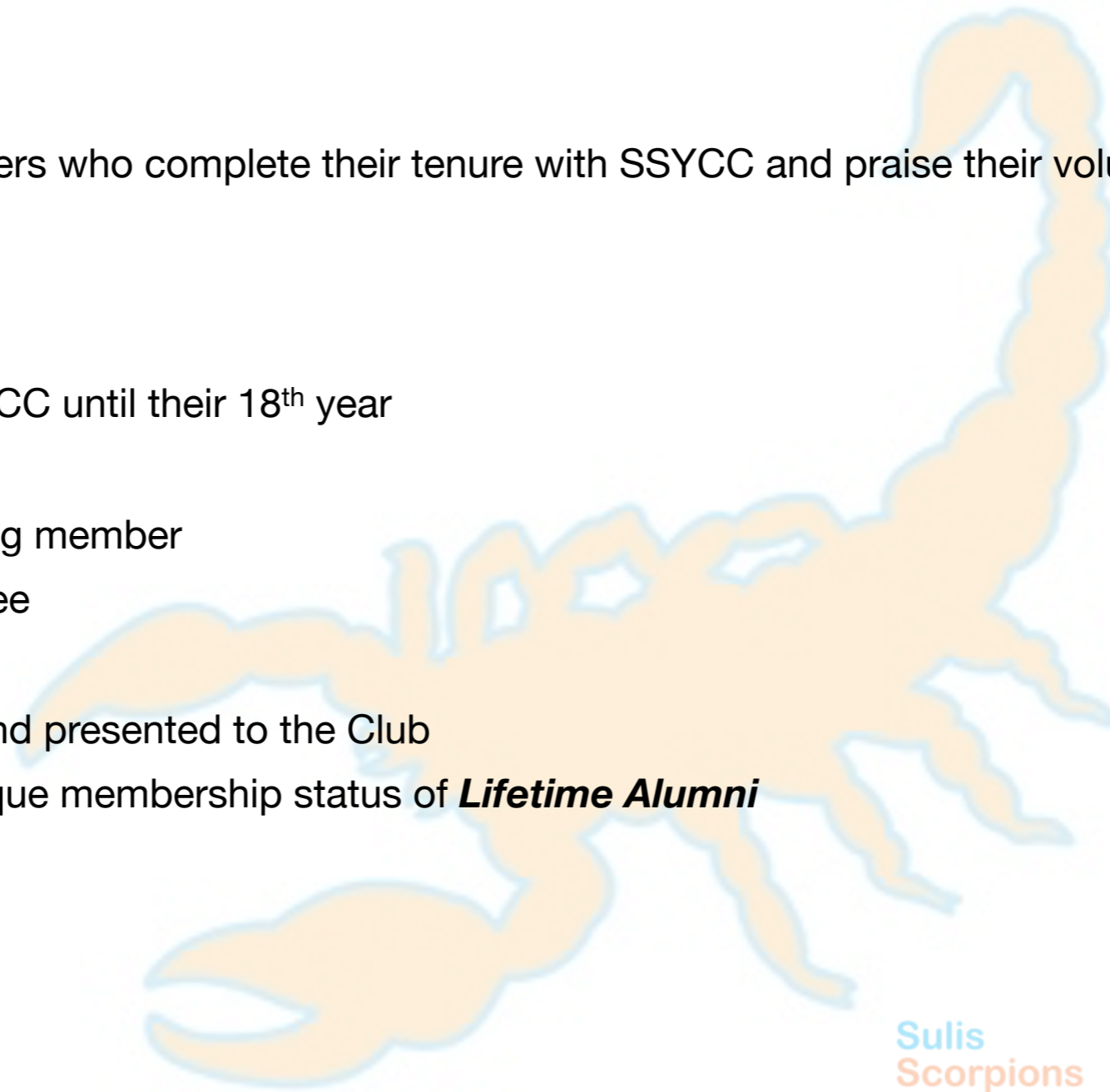
We must recognise our members who complete their tenure with SSYCC and praise their voluntary support to their community.

How to qualify?

- Has been a member of SSYCC until their 18th year
- Has been an active member
- Is nominated by a club voting member
- Is approved by the committee

What happens next?

- Alumni will be announced and presented to the Club
- Alumni will be given the unique membership status of ***Lifetime Alumni***



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10th Anniversary Competition - Design a Banner

Members are invited to design a new banner for Sulis Scorpions

More information in the coming weeks on the competition details and prizes

