



**INTERNATIONAL HALLIWICK ASSOCIATION**

**CVR. NR. 32 29 57 09**

c/o Bodil Føns Knudsen

Jacobsvej 22,

DK- 3310 Ølsted

**ÅRSRAPPORT 2023**

**Annual Report 2023**

Approved at the Executive Meeting on March 27, 2024

**Godkendt på foreningens ordinære generalforsamling, .....**  
**Approved at the General Meeting for members on .....**

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**Dirigent**  
Chairperson

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## FORENINGSOPLYSNINGER The Association's Details

<b>Navn/Name</b>	<b>International Halliwick Association</b>
<b>Adresse/address</b>	c/o Bodil Føns Knudsen Jacobsvej 22, DK- 3310 Ølsted Denmark
CVR-nr/CVR No	39 25 57 09
Stiftet/Established in Slovenia	9 September 2017
Registreret/registered in Denmark	14 February 2018
Hjemstedskommune/Registered office	Halsnæs
Regnskabsår/Financial year	1 January – 31 December
Website	<a href="http://www.halliwick.org">www.halliwick.org</a>
E-mail	<a href="mailto:info@halliwick.org">info@halliwick.org</a> / ( <a href="mailto:mail@bodilfoens.dk">mail@bodilfoens.dk</a> )
Telephone	+ 45 30 55 96 29

### **Bestyrelse:**

#### **Executive Committee:**

Anna Olasińska (Poland), chairperson (until December 2<sup>nd</sup>, 2023)  
Maria de Lourdes Oliveira Vilela Garcia (Brazil), member, chairperson from December 2<sup>nd</sup> 2023  
Merav Hadar Frumer (Israel), vice chairperson (until December 2<sup>nd</sup>, 2023)  
Chrysoula Moscholouri, vice chairperson from December 2<sup>nd</sup> 2023  
Bodil Føns Knudsen (Denmark), treasurer  
Ivan Perzel (Croatia), secretary  
Ilanit Weigenfeld-Lahav (Israel), member (until December 2<sup>nd</sup>, 2023)  
Nir Alt, member from December 2<sup>nd</sup> 2023

#### **Education & Research Committee:**

Yael Yoshei (Israel), chairperson (until December 2<sup>nd</sup>, 2023)  
Nir Alt (Israel), chairperson from December 2<sup>nd</sup> 2023 and course registrar from September 2021  
Montserrat Gutiérrez Bassas (Spain, Catalonia), member  
Fezia Tyebally (Maleysia), member  
Konstantinos Chandolias (Greece), member  
Camilla Benincasa, member from December 2<sup>nd</sup> 2023

**Gala Subcommittee:** Maciej Kampa (Poland), chairperson

**Financial Advisor:** Peter Halling Petersen (Denmark)

**Webmaster:** Dualta Griffin (Ireland)

## **LEDELSESPÅTEGNING**

Vi har behandlet og godkendt årsrapporten for regnskabsåret 1. januar – 31. december 2023 for International Halliwick Association.

Årsrapporten aflægges i overensstemmelse med årsregnskabsloven og med god dansk regnskabspraksis for foreninger.

Det er vores opfattelse, at årsrapporten giver et retvisende billede af foreningens aktiver og passiver og finansielle position samt årets resultat for regnskabsåret 1. januar til 31. december 2023.

Det er endvidere vores opfattelse, at ledelsesberetningen indeholder en loyal beskrivelse af udviklingen i foreningens aktiviteter og økonomiske forhold samt foreningens aktiviteter i almindelighed.

Årsrapporten indstilles til generalforsamlingens godkendelse.

## **STATEMENT BY THE EXECUTIVE COMMITTEE**

We have discussed and approved the annual report of the International Halliwick Association for the financial year from January 1<sup>st</sup> to December 31<sup>st</sup>, 2023.

The Annual report is prepared in accordance with the Danish Financial Statements Act and good bookkeeping practice in associations.

In our opinion, the financial statements give a true and fair view of the Association's assets, liabilities and financial position and the result for the financial year January 1 - December 31, 2023.

Further, in our opinion, the Executive Committee's review gives a loyal review of the development in the Association's operations and financial matters and of the general activities in the Association.

We recommend that the annual report is approved at the General Meeting.

Approved at the Executive Meeting on February 27, 2024.

### **Executive Committee:**

Maria de Lourdes de O V Garcia  
Formand/Chairperson

Chrysoula Moscholouri  
Næstformand/Vice-chair

Bodil Føns Knudsen  
Kasserer/Treasurer

Ivan Perzel  
Sekretær/Secretary

Nir Alt  
Member

## **FINANSIEL RÅDGIVERS ERKLÆRING OM ÅRSRAPPORTEN**

### **Financial Advisor's statement on the Annual report**

#### **Til International Halliwick Association (IHA)**

Jeg har udført gennemgang af årsregnskabet for IHA for regnskabsåret 1. januar – 31. december 2023, der omfatter resultatopgørelse og balance, jf. side 15.

#### **IHA's ansvar for årsregnskabet**

Foreningen har ansvaret for udarbejdelsen af et årsregnskab, der giver et retvisende billede i overensstemmelse med god dansk regnskabspraksis for foreninger. IHA har endvidere ansvaret for den interne kontrol, som IHA anser for nødvendig for at udarbejde et årsregnskab uden væsentlig fejlinformation, uanset om denne skyldes besvigelser eller fejl.

#### **Mit ansvar**

Mit ansvar er at udtrykke en konklusion om årsregnskabet. Jeg har udført vores gennemgang i overensstemmelse anerkendte danske revisionsprincipper for mindre foreninger. Der er foretaget stikprøvevist sammenholdelse af bilag og bogføringen, ligesom foreningens bankkonti er kontrolleret til bankens kontoudskrifter.

Omfanget af de handlinger, der udføres ved en gennemgang, er betydeligt mindre end ved en revision. Jeg udtrykker derfor ingen revisionskonklusion om årsregnskabet.

#### **Konklusion**

Ved den udførte gennemgang er jeg ikke blevet bekendt med for-hold, der giver mig grund til at mene, at årsregnskabet ikke giver et retvisende billede af foreningens aktiver, passiver og finansielle stilling pr. 31. december 2022 samt af resultatet af virksomhedens aktiviteter for regnskabs-året 1. januar til 31. december 2023.

Odder, Denmark, 02.03.2024

Peter Halling Petersen  
Financial Advisor

#### **To International Halliwick Association (IHA)**

I have reviewed the financial statements of IHA for the financial year 1 January – 31 December 2023 comprehensive income statement and balance, cf. page 15.

#### **IHA's responsibility for the Financial Report**

The association has the responsibility for the preparation of financial statements that give a true and fair view in accordance with the Danish Financial Statements Act for small ordinary associations. IHA has furthermore the responsibility for the internal control which is necessary for preparing the financial statements without essential misstatements, whether due to fraud or error.

#### **My responsibility**

It is my responsibility to express a conclusion about the financial statements. I have conducted my review of actions in accordance with the Danish Financial Statements Act for small ordinary associations. Random comparisons of vouchers and bookkeeping have been made, and the Association's bank accounts are checked for the account statements.

The scope of the actions performed in a review is significantly less than in an audit. Therefore, I don't give any audit opinion on the Financial Statements.

#### **Conclusion**

At the time of the review, I have not become aware of any circumstances that give me reason to believe that the accounts have not given a true and fair view of the association's assets, liabilities and financial position per 31 December 2022 and of the result of the activities of the association for the financial year January 1 – December 31, 2023.

## **IHA EXECUTIVE COMMITTEE'S FOR PERSONS FOR ORD**

### **IHA Executive Committee Chairperson's Preface**

2023 was a remarkable year for the International Halliwick Association because of the important decisions made around many issues which were discussed and voted at the General Meetings, having its official start in December 2023 and closure in February 2024 after three meetings.

If we consider all items mentioned in the Annual Report, we can summarize the most important things we were committed to offer solutions that improve quality and motivation to the Association.

Highlights of the Annual Report include the face to face meeting in Krakow, with members of both Committees and the inclusion of the "Gala Competition Guidelines" in the overall summary of the Erasmus and Let's Swim Project Program, recognizing the transformative impact of the Halliwick Concept for individuals living with many diseases.

A sincere appreciation after making my way in the Association as a member and Executive Committee member, was the nomination to be the Chairperson of the Executive Committee. After being voted with a unanimous 20 votes, my gratitude goes to all of you for this great opportunity.

Such an amazing experience and honor for me to be part of it, embracing many aspects of transformative change, together with my colleagues.

It's a powerful reminder that during six years working with Katja, Ilanit, Anna and Merav, helping each other with respect and determination, we could achieve our goals successfully. It was a growth time for the Association and very relevant for the Executive Committee. Thank you!

Expressing ourselves with great satisfaction in continuing working for the Halliwick Association, with efficiency and innovation, our many thanks to all of you who participate in this process.

Maria de Lourdes O.V.Garcia,  
Chairperson  
on behalf of the IHA Executive Committee

## Members of the IHA

**Table 1. List of National Associations that are members of IHA 2023**

1. Denmark
2. Greece
3. Ireland
4. Japan
5. Poland
6. Slovenia
7. United Kingdom

**Table 2. List of Recognised Groups that are members of IHA 2023**

1. Catalonia Halliwick Group
2. Halliwick Group Israel

**Table 3. List of Individual Members of IHA 2023**

<b>Country</b>	<b>Individual Members (total: 19)</b>
Austria	Karin Sitz
Belgium	Jean-Pierre Maes (acting also in United Kingdom)
Brazil	Mauricio Koprowski Garcia Maria de Lourdes Oliveira Vilela Garcia
Costa Rica	Natalia Chaverri Madden
Croatia	Ivan Perzel Ana Sršen
Germany	Thomas Schick (acting also in Austria) Camilla Benincasa
Israel	Caroline Barmatz
Malta	Christine Grech
Malaysia	Fezia Tyebally
Mexico	Angel Roberto L. Reyes
Spain	Isabel Gaviña Barosso Ismael Sanz Esteban
Turkey	Bariş Gürpınar
USA	Caitlin Ashley Boker Caitlin McInerney Elena Pici

## IHA Executive Committee Attendance Statistics

Between 1<sup>st</sup> January and 31<sup>st</sup> December 2023, the Executive Committee of IHA has held 4 meetings. All meetings were held by skype.

**Table 3. Meetings of the Executive Committee 2023**

Year	Month	Number of meetings	Number of present members (total: 6)
2023	January	1	6 (6)
	March	2	6 (6)
			6 (6)
	April	1 (face to face)	5 (6)
	July	1	4 (6)
	August	1 (joint meeting)	7 (11)
	September	1 (joint meeting)	7 (11)
	October	1 (joint meeting)	5 (11)
	December	1	5 (6)
	<b>TOTAL</b>	<b>9</b>	

## Report of IHA Executive Committee – Activity 2023

### *January 19<sup>th</sup> 2023:*

Preparation of the draft of Annual Report for 2022 started and tasks were assigned to members of the Executive Committee. Communication regarding the final report for the “Lets Swim” project continued with Ana Srsen. Preparation for the GM 2023 continued (agenda, first announcement etc.). The Executive Committee decided to have more discussions regarding hosting financing of the online Halliwick Competitions programme - GALA programme in the following years. Preparations for the Face-to-Face Meeting in Krakow - 28-29 April2023, continued. Letter from AST left for discussion in Krakow.

### *March 1<sup>st</sup>, 2023:*

A few more finalised reports for the Annual Report 2022 are missing.. Preparation for the GM 2023 continued (chair of the GM, host etc.).

### *March 27<sup>th</sup>, 2023:*

Annual Report 2022 is unanimously accepted by all members of the Executive Committee. IHA paid the rest of the amount for the development of Halliwick GALA program after the rest of Harald R. Lie’s donation was transferred by HASAM. Draft of the agenda for the face-to-face meeting in Krakow was prepared. Let’s swim project completion and report from EU commission was very positive.



*April 28<sup>th</sup> - 29<sup>th</sup> , 2023, face-to-face joint meeting in Krakow:*

Regarding a letter from Halliwick AST members of Executive and E&R Committee decided that a trainee Lecturer must be a member of IHA through the national association or recognized group from his/her country of origin or as an individual member. A trainee can choose a mentor from the list of senior lecturers regardless of his/her country of origin and regardless of his/her membership in a national association or recognized group, or as an individual member of IHA. To encourage trainees to participate in international conferences or in advanced courses outside of their home country, the IHA will reward the trainee with the amount he or she paid directly to the IHA or to the national association or the recognized group.

The Executive Committee proposed discussion about the rolling election system for the Education and Research Committee (E&R Committee) - the same used in the Executive Committee and there was a conclusion that in the next GM people can put themselves up for both committees.

Both committees agreed that we need a professional webmaster. There was discussion about sharing the workload between members of both committees and the conclusion was that each committee will decide who is the person in charge of opening emails and forwarding them, as well as other issues.

Layout of the certificates for foundation/advanced courses was discussed and changes have been made to the certificates. There was also a discussion about the certificates for courses in countries without a national organisation and a conclusion was that if a course is conducted in a country where there is no national organization or recognized group, the certificate should bear only the IHA logo, as the lecturer is representing the IHA. The organizing body is entitled to have their logo on the certificate.

Committees discussed about the re-instatement procedure for a Lecturer who has not lectured for three years. There was also a suggestion and discussion that we form a group which will review the papers and forms and update as necessary.

### *Finances*

The Accountant, Søren Andersen was very ill. Lecturer Christine Hjortkjær, Denmark was accepted as second signatory and to have access to the Bank and to make bank transactions. The renewal of Trademarks: the word Halliwick in the EU and the UK in 2024 plus Mexico in 2025.

Some of the discussions from AOB were about advancing Halliwick (through the research, new ways of teaching, high level of physiology in courses etc.), HASAM 40<sup>th</sup> anniversary in 2023 etc.

*July 6<sup>th</sup>, 2023:*

Søren Andersen, IHA financial adviser, passed away in June. Danske Bank needed scanned documents from every member of the Executive Committee. Preparation for the GM 2023 continued (nominations, final agenda, motions, etc.)

*August 7<sup>th</sup>, 2023, joint meeting:*

Discussion about the AST letter regarding format of Certificates, logo(s) on Certificates and Trainees and conclusion to ask AST to draft a proposal and send it to be included in the Agenda of the GM so members could be familiar with it before GM. Preparation for the GM 2023 continued (nominations, final agenda, motions, rolling system etc.). A number of participants at a course (courses with 6,7 or 32 participants) is a topic that is going to be prepared for the discussion at the GM. There was discussion about definitions for courses, workshops and more to be recognized by the IHA.

*September 13<sup>th</sup>, 2023, joint meeting:*

The meeting was mainly regarding GM final preparation process as the date was getting close (nominations, agenda with AST proposals etc.).

*October 10<sup>th</sup>, 2023, joint meeting:*

The topic of the meeting was cancelling the GM Meeting, October 14<sup>th</sup>- 15<sup>th</sup>, 2023 due to a terrorist attack in Israel on October 7<sup>th</sup>.

### **The General Meeting of the International Halliwick Association 2023**

The General Meeting was held in two parts due to the agenda that needed to be covered (3 hrs and 15 min) and the lack of time for a protracted discussion of the last few agenda items. The first part of the meeting was held December 2<sup>nd</sup>, 2023. The meeting was postponed from October 14<sup>th</sup> due to the war..

Draft of the Minutes of the GM (December 2<sup>nd</sup>, 2023, part 1) chaired by Montserrat Gutierrez Bassas (Catalonia) with Secretaries: Ann Thomson (UK) and Sara J. Fleischer (Denmark) was sent on December 29<sup>th</sup>, 2023.

Final version of the Minutes of the GM (December 2<sup>nd</sup>, 2023, part 1) was sent on February 1<sup>st</sup>, 2024 and it was approved and signed by the Chair Montserrat Gutierrez Bassas (Catalonia) and Secretaries: Ann Thomson (UK) and Sara J. Fleischer (Denmark).

*December 9<sup>th</sup>, 2023, Executive Meeting and decisions in December*

Election for Officers:

Treasurer: Bodil Føns Knudsen,  
Vice-chairperson: Chrysoula Moscholouri,  
Secretary: Ivan Perzel.

Camilla Benincasa was elected at the GM to the Executive Committee  
However she resigned shortly after appointment due to a potential conflict of interest.  
Camilla was instead co-opted to be member of the Education and Research Committee.

## EDUCATION & RESEARCH COMMITTEE REPORT 2023

### Members since September 2021:

Yael Yoshei, Israel (Chairperson); Montserrat Gutierrez Bassas, Catalonia; Konstantinos Chandolias, Greece Fezia Tyebally, Malaysia, Nir Alt, Israel (Course Registrar).

### Members since December 2023:

Nir Alt, Israel (Chairperson and Course Registrar); Montserrat Gutierrez Bassas, Catalonia; Konstantinos (Kostas) Chandolias, Greece, Chrysoula (Chryza) Moscholouri, Greece, Fezia Tyebally, Malaysia, Camilla Benincasa, Germany.

### 2021-2023 Committee

Three of the Committee members took part in the Joint Meeting in Krakow. The small number of meetings was due to workload of the members. However, a lot of work was being done between meetings by email and shared documents.

### 2023 Committee

The committee had 1 Zoom meeting on 16<sup>th</sup> December 2023.

"The Ed & R Committee at the first Meeting must decide, who is elected for four Years (as you at GM) and who for 2 Years as starting the rolling system. Please inform the Executive in a document for storing".

**Decision:** Nir and Chrysa will stay as elected for 4 years. Kostas, Fezia, Montse and Camilla will stay as elected for 2 years.

	28-29/04/2023	07/08/2023	13/09/2023	16/12/2023
Yael Yoshei	✓	✓	x	
Montserrat Gutierrez Bassas	x	✓	x	✓
Fezia Tyebally	✓	✓	x	✓
Konstantinos Chandolias	X	x	✓	✓
Nir Alt	✓	✓	✓	✓
Chrysoula Moscholouri	Not yet member			✓
Camilla Benincasa	Not yet member			

### Lecturer progression:

Christopher Economides was certified as a lecturer on August 8<sup>th</sup>, 2023.

### New Trainee Lecturer:

Dawn Moore from UK – Mentored by Alison Skinner

Lena Andreassen Kjærsgaard (Ex. Senior Lecturer) from Denmark - In the process of reinstatement.

**Two lecturers were removed from the list of lecturers recognized by IHA**

Due to not meeting the criteria and not having lectured in courses for 5 years.

Karin Sitz from Austria

Klavdija Krusec from Slovenia

**Courses and Participants in 2023:**

- TOTAL number of Foundation courses: 51
- TOTAL number of participants: 631
- TOTAL number of Advanced courses:4
- TOTAL number of participants: 39

**A subject promoted by the committee:**

- The committee has reached an understanding that there is a shortage of advanced courses due to a lack of senior lecturers. This is despite the availability of lecturers with affiliations who could potentially become senior lecturers. The main issue lies in the existing criteria, which hinder promotion due to requirements that are either impossible or extremely challenging to meet currently.

New criteria for becoming a senior lecturer.

A proposal was made to the lecturers and senior lecturers and a meeting was held to discuss the issue.

- Three committee members, who were significant contributors to the discussion and decision-making, took part in the joint meeting in Krakow on April 28-29, 2023.

The members were Yael Yoshei, Israel, Nir Alt, Israel, Fezia Tyebally, Malaysia.

Nir Alt

Chairperson of IHA Education and Research Committee

## **GALA SUBCOMMITTEE ANNUAL REPORT 2023**

### *Members of Gala Subcommittee:*

Maciej Kampa- chairperson (HPA, Poland). Member since September 21<sup>st</sup>, 2019.

Ivan Perzel- member (Croatia). Member since September 21<sup>st</sup>, 2019.

Stina Christiansen- member (HASAM, Denmark). Member since May 21<sup>st</sup>, 2020.

At the GM in December 2023 Maciej Kampa was re-elected, and Hanne Bjørling Grøn from Denmark was elected as member of the Gala Subcommittee.

In 2023, the goal set by the Gala Subcommittee was to continue work on the implementation of a refreshed version of the online programme for conducting the Halliwick Gala by national teams, for now in the English version.

In the first half of the year, subcommittee members exchanged information via e-mail about their experiences in conducting competitions using the online programme. Official brochure prepared by the subcommittee with the support of IHA Halliwick® Senior Lecturer Harald R. Lie, "Gala Competition Guidelines", was included in the overall summary of the Erasmus + Lets Swim Project Programme.

In the second half of the year, the new version of the programme was successfully tested in Danish clubs. Thanks to the support of Hanne Bjørling Pedersen from Denmark, errors were detected and corrections were made to the national versions of the Gala programme. The culmination of these works was the 6th National Halliwick Swimming Gala, which took place on November 25, 2023, in Krakow using the online programme. The Halliwick Gala Subcommittee is seeking proposals for the next International Gala.

Report wrote by: Maciej Kampa Date: 31.03.2024.

Approved by Stina Christiansen and Ivan Perzel