

International Sport Mental Coaching Ltd

Annual Report and Unaudited Abridged Financial Statements
for the Year Ended 31 March 2018

International Sport Mental Coaching Ltd

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International Sport Mental Coaching Ltd

Company Information

Director	Gerald Brian Taylor
Company secretary	Lincoln Secretaries Limited
Registered office	12 Bridewell Place Third Floor East London EC4V 6AP

International Sport Mental Coaching Ltd

Director's Report for the Year Ended 31 March 2018

The director presents his report and the abridged financial statements for the year ended 31 March 2018.

Director of the company

The director who held office during the year was as follows:

Gerald Brian Taylor

Principal activity

The principal activity of the company is that of a holding company.

Small companies provision statement

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Board on 29 March 2019 and signed on its behalf by:

.....
Lincoln Secretaries Limited
Company secretary

International Sport Mental Coaching Ltd

(Registration number: 09495974)

Abridged Statement of Financial Position as at 31 March 2018

	Note	2018 £	2017 £
Fixed assets			
Intangible assets	<u>4</u>	5,062	2,812
Investments	<u>5</u>	1,098	4,311
		<u>6,160</u>	<u>7,123</u>
Current assets			
Debtors		4,255	11,386
Cash at bank and in hand		<u>8,344</u>	<u>11,847</u>
		12,599	23,233
Creditors: Amounts falling due within one year		<u>(230,119)</u>	<u>(170,576)</u>
Net current liabilities		<u>(217,520)</u>	<u>(147,343)</u>
Total assets less current liabilities		(211,360)	(140,220)
Accruals and deferred income		<u>(3,025)</u>	<u>-</u>
Net liabilities		<u>(214,385)</u>	<u>(140,220)</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		<u>(214,485)</u>	<u>(140,320)</u>
Total equity		<u>(214,385)</u>	<u>(140,220)</u>

For the financial year ending 31 March 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

All of the company's members have consented to the preparation of an Abridged Income Statement and an Abridged Statement of Financial Position in accordance with Section 444(2A) of the Companies Act 2006.

The notes on pages 6 to 8 form an integral part of these abridged financial statements.

International Sport Mental Coaching Ltd

(Registration number: 09495974)

Abridged Statement of Financial Position as at 31 March 2018

Approved and authorised by the director on 29 March 2019

.....

Gerald Brian Taylor

Director

The notes on pages 6 to 8 form an integral part of these abridged financial statements.

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International Sport Mental Coaching Ltd

Statement of Changes in Equity for the Year Ended 31 March 2018

	Share capital £	Profit and loss account £	Total £
At 1 April 2017	100	(140,320)	(140,220)
Loss for the year	-	(74,165)	(74,165)
Total comprehensive income	-	(74,165)	(74,165)
At 31 March 2018	100	(214,485)	(214,385)
	Share capital £	Profit and loss account £	Total £
At 1 April 2016	100	(30,193)	(30,093)
Loss for the year	-	(110,127)	(110,127)
Total comprehensive income	-	(110,127)	(110,127)
At 31 March 2017	100	(140,320)	(140,220)

The notes on pages 6 to 8 form an integral part of these abridged financial statements.

International Sport Mental Coaching Ltd

Notes to the Abridged Financial Statements for the Year Ended 31 March 2018

1 General information

The company is a private company limited by share capital incorporated in England and Wales.

The address of its registered office is:

12 Bridewell Place
Third Floor East
London
EC4V 6AP

These financial statements were authorised for issue by the director on 29 March 2019.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These abridged financial statements were prepared in accordance with Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

Basis of preparation

These abridged financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;
it is probable that future economic benefits will flow to the entity;
and specific criteria have been met for each of the company's activities.

Foreign currency transactions and balances

Transactions in foreign currencies are initially recorded at the functional currency rate prevailing at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are retranslated into the respective functional currency of the entity at the rates prevailing on the reporting period date. Non-monetary items carried at fair value that are denominated in foreign currencies are retranslated at the rates prevailing on the initial transaction dates.

Non-monetary items measured in terms of historical cost in a foreign currency are not retranslated.

International Sport Mental Coaching Ltd

Notes to the Abridged Financial Statements for the Year Ended 31 March 2018

Business combinations

Business combinations are accounted for using the purchase method. The consideration for each acquisition is measured at the aggregate of the fair values at acquisition date of assets given, liabilities incurred or assumed, and equity instruments issued by the group in exchange for control of the acquired, plus any costs directly attributable to the business combination. When a business combination agreement provides for an adjustment to the cost of the combination contingent on future events, the group includes the estimated amount of that adjustment in the cost of the combination at the acquisition date if the adjustment is probable and can be measured reliably.

Amortisation

Amortisation is provided on intangible assets so as to write off the cost, less any estimated residual value, over their useful life as follows:

Asset class	Amortisation method and rate
Website development	over the period of 10 years

Investments

Investments in equity shares which are publicly traded or where the fair value can be measured reliably are initially measured at fair value, with changes in fair value recognised in profit or loss. Investments in equity shares which are not publicly traded and where fair value cannot be measured reliably are measured at cost less impairment.

Interest income on debt securities, where applicable, is recognised in income using the effective interest method. Dividends on equity securities are recognised in income when receivable.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

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Notes to the Abridged Financial Statements for the Year Ended 31 March 2018

Share capital

Ordinary shares are classified as equity. Equity instruments are measured at the fair value of the cash or other resources received or receivable, net of the direct costs of issuing the equity instruments. If payment is deferred and the time value of money is material, the initial measurement is on a present value basis.

3 Loss before tax

Arrived at after charging/(crediting)

	2018 £	2017 £
Amortisation expense	597	312

4 Intangible assets

	Total £
Cost or valuation	
At 1 April 2017	3,125
Additions acquired separately	2,847
At 31 March 2018	5,972
Amortisation	
At 1 April 2017	313
Amortisation charge	597
At 31 March 2018	910
Carrying amount	
At 31 March 2018	5,062
At 31 March 2017	2,812

The aggregate amount of research and development expenditure recognised as an expense during the period is £Nil (2017 - £Nil).

5 Investments

	Total £
Cost or valuation	
Additions	1,098
Provision	
Carrying amount	
At 31 March 2018	1,098
At 31 March 2017	4,311

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.