

SWIM ENGLAND EAST MIDLANDS CLUB NEWSLETTER JUNE 2017



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Help keep Club Contacts Up To Date

What to do when a role has a change of person?

For us as Club Development Officers it is important that our contact details for roles in your clubs are correct and kept up to date. This is important as we want to ensure that we are sending information to the correct people.

So if you have a change in person in any of the following roles:

- Secretary
- Club Chairman
- SwimMark Co-ordinator
- Welfare Officer
- Workforce/Volunteer Co-ordinator
- Head Coach

Please can you inform your Club Development Officer and the office eastmidland@swimming.org with the following information - a name, e-mail address and telephone number where possible of the new person in the role.

This will help us to maintain our contact details for clubs, also to support you as clubs making sure the correct volunteers are receiving regular updates and information.

SwimMark Panel Dates

Below are the East Midlands SwimMark panel dates. Please make a note of them in your diary.

Regional Panel	National Panel
W/C 12 th June 2017	28 th June 2017
W/C 11 th September 2017	27 th September 2017
W/C 27 th November 2017	13 th December 2017

Clubs Required to Pilot Use of new 'Club Awards'

Swim England are currently developing a new progressive awards scheme for swimmers in competitive swimming clubs, aimed at the development section of clubs with swimmers new to competitive swimming at pre competitive or early competitive level.

The aim of developing these new awards is to:

- Provide swimming clubs with a syllabus to follow to develop swimmers skills in line with The ASA talent pathway
- Drive quality and consistency of swimming club session delivery
- Provide an opportunity to reward and recognise club swimmers development and progression
- Provide income for swimming clubs

To ensure that these awards meet club's needs, we are currently seeking clubs who would like to pilot the use of these awards in their club sessions during the period September to December 2017. It is expected that the draft awards criteria would be available for coaches of pilot clubs during July to allow coaches time to plan the use of the awards in their club. Clubs will be required to provide feedback following use of the draft awards and in return will be provided with a number of awards for their own club use once they are produced.

If your club would like to be involved in piloting the use of these awards please contact:

sue.paget@swimming.org

National Updates

Swim England – who we are and what we do

New strategy & new name

A new strategy aimed at helping the country become healthy and active through swimming has been launched by Swim England.

Towards a Nation Swimming is Swim England's four-year strategic plan to get a nation swimming.

The strategy details how Swim England will support its 200,000 members, the 11 million adults who swim each month, and the thousands of young people who take part in weekly swimming lessons, as well as the workforce that teaches and coaches them.

This includes inspiring young people to try swimming, diving, water polo and synchronised swimming, and supporting athletes to reach their potential through well-defined talent pathways.

Towards a Nation Swimming also includes Swim England's commitment to leading the sector by raising the profile of swimming, and supporting clubs, local authorities and communities to look at innovative ways to ensure everyone has access to appropriate water space.

New name for a forward facing NGB

The publication of Towards a Nation Swimming coincides with the announcement that the Amateur Swimming Association has changed its name to Swim England.

Jane Nickerson, who is also now confirmed as Swim England's CEO, said: "We are incredibly proud of our history, which spans almost 150 years. Swim England is clear and simple. It says who we are and what we do and is the perfect name to take us forward as we raise the profile of swimming and get a nation swimming."



National Updates

New Swim England Insurance Centre

Whether you are a participant, teacher, coach or an officer responsible for running a club, you will find information on the new Swim England Insurance Centre webpage (www.asa.ps-websites.co.uk) about the insurance, included within your membership affiliation to Swim England, to protect you whilst you are taking part in our sport.

All individuals who take part in swimming and other activities recognised by Swim England, either as administrators, coaches/teachers or participants, have a Duty of Care to ensure they do not cause injury or financial loss to anyone or damage to anyone's property.

Swim England members are covered by [Public Liability and Professional Indemnity insurance](#) policy arranged with Hiscox. This protects affiliated members, teachers and coaches, officials and clubs if held responsible and are negligent for causing injury to someone else or damage to someone's property whilst undertaking swimming and other activities recognised by Swim England.

Swim England members also benefit from a basic [Personal Accident insurance](#) - This 'no fault' benefit provides cover to Swim England members for death and permanent total disablement injury whilst taking part in swimming, diving and aquatic activities recognised by Swim England.

Club committees also benefit from [Directors & Officers Insurance](#) and [Commercial Legal Advice and Expenses](#) to assist in the daily running of the club.

Useful Links

Some great swimming links for you

[Membership Check >](#)

[Swim England News >](#)

[British Swimming >](#)

[The Institute of Swimming >](#)

[Child Safeguarding >](#)

Risk Management Information

Useful information for your club

[Running a Safe Sports Club >](#)

[Organising a Voluntary Event >](#)

[5 Steps to Risk Assessment \(PDF\) >](#)

[HSE Myth busters >](#)

Clubs - recognised Activity

Insured recognised club activities, include:

- training for and competitive swimming (including open water swimming/polo/diving)
- social
- fund-raising
- administrative activities

Please refer to the governing bodies for details of the approved activities or to establish if an activity you wish to undertake is acceptable. Some activities may need to be reviewed by the Swim England Safety Forum and referred to insurers.



Course Updates

Coaching Courses in the East Midlands 2017

Swim England Swimming Assistant (Coaching)

Blended Delivery: Online works begins 1st November 2017

Face to face course dates: 17th November (12.30pm – 7.30pm), 10th December (12.30pm – 7.30pm), 17th December (5.30pm – 7.30pm)

Corby East Midlands International Swimming Pool, Parkland Gateway, George Street, Corby, Northants NN17 1QG

Cost: £211.25

To reserve places on this course please contact Sue Paget, EM Club Development Officer sue.paget@swimming.org

Swim England Swimming Coach

Full face to face delivery on: 16th, 17th, 23rd, 24th, 30th September, 1st 7th, 8th October 2017 (Saturdays 9am – 5pm and Sundays 10am – 7pm)

At: **The Gingerbread Room, Grantham Meres Stadium and Grantham Meres Leisure Centre**, Trent Road, Grantham NG31 7XQ

Cost: £543

To reserve places on this course please contact Sue Paget, EM Club Development Officer: sue.paget@swimming.org

Swim England Swimming Coach

Blended Delivery: Online work begins 8th September 2017

Face to face course dates: Sunday's 22nd, 29th October, 5th, 12th November (12 noon – 8pm) plus final assessment on Sunday 17th December 9am – 3pm

At: **Water Meadows Swimming and Fitness Complex**, Bath Street, Mansfield NG18 1BA

Cost: £459

To reserve places on this course please contact Sue Paget, EM Club Development Officer sue.paget@swimming.org

Swim England Swimming Coach

Blended Delivery: Online work begins 1st February 2018

Face to face course dates: Sundays 4th, 11th, 18th March and 22nd April (12noon – 8pm)

At: **Corby East Midlands International Swimming Pool**, Parkland Gateway, George Street Corby Northants NN17 1QG

Cost: £447

To reserve places on this course please contact Sue Paget, EM Club Development Officer: sue.paget@swimming.org

SwimMark clubs in the Swim England East Midland Region will receive coaching grants towards the cost of these courses. This is currently £125 per person for Level 1 Swimming Assistant Coach courses and £250 per person for Level 2 Swimming Coach courses.

This is subject to change pending a review by the East Midlands Board.



Education Courses

[Click here](#) for full list of courses in the Region.

Level 1 Courses

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 01/07/17 at Queen's Park Sports Centre, Chesterfield

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 01/07/17 at Serco Harborough Leisure Centre, Market Harborough

[ASA Level 1 Swimming Assistant \(Teaching\)](#) BLENDED starts 10/07/17 at Loughborough University Pool

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 17/07/17 at SLM Enderby Leisure and Golf Centre

Level 2 Courses

[ASA Adult & Child Aquatics leading to certification of ASA Level 2 Award in Coaching Aquatics](#) Blended Learning starts 03/07/17 at Queen's Park Sports Centre, Chesterfield

[ASA Level 2 Award Coaching Open Water Swimming](#) starts 8/07/17 at Holme Pierrepont National Watersports Centre, Nottingham

[ASA Level 2 Swimming Teacher](#) starts 17/07/17 at Loughborough University Pool

East Midlands Regional Courses

Team Manager Module 1

Date: Saturday 15th July 2017

Time: 2pm – 5pm

Venue: SportPark, Loughborough

Cost: Free

Team Manager Module 2

Date: Sunday 10th September 2017

Time: 9.30am – 12.30pm

Venue: SportPark, Loughborough

Cost: Free

Pre-Requisite: Team Manager Module 1

Time To Listen

Date: Sunday 10th September 2017

Time: 1pm – 4.30pm

Venue: SportPark, Loughborough

Cost: Free

Pre-Requisite: Safeguarding course

Date: Saturday 25th November 2017

Time: 1.30pm – 5pm

Venue: SportPark, Loughborough

Cost: Free

Pre-Requisite: Safeguarding course

Safeguarding & Protecting Children

Date: Sunday 10th September 2017

Time: 9.30am – 12.30pm

Venue: SportPark, Loughborough

Cost: £30

Date: Saturday 25th November 2017

Time: 9.30am -12.30pm

Venue: SportPark, Loughborough

Cost: £30

Contemporary Issues (for officials)

Date: Sunday 10th September

Time: 9.30am – 12.30pm

Venue: SportPark, Loughborough

Cost: Free

To book a place on a course, please contact the Regional Office 01527 888929 or email eastmidland@swimming.org.

For Safeguarding courses please send a cheque payable to 'ASA East Midland Region' for £30 to:

Swim England East Midlands, Unit 7 Basepoint Business Centre, Isidore Road, Bromsgrove Enterprise Park, Bromsgrove B60 3ET

Swim England National Open Water Festival 2017



SWIM ENGLAND NATIONAL OPEN WATER FESTIVAL 2017

30 - 31 July | Rother Valley Country Park

FREE to spectate all weekend, so bring your family and friends along!

Festival village including bouncy castles, **FREE** face painting, activities tent, ice cream van, event merchandise, local stalls and much more!

BRAND NEW **TEAM2K challenge**

National Masters Championships
National Age Group Championships

An action packed weekend offering a variety of distance competitions. Compete and bring the family along or make it an amazing weekend for you and your friends.

Sign up for any of our competitions listed at swimming.org/openwaterfestival

BRAND NEW
Swim England
TEAM2K
30 July

A team event for everyone!

Bring all the family, your friends, colleagues and training partners and swim 2k as a team of four and get a medal for your efforts! Participants can be from the age of 12, swimming 200m laps, totalling 2000m between them! Whether you have something to prove, or fancy a go at open water swimming, grab your friends and dive in!

Who can enter? Anyone from the age of 12!

① **Enter before Wednesday 21 June 2017** and receive **15% off your team entry!**

Swim England National Open Water Masters Championships 2017

30 July (Entries close 12 July 2017)

Highlight of the Masters open water swimming calendar, where swimmers compete for national honours in 1.5km and 3km races.

Who can enter? Adults over the age of 18 who are members of a swimming club in England, Scotland or Wales, temporary members or overseas competitors registered with other countries affiliated to FINA.

Swim England National Age Group Championships 2017

31 July (Entries close 19 July 2017)

Country's flagship open water age group event, attracting the future stars of open water swimming. Swimmers will take to the water in allocated age groups to compete for national honours in 1.5k, 3k and 5k events.

Who can enter? The winners of the Individual Swim England Open Water Regionals all qualify to compete at the Championships while other athletes can secure respective qualification times in long course pool events.



Regional Updates

Leading The Lanes – Young Volunteers Programme



Planning is currently underway for the East Midlands 2017-18 Leading the Lanes programme, which will run between September 2017 and March 2018.

The Leading the Lanes programme is designed to keep under 25's engaged and involved in swimming, encouraging them to consider volunteering roles within their club.

We hope that each county within the East Midland Region will have a minimum of one Timekeeping and one Young Aquatic Helper course available to them. The minimum age for Y.A.H is 13, whilst the minimum age for timekeeping is 14.

More details will be communicated in the next month, however if you have any queries, or feel your club would like to hold a Young Aquatic Helper, Timekeeping or Team Manager 1 workshop for young volunteers, then please contact Helen Bickerstaff – helen.bickerstaff@swimming.org

SwimMark Advice



Club Development Officers in the East Midlands are currently putting plans in place to run online SwimMark advice sessions – these will use the online conference website www.gotomeeting.com

They will be running two 1 hour sessions in July, one on a week day and one on a Saturday to provide advice on the SwimMark process in a step by step guide, and to answer any questions you may have.

To register your interest, please email helen.bickerstaff@swimming.org. Links to access these sessions will then be sent out via email later this month.

Regional Awards 2017

Nominations for the Regional Awards 2017 are now open and they will close on 16th July. Please [CLICK HERE](#) to nominate.

The Regional Awards are a great opportunity to recognise volunteers in our sport. This event highlights all of the amazing work people and organisations in the aquatic industry do every day.

The categories for the Regional Awards are:

- **Young Volunteer of the Year – Male and Female**
- **Volunteer of the Year – Male and Female**
- **Service to Aquatics – Male and Female**

[CLICK HERE](#) for further information on the criteria and nomination forms.

Swim England National Awards 2017 are also open and further information on these categories and how to nominate can be found [here](#).

Bramcote Aqua Stars Win Gold

In just their 3rd season, AquaStars, Bramcote Swimming Club's Amateur Synchronised Swimming Club, scooped 4 golds and 3 silvers at the West Midlands Novice competition in Walsall.

Aquastars, for swimmers aged 8 to 16, is now the biggest synchronised swimming club in the East Midlands, based at Bramcote Swimming Club with Head Coach, Lenka Tanner who said "These girls have worked really hard over the past few months learning brand new, complex and physical routines and it was really great to see all their effort recognized."

Synchronised swimming, or 'synchro' for short, is an Olympic sport which combines athleticism with grace in the water – hence it originally being called "Water Ballet" where each team swims, with movements synchronised to music, as seen during the Olympics and other televised events.

Synchro requires great strength, endurance, flexibility, artistry, precision, as well as exceptional breath control when upside down under water. Synchronised swimmers build their stamina similar to speed swimmers, they get to choreograph routines like dancers, performing in team routines.

'Figures' is another aspect of synchro, which is the name for short sequences of movements in a set pattern, named after fish and other aquatic animals. Figures show and demonstrate swimmers' technical ability and are extremely important in developing the skills, strength and endurance of younger swimmers in particular, for them to be able to perform harder movements when it comes to a routine.

Well done to Bramcote Aqua Stars on their achievement!



Eckington SC makes a big splash after a remarkable year

Eckington Swimming Club is celebrating a terrific turnaround after two of its swimmers qualified for the English National Championships. Sixteen-year-olds Ellie Tennant and William Hogg medalled at the East Midlands Youth Regional Championships to highlight an amazing transformation at the club and earn a place at the nationals.

The temporary closure of Eckington Swimming Pool as it underwent a major refurbishment meant members had to train at venues across Sheffield and North-East Derbyshire.

Chairman Jonathan Pickard said the unusual situation had brought the club, now back based at the Eckington pool, closer together.

Ellie Tennant won two gold medals, William Hogg a silver and Riminy Casey a bronze.

Other Eckington Swimming Club members who qualified for the East Midlands Regionals Youth and Junior Championships included Connor Thorpe, Libby Taylor, Harvey Sands, Corran Parsons, Savannah Cooper, Abby Barker and Harrison Casey.



Swim England

East Midlands

East Midlands Regional Championships Age Group and Para Champions

Below are the East Midlands Regional Champions

	Female	
Para	Maisie Summers-Newton	Northampton
11/12 yrs	Chloe Baxter	Co Leicester
13 yrs	Freya Colbert	Grantham
14 yrs	Betsy Wizard	Northampton
15 yrs	Charlotte Hall	Derventio
16 yrs	Ailsa McDonald	Northampton
17/ov	Courtney Price	Nova

	Male	
Para	Kahoru Harazawa	Loughborough Uni
11/12 yrs	Finley Bunhejee	Nova
13 yrs	Jacob Whittle	Derventio
14 yrs	Edward Mildred	Northampton
15 yrs	William Barber	Co Lincoln Pentaqua
16 yrs	Billy Pettit	Northampton
17/ov	Joe Elwood	Loughborough Uni

We are looking to recruit Coaches and Managers for our Regional Training Days

Roles available for our Regional Training Days

Swim England East Midlands are looking to recruit coaches and managers for their Regional Training Days on 3rd September, 15th October and 23rd December 2017. The following roles are available: Please click on the titles for Role & Expectation Outlines:

[Regional Head Coach](#)

[Regional Skills Coach](#)

[Regional Lead Team Manager](#)

[Regional Assistant Team Manager](#)

[Regional Head Coach Expression of Interest Form](#)

[Regional Skills Coach Expression of Interest Form](#)

[Regional Lead Team Manager Expression of Interest Form](#)

[Regional Assistant Team Manager Expression of Interest Form](#)

If you are interested in any of the above positions, please click on the links or visit

<http://www.swimming.org/EastMidland/news/swimming/roles-available-for-our-regional-camp-days/28628>

and complete an expression of interest form by **26th June 2017** and email it to

fiona.conway@swimming.org. **Please also include a copy of highest coaching certificate and safeguarding certificate.**