

# ASA EAST MIDLAND REGION CLUB NEWSLETTER MARCH 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
- Swim21 Co-ordinator
- Welfare Officer
- Workforce/Volunteer Co-ordinator
- Head Coach

Please can you inform your Club Development Officer and the office [eastmidland@swimming.org](mailto: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.

## Swim21 Panel Dates

Below are the East Midlands swim21 panel dates. Please make a note of them in your diary.

Regional Panel	National Panel
W/C 13 <sup>th</sup> March 2017	29 <sup>th</sup> March 2017
W/C 12 <sup>th</sup> June 2017	28 <sup>th</sup> June 2017
W/C 11 <sup>th</sup> September 2017	27 <sup>th</sup> September 2017
W/C 27 <sup>th</sup> November 2017	13 <sup>th</sup> December 2017

## Welcome to Helen Bickerstaff Club Development Officer (Derbyshire)

Hello, my name is Helen Bickerstaff. I began the role of Club Development Officer in January.

Previously I worked for the Institute of Swimming and before that I worked for the NHS.

I am a keen open water swimmer and triathlete having swum competitively for Coalville Swimming Club in my youth. I am also a swimming teacher, coach and open water coach.

Whilst I am only two months into the role, I am greatly enjoying it and hope to meet as many clubs as possible in the upcoming months!



# Regional News

## The 8<sup>th</sup> Trophee National Des Hortillions Amiens, France 2017

Selected swimmers for the East Midland Region headed to Amiens for the 8<sup>th</sup> Trophee National Des Hortillions. All swimmers had an outstanding weekend with it being the first time racing long course for most swimmers since the Summer Championships. There were so many great swims with every swimmer having multiple second swims in the A, B or Junior finals - there are far too many to mention all of them.

Summary of top 3 placings in the overall swims or A final:

All results can be seen here: <http://bit.ly/2IWOSYz>

### Michaela Glenister:

2<sup>nd</sup> Womens 800m freestyle  
3<sup>rd</sup> Womens A 200m IM  
2<sup>nd</sup> Womens A 400m IM

### Eleanor Baldwin:

2<sup>nd</sup> Womens A 100m freestyle  
2<sup>nd</sup> Womens A 200m freestyle  
1<sup>st</sup> Womens A 100m backstroke  
1<sup>st</sup> Womens A 200m backstroke

### Emily Osborne

2<sup>nd</sup> Womens A 200m Backstroke  
2<sup>nd</sup> Womens A 200m IM

### Maisie Elliott

3<sup>rd</sup> Womens A 100m butterfly  
2<sup>nd</sup> Womens A 200m butterfly

### Jamie Ingram

3<sup>rd</sup> Mens A 50m freestyle  
3<sup>rd</sup> Mens A 100m freestyle  
3<sup>rd</sup> Mens A 50m Butterfly  
2<sup>nd</sup> Mens A 100m Butterfly

### Daniel Savage

2<sup>nd</sup> Mens A 100m Freestyle  
1<sup>st</sup> Mens A 50m Butterfly  
1<sup>st</sup> Mens A 100m Butterfly

### William Gayne

2<sup>nd</sup> Mens A 200m backstroke  
2<sup>nd</sup> Mens A 400m IM

### Esther Halford

2<sup>nd</sup> Womens A 400m freestyle

### Ryan Reader

3<sup>rd</sup> Mens A 200m backstroke

### Archie Plowman

3<sup>rd</sup> Mens A 400m IM

### Sophie Yendell

2<sup>nd</sup> Womens A 50m butterfly

### Amy Grant

3<sup>rd</sup> Womens A 100m freestyle

## Amiens 2017 Swim Team

Eleanor Baldwin – City of Derby SC  
Greg Butler – City of Derby SC  
Maisie Elliott – City of Leicester SC  
Charlotte Fletcher-Stables – Northampton SC  
William Gayne – Nova Centurion SC  
Michaela Glenister – City of Leicester SC  
Amy Grant – City of Derby SC  
Esther Halford – Derventio Excel  
Kathryn Henderson – Nova Centurion SC  
Jamie Ingram – Derventio Excel

Carys O'Reilly – City of Leicester SC  
Emily Osborne – Derventio Excel  
Joshua Pemberton – Derventio Excel  
Archie Plowman – Northampton SC  
Ryan Reader – Derventio Excel  
Daniel Savage – Northampton SC  
Mia Slevin – Derventio Excel  
Sophie Yendell – City of Derby  
James Newman- City of Leicester SC



## Northamptonshire Sports Awards 2016



Harriet Palmer of Kettering SC shone in her nomination and won the Young Leader of the Year Award for her hard work and dedication to swimming. A member of Kettering Swimming Club, Harriet has always helped other swimmers attending galas, but has started to become a young coach and is the swimming club's athlete representative on the County Swimming Association.

Following a success in 2016 with the highlight for Eleanor Robinson achieving Paralympic Gold in Rio, Northampton SC's Coach Andy Sharp was nominated in the Performance Coach of the Year. As Coach at Northampton Swimming Club, Andy has helped many of his charges compete at County, Regional, National and International level. He had 16 swimmers either winning medals or finishing in the Top 10 swimmers in Great Britain. He is the coach of Eleanor Robinson, a Paralympic Gold medallist in Rio 2016. He has also coached Maisie Summers – Newton on to the World Class Podium Potential programme.

Robert Sharp of Daventry Dolphins was nominated in the Community Coach of the Year. The Daventry Dolphins Swimming Coach has helped the club achieve a record number of attendees at the county championships: 12 swimmers gained qualification times for the regional championships, he had 4 swimmers at the European Masters and has established a disability swimming squad.

A big congratulations to all winners and nominees at these awards.

## Nottinghamshire Sports Awards 2016

Now in their 25th year, the prestigious awards set out to recognise the best of Nottinghamshire Sport, from elite athletes to local clubs and community volunteers.

There were nominations from the world of swimming, we'd like to take the time to provide those winners and nominees with congratulations and to encourage all clubs across the region to participate in their County Sports Partnerships award evenings as this is a great opportunity to be recognised for your hard work and commitment to Sports, whether you are a coach, a volunteer or the athlete. The variety of awards which you could be nominated for is wide, in the Sports Nottinghamshire awards they even offer Club of the Year.

So what success of nominations and swimmers did we have at the Sport Nottinghamshire Awards, well.....

**Award Title:** Disabled Sportsperson of the Year

**The winner of this award:** Oliver (Ollie) Hynd

Ollie was one of five who were nominated and went on to win the Award.

**Award Title:** Junior Disabled Sportsperson

**The winner of this award:** Benjamin Foulston

Benjamin was one of five who were nominated and went on to win the award.

**Award Title:** Performance Coach of the year

**The winner of this award:** Glenn Smith

Glenn was one of five who were nominated and went on to win the award.

**Award Title:** Club of the Year

**Nominated for this award:** Bramcote Swimming Club

Bramcote went on to make it as one of the final five up for this award but were unfortunate this year not to win. We still would like to recognise the nomination and say congratulations for making it to final, keep up your hard work!

**Award Title:** Junior Sportsperson of the Year

**Nominated for this award:** Elliot Clogg

Elliot went on to make it as one of the final five up for this award but was unfortunate this year not to win. We still would like to recognise the nomination and say congratulations for making it to final, keep up your hard work!

## Water Polo Updates



Water Polo coaching level 2 course is due to start from 2nd April. The Level 1 course at Walsall was fully booked very quickly. Due to demand, another level 1 course is likely to be organised later this year.

Water Polo specific Team Manager Module 1 course (for local competitions) will take place on 7<sup>th</sup> May at SportPark, Loughborough. To book a place, please contact [the Regional office](#).

The East Midlands Midi tournament (age 13 and under) has started and the Junior tournament (age 15 and under) will start later this month. There will be a total of eight tournaments for those age groups. Northampton, Grantham, South Derby, Hucknall, Hinckley and Nottingham Leander are involved in the events. If your club is interested in participating in 2018 events, please contact the organiser [Tony Taylor](#).

## Safeguarding



Please be aware that in line with Wavepower guidance, all club members requiring a DBS check **must also** attend a Safeguarding workshop. Safeguarding training needs to be renewed every three years and this can be done via a face to face workshop, or the online Sports Coach UK course – provided the online renewal takes place before the three year expiry. For swim21 purposes, if a course has been booked but not yet completed, booking confirmation will need to be provided.

Time to Listen training for the Welfare Officer needs renewing every 3 years.

## East Midland Beacon Programme Workshops



Hosted by Nova Centurion  
Harvey Hadden Sports Village  
Wigman Road Nottingham NG8 4PB



Coaches in the East Midland Region are invited to attend and participate in an innovative coaching experience. The offer consists of attending the Saturday East Midland Beacon training session, observing the strength & conditioning session and then participating in a workshop.

The final workshop takes place on Saturday 6<sup>th</sup> May – 'Effective Communication Skills for Coaches' by Joanna Jones

The cost for this workshop is £10.

To book a place please complete the booking form [here](#) and return with payment to [eastmidland@swimming.org](mailto:eastmidland@swimming.org). For further information contact [natham.hilton@novacenturion.co.uk](mailto:natham.hilton@novacenturion.co.uk)

## Marathon Swimmers in World Cup Test

**Four swimmers from the National Centre Loughborough take part in the Abu Dhabi leg of the FINA/HOSA 10km Marathon Swimming World Cup.**

Jack Burnell, Alice Dearing, Caleb Hughes and Toby Robinson will face their first competition of the year on Saturday 11th March in Emirates Palace Bay, Abu Dhabi.

The British squad joins a field of around 150 athletes in one of the most challenging and competitive events on the calendar. The swimmers go into the event off the back of a tough training camp but will be looking to see the benefits of their hard work.

# Course Updates



## Coaching Courses in the East Midlands 2017

### **ASA Level 1 Swimming Assistant (Coaching)**

Blended Delivery: Online work begins 1<sup>st</sup> April 2017  
Face to Face course dates: 23<sup>rd</sup> and 30<sup>th</sup> April (11.30am – 8.30pm) and 14<sup>th</sup> May (5.30pm – 8.30pm)  
At: Water Meadows Swimming and Fitness Complex, Titchfield Park, Bath Street, Mansfield, NG18 1BA  
Cost: £222.50  
To reserve places on this course please contact Sue Paget, EM Club Development Officer:  
[sue.paget@swimming.org](mailto:sue.paget@swimming.org)

### **ASA Level 1 Swimming Assistant (Coaching)**

Blended Delivery: Online work begins around 1<sup>st</sup> May 2017  
Face to Face course dates: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> June 2017 (2.30pm – 8.00pm)  
At: Harborough Leisure Centre, Northampton Rd, Market Harborough LE16 9HF  
Cost: £200 + small additional charge to cover venue hire TBC  
To reserve places on this course please contact Sue Paget, EM Club Development Officer:  
[sue.paget@swimming.org](mailto:sue.paget@swimming.org)

### **ASA Level 1 Swimming Assistant (Coaching)**

Full face to face delivery on: 24<sup>th</sup>, 25<sup>th</sup> June 1<sup>st</sup>, 2<sup>nd</sup> July 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: £256.40  
To reserve places on this course please contact Sue Paget, EM Club Development Officer:  
[sue.paget@swimming.org](mailto:sue.paget@swimming.org)

### **ASA Level 2 Swimming Coach**

Full face to face delivery on: 10<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup> June, 1<sup>st</sup>, 2<sup>nd</sup> July 2017 (Saturdays 9am – 5pm and Sundays 12noon – 8pm)  
At: Meridian Leisure Centre, Wood Lane, Louth, LN11 8RS  
Cost: £531.78  
To reserve places on this course please contact Sue Paget, EM Club Development Officer:  
[sue.paget@swimming.org](mailto:sue.paget@swimming.org)

### **ASA Level 2 Swimming Coach**

Full face to face delivery on: 16<sup>th</sup>, 17<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 30<sup>th</sup> September, 1<sup>st</sup>, 7<sup>th</sup>, 8<sup>th</sup> 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](mailto:sue.paget@swimming.org)

## Education Courses

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

### Level 1 Courses

ASA Level 1 Swimming Assistant (Teaching) starts 03/04/17 at PFP Leisure Waendel Leisure Centre

[ASA Level 1 Swimming Assistant](#) (Teaching) starts 29/04/17 at Queen's Park Sports Centre, Chesterfield

### Level 2 Courses

[ASA Level 2 Swimming Teacher](#) starts 29/04/17 at Serco – Harborough Leisure Centre, Market Harborough

### CPDs

[ASA/scUK Safeguarding & Protecting Children Seminar](#) 02/04/17 1pm – 4pm at SLM Hucknall Leisure Centre

[Voice Protection & Projection Seminar](#) 10am – 1pm on 30/04/17 at Kimberley Leisure Centre

[Improving Breaststroke Seminar](#) 9.30am – 12.30pm on 09/04/17 at 1Life Grantham Meres Leisure Centre

[Improving Butterfly Seminar](#) 1pm – 4pm on 09/04/17 at 1Life Grantham Meres Leisure Centre

## Additional Proposed Coaching Courses

ASA Level 1 Swimming Assistant Coach at Corby (November 2017)

ASA Level 2 Swimming Coach at Bramcote (Sept – Dec 2017) and Corby (Jan – March 2018)

**Swim21 clubs in the ASA East Midlands Region will receive grants of £125 per person for Level 1 Swimming Assistant Coach courses and £250 per person for Level 2 Swimming Coach courses.**