

# SWIM ENGLAND EAST MIDLANDS CLUB NEWSLETTER SEPTEMBER 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](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.

## 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 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

## SwimMark Advice Sessions

There will be an online SwimMark advice session on Wednesday 27<sup>th</sup> September at 7.00pm.

This session is aimed at clubs accrediting or reaccrediting in December and is most relevant for SwimMark coordinators.

This is a great opportunity to ask any questions you may have or for new coordinators to get acquainted with the role.

To book on please contact [helen.bickerstaff@swimming.org](mailto:helen.bickerstaff@swimming.org) or [sue.paget@swimming.org](mailto:sue.paget@swimming.org)

## SwimMark Club Accreditation June 2017

Congratulations to the following clubs who successfully completed their SwimMark in June 2017:

Etwell Eagles SC	City of Derby SC
Daventry Dolphins SC	Eckington SC
Market Harborough SC	Nottingham Portland SC
Retford SC	Worksop Dolphins SC
Northampton SC	Gainsborough Dolphins SC
Swadlincote SC	Sutton in Ashfield SC
Leicester Penguins SC	Horncastle Otters SC
Radford SC	

Also congratulations to:  
City of Lincoln Pentaqua, Gainsborough Dolphins, Grantham, Lincoln Vulcans, Boston, Deepings, South Lincs, Bramcote, Nottingham Leander, Radford, Calverton & Bingham, Nova Centurion, Nottingham Portland, Arnold and Green Arrows Synchro for achieving SwimMark Network accreditation.

# Course Updates

## Coaching Courses in the East Midlands 2017

The following courses have been organised during 2017/2018 and are currently available to reserve places by contacting Sue Paget, East Midlands Club Development Officer: [sue.paget@swimming.org](mailto:sue.paget@swimming.org)

### **Swim England Assistant Coach – Swimming (Level 1)**

Blended Delivery: Online work begins 1<sup>st</sup> November 2017

Face to Face course dates: 19<sup>th</sup> November (12.30 – 7.30pm), 10<sup>th</sup> December (12.30 – 7.30pm), 17<sup>th</sup> December (5.30 – 7.30pm)

At: **Corby East Midlands International Swimming Pool**, NN17 1QG

Cost: £211.25

### **Swim England Assistant Coach – Swimming (Level 1)**

Full face to face delivery on: 12<sup>th</sup>, 19<sup>th</sup> November, 3<sup>rd</sup> and 10<sup>th</sup> December 2017 (12 noon – 7.00pm)

At: **Loughborough Leisure Centre**, LE11 3HE

Cost: £252

### **Swim England Assistant Coach – Swimming (Level 1)**

Full face to face delivery on: 10<sup>th</sup> 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> March 2018 (Saturday's 9am – 5pm, Sundays 12noon – 8pm)

At: **Meridian Leisure Centre**, Wood Lane, Louth, LN11 8RS

Cost: £220 + contribution towards venue hire TBC

### **Swim England Swimming Coach (Level 2)**

Blended Delivery: Online work begins 10<sup>th</sup> January 2018

Face to face course dates: Sunday's 25<sup>th</sup> February, 4<sup>th</sup>, 11<sup>th</sup> 18<sup>th</sup> March (12 noon – 8.00pm) and 22<sup>nd</sup> April 2018 (9am – 5pm)

At: **Corby East Midlands International Swimming Pool**, NN17 1QG

Cost: £447

**SwimMark clubs in the Swim England East Midlands 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.**



# Course Updates

## Education Courses

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

### Level 1 Courses

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 12/10/17 at Corby East Midlands International Pool

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 14/10/17 at Harborough Leisure Centre

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 16/10/17 at Parklands Leisure Centre

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 12/11/17 at Bramcote Leisure Centre

### Level 2 Courses

[ASA Level 2 Swimming Teacher](#) starts 2/10/17 at Waendel Leisure Centre

[ASA Level 2 Swimming Teacher](#) starts 23/10/17 at Hinckley Leisure Centre

## RPL Applications Open

The Institute of Swimming ([www.theiosonline.com](http://www.theiosonline.com)) are pleased to offer RPL (Recognition of Prior Learning) for level 1 and 2 teaching and coaching.

RPL is a route you can take to gain an ASA Teaching Swimming Qualification or Swim England Coaching Certificate if you already possess the skills and knowledge needed.

RPL is for experienced swimming teachers or coaches who can provide evidence of meeting the qualification/certificate specification and don't need any tutor support, mentoring, delivery or learning resources.

For more information please contact [iosadmin@swimming.org](mailto:iosadmin@swimming.org) or call 01509 640640



# Regional Updates

## East Midlands Annual Council Meeting

The Annual Council Meeting took place on Sunday 10<sup>th</sup> September 2017 at SportPark, Loughborough. Joanne Highfield was elected as the Regional President for 2017 – 18 and presented the Regional Aquatic Awards to the regional winners.

Glenn Smith from Nova Centurion also gave a fantastic talk on his visit to the Rio Paralympics



### **Young Volunteer of the Year (Female)**

Paige Swannick (City of Derby SC)

### **Young Volunteer of the Year (Male)**

Josh Welford (Loughborough Town SC)

### **Volunteer of the Year (Female)**

Nicola Hitchcock (Grantham SC)

### **Volunteer of the Year (Male)**

Nigel Swannick (City of Derby SC)

### **Services to Aquatics (Female)**

Carole Lister (Market Harborough SC & City of Leicester SC)

### **Services to Aquatic (Male)**

Ron Brewin (Leicester Penguins SC)



l-r Nigel Swannick, Paige Swannick, Joanne Highfield, Carole Lister, Ron Brewin, Josh Welford, Nicola Hitchcock

## Harvey Victorious in National Junior Para-Swimming Championships

**Harvey Phillips** (12) from Louth, took 2 Gold and 2 Silver medals away from the National Junior Para-Swimming Championships held at Sunderland Aquatic Centre during the competition held on June 24<sup>th</sup> and 25<sup>th</sup>. The competition was for Para-Swimmers aged 10-13 years and 14-16 years. Para-swimming uses a classification system to ensure a level playing field for competitive Para-swimmers. The current Para-swimming classification set out by the International Paralympic Committee (IPC) uses classes S1 – S10 for different levels of physical impairment, with a lower number indicating a more severe impairment. Four-time Paralympic gold medallist Ellie Simmonds, who has Achondroplasia dwarfism, swims in the S6, SB6 and SM6 classes.

Harvey, who is a member of Louth Swimming Club, began his weekend of competing with a 3 second Pb swim in his 100m Freestyle event, for which he is classified as S4. This gained him his first Gold medal. He went on to swim 50m Breaststroke, for which he is classified as an SB3. As there was no other swimmer in his classification taking part in the event, Harvey had to swim it alone, which only adds to the difficulty of the swim itself. He had to beat his entry time in order to be presented with a medal, only to just miss out by 0.08 seconds on his previous best time, thus becoming National champion, but without a medal!

In the afternoon, he swam 50m Freestyle (S4) and gained a 0.7 second Pb but was just pipped into 2<sup>nd</sup> place, collecting a Silver medal along the way. The most gruelling event for Harvey came in the very last event on the Saturday, the 150m Individual Medley (50m each of Backstroke, Breaststroke and Freestyle). Classified as SM4, he gave a truly inspirational performance, leading the race from the start, for which he gained a mammoth 18 second Pb time and another Gold medal collected!

Sunday brought his last event of the competition, the 50m Backstroke (S4). This is a tricky stroke for Harvey, but he out-performed his previous best time by a whopping 4 seconds and gained a further Silver medal.

So at the end of the competition, Harvey was National Junior Para-Swimming champion in 3 events and runner up in 2 more.

Harvey, who was struck down with Meningitis before he reached his first birthday, is a real inspiration to us all and to any person wishing to get into sport. He is a pleasure to coach and always brings a smile to the faces of all who come into contact with him. We at Louth Swimming Club are so very proud of what Harvey has achieved so far and wish him all the very best for his future swimming ambitions. Pictured below is Harvey with his 4 medals.

Sarah Richardson

Louth Swimming Club



## Leading The Lanes – Young Volunteers Programme



The East Midland's Leading the Lanes programme is aimed at young volunteers between the ages 13 and 25.

The programme is designed to encourage and increase the engagement of volunteers and equip young volunteers with the skills and experience to volunteer at their club.

The Young Aquatic Helper course workshop has been designed for young people who wish to actively assist on poolside in any aquatic environment/discipline.

For more information, please email [helen.bickerstaff@swimming.org](mailto:helen.bickerstaff@swimming.org) or [eastmidland@swimming.org](mailto:eastmidland@swimming.org)

<b>Timekeeper</b> (Minimum Age 14 years)	<b>Young Aquatic Helper</b> (Minimum Age 13 years)
Sunday 8 <sup>th</sup> October 10am – 4pm <b>Meridian Leisure Centre, Louth</b> <b>Register by 22<sup>nd</sup> September 2017</b>	Sunday 12 <sup>th</sup> November 1pm – 4pm (Practical in home club) <b>Meridian Leisure Centre, Louth,</b> <b>Lincolnshire</b> <b>Register by 20<sup>th</sup> October 2017</b>
Saturday 25 <sup>th</sup> November 10.30am – 4.00pm <b>Alfreton Leisure Centre</b> <b>COURSE NOW FULL</b>	Sunday 22 <sup>nd</sup> October 1pm – 4.30pm (Practical in home club) <b>Arnold Library (adjoining Arnold Leisure</b> <b>Centre) Nottingham</b> <b>Register by 29<sup>th</sup> September 2017</b>
	Sunday 21 <sup>st</sup> January 2018 1pm – 4pm (Practical in home club) <b>Meridian Leisure Centre, Louth LN11 8SA</b> <b>Register by 29<sup>th</sup> December 2017</b>



**Swim England**

**East Midlands**

## Louth Swimming Club's Second Annual Biathlon

Swimmers from Louth Swimming Club proved they are not only swim fit but run fit as well, on Sunday 30 July. Sixty four swimmers took part in the Club's second annual biathlon. The biathlon, which this year was kindly sponsored by Gas Solve limited, saw swimmers, from all of the Club's squads including a member of the Masters Squad, Helena Heya, competing in a 400 meter swim at Meridian Leisure Centre before putting on their running shoes and running 4 laps (1mile) of Wood Lane field.

All those who competed were awarded with a medal and trophies were awarded to the fastest boy & girl in each age group, Harry Milne & Olivia Anstey (9 & under), Jake Adams & Effie Kennedy (10years), Luke Brampton & Lucy Housman (11 years), Reuben Heywood & Phoebe Payne (12years), Christen Rook & Izzy Leggate (13years) and Owen Hall & Katie Roscoe (14years and over).

Bob Wells, Club Chairman said it was wonderful to see so many swimmers competing & enjoying themselves. Although this event was purely for fun, the determination from all the competitors to do well was clearly evident and even the threat of showers didn't dampen the swimmers or the spectators enthusiasm. Bob added the biathlon was an enjoyable way to end the Club's successful swimming year. Event organiser Charlotte Elliott Wright commented that following last years success, the number of swimmers participating had increased and she too was impressed by the determination of the swimmers to do well & for some returning competitors to try & improve upon their times from last year. Charlotte wished to thank all those involved with helping organise and run the event and also the event sponsors.

If you would like any further information about Louth Swimming Club please e mail [enquiries@louth-dolphins.org.uk](mailto:enquiries@louth-dolphins.org.uk)



## Horncastle Otters Active Away

Otters may have been on summer break during August, but that didn't stop them having fun on the water. In 2 visits to Activities Away at Whisby Lakes on the outskirts of Lincoln, Otters enjoyed open water swimming in the lake, before being lead through 2 hours of fun and games by the Activities Away instructors. Teachers, young club members, parents and friends learnt basic kayaking and water-boarding skills and enjoyed every opportunity to throw themselves in the lake. Some of the best fun was had during races that pitted mixed teams of adults and children to rescue team mates on water boards.

Club Chair Jackie Ross, as ever, was enthusiastically involved on both days and managed to retain the record for the most capsizes and fall-ins. Good job she is such a good swimmer!



## Midlands Water Polo Players at FINA World Masters Championships

Women's Masters Team, English Roses, went to the FINA World Masters Water Polo Championship 2017 in Budapest.

For the first time since they created the first women's Masters Club in the UK, the English Roses entered two teams 45+ and 30+ for the international event. Helen Reader (South Derby), Kiyoko Naish (Nottingham Leander) and Team Manager Paul Reader (South Derby) were in the 45+ team and confronted teams from USA, Canada, Colombia, Hungary, Italy, Germany and Czech.

Hungary is the home of Water Polo, so the venue, the atmosphere and the hospitality were incredible and it was great to see huge crowds supporting the event. The 45+ team took a silver medal home. A fantastic achievement for the team!



## Swim England Midland Long Course Championships



The Midland Long Course Championships will be held on **Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> November 2017** at Harvey Hadden Sports Village, Nottingham.

Entry to this meet is via a club coordinator using Sportsystems entry manager only. Entry files, entry pack and supplementary para-swimming conditions will be available as soon as possible.

Please click [here](#) for meet schedule and qualifying times

All enquiries to [meets@midlandchampionships.org.uk](mailto:meets@midlandchampionships.org.uk)