

SWIM ENGLAND EAST MIDLANDS CLUB NEWSLETTER SEPTEMBER 2017



Unit 7 Basepoint Business Centre, Isidore Road
Bromsgrove Enterprise Park, Bromsgrove B60 3ET

Tel: 01527 888929

Email: eastmidland@swimming.org

Facebook: ASA East Midland Swimming

Website: www.swimming.org/EastMidland

sue.paget@swimming.org
07583 694227

fiona.conway@swimming.org
07795 171505

helen.bickerstaff@swimming.org
07870 264117



Help keep Club Contacts Up To Date

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

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

If you have a change in volunteer for any of the following roles:

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

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

This will help us to maintain correct contact details for clubs and ensure that volunteers are receiving regular updates and information.

SwimMark Advice Sessions

There will be an online SwimMark advice session on Wednesday the **13th of December from 7.00 – 8.00pm.**

This session is aimed at clubs accrediting or reaccrediting in March 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.

If your club is going through the health check stage this is a great opportunity to gain a clearer understanding of the health check requirements.

To book on please contact sue.paget@swimming.org

SwimMark Club Accreditation September 2017

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

| | |
|---------------------|-------------------------|
| Ripley SC (RASCALS) | Buxton & District |
| Belper Marlin | Long Eaton |
| Melton Mowbray | Braunstone |
| Leicester Sharks | Grantham |
| Nene Valley | Bircotes |
| Sherwood Colliery | Hucknall/Linby Dolphins |
| Nova Centurion | Kimberley |
| Nottingham Leander | |

Also congratulations to:
Louth, Skegness, Horncastle Otters (East Lindsey Club Network) & Chesterfield, Dronfield Dolphin, Derventio Excel, Eckington & Rykneld (North East Derbyshire and Chesterfield Club Network) for achieving SwimMark Network accreditation.

Course Updates

Coaching Courses in the East Midlands 2017

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

Swim England Assistant Coach – Swimming (Level 1)

Full face to face delivery on: 24th, 25th February and 10th and 11th March 2018 (Saturday's 9am – 4pm, Sundays 12noon – 8pm)

At: **Grantham Meres Leisure Complex**, NG31 7XQ

Cost: £245.80

Swim England Assistant Coach – Swimming (Level 1)

Full face to face delivery on: 17th, 18th, 24th, 25th March 2018 (Saturday's 9am – 5pm, Sundays 12noon – 8pm)

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

Cost: £243.90

Swim England Assistant Coach – Swimming (Level 1)

Blended delivery: Online work begins 9th April 2018

Face to face course dates: Sunday's 29th April, 13th and 20th May 2018 (12.30pm – 8.00pm)

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

Cost: £200 + contribution towards venue hire (TBC)

Swim England: Swimming Coach (Level 2)

Blended Delivery: Online work begins 10th January 2018

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

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

Cost: £447

Swim England: Swimming Coach (Level 2)

Blended Delivery: Online work begins 2nd April 2018

Face to face course dates: 5th, 6th, 12th, 13th 27th May 2018 (Saturday's 9am – 4pm, Sundays 12noon – 8pm) plus final assessment on 14th July (time TBC)

At: **Grantham Meres Leisure Complex**, NG31 7XQ

Cost: £468.50

Swim England: Water Polo Assistant Coach (Level 1)

Blended Delivery: Online work begins 16th February 2018

Face to Face course dates: Sunday's 4th March, 8th and 15th April 2018 (10am – 5.30pm)

At: **Hucknall Leisure Centre**, Linby Road, Nottingham, NG15 7TX

Cost: £216.50

Please contact jane.campbell@swimming.org to reserve places on this course.

Swim England: Water Polo Coach (Level 2)

Blended delivery: Online work begins 20th April 2018

Face to Face course dates: 2nd, 3rd, 17th, 18th June, 7th and 8th July 2018 (Saturday's 10am – 4pm, Sunday's 2pm – 6.30pm)

At: **Hucknall Leisure Centre**, Linby Road, Nottingham, NG15 7TX

Cost: £444

Please contact jane.campbell@swimming.org to reserve places on this course.

Further courses currently being planned for 2018: Swimming Coach course at Mansfield and Synchro Coach Courses in Nottingham.

Swim Mark clubs in the Swim England East Midlands Region will receive coaching grants towards the cost of these courses. This is currently £125 per person for (Level 1) Assistant Coach courses and £250 per person for (Level 2) 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 17/02/18 at Queen's Park Sports Centre, Chesterfield

[ASA Level 1 Swimming Assistant \(Teaching\)](#) BLENDED starts 22/01/2018 at Parklands Leisure Centre, Oadby

[ASA Level 1 Swimming Assisant \(Teaching\)](#) starts 12/02/2018 at Leicester City Council, Leicester

[ASA Level 1 Swimming Assistant \(Teaching\)](#) BLENDED starts 05/01/2018 at Yarborough Leisure Centre, Lincoln

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 10/02/2018 at 1Life Grantham Meres Leisure Centre, Grantham

[ASA Level 1 Swimming Assistant \(Teaching\)](#) BLENDED starts 01/02/2018 at Parkwood Leisure, Rushcliffe Arena, Notts

Level 2 Courses

[ASA Level 2 Swimming Teacher](#) starts 03/03/2018 at Queen's Park Sport Sports Centre, Chesterfield

[ASA Level 2 Swimming Teacher](#) starts 26/03/2018 at Loughborough University Pool

[ASA Level 2 Swimming Teacher](#) starts 26/03/2018 at Enderby Leisure and Golf Centre, Enderby

[ASA Level 2 Swimming Teacher](#) starts 20/01/2018 at Corby East Midlands International Pool, Corby

[ASA Level 2 Swimming Teacher](#) starts 06/01/2018 at Nottingham City Council, Victoria Leisure Centre, Sneinton

Seminars

[Intergrating Autistic Children into Mainstream Swimming Lessons Seminar](#)

This workshop will equip you with the basic knowledge required to effectively interact with and teach autistic children within a swimming lesson.

30TH January 2018

6.30pm – 9.30pm

Grantham Meres Leisure Centre, Trent Road, Grantham, Lincolnshire, NG31 7XQ

Cost - £35

UK Coaching Safeguarding & Protecting Children Courses

Venue: Gainsborough Leisure Centre (West Lindsey), The Avenue, Gainsborough, Lincolnshire DN21 1EP

Date: 28th January 2018

Time: 1pm – 4pm

Presenter: Irene Chamberlain

Bookings Close: 21st January 2018

Cost: £35 per person

For bookings: <http://bit.ly/2A2vujP>



Regional Updates



ESSA (English School Swimming Association) Water Polo Tournament in Malta

Amelia Peters (Hucknall) was selected to play in the ESSA (English Schools) squad in the Exiles tournament in Malta. They had several training sessions/practice matches before a two match tournament against Malta Senior Girls. ESSA won both matches, 18-6 and 14-2. A fantastic effort from the team. Well done!

Naya Patal and Amelia Peters (Hucknall) have also been selected to train in the GB U19s women's squad. They are both training for Europeans and Worlds in 2018 and also EU Nations U21s in November 2017 so we wish them all the best with their training.

Water Polo Plan & Update November 2017

BACKGROUND - For the last two years the West & East Midlands have been working together to promote junior water polo within the regions. This has included joint regional academies and entering joint teams in the Inter Regional Championships. We received temporary permission from the organisers to do this. Although the regions continue to work together with some aspects of water polo inter regional competitions and talent and development sessions now must be organised, run and entered as two separate regions.

UPCOMING COMPETITIONS

Dec 2017 Inter Regionals: Boys 2004 and younger, Girls 2004 and younger.

The following will occur in 2018

Jan / Feb Inter Regionals Boys: 2001 and younger, Girls 2001 and younger.

Jun / Jul Inter Regionals Boys: 2003 and younger, Girls 2003 and younger.

Nov / Dec Inter Regionals Boys: 2005 and younger, Girls 2005 and younger.

East Midland Talent and Development sessions – These will be hosted by 2 clubs in Nottingham and Northampton.

The Nottingham sessions are as follows:

Venue: Nottingham University Pool, NG7 2QL Dates/Times:

| | <u>Boys</u> | <u>Girls</u> |
|--------------------------------|---------------|---|
| 4 th November 2017 | 5.30 - 7.00pm | 7.00 - 8.30pm (this includes trials for regional girls' team) |
| 16 th December 2017 | 7.45 - 9.00pm | 6.30 - 7.45pm |
| 24 th February 2018 | 5.30 - 7.00pm | 7.00 - 8.30pm |
| 31 st March 2018 | 7.00 - 8.30pm | 5.30 - 7.00pm |
| 26 th May 2018 | 5.30 - 7.00pm | 7.00 - 8.30pm |

Cost: £5 per session (cash) no cheques please

Please contact Debbie Blaze, Nova Development Co-ordinator at: debbieblaze.nova@gmail.com for further information; for coaches to discuss nominations or to book a place.

Please note – **Booking is ESSENTIAL** - **Northampton Information will be Confirmed ASAP**

General Information - RTCs – These have now been stopped by the England Talent officer

However, centres for those who are selected and wish to be part of an elite programme continue in Nottinghamshire and Northampton on Friday evenings and if players wish to be considered for these moving forward they should be attending Talent and Development sessions within the region.

National Age Group Competitions (NAGS) (Club Competition)

As far as we know these will continue and 2018 age groups will be:

U19 (2000 & younger) March / April time

U17 (2002 & younger) March / April time

U15 (2004 & younger) October time

Success for Bramcote 'AquaStars'



Bramcote Swimming Club's AquaStars synchronised swimming team 12 & under 'Team Pokémon' won BRONZE at the first ever National Combo Cup Competition, at Manchester Aquatics Arena, on Saturday 16th September 2017.

This is the first National Age Group podium placement for a club from the East Midlands since 2000 and possibly since the 1990s!

Results

- 21 national teams competed in 12 & under category.
- Our *Novice* 12 & under team - 'Team Fight Song' - came 17th in their first National competition
- 13-15 BSC AquaStars 'Team Hook' came in 7th place
- 13-18 BSC AquaStars 'Team Glee' came in 5th place
- Overall ranking for BSC AquaStars was 9th out of 27 clubs who participated on the day

An incredible set of achievements this year, already winning golds and silvers, Team Pokemon member, Rebecca Booth-Pryce (12) said, when asked about what she did to achieve bronze this time, 'we just all focused, not on winning, but doing the best we can, so that we wouldn't let the team down'. Rebecca went on to say, 'we've all worked really hard on the routine with Lenka and the coaches, who've made it fun, but it's been hard work!'

Bramcote Swimming Club's Aquastars synchronised swimming team is on a roll this season, with the final competition of the year on Sunday 8th October, netting a veritable pile of awards!

This time, the competition was **Swim England Midland Synchronised Swimming Age Group Championships**, held at Walsall Gala Baths.

Results

- Once again, 12 & under A Team - Team Pokemon - fought off very stiff competition to win another GOLD medal, achieving their highest score to-date!
- 13-15 Team Hook took SILVER after wowing the crowd with a very artistic routine, set to a musical medley of songs from The Hook soundtrack.
- Aquastars' 13-18 age group category achieved a SILVER medal too, with a fabulously sassy routine to a medley of songs from the TV show Glee.
- Recognition should also be given to 12 & under B Team - Team Fight Song - who came 5th and improved their score by 2.0 points!
- Several team swimmers also took part in the individual figure competition, in which 12 year old AquaStar Lucy Middleton achieved a top ten finish!

'Coaches, support staff and all the teams have put in so much hard work this year', said Lenka Tanner, Head Coach, 'that to see this turned to golds, silvers and regional and national recognition, makes all the effort, early mornings, late nights and weekends worth it all!'

Aquastars, for swimmers aged 8 to 16, is now the biggest synchronised swimming club in the East Midlands, based at Bramcote Swimming Club. Head Coach, Lenka Tanner is a familiar figure to anyone who's seen the Kuoni advert, with a swimmer under water, upside-down, walking under the surface of the sea.

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.

BSC Aquastars compete at local, regional and national level and the team is always looking for support and experience.



Congratulations to Eckington Swimming Club!

Eckington Swimming Club have continued a successful year for the club and swimmers by winning the North East Derbyshire Sports Awards Club of the Year. The club have now also been shortlisted for the Derbyshire Sports Awards Club of the Year. The East Midlands region would like to offer our congratulations and best wishes to them for the Derbyshire Sports Awards.



(Right: Ellie & William with North East Derbyshire Sports Club of the Year Award)

Lincolnshire Sports Awards

The 2017 Sports Awards was yet another glittering night for the sporting community. Coaches, volunteers, athletes and people making a change to their lives were honoured for their contributions over the past year. Hosted by the BBC's Delyth Lloyd and with special guest appearances from Lincoln City's Danny and Nicky Cowley and the RAF's Red Arrows, the evening was a night of celebration.

400 guests from across the county descended on the Showground on Thursday 2nd November for the thirteenth Lincolnshire Sports Awards.

Winners from the world of sport were joined by businesses, schools, universities and local communities in a glittering evening of inspiring sporting and volunteering success stories.

Disabled Sportsperson of the Year – Finalist

Becky Franks – Gainsborough Dolphins Swimming Club



Young Disabled Sportsperson of the Year - Winner

Harvey Phillips – Louth Swimming Club



Sports Volunteer of the Year – Winner

Nicola Hitchcock – Grantham Swimming Club



Young Sportsman of the Year Finalist

Matthew Broughton & Dara Clarke – City of Lincoln Pentaqua Swimming Club



Lifetime Achievement Award – Finalist

Ian Urquhart – City of Lincoln Pentaqua Swimming Club



The Michael Beard Coach of the Year Award – Finalist

Maciej Rakowski – Grantham Swimming Club



Congratulations to Leicestershire's Carole Lister



Congratulations to Carole Lister who was awarded with the Swim England 'Services to Aquatics' award at the Swim England National Awards 2017 for her tireless dedication to swimming. She has worked with Market Harborough Swimming Club, City of Leicester Swimming Club and for Leicestershire and Rutland ASA for nearly 40 years.

Carole said: "I'm completely overwhelmed by the award, I never thought I'd win. I've always enjoyed swimming so much. It's been such a pleasure to watch swimmers progress and go on to nationals and even higher."

Sponsorship Guidance Pack & Editable Template

The Swim England Clubs Team have produced a guidance pack and set of editable templates to support clubs to write their own sponsorship packs and seek sponsorship from local businesses.

The guidance pack and editable templates can be found by clicking on this link

<http://www.swimming.org/EastMidland/news/swimming/swim-england-creating-a-sponsorship-pack/28804> We hope to run a WebEx guidance sessions for relevant club committee members in the new year to support them to use this guidance pack. If you would like to register your interest in attending this sessions, please contact: sue.paget@swimming.org

Annual Renewals Process



It is getting to that time of year when clubs will be starting to gather information to allow them to complete their Swim England Annual renewal. This article will assist clubs to understand the processes involved and what information we require, when we require this and how to manage memberships throughout the year.

Annual Renewals

The Swim England membership year runs from the 1st January to the 31st December. All clubs are required to submit details of their current membership on an annual basis. This information is required to ensure that members are appropriately registered with Swim England and covered under the club insurance provided by Swim England for the activities they take part in. There are three membership categories which cover all aspects of club activity these are:

Category 1

Individuals who are part of a club and are learning to swim or are swimming at any level within the club network.

It is not for people who compete in open competition in any sport, unless the event has an exemption under Swim England law or is designated as Low Level Competition.

[\[http://www.swimming.org/members/category-one-club-membership/\]](http://www.swimming.org/members/category-one-club-membership/)

Category 2

Individuals who want to compete in competitions not exempt under Swim England law, or designated as a Low Level Competition. [\[http://www.swimming.org/members/category-two-club-membership/\]](http://www.swimming.org/members/category-two-club-membership/)

Details of Low Level Competitions can be found on our website at www.swimming.org/library/documents/files/995/download.

Category 3

Individuals involved in a club who aren't covered by categories one and two, such as volunteers, administration staff, event staff / volunteers, club helpers, coaches, teachers and parents.

[\[http://www.swimming.org/members/category-three-club-membership/\]](http://www.swimming.org/members/category-three-club-membership/)

All clubs now have access to the Online Membership System (OMS)

[\[https://www.swimmingmembers.org/Default.aspx\]](https://www.swimmingmembers.org/Default.aspx) where they can view, add and amend their members data. During December Swim England will request that clubs submit their final OMS batch of new members or amendments so we can process these prior to closing OMS to allow us to prepare club renewals.

Once these final batches have been processed and renewals created for all clubs we will re-open OMS to allow clubs to start work on their renewals data. All clubs will then be required to either renew or lapse their current members and add any new member's details. OMS will not allow clubs to submit this data to Swim England until all members have been either renewed or lapsed. Once all members have been renewed or lapsed clubs will be able to submit this to Swim England Membership Services. On submission clubs will also be able to view the fee for their renewal batch. Both the submission of a renewal batch and payment should be received by Swim England Membership Services no later than **28th February 2018**. Payments can be made either by Cheque payable to Swim England, credit / debit card or BACS transfer, details of payments can be found on OMS when submitting the batch.

New members added into a renewals batch are covered under the Swim England insurance from the date they are added onto OMS.

Annual Renewals Process continued...

If members are entering competitions and require registering or upgrading prior to a club submitting their renewal batch they can make the necessary amendments on OMS and request that we submit and process these members on their behalf by emailing renewals@swimming.org.

Failure to submit a complete OMS batch or make payment by the 28th February 2018 will result in the club being suspended and a late fine charged.

Once Swim England have received a full renewal (OMS batch and payment) we will then process this. An email notification will be sent once this has been done.

The annual renewal process is also an opportunity to ensure that all volunteers who; officiate, coach, team manage, support events, are elected committee members or help at in the club in any capacity are fully registered as a minimum Category 3 member.

After Renewals

Once clubs have submitted their completed renewals and this has been processed by Swim England Membership Services this is the best time to ensure that the information we hold on your club officers is correct. We would recommend that club officers details are updated as and when new officers are appointed this can be done through OMS via the "View club officer" link on the homepage. Please also inform the regional office when changes to club officers are made. Ensuring that Swim England has the correct information with regard to club officers is important, this allows us to communicate relevant information effectively and ensures that we only give out information about members to the correct and authorised members of a club.

As a minimum we require clubs to notify us of the following club officer positions; Club Secretary, Treasurer, Chairman and Membership Secretary. However, clubs can notify us of other key positions.

Any new members who join throughout the year can be added on to OMS and submitted to us at any time. Fees will be calculated by OMS and shown on the batch estimate, payment is required within 7 days of submitting any OMS batch.

