

SWIM ENGLAND EAST MIDLANDS CLUB NEWSLETTER JUNE 2018

Unit 7 Basepoint Business Centre, Isidore Road
Bromsgrove Enterprise Park, Bromsgrove B60 3ET
Tel: 01527 888 929

Email: eastmidland@swimming.org

Facebook: ASA East Midland Swimming

Twitter: @eastmidswimming

Website: www.swimming.org/EastMidland

sue.paget@swimming.org
07583 694227

fiona.conway@swimming.org
07795 171505

helen.bickerstaff@swimming.org
07870 264117



Regional News

Hard work pays off for swim club crowned county champions for third year in a row

Grantham Swim Club hasn't allowed a lack of training time to hold them back from being recognised as Lincolnshire's top club for the third year running.

The swimming club based at the Meres Leisure Centre in Trent Road is celebrating another year at the top after dominating this year's County Championships.

One amazing swim even earned para swimmer Hayley Milne a place in the record books. Hayley's stunning performance in the 100m butterfly broke a British record in the S7 category by four seconds.

Swimmers brought home a massive haul of 141 medals from events held over three weekends in January and February and topped the table by an impressive 20 points – the equivalent of almost seven golds.

Club chairman and coach Lou Turner attributes the club's amazing recent success to a combination of hard work, talent and the team spirit at the club right across the board - from coaches, swimmers, volunteers and parents. "This is a fantastic achievement - to win counties three years in succession is unprecedented. It is a testament to how hard our swimmers work, our strength in depth and our swimming programme led by our head coach Maciej."

The club has also hailed the support it gets from the Meres Leisure Centre – which allows the club to co-host the Lincolnshire County Championships with Louth. Staff and management at the centre really get behind the club and have played their own part in its success over the years.



Lincolnshire's first U11's County Talent Development Day

On the 12th April, 24 swimmers aged 11, selected from clubs across the County attended the first of the Lincolnshire County Pathway Development Camps at City of Lincoln Priory Academy.

The day consisted of 2 pool sessions, 2 land sessions and workshops during the day. The event was led by Callum Lawson (Head Coach at South Lincs) assisted by Ben Strathon (Lincoln Trident) Adam McIntyre (Lincoln Vulcans) and Nigel Oldham (Lincoln Vulcans) and the Team Manager was Michelle Parkins (Grantham).



Water Polo Update

It has been decided that from 2018 onwards the East and West Midlands would no longer be able to compete as a joint Midlands team. For this reason the Midlands Water Polo committee disbanded to allow each region to organise their own regional training programmes. The East Midlands Board has asked a working group of club representatives to make a recommendation for a new regional water polo committee structure to ensure the effective development of water polo across the region. The working group is also responsible for delivery of the regional water polo plan in this interim period until a new committee is in place.

NOVA Centurion Swimming Club in Nottinghamshire has set up a new water polo section to enable talented players from different regional clubs the opportunity to train and compete together as a team at higher level competition.



SwimMark advice session

There will be an online SwimMark advice session on Wednesday 4th July at 7.00pm.

This session is aimed at clubs accrediting or reaccrediting in September 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: helen.bickerstaff@swimming.org

Guidance Notes – PPL Music Licence – Synchronised Swimming Clubs



As you may be aware, in order to play recorded music or videos in a public place, there is a requirement for your club to hold a PPL music licence, to ensure that recorders and performers are being paid for use of their music.

Although Swim England pays for an annual Dubbing Licence*, which covers all affiliated clubs, this licence does not cover playing of any tracks during training/a performance and it is therefore important to ensure that your club is legally compliant and has the appropriate cover.

If you wish to obtain more information regarding music licence requirements for your club please visit the PPL/PRS website - <http://www.ppluk.com/I-Play-Music/Businesses/> or call 020 7534 1070 (first time customers) or 020 7534 1450 (if you already have a PPL licence).

Please also contact Vikki Lyons on the following email address if you have any further queries:
Vikki.lyons@ppluk.com

For all music submissions these should now go directly to James Lavelle at: james.lavelle@ppluk.com

Please note that Swim England has previously acted as an intermediary between synchronised swimming clubs and PPL, however it is now incumbent on you to apply directly to PPL for a licence for your club - <http://www.ppluk.com/I-Play-Music/Businesses/Apply-for-licence-business>.

Swim England will continue to obtain a PPL licence for the GB Team, however every other club is solely responsible for their own licence.

If you require your club to be covered by the dubbing licence, a licence agreement must be completed and returned to Julie.harrison@swimming.org at the beginning of every year. Copies of the licence agreement can be obtained from Julie.

*Dubbing Licence covers the transferring of a music track(s) from one method to an alternative i.e. transferring a track from a CD to an USB stick (this only relates to the use of music at competitions).

Introducing New Swim England Awards for Clubs

Available for each sport, they provide a transition from the familiar Learn to Swim Awards, helping to enthuse new starters and motivate members.

The Awards will support and encourage your members:

- recognising and rewarding their achievements
- providing a clear and progressive pathway
- helping to develop and consolidate correct technique.

They will help coaches and clubs:

- provide a clear and consistent structure to club training sessions
- generate an extra income stream for your business.



Find out more about the full range of awards at: <http://www.swimming.org/swimengland/swim-england-club-awards/> or buy online at <http://shop.swimming.org/Awards/Club-Awards>

Swim England National and Regional Awards 2018



The Swim England National and Regional Awards are now open for nominations.

The Swim England Awards are a great opportunity to celebrate all the individual achievements and team successes of the past year. They recognise all those involved in our sports, from members and volunteers to partners, teachers and athletes.

This year's National Awards event will take place on 10 November at The Great Hall at the University of Birmingham. Regional awards will be awarded at the East Midlands ACM in September.

There are 16 award categories for the National Awards. The East Midland Region will pick a male and female winner for each of the following awards:

- Swim England Young Volunteer of the Year
- Swim England Volunteer of the Year
- Swim England Service to Aquatics

NB: The region will take into account achievements over a period of longer than 12 months.

To submit a nomination, please visit: <http://www.swimming.org/swimengland/swim-england-national-awards/>

You only need to nominate **once** to be entered for consideration at **both** regional and national level. Nominations close on 4th August 2018.

Becoming a Team Manager Presenter

Would you like to become a Team Manager presenter to host workshops for your club or network?

We are looking for new Team Manager presenters in the East Midlands so if you're interested in continuing your professional development then why not consider becoming a presenter and helping share your knowledge and experience with others?

Presenter requirements:

- Knowledge of aquatics and competitions
- Experience of being a Team Manager
- Confidence and experience delivering to groups.
- Have attended the Team Manager workshop



To become a Team Manager presenter you will have to complete the application form and attend a Team Manager workshop as an observer – it is expected that you will already have attended a workshop as a learner – before running your first Team Manager workshop under the observation of a current presenter.

For more information, or for the application form please contact helen.bickerstaff@swimming.org



Young Aquatic Helper Workshops

Would you like to run your own, in-house Young Aquatic Helper workshop at a time and date to suit your club? If you have a suitable presenter in your club and a minimum of 10 attendees then the Swim England East Midlands will cover your room hire costs*

About the course

The course is designed for young people who want to assist on poolside in any aquatic discipline. Learners must be at least 13 years of age at the start of the course. The course comprises of 3 hours theory and 3 hours practical assisting and is targeted at 13- 16 year olds.

The course is free to attend: Swim England cover the certification cost for the learners.

Organising a course

To organise a course you will need a suitable room for the 3 hour theory session with a projector and tables and chairs set up.

If you are interested in running and registering a course then please contact helen.bickerstaff@swimming.org

Presenter requirements

- Hold a level 2 teaching or coaching qualification
- Have a valid DBS
- Have completed the free ASA Train the Trainer module which is available via www.theiosonline.com

*Room hire for the 3 hour theory session will be covered to a maximum of £30

Midlands Region Synchro Summer Camp

Dates: 30th July – 2nd August 2018

Venue: David Ross Sports Village, University of Nottingham

Accommodation: University of Nottingham halls of residence (single rooms with shared facilities)

Cost: £300 for residential / £180 for non-residential including lunch and dinner

Eligibility: Current Grade 1 and above

Age: 8 to 18 years

Camp Sessions Offered

- Land work including flexibility core and more!
- Figure technique focus
- Routines / Choreography
- Improve your spins
- Fun activities like rock climbing, outdoor games plus lots more!

Book your place now by completing the online form

https://asa.formstack.com/forms/east_midlands_synchro_summer_camp_2018

For further information please email eastmidland@swimming.org



Workshops

Spaces on workshops are limited. To book your place on any of the workshops below please contact eastmidland@swimming.org

Team Manager Module 1 (Local Competitions)

Date: Saturday 1st September 2018
Time: 10am – 1pm
Venue: Bingham Leisure Centre
The Banks
Bingham
Nottingham
NG13 8BL
Cost: Free



Team Manager Module 2 (Overnight & Abroad) Pre-requisite Team Manager 1

Date: Sunday 16th September 2018
Time: 9.30am – 12.30pm
Venue: SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF
Cost: Free

Date: Saturday 14th July 2018
Time: 1pm- 4pm
Venue: Beeston Library
Foster Avenue
Beeston
Nottingham
NG9 1AE
Cost: Free

Safeguarding & Protecting Children

Date: Saturday 21st July 2018
Time: 10am – 1pm
Venue: Bingham Leisure Centre
The Banks
Bingham
Nottingham
NG13 8BL
Cost: £30 per person

Date: Sunday 9th September 2018
Time: 9.30am – 12.30pm
Venue: SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF
Cost: £30 per person

Date: Sunday 16th September 2018
Time: 1.30pm – 4.30pm
Venue: SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF
Cost: £30 per person



Payment for Safeguarding workshops can be made by cheque payable to 'ASA East Midland Region' or contact the office for bank details.

Time to Listen (Pre-requisite Safeguarding Certificate)

Date: Sunday 9th September 2018
Time: 1.30pm – 5.00pm
Venue: SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF
Cost: Free



Young Aquatic Helper Workshop (13 – 16 years)

Date: 15th July 2018

Time: 12.30pm – 15:30pm (Theory)
16:30pm - 19:30pm (Practical)

Venue: Castle Pool
Pinchbeck Road
Spalding
Lincolnshire
PE11 1QF

Cost: Free

Date: Sunday 16th September 2018

Time: 9.30am – 12.30pm (Theory Only)

Venue: SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF

Cost: Free



FINA Rules Update (Officials)

Date: Sunday 16th September 2018

Time: 9.30am – 12.30pm

Venue: SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF

Cost: Free



Annual Council Meeting

Date: Sunday 16th September 2018

Time: 1.30am – 3.30pm

Venue: SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF

Cost: Free

Lunch is available from 12.30pm – 1.30pm

Coaching Courses in the East Midlands

The following courses have been organised during 2018/19 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)

Blended delivery: Online work begins 23rd November 2018

Face to face dates: Friday 14th December (6pm – 9pm), Saturday 15th December (7.15am – 3.00pm) and Sunday 16th December 2018 (12noon – 8.00pm)

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

Cost: £200 + contribution towards venue hire TBC

Swim England: Swimming Coach (Level 2)

Blended Delivery: Online work begins 14th September 2018

Face to face course dates: Sunday's 21st and 28th October, 4th November and 9th December 2018 (11am – 8pm) plus final assessment on 3rd February 2019

At: **Queens Park Sports Centre**, Chesterfield, S40 2ND

Cost: £455.50

Swim England: Swimming Coach (Level 2)

Blended Delivery: Online work begins 21st January 2019

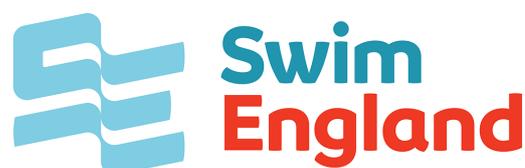
Face to face course dates: Friday 1st March (6pm – 9pm), Saturday's 2nd and 9th March (7.15am – 3pm), Sunday's 3rd and 10th March (12noon – 8pm) and Sunday 28th April 2019 (12noon – 5pm)

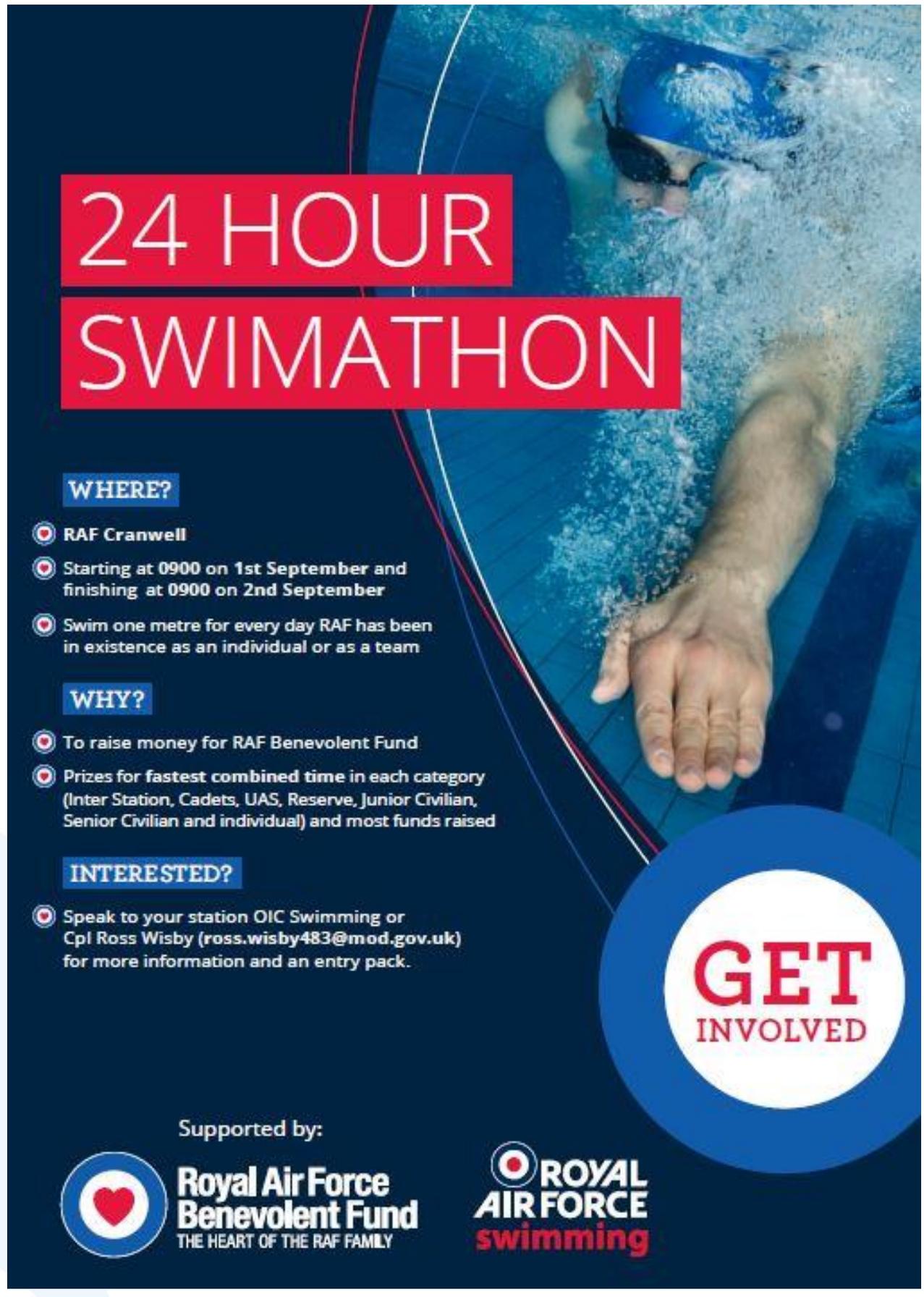
At: **Corby East Midlands International Pool**, Parkland Gateway, George Street, Corby, Northamptonshire NN17 1QG

Cost: £450 + contribution towards venue hire TBC

Swim Mark clubs within Swim England East Midlands 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.





24 HOUR SWIMATHON

WHERE?

- **RAF Cranwell**
- Starting at 0900 on 1st September and finishing at 0900 on 2nd September
- Swim one metre for every day RAF has been in existence as an individual or as a team

WHY?

- To raise money for RAF Benevolent Fund
- Prizes for fastest combined time in each category (Inter Station, Cadets, UAS, Reserve, Junior Civilian, Senior Civilian and individual) and most funds raised

INTERESTED?

- Speak to your station OIC Swimming or Cpl Ross Wisby (ross.wisby483@mod.gov.uk) for more information and an entry pack.

**GET
INVOLVED**

Supported by:



**Royal Air Force
Benevolent Fund**
THE HEART OF THE RAF FAMILY

 **ROYAL
AIR FORCE**
swimming