

Synchronised Swimmers from Brighton Dolphin SC won gold, silver and bronze medals at the German Masters Competition.

Seven athletes from the Region appeared in the National Lottery's 'Love UK' campaign at Bath Spa, which aims to raise the profile of the good causes that have benefited from lottery funding.

REGIONAL PLAN 2009 – 2013

As part of the Region's contribution towards the ASA's National Plan for 2009 – 2013, the Region has been developing its own Plan.

The Region held a successful Regional Development Day for volunteers representing Sub-Regions and Discipline Groups.

Three Consultation events were also held in July for Key Partners from within the leisure industry to help the Region to shape its Plan.

A draft Plan is now being developed, reflecting issues raised and solutions suggested. This will be put on the website for members and partners to comment.

SHARED REGIONAL DIVING CHAMPIONSHIPS

Twenty five divers took to the boards in Southampton on 5/6 May when ASA South East and South West Regions held a combined meet.

Individual competitions on 1m springboard, 3m springboard and platform were run. Open awards were made for the winners, as well as closed awards for each region, resulting in a more exciting and meaningful event than separate championships.

Some excellent diving took place, and five of the Seniors used it as a warm up for the FINA Grand Prix in Fort Lauderdale the following week.

Younger divers were inspired by the chance to compete against some of the country's top athletes, including Peter Waterfield, raising their game to suit the occasion.

UK SCHOOL GAMES

The swimming events of the second UK School Games took place in Coventry on 25 August. 16 swimmers from the Region took part. The competition was based on ESSA regions, so eight swam for the victorious England South West and eight for England South and East.

In an extremely hard fought and exciting competition, it was not until the penultimate event that England South West were assured of victory.

Adam Harrington (Crawley SC), boys' Captain of England South West, led from the front with gold in the 100m Backstroke, in a new Games record and in the 200m IM in a lifetime best.

"I'm really pleased, I wasn't expecting to do so well," he said. "I don't set my standards too high, but aim to get close to a PB and to get it in the medley is great. It's brilliant to be team captain too. I'm captain at my club but to gel with new people and get the team going is a real buzz."

Kathryn Willis (Bracknell & Wokingham SC) took gold in the 100m and 200m Backstroke, both in new Games record times, while brother Andrew, also of Bracknell & Wokingham SC, won gold in the 200m Breaststroke, also gaining a new Games record.

In the Multi-Disability events, Louis McBride (Gosport Dolphins SC) took gold in both the 50m Freestyle and the 100m Backstroke; his points score in the Freestyle was a new Games record.

AFFILIATION FEES 2008

The Regional Affiliation fees for 2008, will be the same as those for 2007, i.e.

Category 1 member—£2.75,

Category 2 member—£2.75,

Category 3 member—£1.00.

The minimum payment per Club will remain at £25.

NEW PSDO IN KENT

A partnership between Kent County Sports Development Unit, Kent County ASA and the Region has enabled the funding for Emily Vigors to be appointed as the first ever Partnership Swimming Development Officer in Kent.

Emily will be working with all disciplines on Swim21, School Club Links and developing aquatics within Kent.

FORTHCOMING EVENTS

Open Water Championships & Grand Prix—08/09 Sep—Southsea Beach, Portsmouth

Short Course Masters & Seniors Competition—22 Sep—Spectrum Leisure Centre, Guildford

Disability Sports Events (DSE) Regional Open Gala—29 Sep—The Quays, Southampton

Diving Coaches Forum—29 Sep—Spectrum Leisure Centre, Guildford

Multi-Regional Synchro Age Group Competition—06 Oct—Kingswood Leisure Centre, Bristol

ASA Inter-Counties Swimming Competition—21 Oct—Sheffield

Regional Swimming Championships—03/04 Nov—Crystal Palace National Sports Centre

SER/London Inter-Counties Masters Competition—17 Nov—Magnet Leisure Centre, Maidenhead

For further details, see the website

FEEDBACK

If you have any comments about the newsletter and the plans for the future, please send them to the Regional Office. Contact details are on the front page.

ASA SOUTH EAST REGION

NEWSLETTER—September 2007



WELCOME

Welcome to the September issue of our newsletter. This issue is designed to update our members and partners on activities and developments during the five months after the period covered by the 2006-07 Annual Report. In future, we aim to produce a monthly newsletter, which will be available online at www.southeastswimming.org.

'DO SOMETHING DIFFERENT' SYNCHRONISED SWIMMING

Synchro got a national media boost in July when it was featured on the CBBC programme 'Do Something Different', which is aimed at Primary School children. The presenters, Sam and Mark, had less than a week to learn the basics of synchro, their coach being Kathryn Pounder of Portsmouth Victoria SSC. They met – and were staggered by the skills of – the National Duet pair, Jenna Randall and Olivia Allison of Rushmoor SSC, and were helped by Reading Royals SSC top swimmers Katie Skelton and Jazmine Stansbury.

They then entered a special Novice Duet competition, as part of a major Novice event organised by Reading Royals SSC, where 150+ synchro swimmers and a packed spectator gallery cheered them on. They said afterwards that this had been the hardest challenge they had ever done, and that they had been amazed at the skill needed and humbled by the high standard of the young swimmers at the competition.

'GET SAFE FOR SUMMER'

On average, one person drowns in the UK every 17 hours, and drowning is still the third highest cause of accidental death amongst children. Most of these deaths occur at inland water sites, such as rivers, lakes and ponds.

With this in mind, 'Get Safe for Summer' is the ASA's Annual Water Safety Campaign. It teaches children the essential life saving skills and also delivers critical safety messages, which they can take with them on visits to coastal and inland waterways throughout the summer.

Two Regional events took place during July.

At the King Alfred Leisure Centre in Brighton, World Class Synchro Swimmers Louise Woolley and Lauren Smith helped the children learn the water safety message within the swimming pool environment. A visit to the beach allowed the children to learn about tides and currents and how to be a beach lifeguard.

At Oaklands Swimming Pool in Southampton, local Olympic Diving Silver Medallist Peter Waterfield helped with the safety demonstrations and told the children about his experiences. There was a 'fun' afternoon, which included the children dressing up as lifeguards.

A demonstration by the Southampton Fire and Rescue Service was cut short due to a 'shout', which emphasised the importance of the Service.

Afterwards, the children acted as 'water ambassadors', telling their schools, friends and families about the importance of safety near water.

There were around 20 further local events, supported by the ASA and run by leisure centres, schools and swim schools throughout the Region, from Buckinghamshire to Guernsey.

If you would like to be involved in the 'Get Safe for Summer' campaign in 2008, then please email Anne-Marie Slade, Regional Business Manager for South East Region on anne-marie.slade@swimming.org.

SAVE UP TO 2/3 ON COURSES!

Members of Swim21 clubs, or clubs actively working towards Swim21, can still apply for Bursaries for Teaching/Coaching/CPD courses.

See the website for details and application forms, which must be submitted before the course starts.

EVERYDAY SWIM (Woking)

Working with the ASA and the Region, Woking Borough Council won the opportunity to host a pilot 'Everyday Swim' project, focussed on the development of swimming participation and aquatic activity. The project, funded 50/50 by Sport England and Woking Borough Council, is coordinated by James Barter, a member of the Regional team.

During the first 10 months of the project, James has been working hard to change the way swimming and aquatic activities are provided and the public perception of swimming.

One new initiative has been working

with the operator of 'Pool in the Park' in Woking to develop the pool programme, and this has resulted in the operator being able to offer Woking Swimming Club more pool time.

"I have tried to improve the communication between the operator and the club and worked with them both to find suitable compromises. The need to act as a business has forced the operator into reassessing their programme and the Swimming Club have always been after more pool time. It was simply a matter of bringing the two needs together."

For more information on the Everyday Swim project, check out www.everydayswim.org/woking.

EDUCATION UPDATE

The Institute of Swimming (IOS) is the education delivery arm of the ASA and provides Training and Education development to all of the aquatic disciplines. Jenny Norvill, Education Officer is working for the IOS, within our region, to develop the education network with centres, colleges, and other venues to provide local UKCC and CPD opportunities.

September 2007 sees the start of a new UKCC qualification in Aquatic Teaching.

New CPD course titles are also being generated, so keep up to date with our regional website.

For more information about courses in the Region visit www.britishswimming.org; follow the link 'Teachers and Coaches'.

Booking forms can be found at www.southeastswimming.org; follow the link 'Education' and look under 'Future Events'.

REGIONAL GALA AWARDS AND DINNER/ DANCE

The Regional Gala Awards and Dinner/Dance will take place on Saturday 08 September at the Grange Hotel, Bracknell.

Aquaforce Awards

Earlier in the year, Clubs were invited to submit nominations for the four National Aquaforce Awards and for two Regional Awards ('Athlete of the Year' and 'Team of the Year'). The short lists for these are shown below; all those on these lists have been invited, with a guest, to the Dinner, at which the winners will be presented with their awards.

Outstanding contribution at Club level:

Malcolm Green (Albatross DC), Peter Morris (Brighton SC), Elizabeth Pounder (Portsmouth Victoria SSC), Chris Thomas (Reading SC)

Outstanding contribution at County/ Regional level:

Jenny Ball (Isle of Wight Masters SC), Janet Holdstock (Hastings Seagull SC), John Ramsey (Hart SC)

Long Service Award (over 25 years):

Jim Cannon (Maidenhead Marlins SC), Anne Collins (West Wight SC), Dennis Miles (Hart SC), Margaret Tuppen (Brighton SC)

Young Volunteer (age under 25):

Charlotte Davey (Gosport Dolphins SC), Clare West (Brighton SC)

ASA SER Athlete of the Year:

Adam Harrington (Crawley SC)

ASA SER Team of the Year:

Bracknell & Wokingham SC Speedo League Team, Leatherhead SC 6 x 50m Speedo Relay Team, Worthing SC Water Polo Team

The winners of the first four categories will go forward to the National Aquaforce Awards selection.

Swim21

The 23 Clubs which have either been accredited or re-accredited between the inauguration of the Region and May 2007 have been invited to send two representatives to the Dinner to receive awards to recognise the achievement of their clubs.

READING ROYALS SYNCHRO CLUB GAINS SWIM21

The Region is delighted to announce that, in November 2006, Reading Royals Synchronised Swimming Club was the first club in the Country to gain Swim21 – Synchronised Swimming—Competitive Development. The club deserves special acknowledgement for gaining their accreditation so soon after Swim21 for disciplines other than speed swimming became available.

Swim21, throughout all the disciplines, demonstrates that the club is providing safe, effective and quality services, including appropriate child protection policies and good governance. The club must also demonstrate that it is athlete focused and has the right training provision.

The Region also congratulates other clubs that have recently gained Swim21:

Rushmoor SSC Club in May 2007, Bracknell and Wokingham SC in May 2007 and

Albatross Diving Club in August 2007

For more information on Swim21 go to the British Swimming website or contact your local RDO.

SWIMMING OFFICIALS RECENT CHANGES

A number of new initiatives have taken place recently in the training and development of Swimming Officials, which are summarised here.

Licensing

For some time there has been a need to ensure that more support is given to Swimming Officials, to ensure that it is easier for them to keep up with changes in the rules and general national standards of good practice. It has also been felt that it would be helpful if organisers of events could be given information about officials who were currently active, rather than just writing to all qualified officials in their area, many of whom had given up or only wished to officiate for

their own clubs; the database of registered officials could not distinguish between these categories.

To address these problems, licensing of officials was introduced earlier in the year. There is not space here to go into all the details, but all the relevant information can be found on the British Swimming website. **As the web addresses for specific information are very long, the different links are not given here, but they can all be found once you have followed the path: 'www.britishswimming.org'—'disciplines'—'swimming'—'officials'.**

It should be emphasised that licensing of officials is quite distinct from licensing of meets; currently no decisions have been made that would require licensed officials at licensed meets; in particular, timekeepers, who are not eligible to be licensed, are able to officiate at licensed meets in that capacity.

Please note that currently qualified Judges and above may apply for licences that will be automatically granted only until December 2007. Thereafter, they will have to satisfy the requirements of renewal of licences.

Officiating at National Events

It was felt a while ago that the opportunity for officials to act at National Events was not equitable enough. For a year or so, officiating at such events has been subject to open recruitment, except for a few of the most senior appointments. At appropriate times, advertisements appear on the British Swimming website, together with information about the application process and payment of expenses.

Referee Training

A new system of Referee training has been in operation since the beginning of 2007, and the first batch of candidates will be taking their theory exam in November. The new system has required the candidates to fulfil a number of poolside duties, under the supervision of experienced referees, with the degree of responsibility they assume gradually increasing. Most

candidates have felt this to be a very helpful experience; it has also required a fair amount of dedication from them, so it is hoped that those coming through the new system will almost automatically continue to be heavily involved in the sport. After passing the written examination, candidates will have to pass a practical assessment before becoming qualified referees.

N.B. Registration for the Referee training course leading to the exam in November 2008 is already open. Those wishing to undertake the course are advised to apply, using the form on the website, as early as possible, as this will give them ample time to organise the poolside duties.

Training of other officials

New arrangements for training of Timekeepers, Judges and Starters will apply from October 2007.

The Club Timekeeper qualification will consist of a short theory and practical course, probably completed on a single afternoon/evening under the auspices of one or more clubs.

The courses for Judges and Starters will require the completion of a number of poolside duties 'signed off' by suitably appointed officials, completing a workbook and finishing off with a practical assessment. There will be no written examination. Details of the course requirements should be available in September, and will be published on the British Swimming website and copied on the South East Region website.

SE REGIONAL SWIMMING CHAMPIONSHIPS

The Youth Championships produced some fantastic swims, with outstanding overall performances from Sarah Owen (Portsmouth Northsea), Kathryn Willis (Bracknell & Wokingham), Emma Boret (Bracknell & Wokingham), Katie Speller (Jersey) and Claire Abraham (Leatherhead) in the girls camp and Karl Botha (City of Can-

terbury), James Stockdale (Portsmouth Northsea), Mark Harris (Windsor), Andrew Willis (Bracknell & Wokingham), Peter Ross (Haywards Heath), Tom Parris (Crawley), Adam Harrington (Crawley), Chris Terry (Herne Bay) and Will Philpot (Leatherhead) from the boys all winning at least three gold medals.

The focus then moved to K2 for the BAGCAT Championships, with hundreds of young swimmers striving for Regional glory and National qualification. Over the two weekends we saw the most talented swimmers in the Region produce some amazing performances, with Kristina Neves (Guernsey), Emily Ard (Eastleigh & Oaklands), Claudia Murphy (Portsmouth Northsea), and Sophie Teasdale (Portsmouth Northsea) topping the girls BAGCAT points table and Liam Jones (Wycombe & District), James Chater (Tilehurst), Matt Powell (Haslemere), Steven King (Bracknell & Wokingham), and Adam Barrett (Reading) topping the boys.

Inaugural Regional Coaches Panel

Ten coaches from across the Region were selected to work together to drive forward the standard of swimming in the Region and ensure representation (swimmers, coaches and support staff) for the South East Region at London 2012 and beyond. The group's remit includes: input into the selection of swimmers and staff for the Regional Talent Development Camps, technical support for coach education and development, technical input into the structure of Regional Championships and to develop a communication and support network for all coaches in the Region. They met on 23 June and at the National Championships in Sheffield.

SYNCHRONISED SWIMMING

A young GB Synchronised Swimming squad made a promising debut at the European Junior Championships in Callela Spain. Eight of the ten athletes were from the South East Region.