

# ASA SOUTH EAST REGION

## NEWSLETTER—October 2007



### WELCOME

Welcome to the October issue of our newsletter, the first of our monthly issues. It is available on-line at [www.southeastswimming.org](http://www.southeastswimming.org).

If you have any comments or questions, please send them to the Regional Office.

### RECOGNITION OF SWIM21 CLUBS

The Region acknowledged the achievements of twenty-three clubs that have gained Swim21 accreditation between the formation of the Region and May 2007. As a reward for clubs' hard work and commitment to developing aquatics, the Region invited two representatives from each of these clubs to the Regional Gala Awards and Dinner/Dance.

Eight clubs were presented with a Swim21 gift and enjoyed a free evening of dining and entertainment. "It was great that the Region has recognised those clubs that have gained Swim21 status. I know, from the work that went on within our club, how much effort was involved, but it has helped Dorking SC become more structured and provide a progressive pathway for our swimmers. I am sure all the other clubs within our region will have benefited in this way.", said Sue Yeomans, Head Coach.

The Region continues to provide advice and financial support to clubs that wish to gain Swim21; for further information, contact your Regional Development Officer.

### REGIONAL AWARDS



The Region congratulates the following on winning awards; presentations were made at the Regional Gala Awards and Dinner/Dance.

- Outstanding Contribution at Club Level** – Malcolm Green
- Outstanding Contribution at County / Regional Level** – John Ramsay
- Long Service Award (Over 25 Years of Service)** – Anne Collins
- Young Volunteer Award (Under 25 years of age)** – Clare West
- ASA South East Region Athlete of the Year** – Adam Harrington
- ASA South East Region Team of the Year** - Leatherhead Men's 6 x 50m Speedo Squadron ( Matt Kidd, Will Philpot, Stuart McCrea, Dave Ashton, Simon Churchman, Chris Ashton)

### MAILSPORTS

Mailports, official swimshop of ASA South East Region have relocated to bigger and brighter premises at UNIT 1, WESSEX ROAD, BOURNE END, SL8 5DT, tel 01628 529206. Opening hours are Mon-Fri 9.00- 5.30, Sat 9.00-1.00.

They look forward to welcoming customers to their new showroom, only 10 minutes from M40 junctions 3 or 4 and M4 junction 8/9.

### FIRST DIVING CLUB RECEIVES SWIM21 ACCREDITATION

Albatross Diving Club in Reading is the first stand alone club in the country to achieve Swim21 accreditation for diving under the Amateur Swimming Association's club development programme.

Albatross, which celebrates its 30<sup>th</sup> birthday next year, currently caters for almost 60 divers and has been working towards Swim21 accreditation since early last year. The club achieved Skill Development accreditation at the end of August, recognising their work with junior athletes, fine-tuning their skills as they take a step towards competitive diving.

Albatross Coach and Swim21 Co-ordinator, Marianne Mullen, is delighted to be part of the first diving club in the country to gain this prestigious mark.

"Gaining Swim 21 accreditation is a fantastic achievement for the club", she said. "It represents both the passion and determination of the coaches and parents who support the club in their bid to build a sound future for all those wanting to participate in the sport of diving."

Regional Diving Development Officer for the South, Joanna Calvino, said "Albatross is the second club to gain Swim21 accreditation for diving, but the first stand-alone club to go through," she said. "This is a great achievement for a club which has worked extremely hard to gain the Skill Development accreditation."

"It's great to see our smaller clubs leading the way with Swim21, improving and strengthening their existing structures."

"Albatross is a well-established club based in Reading at Central Pool and is really active in developing athletes, coaches and Diving's Long Term Athlete Development Pathway. The club is hoping to continue to develop and all involved should be proud of their achievement."

## THE NATIONAL PLAN FOR TEACHING SWIMMING

The new National Plan for Teaching Swimming was launched at Leisure Industry Week in late September 2007. The NPTS is a framework for 'learn to swim' programmes. It provides teachers with a clear and consistent approach for the structure, teaching methods and delivery of swimming lessons.

The new NPTS follows on the success of the original NPTS that was introduced in 1998. This was recognised as the most successful programme ever introduced by a sports governing body and was the preferred framework for the delivery of 'learn to swim' throughout the United Kingdom and further afield.

However, changes were needed, and a working party identified them. The revised NPTS will be underpinned throughout by Long Term Athlete Development principles, with clear progression between each stage. The NPTS is designed to give children a great foundation in swimming, encouraging them to learn the basics of all aquatics disciplines; these are incorporated in the Stages 1-7. The children can then decide to specialise in one or more of the five Aquatic Disciplines, incorporated in Stages 8-10.

The Aquatic disciplines included are: Competitive Swimming, Diving, 'Rookie' Life Saving, Synchronised Swimming, and Water Polo  
The 'swimmer pathway' resulting

from the revised syllabus will provide more opportunity and variety, as well as a smooth progressive structure. This, in turn, will provide potential for improved retention of swimmers at the top end of 'learn to swim' and provide a clear link into specialist club scenarios.

With fun and enjoyment being the heart of the NPTS, it emphasises games and play which, in turn, will encourage children to enter the world of swimming, but will also allow them to progress at their own rate. The NPTS has a series of achievable targets and is aligned to a brand new Kellogg's ASA Awards scheme. For details of Awards & Resources, go to the British Swimming website and click on the 'Awards' tab.

For more information, contact Anne-Marie Slade, South East Regional Business Manager on either [anne-marie.slade@swimming.org](mailto:anne-marie.slade@swimming.org) or 07909 951896

## REGION'S ELITE SWIMMERS PUT THROUGH THEIR PACES



September saw the first stage of the new Regional Talent Development Camps. 44 of the Region's best swimmers descended on Guildford and Sevenoaks for what is hoped to be the first step towards podium success. Under the expert guidance of coaches and support staff from across the Region, swimmers were introduced to a high level camp experience involving physiological screening, personally structured land training, skill based pool work and nutrition and lifestyle tuition.

For more information on selected swimmers, coaching staff and future camps please visit the website.

## EVERYDAY SWIM NEWS

Everyday Swim in Woking took on the challenge of opening four open-air school pools for the summer holiday period. We wrote the Pool Safety Operating Procedures / Risk Assessments and admission policies, hired the pools at their normal hire rates and provided lifeguards. The British weather did its best to spoil the fun, but over 800 attendances were recorded. Not surprisingly, attendances were significantly higher when the sun was out. Let's hope for a better summer next year, and for a few more schools to open their doors to the public.

Two new initiatives have been introduced at Pool in the Park, Woking.

Swimmers can now cover up a bit more, as the pool has relaxed its swim wear policy to allow people to wear t-shirts and leggings, enabling customers to feel less self conscious about their bodies. This scheme should encourage less confident people back to the water for fitness and fun.

The Pool operators have also adopted the Pool Swimming Standard, which allows children from the age of five to complete a competency test to prove that they are safe in the water. On achieving this award, parents and families are less restricted by the pool's adult to child admission ratio rules.

## FORTHCOMING EVENTS

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

**ASA Inter-County Swimming Competition—21 Oct—Sheffield**

**Regional Swimming Championships—03/04 Nov—K2, Crawley**

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

*For further details, see the website*