

ASA SOUTH EAST REGION

NEWSLETTER—November 2007



WELCOME

Welcome to the November issue. The full colour version is available on-line at www.southeastswimming.org.

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

OPEN WATER CHAMPIONSHIPS AND GRAND PRIX SERIES

The weekend of 08/09 September saw large numbers of Open Water swimmers descend on Southsea for a crucial weekend of competition. The Regional Championship event was held on the Saturday and, with that and the Southsea Pier to Pier event on the Sunday both counting towards the Grand Prix Series, competition was always going to be fierce. Such was the draw of these events that entries had to be closed more than a week prior to the official date as they were both full.

Conditions on the Saturday for the Regional Championships could not have been more different from those on 01 July, when the event was originally to be held. Then, the event was cancelled, with winds exceeding 30 m.p.h. - now, there was hardly 3 m.p.h. and the water was as smooth as a pool!

The 1500m event started first, followed 30 minutes later by the 3000m event. Competition was close in all the races especially in the Ladies 3000m, where Jade Henson and Claire Hayward continued their season long rivalry with precious Grand Prix points also at stake, doubly important for Jade as she had been unable to get an

entry into the Sunday event.

After some exciting racing, the following were declared Regional Champions and received the new trophies for the event:

1500m

Boys: Alex Borthwick (Shiverers)

Girls: Libby Henson (Thanet)

Men: Alex Borthwick (Shiverers)

Ladies: Libby Henson (Thanet)

3000m

Boys: Nick Ayers (St Bedes School)

Girls: Jade Henson (Thanet)

Men: Ed Castro (St Bedes School)

Ladies: Jade Henson (Thanet)

Sunday also provided ideal conditions for Open Water Swimming, and, again, close competition. Ed Castro was a clear winner of the Men's race, but this was not enough to stop Club mate Nick Ayers, who finished 2nd, from clinching the season long Grand Prix award. In the Ladies event, following a very close and exciting race, Claire Hayward could only dead heat for first place, and so the Grand Prix went to Jade Henson by just 1 point.

Planning is already underway for 2008, when the Grand Prix (which will now be called The South East Region Championship Series) will again take place, hopefully in an expanded format, taking in more events within the Region. The Regional Championships are planned for early September in Southsea, also in an expanded format to allow for more entries.

Details of all events will be published in the Open Water section of the region's website.

SYNCHRO NEWS



(© Peter Langdown Photography Ltd)

Rushmoor SSC were presented with their Swim21 certificate by Lis Hartley, Regional President, at Farnborough Leisure Centre on 16 Oct.

The Region held an Advanced Assessors Course at Bradfield in August; unfortunately only 2 applications were received, but both candidates passed the course.

The first Multi Regional Age Groups, hosted by South West Region, were held at Bristol on the 6th October. The event was very successful. There were 66 competitors in the Figure events, of which 48 were from South East Region. The Region won the overall competition in 10 Events and 1 joint Event; South West won 2 Events.

A successful ASA Assessment Centre was held at Yateley in October, which was aimed at swimmers wishing to qualify for the British Championships and National Age Groups.

The Region is now looking forward to further successes at the British Championships and National Age Groups which are being held in Gloucester on the 01/02 December.

SOUTHERN WATER SWIMMING CONFERENCE

159 swimming teachers attended the Southern Water Conference on Wednesday 10 October at the Olympos Triangle, Burgess Hill.

The annual conference is funded and supported by Southern Water, who sponsor a large number of 'Learn to Swim' schemes within their area, and this year it was organised by Jenny Norvill, the Institute of Swimming's South East Regional representative, with the help of the Southern Water co-ordinators.

The day included inspirational talks from Duncan Goodhew, Peter Roberts, a morning workshop on stroke development and an afternoon of fun with Alison Bell ("synchro and sculling, simply the best way to have fun in the water"), which all the teachers enjoyed very much.

Thank you to everyone involved in the event for a very successful day.

HAMPSHIRE RUNS COUNTY TRAINING DAY

Over 70 coaches, teachers, officials and volunteers accessed an excellent opportunity for free training. All delegates were able to choose 2 from 8 courses, subsidised by Hampshire County ASA and the Region.

County President, John Davies, began by introducing the Management Committee, before delegates moved to their chosen option (Club Funding, Equity, National Teaching Plan Training or Officials' Training). After a full cooked lunch, a further course (from Child Protection, Team Management, ARES Timing and Diving Officiating) was available. Regional Development Officer, Alex Message, wrapped the day up with a presentation on Regional progress and strategy.

Partnership Swimming Development Officer, Lee Spindlow, said "It was a fantastic opportunity for everyone involved with Aquatics to access high quality free training courses specific to club needs. Furthermore, it was a

pleasure to see representatives from over 20 clubs, and an excellent chance for everyone in the County to get together away from the competitive arena of the swimming pool."

SE REGION DISABILITY CHAMPIONSHIPS

Missing Sue Barker – athletes and parents stuck in traffic, panicking over having enough officials – and the announcer was missing!!!!!!

The Disability Sports Events (DSE) Gala took place on Sat 29 Sep in a packed "The Quays", Southampton. 135 swimmers with a total of 417 swims, and around 25% of those improving on their Entry Times.

The event saw a full range of athletes with a disability, with Classifications ranging from S1 through to S10, visually impaired athletes in the S11-13 range, swimmers with a Learning Disability in S14 and swimmers with a hearing impairment in S15. Seeing such a varied classification range is very unusual outside of major championships, and was both a real challenge and an excellent experience opportunity for the Officials.

Sadly, Classifications that we had planned for both S1-10 and S14 had to be cancelled, as it was simply not possible for the Classification teams to be available that day.

The next SER DSE event is scheduled for The Pavilions, Horsham, on 9 Feb 2008. We are hoping that we will be able to organise physical ability Classifications on that day, and to establish a separate Classification opportunity for athletes with a Learning Disability.

3 SWIM21 NETWORK PILOTS UNDERWAY

Leatherhead SC, Maxwell SC and Portsmouth Northsea SC have been working hard with clubs in their geographical areas to establish networks of clubs to join together to raise the standard of swimming in their areas.

The idea of the pilots is to gain experience and develop best practice in creating networks of clubs centred around Swim21 performance 'hub' clubs, acting as a focus for delivery of additional coaching and training for swimmers, mentoring and CPD opportunities for teachers, coaches and volunteers.

Each network will offer a variety of opportunities to the clubs, including specialised skills sessions for swimmers and coaches, training courses for volunteers, fun introductions to competition for new swimmers and support for clubs working towards Swim21 accreditation.

RDO CHANGES

With Alex Message going on maternity leave, the Region has appointed Helen Beckley as temporary RDO to start on 5th November until at least the end of March 2008. Helen will have a thorough induction in November to ensure a smooth transition and continuity. Helen will have responsibility for Berkshire, Buckinghamshire, Oxfordshire and Hampshire, while Natalie Cunningham will cover Sussex, Kent and Surrey. Natalie will continue to support Swimming, Water Polo and Masters; Helen will support Synchro, Diving, Disability and Open Water. She can be contacted on 07825 290407 or helen.beckley@swimming.org.

FORTHCOMING EVENTS

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

Kent Coaches and Administration Day—09 Dec—Maidstone

SER/London Long Course Masters—02 Feb 2008—K2, Crawley

ASASER Youth Swimming Championships—03/04/05 May 2008—Garrison Pool, Aldershot

ASASER Bagcat Competitions—31 May/01/14/15 June 2008—K2, Crawley

For further details, see the website