

ASA SOUTH EAST REGION

NEWSLETTER—December 2007

MERRY CHRISTMAS



WELCOME

Welcome to the December 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.

EVERYDAY SWIM

The Everyday Swim project has now been running for 14 months. The "Half Time Report" gives us an insight into the fantastic work that has been happening across the country in the eight pilot areas. The South East is represented by Woking Borough Council and the Coordinator James Barter has been working hard to alter the way swimming is delivered by the operators and perceived by customers.

Due to James's work in Woking, older people are benefiting from a new session set up in a private residential care home, which has a fantastic indoor pool. At least 20 swimmers have taken to the water during these sessions and most of them haven't swum in years. "The best £3 I have spent recently" was one comment made by a lady after the last session. The same pool will soon host a regular ladies only session specifically designed for people who cannot, or will not, attend the local public facility.

The Everyday Swim Coordinator, James Barter, has also been working hard to set up a swimming session for people with learning difficulties at the Pool in the Park in Woking. It is hoped that over 30 new swimmers will be encouraged to participate each week.

For more information on the Everyday Swim project, and to find out about some of the great work it is doing for people and communities around the country, visit www.everydayswim.org



KEVIN BROOKS WINS PERFORMANCE COACH OF THE YEAR IN BUCKS SPORTS AWARDS

The head coach of Maxwell swimming club won this award for both his achievements with local swimmers and for his drive to develop his knowledge as a coach. The panel were also impressed with the work that Kevin has done to develop links with local learn to swim providers and clubs in the area, ensuring a smooth swimmer pathway up to performance swimming.

CITY OF MILTON KEYNES PESSCL PROJECT

CMK swimming club ran a PESSCL project over the October half term holiday aimed at raising awareness of club swimming in the local primary schools. The week long crash course saw 18 young people attending with a successful 8 joining the club at the end. The club hope to run another project in February targeting a different part of the city. www.cmkscc.com

HAMPSHIRE DISABILITY GALA

Over 100 swimmers took part in the county inclusive gala at the Quays in Southampton at the end of September. Swimmers from both mainstream and special schools competed.

Said Peter Hull, County Development Officer: "The Gala was a fantastic event providing an excellent opportunity for swimmers with varying levels of ability. Also, being the third year that the event has been staged it was encouraging to see a good level of competition, with more swimmers joining clubs."

The event, organised by Sport Hampshire & IOW, supported by 15 volunteers from Bittern Park School, along with helpers from local clubs and associations, highlighted the enthusiasm for such a competition. Many of the swimmers will go on to train hard and work towards both regional and national competitions. www.spothampshireiow.co.uk

YOUNG COACH OF THE YEAR

Charly Tomkys, a coach from Southampton Diving Academy, has won the prestigious Sports Coach UK Young Coach of the year award, which covers all sports coaches. Charly will receive the award in December, presented by HRH Princess Anne—well done Charly!



SOUTHAMPTON DIVING ACADEMY

Annie Clewlow, the Chair of Southampton Diving Academy, is one of four special volunteers who have been selected from over 20 nominations to attend the BBC Sports Personality of the Year Awards on the 9th December, as a guest of the Amateur Swimming Association.

Chris Mears, a 15 year old diver from Southampton Diving Academy, has just competed in his first senior international event. Chris was one of the squad of 25 divers who competed in the inaugural KlingerCook Trophy. This event is a GB vs Germany competition held in memory of Ursula Klinger and Jeff Cook who were two of the most renowned personalities on the international diving scene. Chris is also a member of the 2012 development squad.

TEL/FAX: 01628 483 960

WEBSITE: www.southeastswimming.org

EMAIL: office@southeastswimming.org

ASA SOUTH EAST REGION, BISHAM ABBEY NATIONAL SPORTS CENTRE, Nr MARLOW, BUCKINGHAMSHIRE, SL7 1RT

The life of a much loved Southampton based diver and coach was commemorated at the Southampton Invitational competition held at the Quays Swimming and Diving Complex in October. Gavin Brown was tragically killed in a hit and run accident in April 2007, aged 22. The driver of the car has never been traced.

Winner of the first ever trophy was Jack Clewlow (17) who made the winning score on the first day of the meet with his back 2 ½ somersaults tucked from the 3m



springboard, which attracted a raw score of 23.5 points.

Jack was thrilled with his achievement. "It means a lot to win this trophy," he said. "Gavin was a friend as well as an inspiration to us all the divers

EDUCATION

Institute of Swimming ran their first UKCC level 1 Aquatic Teaching course in the South East in October half term. The course was at Aylesbury, with Tutor Sue Parker, and had a full 16 candidates. It ran very smoothly and all the candidates enjoyed the course. "My son loved the course. He thought at first he was going to struggle to teach the children but then found that all the beginning fundamentals theory really helped. Thank you very much," said one parent.

Jean Ashworth tutors another UKCC level 1 Coaching Swimming course in Maidenhead, which started on November 18 in conjunction with Maidenhead Marlins Swimming Club.

A second UKCC Level 1 Aquatics Teaching course starts in December in Guildford, in conjunction with Guildford Swimming Club.

The first Level 1 Diving course took place recently at the Guildford Spectrum. We now have 26 Level 1 support coaches for diving of whom 11 received bursaries to help pay for these courses

For course information log onto www.britishswimming.org, visit the calendar change region and event box, and click filter. Or, for more information, contact Jenny Norvill 07917 726403

SUSSEX C.A.S.A. DIVING DEVELOPMENT EVENING AT K2

A three hour session at Crawley was organised at quite short notice and, although only twenty-five people aged between six and sixty-six attended, the time was well used.

The aim of the evening was to expose those visiting to some of the dry land Flip & Fun syllabus, as well as participating in water based activities.

Many already had some diving experience and a few did not, but all learnt some new skills or improved their existing ones. Evidently the evening was well enjoyed, as several parents and divers said afterwards how pleased they were.

Thanks, then, to Brenda McAdam and Hilary Wrighton for their expertise and to Crawley SC for their co-operation.

ANGMERING SPORTS PARTNERSHIP TOP UP IS A SUCCESS

Findings from questionnaires filled in by schools in the Angmering School Sports Partnership showed that 592 pupils within the partnership could not swim 25M; this was approximately 24% of the total cohort. From a safety perspective this was quite concerning, as a large percentage of the pupils lived near the sea or major rivers (Arun and Adur). It was decided that lessons needed to be offered, as far as possible, within curriculum time, as this gave less opportunity for pupils or parents to say NO! Lessons were offered as 1 hour a day for a week. The pupil uptake has been 87% and success rate for swimming 25M 73%. Pupils have thoroughly enjoyed their lessons, becoming more confident in the water and making excellent progress. Significant improvements have been made in a short space of time. Teachers have commented how the hour's lesson has allowed the children to



build up their stamina to swim 25M and notable achievements to be made from the start to the end of the lesson.

As a direct result of the School Sports Partnership taking part in the Top Up programme a new race this year called "The Top Up Relay" [deep to shallow] was added. Each school select 4 students who were involved with the programme to race. This provided children who would not normally participate in the event a chance to take part, making the competition more inclusive and accessible to pupils of all abilities. Five teams entered and we raced two teams at a time, so they could be near the sides of the pool for safety. Over 200 spectators and competitors at the end gave the children a huge round of applause. A big well done to all the competitors and all the partners involved, especially Ali Groves, who's planning and enthusiasm was outstanding.



REGIONAL SKILLS DEVELOPMENT COACH FOR DISABILITY SWIMMING

The Region is looking for a Regional Skill Development Coach for Disability Swimming to develop opportunities for swimmers and coaches throughout the Region, to ensure they are fulfilling their potential. If you are interested in this exciting opportunity please email personnel-services@swimming.org or call 01509 618703. Closing date for applications for this position is 14 January 2008.

SUSSEX PARTNERSHIP SWIMMING DEVELOPMENT OFFICER

The ASA South East Region, in Partnership with Freedom Leisure, are advertising for a Partnership Swimming Development Officer. This is the first time the ASA have worked with a commercial organisation, so this project is very exciting for us. The appointed person will co-ordinate swimming development within Sussex in line with the National governing Body's Whole Sport Plan and the County Swimming Development Plan. If you are interested in this exciting opportunity, please email jobs@freedom-leisure.co.uk or call 0182574719

All of us at the South East Region would like to wish you a very Merry Christmas!

See you in the New Year!

