

ASA SOUTH EAST REGION

NEWSLETTER—March 2008

Mailsports - Official supplier to the South East Region
www.mailsports.co.uk



WELCOME

Welcome to the March 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.

HAMPSHIRE DEVELOPMENT CAMP

Over the weekend of 16 and 17 February, 35 children and 10 coaches attended the Hampshire County ASA annual development camp for swimmers currently outside of county qualifying times. The aim of the camp was to give local swimmers the opportunity to pick up extra skills to support the excellent work being performed in their home programmes. The weekend was a big success with interactive workshops presented by Portsmouth University; water sessions lead by Nigel Willis and land training provided through Getfit121. For more information please contact lee.spindlow@hants.gov.uk

EMPLOYMENT OPPORTUNITY IN THE REGION

An exciting opportunity has arisen for the post of Regional Development Officer for 6 month maternity cover. We are looking for an ambitious, enthusiastic and dynamic individual to join the team. For more information please go to www.britishswimming.org or call the regional office on 01628 483960.

EDUCATION UPDATE

A UKCC Level 2 coaching course (unit 1—5) will be running at K2, Crawley from 19 May 2008. The UKCC Level 3 coaching course will also be running at K2 starting on 25 May. For more information on education courses in the South East please contact IoS Education Officer, Jenny Norvill at jenny.norvill@swimming.org

OPEN WATER SUCCESS

In 2007, Jan Doedens from Dorking Swimming Club successfully swam the Straits of Gibraltar and the Lake Zurich Marathon in very respectable times. Jan opened 2008 with a very successful and reportedly enjoyable crossing of the Rottneest Channel in Thomson Bay, Perth. This is one of the largest open water swims in the world - attracting fields of more than 2,000 with an international profile and huge support from all over Australia. Jan covered the 19.2km from Cottesloe Beach to Rottneest Island in the 21C water in a time of 6hrs to finish 31st male, 40th overall, out of 138 solo finishers in the Open category. The event started at first light around 6.45am on Saturday 16th, to the relief of the organisers after the 2007 race had to be cancelled due to bad weather. A crowd of 10,000 spectators watched from the shore as the air temperature rose from about 18C to 28C and, bobbing



around in the 20km/hr wind. A craft with 750 supporters followed the swimmers. The 2008 race winning performer, won in 4hrs 41.27 - an amazing performance in open water terms. Well done Jan!

OPEN WATER UPDATE

Open Water is gearing up for another exciting summer. Below are just some of the up and coming events:

3/7/08 Dover Regatta

20/7/08: Brighton Pier to Pier

26/7/08: Sussex (open) 5K

27/7/08: Eastbourne 2K

6/9/08: SER Championships

7/9/08: South-Sea Pier to Pier

For more information please contact Keith Barber at keith.barber@southeastswimming.org

FUTURE REGIONAL STRATEGY

A big thank you to All who responded to the consultation on the Draft Regional Aquatic Strategy 2009-13. The feedback was good and came from individual members, clubs, sub-regions, discipline groups, local authorities, Partnership Development Managers and County Sport Partnerships.

The Region will now consider the comments and will produce a second draft for the Regional Management Board to approve. The final version of the Regional Aquatic Strategy 2009-13 will be circulated to partners and made available on the regional website by May/June 2008.

WATER -POLO TASTER SESSION

Spring term, in Winchester, saw local schools taking up the opportunity to access water- polo taster sessions. Winchester water-polo club has been working out of Winchester college swimming pool for the past few years and during January and February offered taster sessions to 16 pupils. Over the course of the five week programme the pupils learned how to travel, pass, shoot and tackle. All of these skills were put to the test in a final week of games. Following the success of the programme many pupils have joined the local club and it is envisaged that similar programmes will be rolled out around the

county to further the development of the sport. For more information please contact Partnership Swimming Development Officer, Lee Spindlow, lee.spindlow@hants.gov.uk

PARTNERSHIP WORKING

A joint initiative between **Freedomleisure**, the ASA South East Region and Sussex County ASA will see the appointment of a Swimming Development Officer for Sussex. This new position provides an exciting opportunity to develop swimming at all levels across East and West Sussex.

The Swimming Development Officer will initiate and promote the sport within the county, will work with volunteers, coaches, schools, clubs and other agencies to assist and provide high quality swimming opportunities for all.

Hosted by **Freedomleisure**, the Swimming Development Officer will work with the Region and Sussex County ASA to co-ordinate swimming development within the sub-region, in line with the national body whole sport plan and the county swimming plan. The brief will encompass the development of all disciplines including disability. It is envisaged that the post holder will be involved in the County Swimming Championships at K2, Crawley in March.

Natalie Cunningham, Regional Development Officer commented "The Region is dedicated to providing opportunities for everyone to achieve their full potential through aquatics, as an athlete, teacher, coach, official or volunteer. This new partnership with **Freedomleisure** demonstrates our commitment to working with partners to achieve our common aims." For more information please contact natalie.cunningham@swimming.org

REGIONAL SKILL DEVELOPMENT COACH FOR DISABILITY SWIMMING

The Region is pleased to announce the appointment of Rob Aubry as the Regional Skill Development Coach for disability swimming. Rob will take up his position from Monday, 7 April.

Rob has vast experience of working with a wide range of disabilities and age groups. Rob has also extensive experience of organising Disability Sports Events (DSE)- 'I became involved in swimming from a very early age and passed my Level 1 when I was 17 years old. From this I worked my way up to become a club coach by the time I was 18 yrs of age.

Anything to do with water has always been my main attraction. Surfing is a particular favourite, but it's my passion for swimming and helping individuals reach their potential that fulfil me the most - I understand what it's like to work extremely hard and feel like you're standing still.'



Rob added 'I am looking forward to working to encourage swimmers, and those involved in swimming, to see what their goals are and then explore how we can achieve them together'.

Rob is looking forward to developing swimming within the South East and has plenty of exciting ideas to help us continue to lead the way in disability swimming. For more information please contact Regional Development Officer, helen.beckley@swimming.org

DSE SUCCESS FOR SOUTH EAST

The South East's Top Junior Swimmers took to the pool on 1 and 2 March at Ponds Forge, Sheffield for the Disability Sports Events (DSE) Nation Wide National Junior Championships. The team came home in 2nd place, which is a credit to all the swimmers and team staff involved. With 50 gold, 18 silvers, and 16 bronze medals, the South East Region would like to congratulate all the swimmers who took part. A special mention to Alexandra Adams who was named overall best female swimmer in group A and was awarded a £200 bursary to help towards her training costs. For more information on the squad and Regional DSE events please contact Sue Barker, Regional Disability Manager, gosportsue@hotmail.com

DIVING UPDATE

The Region would like to congratulate the team of divers in the Region that have just returned from the most successful world cup ever for British Swimming.

The South East is pleased to announce that in partnership with the South West, a manual and dive recorder training was held on 8 March in Trowbridge delivered by Frank Clewlow.

For More information please contact Jo Calvino, Diving Development Officer, joanna.calvino@swimming.org

SURFS UP IN WOKING

Sunday, 24 February saw the UK's first indoor surfing lessons at Pool in the Park, Woking. As part of the Everyday Swim 'Try Something New Day' new activities such as Junior Swim Fit, Sea Scooters and, of course, Surfing, encouraged people to come down to the pool and have a go at something a little different. The day also included adult beginner learn to swim lessons. One of the participants Alice Inwood (62yrs) said "the session was brilliant, the staff were excellent, very helpful and friendly and gave me a lot of confidence and I found that the taster session gave me far more confidence than I expected." Alice has subsequently signed up for a course of lessons at Pool in the Park. In all, over 60 people



took part in something they had never done before. For more information please contact Everyday Swim Co-ordinator, James Barter, james.barter@swimming.org

DO YOU HAVE AN ARTICLE FOR THE NEXT ADDITION?

If you have an article for the next edition of the Newsletter, please Email it to joan.massie@swimming.org by 20 March 2008.