ASA SOUTH EAST REGION

NEWSLETTER—*June 2008*

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

WELCOME

Welcome to the June issue!

The full colour version of this newsletter is available to down load from our website: www.southeastswimming.org.

If you have any comments, questions or articles for the next edition of the newsletter, please send them to the Regional Office: office@southeastswimming.org

Region Accredits a Record Number of Swim 21 Clubs

With six new clubs being awarded Swim21 accreditation and five additional clubs re-accrediting at the May Swim 21 Panel; the Region broke its record for the highest number of accreditations submitted to one panel. The six newly accredited clubs were- at swimming teaching level:

- **Chichester Cormorants SC**
- **Dover Lifeguard SC**
- **Gravesend & Northfleet SC (+ Skill development)**

At Swimming skill development clubs

- **Amersham SC**
- **Wycombe District SC**

and the Country's first performance diving club **Southampton Diving Academy**.

When asked about their Swim21 accreditation, Susan Jeapes, Swim21 coordinator from Gravesend and Northfleet SC commented *"Gaining Swim21 accreditation is a fantastic achievement for the club. The Committee, Coaches, Teachers and volunteers at Gravesend and Northfleet Swimming Club fully supported the Swim21 initiative and accreditation represents all the hard work and determination they put into the bid to build a sound future for all those wanting to swim at Gravesend. The club will now concentrate on maintaining these standards and working towards the next level of accreditation."*

City of Oxford SC, not satisfied with their Skill Development level, were awarded Competitive Development accreditation.

Having held accreditation for four years, the following five clubs successfully re-accredited; **Broadstairs Lifeguard and SC, Chesham SC, City of Southampton SC, Farnham SC** and **Gosport Dolphins SC.**

Regional support to achieve Swim 21

If your club is interested in discussing Swim21 the Region is holding Club Development Evenings from 7pm on the following dates:

- **3 June, Surrey** at Spectrum, Guildford
- **4 June, Sussex** at K2, Crawley
- **11 June, Kent** at Kings School Canterbury
- **12 June, Oxfordshire** at Kidlington Sports centre
- **16 June, Kent** at Black Lion Leisure Centre, Gillingham
- **18 June, Berkshire** at Central Pool, Reading
- **26 June, Hampshire** Trojans Rugby club, Eastleigh

Clubs in Bucks can contact Emily Swain on eswain@buckssport.org for a 1:1 session.

If you would like to book a slot at one of these evenings please contact Meach Collier on: M.A.Collier@bton.ac.uk

Fantastic turnout for Disability swim camp

On 18 of May, 15 swimmers from around the Region were invited to attend a training camp at Radley College in Oxfordshire. The day consisted of a lesson-based morning covering race management, kit, basic food, warm up and swim down. In the afternoon a pool session took place with 6 coaches from around the Region with a selection of swimmers working through a programme. The day was a great success with some good ideas to take forward to the next training camp in October.

If you would like any more information on the camp, please contact our Regional Skill Development Coach rob.aubry@swimming.org

Fitness sessions in Bucks

New fitness sessions based around Water Polo have been set up in Aylesbury as part of the *Make a Splash* project. The new sessions have been titled Polo Fit and are open to anyone over 16 years of age. They were initially set up to encourage males aged 16 – 44 years back into their local swimming pool but it appears that the sessions have a much broader appeal.

So far the sessions have attracted 34 participants. It is hoped that with a little more marketing and word of mouth that this number will increase.

If your club is interested in setting up a section for Water Polo then please contact her Emily Swain, Bucks Aquatics Development Officer on: eswain@buckssport.org.

Bucks Youth Games

May has seen selection events take place across Bucks to finalise the teams for the 2008 Bucks Youth Games on Saturday 7th June in Milton Keynes.

Swimmers from local Learn to Swim schemes Level 7 or above of the NPTS and aged between 7 and 10 years of age were chosen to attend a selection event.

The aim of the event is to introduce swimmers to competition and to provide a link from local Learn to Swim schemes into club swimming.

Regional Awards 2008

Just a reminder that its nomination time for this year's ASA South East Region Awards that will include the Aquaforce Volunteer awards. The categories are:

1.Outstanding Contribution at club level
2. Outstanding Contribution at county/ regional level
3. Long Service Award (25 years or more)
4. Young Volunteers Award (Under 18 years)
5. Young Volunteers Award (18—25 years)
6. ASA South East Region Athlete of the Year
7. ASA South East Region Team of the Year.

The closing date for nominations is **Tuesday 1st July**.
The nomination form and guidelines are now available on our website www.southeastswimming.org

Synchro Taster Sessions

Hythe Aqua Sychro Club held AquaFun taster sessions at Hythe Swimming Pool on 1 March, funded by the ASA SE through club -school link (PESSCL) programme.
Children aged 7 to 10 years were given an introduction into synchronised swimming using the ASA's Ariel's AquaFun which is inspired by Disney's 'The Little Mermaid'. Swimmers used floats and sinkers to make shapes in the water and dive down to the pool bed to retrieve objects. Using woggles and bottles the children were encouraged to have a go at some basic Synchro techniques including movements to music.

After the session children and parents were invited to watch the Hythe Aqua team perform movements and routines to music. The taster session saw 24 children sign up for a nine week course of Ariel's AquaFun, which provides a fuller introduction to the sport with the emphasis on building confidence in the water in a fun environment.

Education Update

A level 1 Disability Swimming course will be running from 14-18 July at Meadway Sports Centre, Reading.
Entry requirements are:
ASA Level 1 (pre 2007) or UKCC Level 2 Aquatics Teaching qualification.
If you are interested in attending please visit www.britishswimming.org for more details and booking information.

Any queries regarding Education please contact Jenny Norvill our Education Officer on:
jenny.norvill@swimming.org.

Get Safe for Summer

Anne-Marie Slade our Regional Business Manager is running an event on 9 July at Waterside Swimming Pool, Ryde, on the Isle of Wight to promote the ASA's "Get Safe for Summer" Annual Water Safety campaign. It teaches children the essential life saving skills and also delivers critical safety messages, which they can take with them when they visit coastal and inland waterways throughout the summer.
The programme is aimed at Key Stage 2 pupils (7-11 year olds).
For more details visit the new website at: www.getsafe4summer.org

Sport England relaunches Sportsmatch

A new web-based facility is now in operation for Sportsmatch funding. The scheme is designed to encourage new or additional sponsorship investment from businesses, trusts, private individuals where Sportsmatch will offer £ for £ investment to sporting stakeholders for projects that encourage sports participation at grass roots level.
The revised scheme criteria is aimed at providing more flexibility for applicants. Projects will need to be finished by March 2009 to be successful.
Please see www.sportsmatch.co.uk for more information.

ASA South East Region Development Conference
Saturday 13 September
12.30-16.45
Windsor Leisure Centre

Programme details of the day and booking form are now available on our website. Deadline for bookings is Sunday 30 August however early booking is recommended to ensure the workshop of your choice and place on the pool session.

For any queries please contact:
joan.massie@swimming.org

New role in Bucks for Swimming Development

Emily Swain has worked over the last 3 years to develop swimming across Buckinghamshire as the Partnership Development Officer. Emily's main successes were:

- 5 clubs achieving Swim21 (82% of clubs are now Swim21 accredited and receiving ongoing support)
- 138 swimmers have attended the partnership swimming camps
- Over 600 primary school teachers have attended the Bucks CC introduction to teaching swimming course
- Funding obtained from Kellogg's to set up the Aylesbury Swim Active programme, which continues to run and has seen over 150 participants attend the sessions and 16 young leaders regularly volunteer within the programme
- 76 young leaders have attended an Aquatic Leadership course
- 52 swimmers with a disability have taken part in various training sessions, 25 of them are now regularly training with Bucks Disability Club or have progressed into a mainstream swimming club
- Two land training workshops and two nutrition workshops have been run for coaches and parents
- 177 swimmers have taken part in PESSCL projects that have been organised across the county. 57 of these swimmers moved into a club
- 208 swimmers have attended swim clinics run by ex-GB swimmers
- 29 club volunteers attended the ASA Team Manager Module 1 course
- Recruited a 6 hour a week Community Sports Coach for disability swimming.

Emily's role has now changed following a successful grant application by Bucks Sport to Sport England Community Investment Fund to support a three year Aquatics project (including full time officer) to increase adult participation in aquatics across Bucks.