ASA SOUTH EAST REGION

NEWSLETTER—*November 2008*

Official Supplier to the ASA South East Region
www.mailsports.

WELCOME

Welcome to the November issue!

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

We welcome your feedback. To comment or subscribe, please email us at: office@southeastswimming.org

NEW SWIMMING AND AQUATICS DEVELOPMENT OFFICER FOR BUCKINGHAMSHIRE

Charlotte Smith took up post in September as the new **Swimming and Aquatics Development Officer** replacing Emily Swain. Charlotte graduated from the University of Gloucestershire after studying Sports Science for three years. She has a strong background in swimming as she competed for her local club (Maxwell SC) from the age of 8 to 18. Since giving up swimming she has turned her hand to teaching and coaching, which she enjoyed for many years. The Region welcomes Charlotte in her new role .
For more details e-mail:
csmith@buckssport.org

COACHING OPPORTUNITY IN THE SOUTH EAST REGION

The Region is readvertising for the position of **Regional Skill Development Coach** (RSDC)**.** The post holder will play a vital role in developing disability swimming in the Region in the lead up to London 2012 following the recent success by Team GB Swimming at the Beijing Paralympics 2008. Please note the closing date for applications is **Thursday, 27th November 2008.** If you are interested in this exciting role please go to:
www.southeastswimming.org for details on how to apply.

TRAINING IN THE REGION

Dates have been arranged for a **UKCC Level 3** Swimming Coaching Course in the South East Region at K2 Leisure Centre in Crawley. Unit 1 will begin on Sunday 8th February at 9.30am. For further information and booking form please visit: www.britishswimming.org or email colin.huffen@swimming.org

The next **UKCC Level 1** Swimming Coaching Course will be held on Sundays 23rd and 30th November, 7th and 14th December at St Piran's School in Maidenhead from 10am – 7pm. To book a place please go to: www.britishswimming.org. The course has been organised in partnership with Maidenhead Marlins SC.

A **Team Manager Presenter Training** course will be held on Tuesday 16th December 2008 in the Conference Room at Spectrum Leisure Centre in Guildford. This course is free of charge and will give you the skills required to deliver the course to your volunteers. For more information please go to:
www.southeastswimming.org or email joan.massie@swimming.org to book a place.

IMPORTANT UPDATE ON THE REGIONAL BURSARY SCHEME

As of October, the Region has had to make changes to the way it allocates funding to clubs for the Regional Bursary Scheme as the total budget for the scheme, for this financial year, has already been allocated to support 226 individuals from 66 clubs in their continued development. For any volunteer wishing to apply for a bursary it is important you read the new criteria available at www.southeastswimming.org explaining the changes before submitting your application form.
For further information contact the Regional Office on 01628 483960 or office@southeastswimming.org

HAMPSHIRE AND IOW TRAINING DAY

Following the success of last year's Training Day this year saw, both an increase in CPD courses being offered to volunteers as well as an increase in those attending accredited courses. Volunteers, including officials, coaches, teachers, committee members and parents had an opportunity to access reduced training in Child Protection, Equity, Team Manager, Club for All and Officials Training. The day included a well received update from Regional Director, Eli Karlicka-Cook who outlined the Region's priorities along with an opportunity to meet and mingle with the County Association Management Committee. Furthermore, it provided an excellent opportunity for local clubs to work together away from the competitive environment of swimming while accessing the training necessary to support their excellent club work. Thanks to the investment from the Sub-Region and the Region, Hampshire now has 80 more volunteers who have accessed two more CPD training courses to help develop Aquatics within the County.
For more information e-mail:
lee.spindlow@hants.gov.uk

REGIONAL WINNER OF NATIONAL AQUAFORCE AWARD

The outstanding contributions volunteers make to swimming have been celebrated at the National Aquaforce Volunteer Awards Lunch. There were 133 nominations nationally and 28 Regional Aquaforce Award winners. The judging panel, made up of members of the asa Volunteer Forum and asa Youth Forum found it in-

credibly hard to select just five national winners. The awards were given out on Sunday 19th October during an event held at the Hilton hotel in Sheffield.
The winner of the **Long Service Award**, recognising over 25 years commitment as a volunteer, was **Jeff Eyley**. Jeff who was the winner of the Regional Award created Wantage Youth Swimming club in 1976. Since founding the club, Jeff's enthusiasm has not diminished. He is still as involved now, as a 75 year old, as he was in his forties. Jeff teaches children whose parents he taught to swim. The Region wishes to congratulate Jeff on this fantastic achievement!
For further information e-mail:
office@southeastswimming.org

REGIONAL WINNERS OF SWIMTASTIC AWARDS 2008

The following three awards went to swimmers from the South East Region at a special awards ceremony held on 17th October 2008:
Senior Swimmer of the Year (Silver) – John Hill of Southampton
Family Swim Award (Gold) – Sarah, Paul, Harriet, Charlie, Bertie and Sidnie Killen of Southampton
Family Swim Award (Silver) – Clara, Lisa and Sinead O'Brien of Staines
The Region wish to congratulate everyone on their success.
For further information contact :
office@southeastswimming.org

SWIMMING WINS AT SURREY SPORTS AWARD 2008

Two recipients of Surrey Sports Awards 2008 came from the swimming community. The award for **Young Sports Personality of the Year** went to **Louise Watkin**, of Redhill & Reigate SC**.** Louise has been swimming since the age of 7 and although she has an upper limb deficiency she trains with and competes against non-disabled swimmers. At 16 years of age, Louise is currently British and European record holder in each of her S9 events. Louise's greatest achievements to date have been winning one silver and three bronze medals at the Beijing games this summer as part of the GB Paralympic Swim team.
The award for the **Volunteer of the Year** went to **Deb Wanstell** of Wey Valley SC. Deb has been involved with volunteering at the club for many years. Initially, she became the secretary and held that position for 13 years where she was instrumental in supporting the club when it was at risk of disbanding. Since then she has qualified as a Chief Timekeeper and a Level 2 swim coach. She also established the Guildford Primary School gala in 1998, which still runs annually with over 100 children from six Guildford primary schools competing.
The Region wish to congratulate Louise and Deb on their achievements.
For further information go to:
www.activesurrey.com

DISABILITY TRAINING CAMP

Another great Regional training camp for swimmers with a disability was held at Pool in the Park in Woking on Sunday 12th of October. 15 swimmers, ranging in disability from S7 to S14, benefitted from a 2 hour land conditioning, stretching and flexibility session led by Rob Horswell from Canterbury SC. The swimmers gained knowledge on how to exercise and warm-up at pool side before swimming, and were also given core stability drills to be used at home. This was followed up with a Podcast that swimmers took with them to refresh the day's techniques. Rob Aubry, Regional Skill Development Coach headed up the water session focusing on preparation for competitions such as the DSE Nationals in Sheffield scheduled on the 1st and 2nd of November. The next training camp is planned in mid February 2009.
For further information please contact:
office@southeastswimming.org

OPEN WATER TRAINING CAMP

The Region held the first youth talent camp for Open Water at Gibraltar Barracks, Blackwater near Camberley on 12th October. The camp is part of the asa England Youth Talent Development Programme for Open Water. Eleven swimmers and five staff from the South East and London Regions experienced two pool and two gym based sessions. Paula Jones, former GB Open Water swimmer talked about competitions and took questions from the swimmers. Two further one-day camps are planned for selected swimmers before joining with swimmers from all the other Regions for a 1.5K Open Water Swim in June 2009.
For more information contact:
rosa.gallop@swimming.org

BREAKFAST SWIMMING A GREAT SUCCESS!

A local club from Sussex have teamed up with the local community college to provide more pool time for their swimmers and increase participation. Hailsham SC, a small club based in the heart of Wealden in Sussex, has set up the early morning dual-use session with their local school, Hailsham Community College. The purpose of the sessions is to provide further training opportunities for club swimmers, an extra curricular activity for students at the school and an active lifestyle, as well as to raise the awareness of club swimming leading to an increase in the club's membership. The sessions began at the start of the school year and continue to attract high numbers of participants. Qualified coaches are on hand to provide sets and training programmes, or just drills and skills practices for those who would rather work on their technique. The local leisure provider, Freedom *leisure* is also working closely with the project by offering the swimmers a healthy breakfast after the session.
For more information contact:
lyndsey.hollands@freedom-leisure.co.uk

HAMPSHIRE CELEBRATES 100 YEARS OF SWIMMING

Hampshire became the overall winners of an Inter-Counties Swimming Competition organised as part of a celebration to mark 100-years of swimming in Hampshire. The event hosted by The Quays Swimming and Diving Complex in Southampton took place on Saturday 27th September. The competition was held between Hampshire, Wiltshire, Sussex, Kent and Surrey. Part of the celebrations also included a fantastic diving display from Southampton Diving Academy, which gripped the crowd from start to finish. The display involved Beijing Olympian, Blake Aldridge and future star Jack Clewlow. The fine blend of diving expertise and comic diving kept everyone watching and guessing what would happen next. The success of the diving was hard to top but a fantastic display from Hampshire's synchronised swimmers kept the audience enthralled. A combined performance between Rushmoor and Portsmouth Synchro teams following a recent training camp, demonstrated Hampshire's strength in disciplines outside of swimming.
The celebration concluded with a reception at the Novotel Southampton where up and coming athletes had the opportunity to meet Hampshire Champions and Olympians including Blake Aldridge, Katy Brown (Katy Sexton), and Darren Mew.
For more information e-mail:
lee.spindlow@hants.gov.uk

TAKING ON THE ENGLISH CHANNEL

Jim Boucher from Guildford City SC joined his team-mates Emma France and Sam Jones in a 3-person Channel relay held on 9th October, one of the latest recorded dates in the "Channel season". On a near perfect day, albeit with water not much above 15C, Emma, Jim and Sam reached Cap Gris Nez in 11 hours 30 minutes. What an amazing effort and well Done to them all! For more information please contact:
jboucher.esys@googlemail.com