

ASA South East Region



The Official Newsletter of the ASA South East Region

APRIL 2009



WELCOME

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

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

record holder Joanne Jackson, Paralympics gold medalist and new double world record holder Heather Frederiksen and Olympic swimmer and Strictly Come Dancing star Mark Foster.

From 1 April, people aged 60 and over or 16 and under have the opportunity to swim for free during public sessions in swimming pools of local councils that have signed up to the Free Swimming programme. The Government is supporting this initiative with £140 million as part of its promise to help get two million people more active by the time London hosts the Olympics and Paralympics in 2012.

For more information about Free Swimming go to: www.southeastswimming.org. To find out if your local pool offers Free Swimming contact your local council / leisure center. Once the County Swimming Coordinators have been appointed in the Region, they will be working closely with local authorities/pool operators to ensure the most effective use of funding that is being offered to local authorities and the ASA.

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

Mailsports who is the official supplier to the ASA South East Region is offering 5% discount on any items bought online when you quote SER1906, so why don't you visit www.mailsports.com and help the Region to raise funds to further develop aquatics as Mailsports will give 5% back to the Region on all sales made online throughout the year!

affiliated by 1 May, the Region will request that you follow the process of affiliation as a new club/association.

REGION SMASHES ITS SWIM21 TARGET

The recent swim21 National Panel saw the Region exceed its target of 76 clubs, reaching a total of 86 swim21 accreditations, the equal highest in the country. The panel saw 12 new accreditations from across all four disciplines.

- Invicta became the Region's second water polo club
- Portsmouth Victoria SSC and Witney SSC added to the list of accredited synchronised swimming clubs
- Diving was represented by Maidstone SC
- Andover WP&SC, Electric Eels SC (Foundation), Eastleigh & Oaklands SC, Hart SC, Herne Bay SC, Thanet SC, Winchester City Penguins SC (Masters) and Aylesbury & District (Masters) added to the totals for swimming, disability and masters
- Alton & District SC, Bletchley & District SC, Faversham SC and Aylesbury & District SC were all awarded their second term of Accreditation demonstrating their ongoing commitment to development

The Region would like to say a BIG THANK YOU to all volunteers and regional staff who have worked so hard to ensure that clubs continue to develop for the benefit of their members.

SPLASH, NO CASH - OPPORTUNITY TO SWIM FOR FREE

Some 38 of the local councils in the South East Region are taking part in the Free Swimming programme launched on 31 March at the Eltham Centre in Greenwich, London, by Culture, Media and Sport Secretary Andy Burnham, Olympics Minister Tessa Jowell, new 400m freestyle world

CLUB AFFILIATIONS 2009

The ASA has published a list of clubs and associations that have not re-affiliated by the end of March 2009. Details of suspensions are available from www.britishswimming.org. If your club, association is on the list, you must contact the ASA urgently. If you have not re-



2009 REGIONAL AQUAFORCE AWARDS

The ASA South East Region is pleased to announce that the nominations for the 2009 Aquaforce Volunteer Awards are now open. Many volunteers give their time and energy at club and county level, and this annual event celebrates those outstanding contributions that volunteers make to the Region. It also offers the ASA, Region, County Associations and Clubs an opportunity to thank everyone who works

hard to deliver the sport. The Region will present Award Winners with a trophy at its Annual Club Conference to be held in September 2009. All Regional Award Winners will be invited to attend the National Award Lunch in Sheffield. The seven award 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 volunteer - under 18 years
5. Outstanding contribution by a volunteer 18 to 25 years old
6. Athlete of the year
7. Team of the year

The closing date for nominations is 1 July. Nomination forms are now available to download at:
www.southeastswimming.org

DIVING AND SYNCHRO WIN AWARDS IN HAMPHIRE



Sport Hampshire & IOW held the annual Hampshire Sports Awards at the Hampshire Rosebowl on Wednesday 25 March. The event recognised and rewarded sporting achievements throughout the county, celebrating commitment to and excellence in coaching, volunteering, participation and performance with Diving and Synchro winning the following awards:

Senior Team of the Year - The Quays Senior National Team, Diving, Southampton.

At the 2008 British Diving Championships the Quays Senior National Team became Men's Team Champions. Several members of the team featured as part of Team GB at the Beijing Olympics, no other diving club sent more divers.

Coach of the Year - Lindsey Fraser, Diving, Southampton (pictured above)

Lindsey is the Diving Development Officer for Southampton City Council and Director of Coaching for Southampton Diving Academy. She oversees a programme for almost 400 divers ranging from beginners to Olympians. Lindsey was also one of 4 GB diving coaches at the Beijing Olympics.

Service to Sport - Mike Firmin, Synchronised Swimming, Rushmoor

Mike was one of the founder members of Rushmoor Synchronised Swimming Club 42 years ago. He has coached a number of swimmers to Olympic and World standards and is still coaching regularly. Mike has also served the Hampshire County ASA as both President and Secretary.

- New individual licence costs just £5 per year (introductory offer for new and renewal applications received before 31st March 2010)
- Automatically licensed in the category/categories that you are qualified in
- Simplified list of elective requirements and the removal of the points system
- Elective options includes 'in house' training provided by your employer
- Elective options include support provided to fellow colleagues by mentoring
- Evidence portfolios have been replaced by an annual submission to conform to mandatory and elective requirements have been received (certified by Line Manager or Club Coach)
- Mandatory requirement to deliver a minimum of 50 hours teaching and/or coaching per year to demonstrate commitment to actively delivering for the sport
- Mandatory requirement to attend a Development Event each year to demonstrate commitment to continuous improvement and professional development
- Submission of other organisation's CRB certificate as part of the application process (acceptance cannot be guaranteed and must be dated within 6 months of licence application)
- There are no changes to those individuals who are currently licensed under the previous Teacher & Coach scheme – they can continue to fulfil the requirements of that scheme and will be transferred onto the new Aquatic Professional scheme on the anniversary of their 3 year cycle (providing the appropriate evidence portfolio has been submitted to confirm adherence to scheme rules)

Any specific queries about the new Licensing Scheme should be directed to:
licensing@swimming.org

NEW ASA LICENSING SCHEME

The new Licensing Scheme for Aquatic Professional Teachers and Coaches has been launched. To coincide with this, the ASA are offering 500 free licences to its teachers and coaches showing their commitment to continuous improvement and professional development. Full details of the new scheme have been updated on www.britishswimming.org and there is clear differentiation between the requirements and pro-formas for each scheme. Here is a summary of key benefits of the new scheme:

CHANGES TO PERMITTED SWIMWEAR SUITS

Following a meeting of the FINA Bureau in Dubai, the Bureau decided to revise the requirements for swimwear approval with a view to making them clearer, simple and transparent. British Swimming has issued a statement on the impact of the decisions made on international and domestic competition. To read the full statement please go to: www.britishswimming.org



AQUAFORCE DOUBLE AWARD WINNER

On Monday 16 March about 100 people gathered at the Wantage sports centre to honour the founder of the Wantage Youth Swimming Club. Jeff Eyley started the club over 30 years ago and past and present members watched as Roger Penfold, President of the ASA South East Region presented Jeff with the ASA Long Service Award for the Region. The club had nominated Jeff for the award last year and when they knew he had won they organised the gathering to celebrate with him. There was thunderous applause when Roger Penfold surprised everyone by announcing that Jeff had won the National Award too. He was presented with a lovely glass trophy. There were letters read out from people as far away as New Zealand congratulating Jeff on his well deserved award. The club also presented Jeff with Theatre vouchers by way of appreciation.

For more information contact:
suedick34@hotmail.com



FREEDOM LEISURE ACQUIRES MID SUSSEX LEISURE CENTRES

Freedom Leisure, the largest leisure trust in Sussex has been successful in the bid to manage a further five facilities In Partnership with GLL across Burgess Hill, Haywards Heath, and East Grinstead, The continued expansion of Freedom Leisure demonstrates the trust's commitment to bringing quality, affordable leisure services to the community. The not for profit organisation now manages 19 sites across East and West Sussex, 10 of which have swimming facilities. Freedom Leisure's commitment to the development of swimming continues with strong links with local clubs, Sussex County ASA and the Region. To keep up to date with swimming developments at Freedom Leisure visit their website: www.freedom-leisure.co.uk

FUNDING OPPORTUNITIES

Awards for All England is a simple grants scheme offering Big Lottery Fund grants of between £300 to £10,000 to grassroots groups in the community and voluntary sector, health bodies, schools and parish or town councils. The programme aims to make a difference to communities and the lives of those most in need and will focus on social and environmental projects that benefit local communities. For further details go to: www.sportengland.org



Swimming Trust offers grants to a wide range of individuals and groups. Go to: swimmingtrust.sportspaces.com and click on who we support for more info.



BRIGHTON AND HOVE AQUASKILLS FESTIVAL

Pupils from three secondary schools in Brighton were the first to participate in the city's first Aqua Skills Day. Over 70 pupils from Year 8

and 9 took part in the day and had the opportunity to participate in; Water Polo, Synchronised Swimming and Underwater Hockey, also known as Octopush. The morning sessions consisted of workshops, where coaches from local clubs taught the fundamental skills of the sports.

Peter Tuffin, coach from Brighton Swimming Club Water Polo Teams, coached pupils basic skills such as egg beater, passing, and swimming with the ball, then progressed onto more difficult skills including defending and shooting. Ladies from Brighton Dolphin Swimming Club Masters Synchro Team, who have competed all over the world, led the synchro class. Pupils learnt basic skills including sculling and shapes, and then developed their skills to create routines to music. Dom Mason, helped by other coaches from Brighton Under Water Hockey Club, taught the pupils the key skills required to play underwater hockey. In the afternoon, the pupils used their previously learnt skills in competition, and took part in round robin tournaments in Water Polo and Underwater Hockey, as well as displayed their synchro skills.

The day, which was organised by Pauline Freestone, Brighton and Hove City Councils 2012 Coordinator in partnership with Lyndsey Hollands, Sussex Swimming Development Officer was incredibly successful and thoroughly enjoyed by all who participated. For information about Water Polo and Synchro visit:

www.sussexswimming.org

If you would like to learn more about underwater hockey visit: www.gbuwh.co.uk

IoS COURSES



The IoS South East Region has reduced the price of some of its CPD courses to show its commitment to continuous improvement and professional development. The reduced prices will apply to most courses from 1 April 2009. The Region are currently working on the 2009/10 course calendar.

For more information please visit:

www.britishswimming.org



AFFILIATED CLUB LOGO

The Region has produced a new Regional Logo for use by affiliated clubs. Normally the Region will only give permission for clubs to use the regional logo (in its "affiliated club" format) on the home page of their website, headed note paper and compliment slips. In exceptional circumstance the Region may sanction its use on other documents, but this will be rare. Separate applications must be made for each document although applications may be consolidated if several requests are being made at the same time. Clubs must comply with the document entitled South East Identity Guidelines. For more information please contact:

office@southeastswimming.org



ASA ASTHMA SPONSORED RESEARCH

Over the years there have been conflicting research reports produced regarding the possibility that people who swim regularly or work in swimming pools, which use chlorine for disinfection purposes, may be more susceptible to asthma than the general population. It is against this background that the ASA considered supporting a study to be carried out by Brunel University. The suggestion from the consultant was that in order to be doing something, which would benefit our members and the general public, a panel of experts and knowledgeable persons in the field of asthma and swimming pools should be created with a brief to produce a guidance document on the subject of asthma and swimming. A copy of the document "Guidance for pool users who have asthma" is posted on:

www.britishswimming.org and can be found under the heading "Useful Documents" in the section headed "Medical

