ASA South East Region

Bumper re-launch edition!

The Official Newsletter of the ASA South East Region **30 May 2011**

Introduction

Welcome to the ASA South East Region newsletter. The aim of this newsletter is for the South East region to communicate with our clubs and members. It will provide information on events, funding, courses, as well as good news stories from across the region and the country. This will be your font of knowledge for all that is swimming in the South East! We will also be looking for stories from clubs across the region to feature in the newsletter, so if you have a success story or a news item you'd like to showcase, please let us know! We will also be featuring how the work of the ASA regional team is benefitting you. Happy reading!!

Introduction to the team

No doubt, most of you know the South East regional team by now, but with the re-launch of the newsletter, we wanted to take this opportunity to give you a full team list:

Keith Sutton - Regional Director, based at Bisham Abbey
Joan Massie - Regional Administrator, based at Bisham Abbey
Aimee Stokes - Aquatic Officer - Kent
Sarah Porter - Aquatic Officer - Hampshire and Isle of Wight
Julie Bunn - Aquatic Officer - Surrey and East Berkshire
Lisa Darnell - Aquatic Officer - Oxon, Buckinghamshire, Milton Keynes and West Berkshire
Vacant - Aquatic Officer - Sussex
Helen Mack - Regional Club Development Officer - focus on Ox, Bucks, Berks and Surrey
Michelle Collier (Meach) - Swim 21 Administrator
Nigel Sherwood - Workforce Development Officer
Kirstie Jackson - Disability Officer

Our South East Talent Team Officer is **Rosa Gallop**.

All contact details can be found at: www.southeastswimming.org

FAREWELL TO NATALIE

10th June will see the last working day for Natalie Cunningham, currently the Aquatic Officer for Sussex. Natalie has worked for the region in various guises for almost 7 years. Her contribution to swimming has been immense both through her work and the overwhelming amount of voluntary time she has given. She will continue to move the sport forward in her new role as Swimming Technical Operations Manager for LOCOG. The Region take this opportunity to thank Natalie for everything she has done and wish her the very best for the future.

New Workforce Development Officer

The South East region finally welcomes our new Workforce Development Officer on the 1 June - Nigel Sherwood. Nigel will be based at Bisham Abbey and will be working with clubs and leisure centres on their workforce needs.

Clubs news 1

MEDWAY ASA FRENCH TRIP
16TH – 17TH APRIL 2011

Once again MASA took a team to Lumbres, near St. Omer for their annual open competition – meeting De La Vallee De L'AA.

This year's team comprised 28 swimmers from Maidstone, City of Rochester, G & N, Larkfield, Beachfield & Sheerness in the age range 12 – 18 years.

The team acquitted themselves very well, returning home with numerous gold, silver and bronze medals, together with a good number of 4th and 5th places, all of which with the relay results allowed MASA to finish in 2nd place overall in the "Top Club" category.

The 4 x 50 metre Medley relays saw MASA take 1st, 2nd, 3rd and 4th places in the girls events, with the boys taking 2nd, 4th and 5th in their event.

In the 4 x 50 metre Freestyle relays the girls took 1st, 3rd, 4th and 5th place, the boys taking 1st and 2nd.

To "round off" a good week-end MASA swimmers Paige Marshall and Emma Bannister came 1st and 3rd respectively in the "Best Girl" category.

Very well done to all those who competed, your performances and behaviour were a credit to you all and hopefully MASA will return to Lumbres in 2012.

CONTACT

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Keep up to date with all the new developments and bargain offers by signing up to the Mailsports e newsletter by going to http://www.mailsports.co.uk/contact.php

Funding Page

South East regional bursary

The ASA South East Region is continuing with its funding for Swim21 clubs for 2011/12 through the Regional Bursary Scheme. Funding is available towards the cost of ASA/UKCC & SCUK courses.

Awards will be made to off-set the cost of training and examinations. Maximum bursaries are:

ASA/UKCC Level 1 courses 66%
ASA/UKCC Level 2 courses 66%
ASA/UKCC Level 3 courses 75%.

These bursaries will also support those candidates up-skilling from an old qualification to a new UKCC qualification

In line with the IoS online booking system the region will issue successful applicants with a voucher code to be used when booking this means all applications must be received and approved before candidate's book on the course. No retrospective funding will be awarded.

The application form can be downloaded from: http://www.southeastswimming.org/education/

Schweppes bursary

Further funding for up to 120 new swimming teachers and coaches is again available from The Swimming Trust who are working with Coca-Cola as part of its commitment to get people active on the road to 2012.
Launched in 2009, the partnership builds on the success of Coca-Cola's Schweppes Abbey Well Schwim Free campaign to provide consumers with a free swim at participating pools in England, Scotland and Wales in exchange for promotional Schweppes Abbey Well bottle tops.

Coca-Cola have now committed a second donation of £50,000 to The Swimming Trust to projects to get Britain swimming. The money will be used for a Teacher Coach Education Grant Fund offering training opportunities for up to 120 volunteers within Swimming, Diving, Synchronised Swimming and Water Polo clubs across the UK.

Applications for The Swimming Trust grants are available to swimming clubs and their volunteers.

Coaches Conference 2011

The date has been set for the Regional Coaches Conference which will be the 22nd October 2011, we hope to bring in quite a big name in the world of coaching to support and deliver at the conference. So please keep your eyes peeled for more information released on the South East Website.
This conference will be a combined conference between the teacher conference and coaches conference, with the coaches conference having a theme around developing the teenage swimmer.

Please read the candidate guidance notes by clicking here. The application form is available for download by clicking here. Please note that funding cannot be claimed retrospectively. For further queries please contact your regional workforce development officer

British Gas Club Grants

Swimming clubs around the country are being offered the chance to grab a grant worth up to £1,000 courtesy of British Gas.
The cash injection comes after the energy company earmarked £70,000 to help support club development up and down the country through the British Gas Club Mark Scheme underlining their commitment to grassroots and elite level swimming.
The British Gas Club Grant is open to all swim21 accredited clubs and those clubs working towards accreditation and is a great way for clubs to increase membership or provide better opportunities for their members.
Under the scheme money can go towards club development such as the training of Level 2/3 teachers and coaches, access to 50m pool training facilities and funding to pay for expert coaching help.
Apply now, to your regional office! The deadline for entry is listed below:

Club - region	Region - National	National Panel	Notification
15/8/11	9/11/11	21/9/11	3/10/11
4/11/11	2/12/11	14/12/11	21/12/11

Distance Meet Support 2011/12

In order to encourage clubs to run Distance Meets and reduce some of the financial burden, the ASA South East Region

Up to £500 per session long course
Up to £350 per session short course

The aim of supporting these meets is to:
- Encourage swimmers to enter and compete in distance events
- Provide qualification opportunities for National Events
- Provide pool events for Open Water swimmers during the winter.
- Provide meets at Level 1 and Level 3 across the Region and spread through the year, taking into account the swimming calendar with County, Regional and National Competitions.

Channel Island Qualification Support Scheme 2011/12

To enable swimmers from the Channel Islands to qualify for National Championships in Distance events the region is continuing its support scheme throughout 2011/12 by contributing to the expenses incurred in competing in Level 1 Licences Meets in order to qualify.

The Criteria for applications is:
- Organising clubs must have swim21 Accreditation.
- Swimmers must have already achieved the relevant qualifying time in a licensed meet in a short course pool.
- Meets must be licensed at Level 1 and in the time window needed for qualification.
- The support is to enable the swimmers to compete in 800m and/or 1500m freestyle events at one meet (although they may also compete in other events at the same meet)

Support for a successful application will be for up to £150 for each swimmer to compete in one meet per year.

Application forms for distance meets and Channel Island support can be downloaded from: http://www.southeastswimming.org/swimming/

Olympic tickets!

ASA SOUTH EAST REGION OLYMPIC 2012 TICKET ALLOCATION

The Region has received an allocation of tickets for the 2012 Olympic Games. The Regional Management Board has decided that the fairest way to allocate them is to invite our membership to apply for the tickets, which are for various sessions across all the disciplines via a ballot. Once the London 2012 national ticket allocations have been announced the region will be launching the process to apply for inclusion into the draw. Keep checking the website www.southeastswimming.org for more information.

Clubs news 2

Alex Murphy completes hat-trick of British Junior Records

Alex , 15 , from Didcot Barramundi commenced his attack on the existing British Junior Breaststroke figures at the Oxfordshire & North Buckinghamshire Championships on 6th March at Aylesbury. Having just missed the 16 yr old Short Course Record in the 50m Breast Heats in the morning he set new figures of 28.96 in the Final.

Alex then moved on to the South East Region Youth Championships at Crawley and on the 1st May he broke the British Junior Long Course 50m Breast Record in the Heats with a swim in 29.73 and then bettered it with a Final swim of 29.71.

Returning to a Short Course pool at Hatfield on the 15th May Alex broke the 100m Breast British Junior Record with a swim of 1.02.82.

Not bad !10 weeks , 3 British Junior Records and still 4 weeks before Alex turns 16 !!

Swim 21 networks

The ASA South East Region is keen to support swimmers to achieve their potential, and therefore wants to support clubs to maximise their collective resources, to achieve our common aim. The Region has made funding available to support our clubs. The South East team is looking to working with clusters of Swim 21 accredited clubs, helping them to form Swim 21 networks. With clubs sharing resources and investing funding together, it will only serve to make the money go further, strengthen the workforce and enable our swimmers to excel.

We already have many examples of clubs working together, and we will be looking to formalise those links and outline action plans to give the groups focus and enable money to be assigned to the plans.

Upcoming courses

For all your aquatic education and training needs - log onto

www.theiosonline.com

ASA/UKCC Level 1 Teaching Aquatics
Wantage Leisure Centre, **Oxfordshire.**
Start: 25 July - End 29 July. Intensive
Aquavale, **Buckinghamshire.**
Start: 6 Aug - End: 12 Aug. Intensive
Aquavale, **Buckinghamshire.**
Start: 20 Aug - End: 27 Aug. Intensive
Fareham, **Hampshire.**
Start: 11 July - End: 15 July. Intensive
Queen Mary's College, **Hampshire.**
Start: 1 Aug - End: 5 Aug. Intensive
Farleigh School, **Hampshire.**
Start: 1 Aug - End: 6 Aug. Intensive
Edenbridge Leisure Centre, **Kent.**
Start: 23 July - End: 31 July. Weekends
Hartsdown Leisure Centre, **Kent**
Start: 1 Aug - End: 5 Aug. Intensive
Montem Leisure Centre, Slough, **Berks**
Start: 2 July - End: 17 July. Weekends.
Highdown Sports Centre, **Berkshire**
Start: 25 July - End 29 July. Intensive
Dorking Sports Centre, **Surrey**
Start: 25 July - End 29 July. Intensive
Guildford Spectrum, **Surrey**
Start: 1 Aug - End 5 Aug. Intensive
Highdown Sports Centre, **Berkshire**
Start: 1 Aug - End 5 Aug. Intensive

ASA/UKCC Level 1 Coaching Swimming:
Abingdon school, **Oxfordshire.**
Start: 9 July - End 23 July. Weekends
Edenbridge Leisure Centre, **Kent**
Start: 23 Aug - End 26 Aug. Intensive - Units 105-107

ASA/UKCC Level 2 Teaching Aquatics:
Aquavale, **Buckinghamshire.**
Start: 11 June - End: 23 July. Weekends
Leon School, **Milton Keynes.**
Start: 25 July - End: 5 August. Intensive
Fareham, **Hampshire.**
Start: 13 June - End: 24 June. Intensive
Farleigh School, **Hampshire.**
Start: 6 Aug - End: 16 Aug. Intensive
Portsmouth.
Start: 25 July - End: 12 August. Intensive
Hartsdown Leisure Centre, **Kent**
Start: 2 July - End: 29 July. Various
Kings Intl College, **Surrey**
Start: 4 June - End: 11 June.
Guildford Spectrum, **Surrey**
Start: 2 July - End: 9 July
Guildford Spectrum, **Surrey**
Start: 16 July - End: 22 July. Intensive
Heathfield school, Ascot, **Berks**
Start: 8 Aug - End: 26 Aug. Various

Disciplines:
Level 1 Coaching Diving - Quays
Start: 2 July - End: 30 July. Intensive

*course dates are only correct as of date of newsletter. Courses may be subject to change, for most up to date information visit: www.theiosonline.com

The IOS online

The Institute of Swimming have introduced a brand new online home at www.theiosonline.com, the place to go for all your aquatic education and training needs. Visit the site today and explore! You will soon start to see the benefits for yourselves:

- Live information on course and seminar dates, availability and locations
- Quick, simple and secure credit card payment Instant booking confirmation
- Download your course resources in advance
- Create your own individual learning pathway at 'My IOS'
- Visit the library of resources to improve your aquatic knowledge

Events - Summer 2011

June	Hampshire County Masters Competition	Waterlooville
8 June	Team Manager Presenter Training - Module 2 Overnight stays & Travel Abroad	Windsor Leisure Centre
10-12 June	2nd International Jersey Swimming Club Masters Open Meet	Jersey, Channel Islands
25 June	Surrey Masters Competition (Closed)	Guildford Spectrum
9 July	Kent County ASA Masters & Seniors Championships (Closed)	Medway Park, Gillingham, ME7 2YJ
9 July	Thanet Separated Medley	Kingsmead Leisure Centre, Canterbury
23 July	2011 Sussex Open Water 5km Competition	Eastbourne Beach
24 July	Eastbourne Open Water Sea Swim	Eastbourne Beach

Masters News

MASTERS NEWS OPEN 2011

South East Region (SER) Masters open events continue to attract good entries and have become firmly established in the Masters calendar. The Long Course Masters at the end of January provides an early opportunity to set records for those who have moved up an age group at the start of the year. This year it was held on 29th & 30th January at the K2 centre. There were 406 individual entrants and 70 relay team entries. 59 Masters records were broken, 30 individual of which Jane Asher accounted for 21, and 29 relay team records. Included in these records were 7 World records and 18 European records.

On September 24th the SER Short Course Masters will be at the Aldershot Garrison Sports Centre for the first time. This venue was chosen after favourable reports were received about the pool following the successful Masters Inter County held there in November 2010. With the pool in 2 x 25m configuration there is a 25m warm up and swim down pool available during the whole meet, and being relatively close to the M3 access is convenient for many. Entry details will be published on the SER web site. After the successful trial of the on-line entry system at the Long Course meet, the Short Course meet entry will be by on-line only.

The SER Inter County Masters will be held on 13th November 2011 at the Surrey Sports Park, Guildford.

Dates for the various county Masters competitions will be published on the web site as they become known.
For more information about SER Masters swimming contact Geoff Stokes at geoff.stokes@southeastswimming.org.

Diving News

Surrey diving officials accredited by Fina

TWO officials from Surrey diving clubs have been certified internationally by world governing body Fina. Francisco Diaz of Star Diving Club in Guildford, and Stacia Long, head coach at Merton School of Diving, were among candidates from Great Britain, Ireland and Bermuda in attendance at the course at the end of January.

Fina technical diving committee members Anke Piper, of Germany, and Frans Van De Konijnenburg, of the Netherlands, presented the three-day judging seminar at the new facility in Southend-on-Sea, hotly tipped to be one of the main athlete training centres in the run-up to next year's London Olympics. The course coincided with the first major fixture of the year – the GB National Cup.

Among the competition highlights were Southampton Diving Academy's Peter Watefield and Plymouth Diving's Tom Daley competing together for the first time in the men's 10m synchro event. The pair were performing forward 4½ somersaults with tuck – currently one of the most difficult dives from this height.

Participants spent the first two days in the classroom going over core theory, including the international rules, and culminating with a written examination paper. That was followed by a number of practical sessions on poolside, shadow judging the main competition and then being evaluated at the end.

"I was completely overwhelmed to have been invited in the first place," said Fran. "I enjoyed every minute of it. It hasn't sunk in yet that I have passed."

Pupils at the diving judges' certification course flanked by Fina technical diving committee members Anke Piper and Frans Van De Konijnenburg, right

Online Membership

In response to requests from clubs, the ASA and Swim Wales are launching a new, flexible, customised online system for membership applications and renewals.

The Online Membership System will replace the current electronic Club Membership System (CMS) paper based process and associated ancillary applications to achieve the following goals:

- Accelerate the annual renewals processing and day to day registrations
- Assist club officers in maintaining their membership information and calculating fees due
- Provide members with the ability to amend their own personal details

Provide a scalable and flexible application to accommodate the current and future data storage strategies of the ASA and WASA

For further information log onto:

http://www.swimming.org/asa/news/clubs/new-online-membership-system-for-clubs/9182/

Regional News

Practice What They Preach

The South East team have been working hard with Local Authorities and Pool Operators over the last 6 months to support them in driving up swimming participation within their centres as part of the ASA objective to get 270,000 more people swimming three times a week. The team decided that it was time they became one of the 5 million adults that take the plunge. In December the team set off on three virtual challenges; swimming the English Channel, swimming around the Isle of Wight and finally swimming the length of the River Thames. The team have succeeded in collectively completing both the English Channel and the trip round the Isle of Wight and are approaching the half way point on the Thames.

For Sarah Porter and Natalie Cunningham the challenge required an additional motivation. Raising money for Marie Curie, a cause close to both their hearts, ticked all the boxes. The duo joined thousands of other swimmers in the South East and completed the Swimathon 2.5K challenge. The duo completed their distance in 47minutes and managed to raise £300, gaining contributions from supportive friends, family and even old colleagues.

With extra motivation gained from the fundraising efforts of their colleagues, the team now strive forward in their quest to complete the length of the Thames, hopefully they will see the Olympic Park before the games begin, only 200km to go!! Look out for the teams progress in the next edition of the SER Newsletter.

Open Water News

The dates for the Championship Series are as follows:

Sat. 16/07 - Brighton Pier - Pier, 1 Km. Brighton. www.brightonsc.co.uk

Sat. 23/07 - Sussex/SER Championships, 5Km. Eastbourne. www.sussexswimming.org

Sun. 24/07 - Eastbourne Maritime, 2Km. Eastbourne. www.eastbourneswimmingclub.org

Sat 10/09 - South East Region Championships, Southsea see downloads

Sun 11/09 - Southsea pier - pier, 2 km. Southsea. www.pnsc.org.uk

We are also holding, in conjunction with Portsmouth Northsea SC, an 800m event Championship for 11 year olds (born 2000) This will be on 11th September at Southsea and entry details will be published later.

The rules for the Series are available to download from the Open Water page of the Region website and the entry pack for the Regional Championships is also now available. It is worth reminding intending competitors that early entry is advisable as many events are oversubscribed and the Region has no control over entries for any event other that its own.
Other Regions also hold Championships and to date these are:

Sat. 02/07 - SWR Championships 10 km Weymouth
Sun. 03/07 - SWR Championships 5, 3, & 1.5 km Weymouth
Sun 10/07 - E&W Midlands Bosworth Lake
Sun 17/07 - East Norwich
Entry details can be found on the website of the organizing Region.

Next year will see some changes. The Championships will move to July and new Championship distances of 1.5K, 1.75K, 2K and 3K will be introduced.

This is to meet the requirements of allowing the Regional Champion in the appropriate age/distance to qualify for the National Age Group Championships without having to achieve the pool qualifying time as every entrant has to do at the moment:

Girls 12/13 years & Boys 12-14 years - 1500m
Girls 14/15 years & Boys 15/16 years - 1750m
Girls 16/17 years & Boys 17/18 years - 2000m
3000m awaiting clarification

The dates and entry qualifying times for the 2011 National Age Group Open Water Championships are available as a download.

If you are interested in becoming an Open Water Official please contact me (address below) as the Region will be running a training seminar for new officials and a FINA update for existing Open Water officials in the near future.

In order to inform please do contact me with any news regarding competitions or training venues/groups that would be of interest to Open Water swimmers within the Region and I will endeavor to put all items of interest on the website. Email me at keith.barber@southeastswimming.org

Big Splash

British Swimming is working with the BBC to get the UK into the pool in a celebration of swimming called the Big Splash. And this is your invitation to join us. Come on in, the water's lovely.

The Big Splash seeks to encourage new people into the pool and help those who already swim to have more fun more often.

It is the world's biggest celebration of swimming stretching 10 months. Some of your favourite BBC faces will be taking part, so keep an eye out on TV, radio and online.

Get involved today and start making a Big Splash.

Log onto www.swimming.org/bigsplash for more details.

This newsletter is available to down load from our website: www.southeastswimming.org

*We welcome your feedback. To comment or subscribe, or to send us an article or calendar event for future editions, please email us at: **office@southeastswimming.org***