

# ASA South East Region

Summer/Autumn  
Edition



The Official Newsletter of the ASA South East Region

31 July 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!!

## Workforce Development Officer



Nigel Sherwood joined the SE Region Team in June after a successful career in the Armed Forces. A systems engineer by trade, Nigel has a background in project and requirements management within the Ministry of Defence and with the technical training organisation. Nigel is passionate about swimming, starting his swim teaching career at Andover SC as an Assistant Teacher in 1999, progressing to head of coaching in 2010. Nigel has been an official in Hampshire since qualifying as a Judge in 2004. Nigel says "Andover SC is a small club staffed totally by volunteers, we achieved Swim21 accreditation in 2008, as head coach I'm well aware of the challenges faced by clubs trying to recruit, train and retain an aquatic workforce and I am keen to help clubs in any way I can". Contact: [nigel.sherwood@swimming.org](mailto:nigel.sherwood@swimming.org)



## The Kellogg's Swimtastic Awards November 2011

Nominations are now open to award outstanding non-elite achievements and unsung swimming stars across the country. The Kellogg's ASA Swimtastic Awards are even bigger and better in 2011. The glittering 'Oscar-style' awards ceremony will be held at a bigger venue - Ponds Forge, Sheffield on 5<sup>th</sup> November 2011 and additional awards have been included. Plus, National winners will be able to join Britain's top aquatic athletes in the pool before the celebration dinner and disco. The Awards are divided into 11 clear categories, acknowledging people of all ages and abilities, providers of learn to swim lessons and particularly recognise those who have excelled with the Kellogg's ASA Awards Scheme. The categories for the 2011 Kellogg's ASA Swimtastic Awards include:

- Young Swimmer of the Year
- Disability Swimmer of the Year
- Parent of the Year
- Swim4Life Family Swim Award
- British Swimming Supporters Club Senior Swimmer Award
- Fundraising Award
- Facility Operator Award
- Community Project Award
- Swim School Award
- Top Teacher Award

Following feedback from last year, there is a separate form for Facility Operators to complete outlining specific criteria to be judged against.

<http://www.swimming.org/get-involved/swimtastic/nvolved>.

You can download copies of the flyer and nomination forms using the link above. Applications are open until 11 September

## CONTACT

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## Olympic tickets!

### ASA SOUTH EAST REGION OLYMPIC 2012 TICKET ALLOCATION

We have received notification of our actual allocation, in discipline, category, session, date, time, ticket price and number of tickets.

The closing date for applications is 1<sup>st</sup> September 2011, after this date the Region will hold a draw for each discipline, category, session, date, time, and cost. We are unable to guarantee you will receive the tickets you applied for however, there is a section on the application form to state that you are willing to take a different price or session if you are unsuccessful with your first choice. The closing date for applications is 1st September.

Go to: [www.southeastswimming.org](http://www.southeastswimming.org) for more information and an application form.

## Swimming Officials Update

### News

Did you know that British Swimming provides a free electronic message service for Swimming Officials? All you need to do to receive news items and technical information relating to the rules is to sign up using the link below.

<http://www.swimmingresults.org/customerservices/officialsnews/index.php>

### British Swimming Website

All information relating to Swimming Officials is available on the British Swimming website under the Officials section. This includes general training information, application forms and workbooks; Event competition information and protocols; Licensing information, application forms and dates of CPD courses throughout the Country.

<http://www.swimming.org/britishswimming/swimming/officials/>

### Officials Licences

Did you know that the Region has agreed to fund the Licensing of Swimming Officials? This covers both those newly qualified and those that wish to renew their licence. All active Officials who are qualified as Judge Level 1 and above who officiate at County or Regional Championships and Licensed Open Meets at levels 1 and 2 must be licensed from September 2011.

## Water Polo

### **South East Water Polo - Inter-Regional Under 16 Girls**

The South East competed in the Inter-regional Under 16 Girls Tournament in Walsall over the weekend of the 18th/19th June. This is a developing squad and was the first time in a number of years that such a team has been put forward. Players from Basingstoke, Hythe, Mid Sussex Marlins, Portsmouth, Worthing and Crawley were selected during the trials.

The team struggled in the first 3 games against the North East, North West and West Midlands but continued to improve throughout the first day. They narrowly lost 4 - 6 in their 4th game to Ireland, but followed this with a victory against Wales in their final match, winning 14 - 5.

## Teachers and Coaches Conference 2011

The Regional Teachers and Coaches Conference will be held on 22<sup>nd</sup> October 2011, at Leatherhead Leisure Centre beginning with coffee and registration from 9.30am

Guest Presenter is Bill Furniss who will deliver a key note address and lead poolside stroke clinics for Breaststroke and Butterfly with breakout sessions for each stroke. These sessions are aimed at both teachers and coaches to enable them to develop progressive practices.

Once times have been confirmed more details and booking information will be posted on the Regional website and in the next edition of this Newsletter

### **South East Water Polo - Inter-Regional Under 16 Boys**

The South East competed in the Inter-regional Under 16 Boys Tournament in Basildon over the weekend of the 25th/26th June. The format of the competition was 2 round robin leagues of 6 teams in each, and then play-offs to decide the final standings.

The South East won 2 of its 5 league matches against Scotland and Wales and only lost narrowly (5-6) to the North West Ravens. In the 2 play-off games the South East lost to Ireland setting up a revenge match against the North West Ravens, this time winning 4-2.

Well done to all the players and a big thanks to the coaches, team managers and parents who made both weekends possible

### **Portsmouth City Water Polo**

Things are on the up in Portsmouth where Portsmouth City Water Polo Club are on the lookout for new members! The club is trying to encourage juniors to try out the sport at our FREE junior trial sessions, running for 6 weeks throughout July and August. The current juniors are doing extremely well, with a number joining the Hampshire and South East Region U16's teams. The women are also on the lookout for new players, as they currently pair up with other teams to gain match

experience including attending Hampshire Ladies sessions. The men have established a solid team over the past two years, playing in Hampshire league Division 2, resulting in 3<sup>rd</sup> place this season.

Portsmouth City Water Polo club was set up in 2009 to provide a team which was previously lacking in the area. The club became a member of the ASA in September 2010 and currently has 30 regular members of all ages, gender and ability, 19 of which are registered to play competitively. The club has a friendly, encouraging and sociable atmosphere and everyone enjoys the buzz that comes with playing.

For more information on joining the club, attending a free trial session or the junior Water Polo sessions, visit our website

[www.portsmouthwaterpolo.org.uk](http://www.portsmouthwaterpolo.org.uk)

## ASA South East

### **Travel and Subsistence Expenses Policy**

The ASA South East Board has approved its policy which now applies to all South East Travel and Subsistence Expenses incurred by volunteers attending meetings and events. It clarifies who can claim, which items can be claimed for and what amounts. It refers to the current maximum mileage rate which is reviewed periodically by the Board and is currently 45p. The policy is available from the web-site at: [www.southeastswimming.org/](http://www.southeastswimming.org/)

Channel Swim Pool Challenge

# SWIM22

Diabetes UK



## Upcoming courses

## Free Swimming at Montem L C

On June 22<sup>nd</sup>, Diabetes UK officially launched it's new pool-based swimming event, **Swim22**. This Channel Swim Pool Challenge will see participants swim 22 miles, the distance across the English Channel, in their local pool at their own pace between 22<sup>nd</sup> August and 22<sup>nd</sup> November 2011. This challenge is open to absolutely anybody whether they plan to complete the 22 miles in one day or over the full three months!

Swim22 has the backing of Olympic swimmer Kate Haywood and European and World Championship medallist and Olympian, Greg Whyte. Greg is also a Professor and a brilliant teacher and was responsible for training David Walliams for his solo channel swim and the nine celebrities who climbed Kilimanjaro.

Diabetes UK is the largest organisation in the UK working for people with diabetes, funding research, campaigning and helping people live with the condition. We have over 150,000 members and aim to spend approximately £6 million on research in 2011. Diabetes UK actively promotes the importance of a healthy and active lifestyle and we hope that **Swim22** will allow people to increase their fitness in a fun way at the same time as raising vital funds for Diabetes UK.

## Online Membership Update

There will be another chance to attend the 'Online Membership System Workshop' on 26th October at Surrey Sportspark – Find out what the future holds.

This workshop is aimed at those individuals who are involved in processing members information e.g. membership secretary, registration officer, but everyone is welcome. Attendees will be provided with information about the Online Membership System, ready for the go live date in January 2012.

More information and a booking form can be downloaded from the regional website: [www.southeastswimming.org](http://www.southeastswimming.org)

For all your aquatic education and training needs - log onto

[www.theiosonline.com](http://www.theiosonline.com)

### Level 1 Teaching

Start: 1 Aug– End: 5 Aug. Intensive  
Hartsdown Leisure Centre **Kent**

Start: 6 Aug - End: 12 Aug. Intensive  
Aquavale, **Buckinghamshire.**

Start: 11 sept – end: 25 sept. weekends  
Wantage Leisure Centre, **Oxfordshire**

Start: 19 Sep - End: 19 Oct. Varied  
Faversham Pools **Kent**

Tart: 24 Sep - End: 22 Oct. Varied  
Woking Pool in the Park **Surrey**

Start: 7 Oct - End 9 Oct - Unit 2 Ports-  
mouth, **Hampshire**

Start :22 Oct - End 28 Oct. Intensive  
Kings College, Camberley **Surrey**

### Level 1 Coaching

Start: 23 Aug - End: 26 Aug. Intensive  
Edenbridge Leisure Centre **Kent**

### Level 2 Teaching

Start: 10 Sep - End: 27 Nov. Varied  
Edenbridge Leisure Centre **Kent**

Start: 15 Oct - End: 28 Oct Intensive  
Alton LC, **Hampshire**

Start: 29 Oct - End: 5 Nov. Intensive  
Kings College, Camberley **Surrey**

### Level 2 Coaching

Start: 10 Sep - End: 6 Oct. Varied  
Faversham Pools **Kent**

### Adult and Child

Sunday 31 July 4 - 8 pm Portsmouth,  
**Hampshire**

Friday 2 Sept 4 - 8 pm Applemore Centre,  
**Hampshire**

### Improving Butterfly Seminar

Saturday 3 September 1 - 4 pm  
Edenbridge Leisure Centre **Kent**

\*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](http://www.theiosonline.com)

Montem Leisure Centre opened up its swimming pools for free on Monday 27th June to host the first Aquasplash Festival for the Slough & Wexham School Sport Partnership. Forty children, from 4 local primary schools were in attendance at the festival and enjoyed a mix of different activities. Aquasplash, designed for both swimmers and non-swimmers, is designed to help children bring together skills they learn in swimming lessons and for non-swimmers, to help them with gaining a little more confidence in the water. The children were able to try swimming relays, woggle races and diving skills based in both the main and teaching pools, finished off with all children taking part in a series of mini water polo matches. The event was organised in conjunction with Paul Hurley, Head Coach at Slough & Eton Dolphins Swimming Club and Emma Kinghorn, Manager at Montem Leisure Centre as part of 'The Big Splash' - a national campaign currently running to try and encourage more people to get swimming. It is hoped that the festival will be the first of many swimming events for the schools in Slough

# swim21

Firstly, thank you to all the clubs in the South East Region who are actively working towards or maintaining Swim 21 accreditation.

The Region would like to make clubs aware of changes to the swim 21 accreditation and revalidation procedure which takes effect from the National Panel in September 2011.

**Reaccreditation** – Clubs will no longer be able to defer their reaccreditation by 3 months, (unless there are extenuating circumstances, which will have to be agreed by the National Panel members). If clubs do not reaccredit on the due date, their accreditation will be removed until such time as they have achieved the required standards and resubmit.

**Revalidation** - clubs which do not revalidate on the due date will forfeit their IOS Online Credit for that year.

# Events - Summer/Autumn 2011

04 Sept	HCASA Development Day	Holiday Inn, Winchester
04 Sept	KCASA Coaches/club administrators seminar	Oakwood House
17 Sept	South East Region ACM	Surrey Sports Park, Guildford
24 Sept	ASA SER Masters & seniors short course competition	Aldershot Garrison Sports
22 Oct	Regional Coaches Conference	Leatherhead Sports Centre



## Big Splash Update

As you will be aware the ASA kicked off the Big Splash campaign in May, with a successful launch at the House of Commons. Running in conjunction with the BBC, the campaign is designed to inspire the UK to swim in the build-up to the 2012 Olympics and will conclude with the Big Splash Challenge Swim. The date originally proposed for this was the 24<sup>th</sup> March 2012.

However, following detailed discussions with the BBC, the Swimathon Foundation, and our charity partner, British Swimming has reached an in principle agreement (subject to contract) for the Big Splash Challenge Swim to be part of the Swimathon 25th anniversary weekend.

**This means the Big Splash Challenge Swim will now be held during the Swimathon Weekend, which will run from the 27<sup>th</sup>-29<sup>th</sup> April 2012.**

Working with the Swimathon Foundation to deliver the Big Splash Challenge Swim brings significant benefits. We will still be creating a separate and distinctive event raising money for our charity partner, which will be promoted by the BBC, whilst also leveraging the expertise and infrastructure already in place for the Swimathon event throughout the country.

This significantly reduces the costs, risks and complexity for the sport. This arrangement also meets the needs of the BBC who are critical to the success of this event. Before agreeing the new April date, we have been careful to avoid existing national events as well as public holidays such as Easter.

Log onto [www.swimming.org/bigsplash](http://www.swimming.org/bigsplash) for more details.

Secondly, please can clubs ensure they have set up an IoS online account to receive their IoS credit following successful revalidation, reaccreditation or accreditation. Clubs who were successful at the swim 21 National Panels between December 2010 and June 2011 have until the National Swim 21 Panel on September 21<sup>st</sup> to open an online account to receive their credit, after this date, clubs will forfeit their credit.

Clubs awarded swim 21 revalidation or accreditation from the September National Panel onwards will have 3 months to seek IoS online credit.

Finally, clubs can now submit for swim 21 revalidation and accreditation online. For your clubs login details and for any swim 21 queries, please do not hesitate to contact Helen Mack on [helen.mack@freedom-leisure.co.uk](mailto:helen.mack@freedom-leisure.co.uk) or 07780 332279. Submission deadlines for 2011.

<b>Submission Deadline</b>	Friday 29 July
<b>Regional Panel</b>	Thursday 18 August
<b>National Panel</b>	Wednesday 21 September
<b>Submission Deadline</b>	Friday 28 October
<b>Regional Panel</b>	Thursday 17 November
<b>National Panel</b>	Wednesday 14 December

## Funding



Principal Partner

### British Gas Club Grants

British gas handed out £40,000 in first half of 2011! Swimmers, Water Polo players, divers and synchro stars at 16 clubs have benefitted to the tune of £14,000 in the latest round of club grants awarded to clubs as part of the British Gas Club Grant Scheme. This is on top of £26,000 awarded in March and over £55,000 in 2010.

This scheme, which is open to all swim21 accredited clubs and those working towards accreditation, is a fantastic opportunity designed to help to support club development up and down the country by offering £1,000 in the form of a grant. This can be used for a range of causes from increasing membership to providing better opportunities for existing members. Plus, there's an opportunity to double the funding through Sport England's [Sports-match scheme](#).

To improve your chances of being successful, please ensure that grant applications match your club development plan.

The next deadline for entry is 15 August 2011. More information can be found at

<http://www.swimming.org/asa/clubs-and-members/british-gas-club-grant-scheme>



## Club News

### East Invicta eXcel

CITY OF MILTON KEYNES SWIM CLUB

**CMK**



#### Call up for CMK Swimmers to UK School Games!

Ben Flaherty, Rebecca Marshall, Matthew Masters and Jocelyn Ulyett have all been selected to represent England East in the forthcoming UK School Games; this year the competition will take place in Sheffield from 1st to 4th September 2011.

The Sainsbury's UK School Games is a multi-sport event for the UK's elite young athletes of school age. Eight teams will compete against each other representing England North, England Central, England East, England South, Scotland North & West, Scotland South & East, Ireland and Wales.

For our swimmers to be selected for this prestigious event is outstanding and we wish the CMK swimmers and the England East team every success.

You can follow their progress on [www.ukschoolgames.com](http://www.ukschoolgames.com)

CMKSC have 10 swimmers and 7 Relay teams at the ASA National Championships 2011

Congratulations to all CMKSC Swimmers: Graham Joyce, Felix Carrit, Ben Flaherty, Aaron Lee, Matthew Masters, Courtney Dos Santos, Sorcha Smith, Emma Joyce, Jocelyn Ulyett, Rebecca Marshall, Lauren Ottaway Hannah Wilson, Charlotte Evans, Merryn O'Dell, Bethany Barby, Isobel Jones

## Hot off the Press

Massive congratulations to Charlotte Evans (13) from CMKSC for winning a bronze medal at the ASA Nationals for 200 backstroke; she entered with her PB time of 2.29.52, then did 2.23.08 in heats and an amazing 2.21.17 in the final!!! Well Done Charlotte!

*This newsletter is available to download from our website:*

[www.southeastswimming.org](http://www.southeastswimming.org)

#### Six months from an idea to the creation of a super club within the East Invicta.

Seven clubs signed up to be part of eXcel, an opportunity for swimmers with Regional and National times to swim and train together, sharing coaches, pool time, expertise and together trying to bring the best out of the swimmers. East Invicta ASA committee recognised the importance of improving swimming within the Region and realised this could only be done working together as a group of clubs.

'Previously, we competed as individual clubs at these championships and as such we diluted our efforts. By working together we can share best practice, get extra training times, particularly at 50m pools like Crystal Palace and develop a stronger team than we could as our individual clubs'.

"Sometimes in swimming only one or two swimmers from a club make a qualifying time and therefore when attending Regional or National events find themselves poolside one swimmer, one coach. The formation of eXcel has meant attending Regionals and Nationals with more swimmers, more coach support and a real sense of team spirit which is both infectious and encouraging."

In addition, the team can really exploit any new opportunities that we have. For instance this year eXcel were privileged to send a team of 10 young swimmers to an international children's festival in Ankara. This was a great opportunity to develop our swimmers and coaches – something we would not have done as individual clubs.

eXcel had 40 swimmers competing at Regionals in Youths and Age groups at Crawley this year. We have had some fantastic results from our swimmers and now we have nine swimmers representing eXcel at Nationals.

"It has been hard work but worth the effort, we realise this is just the beginning, as we now have to put in place our training schedule for the forthcoming year. eXcel encourage coaches from each of the seven clubs to attend monthly meetings to discuss future training, athlete development, coaching requirements and any issues that may need resolving. Swimmers are also benefitting as they now know more swimmers from other clubs and enjoy healthy camaraderie and competitiveness together.

For more information: email Scott Walker on: [scott@doverlifeguard.co.uk](mailto:scott@doverlifeguard.co.uk)

## County News



#### NOMINATIONS FOR SURREY'S SPORTING HEROES NOW OPEN!

Every year the success, talent and commitment of the sporting community in Surrey is recognised by both local and county level award ceremonies. Surrey's local borough and district award ceremonies take place in September and October and celebrate the achievements and dedication of our sports men and women, clubs, coaches and volunteers. The winners from these local awards go head to head to battle it out at the prestigious county awards ceremony; the Surrey Sports Awards in November. We have many award categories to choose from for athletes, clubs, coaches, officials, teams and volunteers. Nominating is really easy, to complete the nomination form visit: [www.surreysportsawards.com](http://www.surreysportsawards.com)



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Swimming Offers

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## MAXWELL SC LAUNCHES TRAINING SUPPORT PROGRAMME

Maxwell Swim Club has recently established a “**Training Support Programme**” to provide support services to its members.

The club has enlisted the help of three professional’s in the area of Physiotherapy and Medicine - **Sue Eddy**; who is a practising Advanced Physiotherapist, **Dr Craig White**, a Sports Physician, who has had vast amounts of experience at the highest level as a Doctor in competitive sports internationally and as a general practitioner locally; and **Faye Chappell**, a physiotherapist who specialises in Paediatric Physiotherapy.

At the heart of this support programme is the age old concept that “prevention is better than cure”. A Maxwell land conditioning programme (for all squads) has been developed to ensure proper warming up before all training sessions and flexibility/stretching exercises following training. This land work, which is progressive a swimmer moves through the squads, allows a swimmer to build up gradually a ‘tool base’ of knowledge: understanding what each exercise is for and the importance of getting the basics/technique right. There are regular monitoring clinics in both Aylesbury and Buckingham. This gives our professional’s the opportunity to assess specific swimmers who may need screening, basic injury prevention treatment/suggestions and general health check ups or advice on nutrition/health awareness. Alongside this, the squad coaches and particularly the Head Coach also play a vital role in the monitoring and the prevention of injuries.

In summary, the Training Support Programme is designed to prevent problems arising through offering:

**Injury prevention** work during the majority of land training sessions (in conjunction with the squad coach)

**Land Training technique improvement** to facilitate stroke technique improvement (in conjunction with the squad coach)

**Physiotherapy Screening** (on the Head Coaches recommendation) which will provide swimmers with specific exercises to carry out in order to prevent injuries which are highlighted as a potential risk to the individual swimmer.

**A Club Doctor** - will offer advice to specific swimmers (always in consultation with their own GP and only after recommendation by the clubs Head Coach).

Although this programme is very much in its embryonic stages, as Maxwell SC develops further and our support staff become settled into their roles the programme will naturally evolve and become a fundamental part of the clubs overall structure. Head Coach Kevin Brooks commented: “I’m very excited by what these developments will bring to our club and by the benefits that the swimmers will reap in terms of their own development, knowledge and injury prevention techniques. This support programme aims to provide expert “prevention” but also expert “rehabilitation” when required.”

**Maxwell Swim Club is based in Aylesbury and Buckingham. We are Aylesbury Vale's Performance Swim Team and further information can be found on our website: <http://www.maxwellswimclub.org/>**

## British Gas Age Group National Championships 21 - 25 July 2011

Several swimmers from the South East achieved great success at the National Championships held recently in Sheffield, the Region would like to congratulate them and wish them every success in future competitions.

**Emma Cain**— Guildford City SC  
1st in 11 year old girls 200m IM  
1st in 11 year old girls 400m IM  
1st in 11 year old girls 100m Breaststroke  
1st in 11 year old girls 200m Breaststroke

**Sophie Waller**— East Invicta eXcel SC  
1st in 12 year old girls 200m Butterfly  
2nd in 12 year old girls 400m IM  
3rd in 12 year old girls 200 IM

**Hannah Burvill**—Woking SC  
1st in 13 year old girls 100m Freestyle  
3rd in 13 year old girls 200m Freestyle

**Amelia Reed**— Guildford City SC  
1st in 13 year old girls 100m Breaststroke

**Edward Lee**— Woking SC  
2nd in 11 year old boys 100m Butterfly  
3rd in 11 year old boys 200m Butterfly

**Thomas Dean**— Maidenhead Marlins  
3rd in 11 year old boys 200m IM

**Jamie O’Connor**— Thanet SC  
2nd in 12 year old boys 400m Freestyle  
3rd in 12 year old Boys 200m Freestyle

**Oliver Jermy**— Havent & waterlooville SC  
3rd in 14 year old boys 400m Freestyle



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