

ASA South East Region Swimming Development Plan 2015/17 Issue 2

Overview

This document captures the plans for the development of Speed Swimming in the South East Region as at 2015/17 and moving on into the future. It is part of the overall Development Plans for the Region and covers the development of athletes, coaches, officials specific to the discipline. It includes the development of Open Water swimming.

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1. Athletes/Talent

ASA Talent Camps

ASA select a number of athletes and run two one-day camps for those swimmers. The Region had partly funded these camps and will be asked to do so from September 2014.

Beacon Program

The Regional Beacon is a weekly program hosted by Portsmouth Northsea and provides training for swimmers selected by ASA talent and Beacon Head coach from National Youth Rankings who have potential to make the European Junior Championships. It is part funded by the ASA and part by the host club.

Off-shore Camp

The Region runs and funds an Off-Shore camp to provide our swimmers with experience of traveling and competing abroad. In January 2014 this was for the Catalonia Championships in Barcelona. Selection is from SER Winter Championships and based on FINA points. It provides the opportunity for coaches to travel and coach at a meet abroad and for Team Managers to organize and manage an overseas camp. We expect to repeat this camp in the future.

Network Talent Training Schemes

We propose to run Talent Training Schemes based on the Swimming Club Networks within the Region. (Similar to the SER Diving Talent Scheme). These talent training schemes will provide training for selected swimmers who are qualified for National Championships (and just below), but who have not been selected for Beacon Programs or who have problems travelling to Beacon Programs.

These will be set up with the Networks at East Invicta, Milton Keynes and Portsmouth, with further schemes at Crawley and Oxford when they establish their networks. We will look to support schemes at further networks if/when they become established.

Each scheme will:

- Run training sessions on two days per month.
- Provide two hours pool training, one hour dry land training plus swimmer education (nutrition, sports science, physio, etc.)
- Be led by a Senior coach and provide mentoring for Junior coaches

The estimated cost of each of these schemes is £7500 per year. The Region will pay £5000, the other £2500 will come from the Network, the clubs or the swimmers.

2. Open Water

For the Open Water discipline we will continue to:

- Run Regional Championships
- Support Open Water series of events within the South East Region
- Training of Open Water officials

We will look to providing a one-day camp for Open Water swimmers and their coaches to cover specific aspects of the discipline, training and preparation.

Over the last few years, There has been a great increase in the number of 'Free Swimming', 'Wet suit swimmers', and 'Challenge Events' in the Region including an ASA-funded initiative to form new open-water clubs in the Henley area. We will look at the ASA strategy for this area with a view to encouraging this discipline, getting more of these swimmers into ASA clubs (for winter training), increasing participation in ASA Regional events and Masters Swimming.

3. Coaches

Coaches' Forum

The coaches' forum provides the opportunity for senior coaches from across the region to discuss issues, make recommendations and liaise with coaches within their County. (pass forward minutes and information) It is chaired by the Beacon Program coach meets six times a year. The costs are funded by the Region.

Coaches' Development Workshops

These are one day workshops held at four locations twice a year and provide

class-room and pool-side training on specific topics designed to complement the content of IOS training courses. They are aimed at Development coaches.

Coach Development Programme

The West Midlands run a Coach Development Program for twelve selected coaches per year consisting of six workshops run by ASA talent and Sports Coach UK. We can look into using this in the South East. The cost will be about £5000.

Mentoring

We will support mentoring by senior coaches of those junior coaches undergoing development training, either in a Regional program or a National program.

Bursaries

The Region provides bursaries for coaches from Swim21 clubs attending IOS coaches' courses. These are covered in the General Development Plan. It is intended that from next year 2015/16 Coaches to get level 2 and level 3 bursaries will have to show that they have attended the Coaches Development Workshops.

4. Officials

Course Leaders Forum

We will support an annual forum of Course Leaders from across the Region so they can be made aware of any changes and so they can share experiences and raise issues they may have with officials training.

Officials Organisers Group

We will support a meeting of officials, organisers within Counties/Sub-Regions to share experiences – if they feel this would be useful

Referees Forum

We will support an annual forum of referees to promote common standards and practice at events across the Region.

Licensing of Officials

We will continue to support the provision of CPD courses for officials and pay their Registration fees.

Off-shore camps and Development Workshops (ideally 12)..

5. Open Meets

Licensed Meets Panel

We will continue to improve the quality of Open Meets through the Licensed Meets Panel's processes for approval and review of meets.

Funding for Distance Meets

We will continue to fund the pool time for clubs that run distance-only open meets.

6. Championships

The Swimming Group will deal with the practical aspects of running the Championships. The Development Group will feed in any issues or comments with regard to how the competition fits in with development.

7. Key Process Indicators and Proposed Funding

Activities	2015/16		2016/17	
	KPI	Funding	KPI	Funding
Support ASA Talent Camps	Camps held within Region	£4,000	Camps held within Region	£4,000
Support Beacon Programmes if needed	Beacon programmes continue	£2,000	Beacon programmes continue	£4,000
Offshore camp	Run off-shore camp	£11,000	Run off-shore camp	£12,000
Network Talent Training Schemes	Two schemes	£10,000	Two more schemes	£20,000
Run Coaches forum	Forum active	£600	Forum active	£600
Coaches' Development Workshops	Run 8 Workshops	£8,000	Run 8 Workshops	£8,000
Coach Development Course	Run course	£5,000	Run course	£5,000
Mentoring	6 coaches mentored	£500	6 further coaches	£500
Establish Course Leaders Forum	Meeting held	£300	Meeting held	£300
Establish Officials Organisers' Group	Meeting held	£300	Meeting held	£300
Establish Referees Forum	Meeting held	£300	Meeting held	£300
Licensed Meets Panel	Panel active	£300	Panel active	£300
Funding for Distance Meets	3 sessions per year	£1,500	4 sessions per year	£2,000
Swimming Development Total		£43,800		£57,300

Open Water Development

Activities	2015/16		2016/17	
	KPI	Funding	KPI	Funding
Open Water Officials Training	Two courses held	£500	Two courses held	£500
Open Water training camp	One-day camp held	£1000	One-day camp held	£1000
Free/Challenge Swimming	Engage with groups of Free Swimmers		Hold information evenings	£500
Open Water Development Total		£1500		£2000

7. Key Process Indicators and Proposed Funding

Activities	2015/16		2016/17	
	KPI	Funding	KPI	Funding
Support SER Diving Talent Camps	Camps held within Region	£10,000	Camps held within Region	£11,000
Network Camps	8 at Soton, 2 at other venues	£3000	8 at Soton, 4 at other venues	£4000
Offshore camp	Run off-shore camp	£10,000	Run off-shore camp	£11,000
Run Coaches forum	Meets 5 times a year	£400	Meets 6 times a year	£500
Coaches' Development Training	Run level 1 and level 2 courses	n/a	Run level 1 and level 2 courses	n/a
Coaches Mentoring	6 coaches mentored	£500	6 further coaches	£500
Officials Training	Train 1 per Network Club	n/a	Train 1 per Network Club	n/a
Team Manager Training	Train 1 per Network Club	n/a	Train 1 per Network Club	n/a
Swim21 Network for Diving	Execute business plan	(£1000)	Execute business plan	(£1000)
Total		£23,900		£27,000

Note: Bursaries, the Swim21 Network and Officials Licensing are funded through General Development