



The SSK Swimming Network launches their Intentions

Swimmers from across Surrey, Sussex & Kent descended on Cranleigh School in Surrey to attend the SSK Networks first swimming Development day. Swimmers were selected for the sole purpose to help develop the grass roots of the sport of swimming within the South East Region.

The day began by the swimmers being organised into three age groups of 10, 11 years & 12 years of age all being selected at a pre county level.

The program for the swimmers consisted of being rotated through gym, swimming and lectures that were delivered by experienced coaches with the objective of improving preparation, motivation, target setting and basic skills in the pool such as Warm Up procedures, streamlining, sculling, drills, starts and turns.

The day proved very successful with all the swimmers going home with a smile on their faces and the coaches with a sense of accomplishment and satisfaction that they had made a difference to the swimmers who attended

Ron Philpot Coach to Crawley SC, Chairman of SSK and organiser said *"The day went better than anybody expected and the swimmers had the opportunity to go back to their clubs and use the tools and knowledge to better their development"*

"Really successful day well" **Andy Lobley Atlantis SC Head Coach**

"Great day with SSK and it really felt like a "network" should with everyone working together for the benefit of so many swimmers. It did not seem noticeable that very few of us had worked together before and the atmosphere was definitely positively charged". **Karen Woolliscroft Coach Shiverers SC**

"The swimmers were brilliant and great coaches to work with and looking forward to the next one" **Kim Longland" RTW (Royal Tunbridge Wells Head Coach)**

*"A great day and I hope the swimmers enjoyed it as much as I did.
A great team of coaches to work with too"* **Sue Yeoman Head Coach Dorking SC**

*"Really great day had by all from Littlehampton.
Thank you everyone, it really did feel like a team"* **Sarah Whitcombe Head Coach Littlehampton**

"I know the swimmers from EGSC all took away things to think about and enjoyed the day. It felt great to work in a combined team where swimmers could benefit from the experience of a wide network of coaches to support our young up and coming swimmers." **Rob Harvey Coach East Grinstead SC.**

It was great for the development of swimmers as well as the opportunity for coaches to develop and share ideas. **David Vine Head Coach Leatherhead SC**

What is The SSK Swimming Network?

The SSK network consists of Crawley Swimming Club - Dorking Swimming Club - Atlantis Swimming Club - East Grinstead Swimming Club - Hailsham Swimming Club - Leatherhead Swimming Club - Littlehampton Swimming Club - Shiverers Swimming Club - Royal Tunbridge Wells Monson Swimming Club - Mid Sussex Marlins - Redhill & Reigate Swimming Club are already accredited at Swim21 club Essential level, which supports clubs to grow membership, develop volunteers and ensure the sustainability of activity in line with the objective of the club.

The Swim21 club Network is the second of the three modules to be launched by the ASA for recognising quality in aquatic clubs. The aim is to quality assure clubs who work collaboratively to deliver the athlete pathway in their area, and ensure that athletes meet their potential and are retained in the sport. It will assist in identifying gaps in provision and opportunities available for clubs to increase and sustain membership. Each club in the network will be valued for their role. It is agreed between accredited clubs to work towards the following objectives:

- To retain and increase ASA club members
- To retain and increase volunteers, teachers, coaches and officials
- To raise the standards of performance across appropriate aquatic disciplines

The SSK network will benefit its member clubs in numerous ways and a five year business plan to achieve this is at an advanced stage focussing on the following key areas:

- Governance
- Swimmer Pathway
- Workforce Development
- Communications and Marketing

**Further information on The SSK Network please contact
Ron Philpot:
ronphilpot2005@hotmail.com**

