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Regional Swimming Championships 2015

Please be advised that we have now published the 2015 Qualifying times and the dates for the Regionals in the summer.

Please [click here](#) to see the full details.

Water Polo Strength and Conditioning Workshop

The Region is hosting a workshop on strength and conditioning for water polo, lead by the National S&C coach for the sport- Evan Jenkins. The session will be a practical workshop understanding the techniques used by the National squad and practices and tips to use within our Regions clubs.

Date & Time- Sunday 14th December, 2pm- 5pm

Venue- Felixstowe Leisure Centre

Cost- £15 per coach

To Book- email the attendee name to bookings@eastswimming.org and someone will be in touch to arrange payment and to confirm the booking. Please use the subject ‘water polo workshop’ in your email.
**Licensed Swimming Meets**

All swimming clubs are reminded that applications for a meet licence must be made at least two calendar months in advance of the competition, using the appropriate application form, which must be returned to licensing@eastswimming.org. Any applications received after this date cannot be authorised by the officer.

For further information on how to apply for a licence and to download the forms, please visit the ASA website [here](#).

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**England Talent Workshops**

An opportunity for the Region’s swimming coaches to hear from officers of the ASA England Talent Team. The workshop is designed to deliver ideas, guidance, best practices and technological advancements in the field which can help our athletes. The workshop will be delivered by Fred Furniss, one of the England Programmes Team. Please ensure that Club Swimming Coaches are aware of this exciting opportunity.

**Venue** - Freckenham Village Hall, Freckenham, Suffolk, IP28 8JB.

**Time** - 7pm- 9pm

**Cost** - free of charge

**Date** - Monday 19th January 2015- Fred Furniss- Planning, Periodisation and Monitoring

To book at place, please email bookings@eastswimming.org

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**Funding available to help increase your club’s membership of 5-19 year olds**

Up to £500 per project to target NEW members into your club aged 5-19 years old. This can be through a series of taster sessions, new provision or even adding a new discipline to your club programme. It can cover new equipment needed, promotion, and even pool hire and coaching initial costs.

For more information or for an application form, please email leanne.brace@swimming.org

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**Diving Recorders Workshop**

The ASA East Region Technical Diving Committee is hosting a Manual Recording, Electronic Recording and Computerised Set up Workshop to meeting the needs of the new and established club recording volunteers within the Region.

The workshop will be delivered by Mr Frank Clewlow who, as most of you know, is a British Diving Recording and electronic set up expert which resulted in his appointment as FINA Secretariat to the London Olympic Games 2012.

**Date** - 18th January 2015

**Cost** - £5 per unit or £10 for all 3 units

**Venue** - Southend Sports and Tennis Centre

To Book- email ian@hcdc.co.uk for a registration form or more information.
Changes to ASA membership from 1st January 2015

We are pleased to announce as from 1st January 2015 those clubs using the Online Membership System (OMS) will no longer be required to submit Category 2 forms to the ASA.

Since the launch of OMS, ASA Membership Services have been looking at ways in which we can make the processing of membership information by the clubs quicker and easier.

Currently we do not require category 1 and 3 forms for new members that are added onto the OMS and from the 1st January 2015 this will be extended to category 2 members. Therefore all new members to the club and those upgrading will only need to be added/upgraded via the OMS system, no forms will need to be sent into us.

The ASA still require category 2 members who are entering National or International events to consent to submit themselves to official Doping Control when requested, this consent will now be sort at the time a member enters the required level of competition, via the online entry system. All existing category 2 members registered prior to 1st January 2015 using the paper ASA membership form will not need to complete the consent when entering these events as we have already received this via the membership form.

Please be aware that after the 1st January the message 'Awaiting forms' for submitted batches on the OMS can be ignored. Unfortunately the Software will not be updated by 1st January.

If you have any further queries with regard to your club membership do not hesitate to contact us on 01509 640727 or email renewals@swimming.org.

From the ASA

Safeguarding and Protecting Children Workshop

This workshop is for all coaches, teachers, helpers and any others that regularly interact with children and/or young people in the club environment. The ASA recommends that anyone that requires a DBS check, should also attend this workshop every three years.

Venue – Culford Sports and Tennis Centre, Culford School, Bury St Edmunds, IP28 6TX
Time- 4pm- 7pm
Cost- £20
Date- Sunday 25th January 2015

To book a place, please email bookings@eastswimming.org.
Recruitment for the 2015/16 National Youth Forum now open!

We would like to make you aware that the recruitment for the 2015/16 National Youth Forum is now open.

This year we are looking to recruit seven new members including a Chair and Secretary. You will find all of the information and an application form here [http://www.swimming.org/asa/news/landing/youth-forum-recruiting-young-leaders/18825](http://www.swimming.org/asa/news/landing/youth-forum-recruiting-young-leaders/18825) on the ASA website.

Applications will close on Monday 8th December.

ASA provides platform for formal recognition of volunteer skills

The ASA has recently created their first formal volunteering qualification - The ASA Level 1 Certificate in Preparation for Event Volunteering (QCF).

The qualification is designed to give volunteers the opportunity to gain a formal qualification to recognise the many transferable skills that volunteering in aquatics develops. Topics include finding and applying for suitable volunteer vacancies, effective communication, public safety awareness and developing team and interpersonal skills.

There is no requirement for ASA volunteers to complete the qualification to become an aquatic volunteer in any sphere, however the event volunteering qualification is open to anyone over the age of 16 who is interested in formally recognising their skills to certify their knowledge and experience.

The qualification has been successfully piloted this year with members of our Event Volunteer Programme, and we are now looking to open it up to the wider volunteer workforce.

In order for potential dates for future courses to be scheduled, please send an email to volunteering@swimming.org if you would be interested in completing this qualification. Click here for full details around the course content and costs or if you have any questions about the qualification please don’t hesitate to contact the volunteering team.

Officials Qualifications & Training

England, Scotland and Wales have been working towards common standards in the education and training of all swimming officials.

All three Home Countries now use FINA Technical Rules, As such, trained officials are listed as British Swimming Officials. CLICK HERE For a description of the various training available and details of regional contact.

Advice Note to ASA Clubs – 2nd November 2014

VAT on the Hire of Swimming Pools

The ASA have received a request for advice on whether VAT should be charged on the hire of swimming pools and have received the following advice from HM Revenue and Customs dated 24th October 2014: Please click here for the full advice document.
IPC World Championship Volunteering Opens

The volunteer application process for the 2015 IPC Swimming World Championships, which is taking place between 13-19 July at Tollcross International Swimming Centre, Glasgow, is now open.

Recruitment is through an online application process at www.paralympic.org/glasgow-2015/volunteer. The final deadline for applications is 30th January 2015.

Deaf Friendly Swimming

The Deaf-Friendly Swimming Project is a three year programme which will break down the barriers deaf young people face to participate in swimming activities. The programme will be delivered by the National Deaf Children’s Society (NDCS). Swimming is a fully inclusive sport that people of any age or ability can take part in, however research conducted by NDCS has revealed that two out of five deaf children have had difficulties accessing swimming opportunities. Despite this, swimming is one of the sports deaf young people most want to take part in, with 69% of deaf young people saying they would like to swim more.

NDCS can support swimming centres, clubs, teachers and coaches to gain the knowledge, communication skills and confidence to overcome these barriers to ensure deaf young people have the same access to swimming as their hearing peers. Resources such as British Sign Language YouTube videos, the deaf-friendly swimming resource, swimming flip cards and the deaf-friendly swimming iLearn are all available at www.ndcs.org.uk/swimming

Please encourage, clubs, venues and swim schools to sign up to the Me2 Pledge. More information and the form are saved here. It is completely free and doesn’t commit you to anything other than taking a positive approach to including deaf young people. Signing up to the pledge allows NDCS to better support you and offer more training and resources.

Visually Impaired Friendly Swimming

The resource created by British Blind Sport (BBS) and British Swimming is designed to help mainstream leisure providers to be VI friendly through their provision of training, resources and support.

These include Swimming Schools, Learn To Swim programmes and swimming facilities.

The resource will enable Coaches, Teachers, Parents and Carers to:

- Have a better understanding of the needs of a person with a Visual impairment.
- Apply their knowledge to meet the needs of people with a Visual Impairment.
- Use basic communication skills to support the needs of people with a Visual Impairment.
- Understand where you can obtain further support to ensure your club is fully accessible and inclusive to people with a Visual impairment.

The resource can be downloaded on the BBS website via the link below:

Do your local Primary Schools offer swimming?
The ASA has recently published their third School Swimming Census with the main statistic showing that 45% of 7-11 year olds in England are unable to swim the minimum statutory requirement of 25 metres unaided. This is a 6% improvement on last year’s results, however there is still much to be done to improve.

The 2014 Census results also revealed that despite school swimming being part of the national curriculum, nearly 1,300 primary schools do not teach it in Key Stage 2. The amount of time spent in the water by pupils was published as just under 10 hours. This is less than half the 25 hours of study time that the ASA recommends is required to ensure a child has sufficient opportunity to learn to swim.

As a response to these findings the ASA has developed the School Swimming Charter, a comprehensive package of support that aims to ensure every primary school in England has the necessary knowledge and resources required to deliver high quality school swimming programmes. The ASA needs the help of our clubs to ensure Primary Schools are signing up to the Charter, to receive the support available to them. More information can be found here.

Launch of the first annual Volunteer Satisfaction Survey

2014 sees the launch of the first ASA annual volunteer satisfaction survey which will provide all ASA volunteers with an opportunity to tell us more about your personal volunteer experience. The survey will offer you the opportunity to tell us about your current experience, and highlight any additional support or training that you would like to receive.

We want to know more about your individual experience as a volunteer, what motivates you, the training you have accessed and how much you know about the volunteer support currently available to you. Survey responses will support the future development of ASA volunteer initiatives.

The satisfaction survey is open to all ASA volunteers of any age and from all aquatic disciplines. The survey will close on the 12th December and should take no longer than 15 minutes to complete. Volunteers are the lifeblood of our aquatic clubs, and we want to know more about the experience you have!

The survey is completely confidential and does not require personal details to be provided. It also will not identify any club or county so please complete it as honestly as possible. Should you have any questions regarding the use of the survey results, please do not hesitate to contact volunteering@swimming.org

Click here to take part.

From the IoS

The following courses are on offer within the region:-

- ASA Level 1 Award in Teaching Aquatics (QCF) – Marina Leisure & Fitness Centre – starts 11th January 2015 - click here for full details
- ASA Level 2 Certificate in Teaching Aquatics (QCF) – SLM – Basildon Sporting Village – starts 16th January 2015 - click here for full details
- British Gas ASA Learn to Swim Framework – Aquafun Seminar – GLL – Parkside Pools – starts 8th February 2015 - click here for full details
- Effective Sculling Techniques & Development into the 4 Strokes Seminar – GLL – Parkside Pools - starts 08/02/2015 - click here for full details

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- ASA Level 1 Award in Teaching Aquatics (QCF) on 16/02/2015 – Hatfield Swim Centre - click here for full details
- ASA Level 1 Award in Teaching Aquatics (QCF) on 16/02/2015 - Impulse Leisure - Blackshots Leisure Centre - click here for full details
- ASA Level 1 Award in Teaching Aquatics (QCF) on 16/02/2015 – Vivacity Peterborough Culture & Leisure – Jack Hunt Pool & Gym - click here for full details
- ASA Level 1 Award in Teaching Aquatics (QCF) on 16/02/2015 – Fore Street Baths, Suffolk - click here for full details
- ASA Level 1 Award in Teaching Aquatics (QCF) on 16/02/2015 – SLM Paradise Pool - click here for full details
- ASA Level 1 Award in Teaching Aquatics (QCF) on 16/02/2015 – Active Luton – Inspire: Luton Sports Village - click here for full details
- ASA Level 1 Award in Teaching Aquatics (QCF) on 16/02/2015 – GLL – Parkside Pools - click here for full details