

ASA EAST MIDLAND REGION CLUB NEWSLETTER SEPT 2015

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Meet the Team

Holly Powell

ASA Club Development Officer for the East Midlands with a particular focus on Nottinghamshire.

I joined the ASA in July 2013 previously supporting Lincolnshire Clubs, then following my recent return to work from maternity leave I now support Nottinghamshire Clubs. I currently work part time (2 and a half days a week), job sharing with Sue Paget.

Across all of my previous roles I have gained valuable experience in working with many clubs, coaches and volunteers and enjoying supporting ASA clubs to progress and develop.

Across Nottinghamshire I am in the process of developing 3 club networks to support the clubs so I look forward to seeing you all soon, but please don't hesitate to get in touch if you require support on anything.



Holly



Sue

Sue Paget

ASA Club Development Officer for the East Midlands with a particular focus on Lincolnshire and three Sheffield Beacon programmes.

I joined the ASA in May 2015 in a part time role job sharing with Holly Powell. I have responsibility for supporting the clubs in Lincolnshire as well as high performance Beacon programmes in Sheffield.

My previous varied roles across different aspects of sports development, has given me invaluable experience and understanding of the full sport development continuum including; professional partners; schools and clubs and volunteers. I will continue to use this experience to support local club to develop and achieve their goals and aspirations.

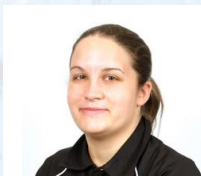
My current focus in Lincolnshire is to support clubs to gain or maintain their swim 21 accreditation and to work with the 3 existing club networks to identify the training needs of their workforce and organise relevant training.

Fiona Conway

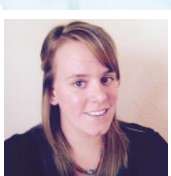
ASA East Midland Regional Coordinator with a particular focus on Leicestershire and Northamptonshire.

I joined the ASA in May 2012, having completed a BSc Sport Development and Coaching at the University of Lincoln with a particular focus on swimming. Prior to this I worked within the aquatic delivery at Rawlins Community College.

The current focuses for my areas are to maintain and grow the number of swim21 accredited clubs and exploring the benefits of club networks for the individual counties.



Fiona



Emma

I recognise the importance volunteers play in the delivery of our sport and wish all volunteers to be supported along the journey. I also work with the Regional Coaches Forum and Swimming Committee on delivery of activity for the Region's talented swimmers.

Should you require any support please don't hesitate to contact me, I am regularly at meets within the region and at a lot of masters meets further afield – feel free to come and say hello!

Emma Irlam-Carter

ASA Regional Coordinator for the East Midlands with a particular focus on Derbyshire supporting the performance pathway and club development.

My career in sports development started in North Wales while studying a Sport Science and Biomechanics degree where I worked as an activities coordinator at Plas Coch outdoor centre and head coach at Arfon Masters Swimming club. I previously worked at Erewash Borough Council as a Swimming Lesson Co-ordinator and Swimming Development Officer.

My focus areas for Derbyshire over the coming months will be to support clubs to maintain swim21 and achieve performance accreditations, develop a new network in Derby City to support clubs through any issues with facilities, and aid the development of the North East Derbyshire and Chesterfield Network to strengthen the performance pathway in the north of the county. I am also keen to improve communication across the county between clubs and the ASA so do not hesitate to get in touch with any queries or opportunities for me to visit your club.

Please contact us if you want specific items covered in the newsletter –
eastmidland@swimming.org

Annual Council Meeting

The East Midland Annual Council Meeting takes place on Sunday 13th September at SportPark, Loughborough from 1.30pm. As part of the day we will be hosting a number of workshops for swimming teachers and club volunteers as follows:

- IoS Improving Butterfly £25
9.30am – 12.30pm
- Time to Listen (Welfare Officers) FREE
9.30am – 12.30pm
- Mentoring Officials CPD FREE
9.30am – 12.30pm
- IoS Improving Breaststroke £25
1.30pm – 4.30pm

To book a place please email eastmidland@swimming.org or tel 01527 888929

ASA Club Conferences 2015



The Club Conferences are back for another year in 2015 and bookings are now open. Essential for volunteers, club officials and administrators, the conferences offer an opportunity to learn about the latest news, updates and developments in the aquatics world and to explore the key challenges facing clubs today.

Through presentations and CPD workshops, you'll gather insights, practical advice and training on a range of topics delivered by the ASA Clubs team and leading industry experts. Plus it's a great chance to network with like-minded colleagues, swap ideas and chat to the ASA team about club matters close to your heart.

The finale of the event will be a keynote talk by a leading motivational speaker.

When and where:

- 19th September - London, Holiday Inn Stratford City
- 20th September - North West, Bolton Whites Hotel, Bolton
- 3rd October - South West, Holiday Inn Bristol City Centre
- 4th October - East Midlands, Hilton East Midlands Airport



Have you heard about Club Matters? They can support with workshops, mentoring, development, club improvement plans, on-line support with all areas of club development and budgeting. For more information [Click here](#)

Coach Development Day

Aimed at Assistant Coaches and Coaches at smaller clubs, delivered by Mike Parker, England Talent Development Officer. 31st October 2015 9.30am – 5pm SportPark, Loughborough LE11 3QF

Workshops to include:
Race modelling
Pre-post pool goal setting and feedback
Testing/monitoring in the club programme
Plus 2 SportsCoach UK workshops
Cost including lunch - £15.

To book a place please email eastmidland@swimming.org or telephone 01527 888929

Education Courses



Level 1 Courses

ASA Level 1 Teaching starts 16/10/2015 at Harborough Leisure Centre
ASA Level 1 Teaching starts 19/10/2015 at Enderby Leisure and Golf Centre
ASA Level 1 Teaching starts 24/10/2015 at Queens Park Sports Centre
ASA Level 1 Teaching starts 26/10/2015 at Yarborough Leisure Centre
ASA Level 1 Teaching starts 26/10/2015 at Moorways Sports Complex
ASA Level 1 Teaching starts 26/10/2015 at Bingham Leisure Centre

Level 2 Courses

ASA Level 2 Teaching starts 24/10/2015 at Braunstone Leisure Centre

CPD seminars

Improving Butterfly CPD 7/11/2015
1pm – 4pm at Catmose Leisure Centre

Funding opportunities



SportsCoach UK has published a guide to funding opportunities for courses.

[Click here](#) for the funding guide or visit the Funding section on the regional website.

Water Polo Officials



A Grade D Water Polo Referee's course is taking place on Saturday 21st and Sunday 22nd November at SportPark, Loughborough.
The cost is £30 including lunch.

To book a place please email eastmidland@swimming.org or tel 01527 888929

ASA Club Membership update

Online Membership System

All clubs are asked to ensure that the current committee details including Chairperson and Secretary are up to date on the ASA Online Membership System. These details are used for ASA correspondence and need to be kept current.

If you require assistance in completing these details online please contact the Regional Office.

Medical Declaration Form

Clubs are reminded of the need for athletes to complete Medical Declaration Forms. The ASA only requires athletes to complete a form in the following circumstances:

- if they are competing at International level (i.e. a member of a British, English, Welsh or Scottish team or a performance club completing abroad); and/or
- if they are participating at national level (i.e. British Championships, ASA, SASA or WASA National Championships, ASA, SASA or WASA Age Groups, ASA SASA or WASA Youths. This includes all disciplines (excluding masters).

A new form **MUST** be completed annually even if the medication prescribed has not been altered or if no medication is being taken, and whenever medication is changed.

International Permits

Any ASA members or clubs going abroad for training or competition need to complete an international permit form to ensure that members are covered by the ASA insurance whilst abroad and also to ensure that times can be included on the ASA ranking lists. Without an authorised permit members will not be recognised as part of ASA/British Swimming.

Forms available on the ASA website or contact Membership Services on 01509 64072.

As part of the international anti-doping rules it is now a requirement for any member, who is subject to a doping test abroad, to inform the British Swimming Anti-Doping Manager Rachel Burrows by email at rachel.burrows@swimming.org immediately (on the day of the test).

Swim21

Congratulations to **Derventio Excel** who achieved swim21 Performance and to the following clubs for achieving swim21 Essential accreditation at the June panel.

Alfreton
City of Derby
Davenport Dolphins
Eckington
Etwell Eagles
Market Harborough
Northampton
Nottingham Portland
Retford
Workshop Dolphins



Midland Championships 2015 Medal Tables

<i>Youth Championships</i>					<i>Age Group Championships</i>				
<i>Club</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Total</i>	<i>Club</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Total</i>
Co Derby	27	6	9	42	Ellesmere College Titans	18	10	5	33
Co Birmingham	17	13	5	35	Co Birmingham	14	15	14	43
Co Leicester	12	15	16	43	Northampton	13	5	8	26
Derventio Excel	10	7	9	26	Co Leicester	11	8	11	30
Nova Centurion	8	8	10	26	Nova Centurion	8	13	10	31
Northampton	4	8	12	24	Royal W'ton School	6	4	4	14
Co Coventry	3	7	4	14	Pershore	3	4	6	13
Ellesmere College Titans	3	4	3	10	Grantham	3	2		5
Co Lincoln Pentaqua	3		1	4	Biddulph	3	1	2	6
Royal W'ton School	2	4	4	10	Co Derby	2	3	0	5
Co Hereford	2	2		4	Boldmere	2	3		5
Halesowen	2	1		3	Derventio Excel	1	2	1	4
Leicester Pengiuns	1	1	3	5	Halesowen	1		3	4
Wolverhampton	1	1		2	Kingsbury	1		3	4
Chase	1		1	2	Calverton & Bingham	1		1	2
Lincoln Vulcans		3	4	7	Shrewsbury	1	2	1	4
Boldmere		2	3	5	Deepings	1	1		2
Worcester		2	2	4	Eckington	1		1	2
South Lincs Competitive		1	3	4	Halesowen	1		3	4
Belper Marlins		2	1	3	Co Coventry		3		3
Wrekin College		2	1	3	Leicester Pengiuns		3		3
Shrewsbury			2	2	Wolverhampton		1		1
Blythe Barracudas		2		2	Chase		2	3	5
Team Mercia		2		2	Lincoln Vulcans			2	2
Deepings		1		1	Belper Marlins			1	1
Daventry		1		1	Blythe Barracudas			1	1
Sutton-in-Ashfield			1	1	Team Mercia		1	3	4
Louth Dolphins		1		1	Newcastle (Staffs)			2	2
Dronfield Dolphins			1	1	Newark		1		1
					Leicester Sharks		2		2
					Stafford Apex			1	1
					Leamington Spa		2		2
					Nuneaton & Bedworth			2	2
					Orion		1		1
					Melton Mowbray			1	1
					Redditch			1	1
					Northgate		1		1
					Wyre Forest			1	1
					Oldbury			1	1
					Braunstone			1	1

<i>Distance Championships</i>				
<i>Club</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Total</i>
Northampton	5	1	1	7
Nova Centurion	3	2	3	8
Co Birmingham	2	1	1	4
Ellesmere	1	4	2	7
Royal W'ton School	1	2	1	4
Co Leicester	0	0	1	1
Derventio Excel			1	1
South Lincs Competitive		1		1
Chase		1		1
Shrewsbury			1	1
Wrekin College			1	1

Masters Championships

Club	Gold	Silver	Bronze	Total
Kenilworth Masters	66	19	18	103
Camp Hill Edwardians	28	23	9	60
Nottingham Leander	25	19	9	53
South Beds	22	17	17	56
Birmingham Masters	21	19	9	49
Co Coventry	18	12	10	40
Co Oxford	12	4	4	20
Loughborough	11	11	7	29
Calverton & Bingham	10	5		15
Rugby	9	5	3	17
Otter	7	1		8
Stratford Sharks	7	7	3	17
Gloucester Masters	7	4	2	13
Leicester Penguins	7	1		8
Team Luton	7	11	9	27
Everton	7	4	1	12
Coalville	6	3		9
Boldmere	5	2	3	10
Etwall	5	6	2	13
Vichy	5			5
Co Derby	4	4	2	10
Wellingborough	4	4	4	12
Stowmarket	4	4	2	10
Boulogne	4			4
Northampton	3	1	6	10
Chesham	3		1	4
Long Eaton	3	6	3	12
Deepings	3	4	4	11
Chesterfield	3	9	1	13
Perry Beeches	3	2	1	6
Witham Dolphins	3			3
Teddington	2	2		4
Wolverhampton	2	1	3	6
Putteridge	2	1	2	5
Shrewsbury	2			2
Wyre Forest	2			2
Bromley	2			2
Maidenhead	1		1	2
Banbury	1			1
Beaver Masters	1	5	2	8
Wetherby	1	1	1	3
Haden Hill	1	5		6
Warwick University	1	1		2
March	1			1
Market Harborough	1		1	2
Berkhamstead		1	3	4
Swadlincote		1	4	5
Bicester		2		2
Hemel Hempstead		1		1
Basingstoke		1	1	2
Newmarket			1	1
Kidlington		3	1	4
BUCS			3	3
Out To Swim		1		1
Arfon Masters			2	2
Poole		3	1	4
Droitwich Dolphins		1	1	2
Orion		1		1
Leicester Masters			1	1
Belper Marlines		1		1