

SWIM ENGLAND WEST MIDLANDS CLUB NEWSLETTER JUNE 2019

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Regional Conference 2019

The West Midlands Regional Conference 'Coaching Generation Z' was held on Saturday 16th March, 2019 at the Snow Dome, Tamworth in conjunction with the Swim England Talent. 26 delegates attended from a variety of clubs across the region, including coaches and club personnel.

The morning kicked off with some exciting and informative workshops; Optimal Athlete Development Framework – led by Jo Jones, Talent Across the Ages – led by Ian Freeman, Swim England Club Awards – Mike Parker. The delegates then had a chance to network over the lunch break before the afternoon's workshops; Growth and Development of Age Group swimmers – led by Tim Jarrett and Planning considerations – targeting the benchmark meet – which was led by one of our own regional coaches; Marc Spackman, Head Coach at Royal Wolverhampton School. Delegates were also lucky to have an additional guest talk by Chris Littler, City of Birmingham Assistant Coach, who talked about his experience in Japan working alongside Kevin Renshaw with the British Team.

We would like to thank everyone that attended on the day, and to those who spoke at the conference, it was an excellent day for all involved.



Don't miss this in our June newsletter:

- Young Volunteer Programme
- 2019 Swim England Staff Awards
- Regional Development Programme
- SwimMark Update
- Constitutions Review
- Open Water National Age Group Championships
- Coaching Development Opportunities

Young Volunteer Programme 2019

The Regions annual Young Volunteer Programme took place across two weekends in March; Saturday 2nd March and Sunday 10th March. Due to popular demand, we ran two programmes this year, one based in Staffordshire at the Snow Dome, Tamworth, and the other based in Worcester County at the RLSS, Worcester. This enabled us to offer double the amount of places for the programme, with a total of 64 spaces available.

50 young people from across the region signed up to the programme and completed two days of workshops in March, the workshops consisted of; a UK Coaching - First Steps into Coaching workshop, Aquatic Helper theory workshop, Life Support Course run by the RLSS and a time keeper theory course.

To complete the programme the young people must go back to their home clubs and complete the aquatic helper practical, time keeper practical, 10 hours of volunteering and volunteer at a county or regional event of their choice. Once all of this is complete the young volunteers receive a t-shirt and certificate. We had a fantastic group of young people on the programme this year, who were a pleasure to work with, and feedback received has been really positive.

The region will be running this programme again potentially in October / November 2019, if not March 2020 so please keep your eyes peeled for dates.



2019 Swim England Staff Awards

At the recent Swim England Staff Awards the combined West & East Midlands Club Development Teams were awarded the Bronze Award in the Team of the Year Award being commended on the work they do collaboratively across both regions.

Amanda Swan, Club Development Officer & Hayley Colville, Office Manager were thrilled to collect the award on behalf of East Midlands & West Midlands Club Development Regional Teams.



Terms and Conditions – Club Offer Coaching Courses

West Midland Swimming have introduced new booking Terms and Conditions for booking Regional Coaching Courses – please refer to the Courses newsletter for more details.

Regional Development Programme 2019

Dates for this year's Regional Development Programme 2019 have now been confirmed at West Bromwich Leisure Centre, and are as follows:

Sunday 8th September
Sunday 13th October
Sunday 10th November

We are pleased to announce Mikey Hire, City of Hereford as the Head Coach for the 2019 programme. Mikey will be assisted by 6 skills coaches; Ian Gates - Burton SC, Simon Ward – Burton SC, Paul Wilson – City of Coventry SC, Kim Mortimer – Stratford Sharks SC, Joey Stanger – Boldmere, Patrick Blake – City of Hereford.

As always, there is an opportunity for all coaches in the region to attend the camps and observe the coaches and swimmers at work, and learn more from the workshops delivered. This is an excellent opportunity for continual professional development. There is often an opportunity for observers to get involved in the coaching aspect of the camps, if this is of interest, please follow the link and complete the form: <https://westmidlandswimming.org.uk/2019-observer-interest-form/>.

Nick Gillingham MBE Master Class Event

Tuesday 13th August 2019
The Shrewsbury School, Shropshire

This course will interest swimming teaching assistants and teachers who would like to learn additional skills for faults and corrections and learn new skills for other technical aspects of swimming. The course will also be of interest to coaches who want to further develop their techniques.

To book a place please contact the Institute of Swimming (IOS) directly or follow the link below:
<https://www.swimming.org/ios/course/1722>

Liz Sykes enjoys a Royal Appointment

Liz Sykes, Swim England President was lucky enough to attend the Queen's Buckingham Palace Garden Party on Wednesday 15th May, where she met the Duke and Duchess of Cambridge. The Prince of Wales, the Duchess of Cornwall and the Princess Royal were all in attendance on the day.



Open Water National Age Group Championships 2019

The Open Water National Age Group Championships will be held on **Monday 5th August 2019** at Rother Valley Country Park in Sheffield. The Championships contain races over three distances: 2km, 3km and 5km. Age groups 12 and 13 yrs compete over 2km, 14 and 15 yrs compete over 3km, while 16, 17/18 and 19+ yrs complete the 5km course.

Access the Open Water National Age Group Championships 2019 qualifying times in clicking on the link:
<https://www.swimming.org/openwater/about-national-age-group-championships/>



New Coaching Open Water Swimming Qualification

As part of Coaching Week 2019 Swim England have unveiled fantastic new Level 2 Coaching Open Water Swimming qualification.

Replacing the Level 2 Award in British Open Water Swimming, this qualification has been designed to provide coaches with the specialist knowledge needed to deliver open water swimming sessions. It has been specifically developed to meet the needs of today's open water coaches and swimmers, as the sport's popularity continues to grow.

Find out more [here](#).

Junior Championships

Congratulations to the following swimmers who have been selected for the World and European Junior Championships.

European Junior Championships

Samuel Osborne	City of Birmingham SC
Jacob Davies	City of Birmingham SC
Adam Metcalf	Ellesmere College Titans
Joel Thompson	Ellesmere College Titans
Pia Murray	Ellesmere College Titans
Charlie Hutchison	Ellesmere College Titans
Lauren Wetherell	Ellesmere College Titans
Matthew Richards	The Royal School Wolverhampton Swimming Club

World Junior Championships

Charlotte Rigg	City of Birmingham
Pia Murray	Ellesmere College Titans

Congratulations and Good Luck to all selected swimmers!

Sandwell Aquatic Centre

Plans for the new £60m state-of-the-art aquatics centre at Londonderry Playing Fields in Smethwick have been approved. Once completed, the leisure centre will host the swimming and diving events for the Birmingham 2022 Commonwealth Games.

It will have a 50m Olympic-sized swimming pool, a 25m diving pool and a studio pool, as well as 1,000 permanent spectator seats. Work on the site is expected to begin this June.



Constitutions Review

Dear Club

A number of years have passed since the regional clubs have been asked to review and renew their club constitutions. As part of a Regional Governance review all clubs are asked to submit their most recent club constitution for review and approval by 31st July 2019 to westmidland@swimming.org.

The Swim England model constitution can be found [here](#), along with guidelines on the mandatory content expected. The review needs to be in line with the new Swim England template. On returning your constitution to the Regional Office, please let us know when your club AGM will be taking place.

Please do not hesitate to contact the regional office if you have any questions.

Best Regards

Simon Kirkland
Chairman – Swim England West Midland Region

Save the Date

Sunday 7th July - **Midlands Open Water Festival 2019** - Holme Pierrepont National Water Sports Centre, Nottingham

Saturday 14th September - **West Midlands Annual General Meeting** – Tamworth SnowDome

Sunday 15th September - **Masters Development Day** - Warwick School Sports Centre, Warwick

Saturday 19th October - **Midlands Para-Swimming Championships 2019** - The Queen's Diamond Jubilee Centre, Rugby

Swim England Midlands Synchro Summer Camp 2019

The Swim England Midlands Synchro Summer Camp 2019 will take place over four days from Monday 29th July 2019 through to Thursday 1st August. The camp will be held at the David Ross Sports Village, University of Nottingham. The camp will include a full programme of pool based and dry land activities run by Head Coach Gabrielle Boisvert, former member of the Canadian Senior National Synchronised Swimming Team. Click [here](#) for more information.

The Residential Option

The residential camp starts at 9.15am on Monday 29 July through to 4.30pm on Thursday 1 August. The cost of the residential is £300 which includes meals and snacks, accommodation in the university halls of residence, all activities and a camp t-shirt.

Non-Residential Option

The day camp starts runs at the following times:

- Monday 9.15am - 5.30pm
- Tuesday 7.45am - 5.45pm
- Wednesday 7.45am - 5.45pm
- Thursday 7.45am - 4.30pm



The non-residential cost is £180 and includes lunch and snacks, all day time activities and a camp t-shirt. To book your place on the camp please complete the form [here](#). Places are limited, please complete the registration form below with deposit payment of £50 to secure your place. For queries please contact eastmidland@swimming.org

Volunteers

We require volunteers to help in the role of 'Assistant Team Manager' (no prior synchro experience necessary).

Please contact us if you would be able to assist with all or part of the camp.



Swim England National Awards 2019

The Swim England National Awards return in 2019, to celebrate all the individual achievements and team successes of the past year. The awards recognise all those involved in our sports, from members and volunteers to partners, teachers and athletes.

This year's event will take place on 30th November at The Great Hall at the University of Birmingham.

The Swim England National Awards 2019 will take on a different format to previous years, as the organisation seeks to recognise the success of clubs throughout the country. This year, each of the eight Swim England regions – North West, North East, West Midlands, East Midlands, South West, South East, East Region and London Region – will select winners from all nine awards categories.

These eight winners for each award will then form the shortlist for the Swim England National Awards, with all regional winners invited to attend the ceremony in Birmingham.

2019 National Awards categories

This year's awards include:

- Swim England Volunteer of the Year
- Swim England Youth Volunteer of the Year
- Swim England Club of the Year
- Swim England Coach of the Year
- Swim England Technical Official of the Year
- Swim England Long Service Award to Aquatics
- Swim England Youth Achievement Award
- Swim England Adult Achievement Award
- Swim England Personal Achievement Award



All nominations will close on 31st July.

Click the [here](#) for the nomination criteria and form.

Diving Development Officer

Following an in depth interview process, Swim England have appointed Sarah Thomas, former Olympian and Commonwealth Games medalist.

Sarah started at the beginning of June and has the role of centrally supporting national diving development as well as building the diving infrastructure across the West Midlands. Sarah will be based jointly at Bromsgrove and the Active Black Country offices.

Social Media

Please tag us in your club events and news so that we can retweet! Tag us by using @westmidswimming

You can follow us on Facebook for updates on courses, events and news @westmidlandasa



West Midlands Regional Water Polo Update

The region has had a very busy time since the split from East Midlands and the focus has been on providing an excellent standard of coaching to the existing regional players through the Friday night RTC sessions with numbers increasing from 20 to over 50 players in a short period of time. In addition, the monthly Sunday sessions provide opportunities another 40 newer and younger players to attend. The monthly Sunday sessions give the players their first taste of training above club level, and they can then work towards the standard required to attend the Friday night sessions and the opportunity to represent their region.

Over 22 players have attended National academy camps with Krishan Kaushal, Simon Halstead, Sancha and Pia Tonks, Tilly Neal, Aaliyah Lloyd and Pryia Kennedy all participating in England Squads, with Krishan representing GBR in the U17 European Qualifiers in Manchester earlier in May.

In addition a team of 17 boys travelled to Serbia for a training camp in April with Gary Tonks, Drazen Videc and John Halstead all coaching and Terri Halstead, Team Manager. The team worked incredibly hard over 5 days. The boys had the time of their life and are all asking when they can go again.

It was fantastic to see new blood, Worcester Crocodiles win the Midland League U16 2018/19 and Warley Wasps won the U18 2018/19 competition. Many of the players from both squads are regular attendees at the Friday nights sessions, so it is great to see RTC training impacting positively on clubs.

Speaking of clubs, it is fantastic to see that all of the clubs in the West Midlands have at least one club member attending RTC with many more of their teammates keen to attend.

On 12 May, Liz Wilkins organised a tournament for over 90 kids aged 2006 or under, what an amazing effort. Part 2 of this is to take place in June, a full report will be available after the tournament and coming out of this a team will be selected to represent the West Midlands on 14 July in Sheffield.

Whilst KES and Warwick have traditionally entered schools in the ESSA, this year saw Camp Hill Boys enter a team. Again, many of the players attend the Friday nights sessions.

A massive shout out to Phil Powell for his hard work over the last two years working with the 2002 GBR team, it is fantastic to see Phil flying the flag for the West Midlands.

Any enquiries about regional training please contact: henri.parr@gmail.com.



Update for SwimMark Clubs – June 2019

During a previous Swim England Club Management Group meeting, a decision was made to compile an update following each quarterly meeting (March, June, September and December). The following is the latest update:-

SwimMark Updates:-

- Element 4 – Please note that the Swim England template is now mandatory for clubs going through future accreditations (June 2019 accreditation included).
- Element 13 – Could clubs please ensure that information for this element is submitted on one document rather than separate sheets.
- Element 14 – Please refer to the element guidance sheet for approved Safeguarding courses. Courses that are not listed on this sheet will not be accepted for SwimMark purposes.
- If clubs are encountering any problems accessing the SwimMark online portal please try the following link - <https://www.swimmark.org/Account/LogOn>

General Updates:-

- For a chance to win £100 for your club visit the easyfundraising website – <https://www.easyfundraising.org.uk/swim-england>
- Swim England Coaching & Teaching Register – we now have over 5,000 coaches and teachers listed on the register. The deadline for completing Stage 1 of the register was 31st March 2019 and additional communication is now being produced and will be circulated mid-April in relation to Stage 2 i.e. when coaches and teachers will be asked to verify information held by Swim England (Qualification(s), DBS and Safeguarding). Please note that information from the register will be used to populate E13 in the future to avoid duplication of work by SwimMark clubs – additional information will follow in due course.
- Safeguarding update - The following link (<https://mxm.mxmf.com/rsps/m/oFxm9wVq2p2f9pHU61WNj6d6cx9trhrHcgxTnjx6DnQ>) was previously sent to Club Welfare Officers and Club Secretaries providing some useful information.
- UK Coaching now offer three options for online refresher training i.e. Positive Parents, Digital Kids and Deaf & Disabled Children (all of these contain a core safeguarding refresher module). Please note this training is only suitable for individuals who have already completed scUK/UK Coaching face to face training.
- A new open water hub <https://www.swimming.org/openwater/> was launched by Swim England to provide information and advice to open water swimmers of all ages and abilities.
- A new hub (<https://www.swimming.org/swimengland/event-volunteer-hub/>) to raise awareness of major event volunteering in aquatics has been jointly launched by Swim England, British Swimming, Scottish Swimming and Swim Wales.
- Coming soon (Club Hub) a new online hub is currently being produced for clubs. This free online resource will be a one stop shop for clubs to use, covering a wide range of topics.
- Clubs can now sign up to the Club Matters newsletter using the following link - <https://www.sportenglandclubmatters.com/>. To find out what Club Matters can do for your club check out the short animated video - <https://www.sportenglandclubmatters.com/latest-updates-and-content/>
- The Community Amateur Sports Club (CASC) scheme was introduced in 2002 as an option for sports clubs to register with HMRC to receive 'charity type' tax reliefs provided the club meets certain criteria. To find out more visit <http://www.cascinfo.co.uk/>

Thank you for your continued commitment to SwimMark!

Congratulations to the following clubs who successfully completed their annual health check in March 2019:

Biddulph SC
City of Birmingham SC
Perry Beeches Triple SSC
Warley Wasps SC

Blythe Barracudas SC
Droitwich Dolphins SC
Rugby SC
Worcester SC

Bromsgrove SC
Halesowen SC
Telford Aqua SC
Wyre Forest SC

Chase SC
Oswestry Otters SC
Walsall Synchronised SC

Well done to Worcestershire Club Network who have retained their network accreditation.

Congratulations to Kingsbury Aquarius SC on their new SwimMark accreditation!



Coaching & Teaching Register Update

The launch of the [Coaching and Teaching Register](#), in January, led to exceptionally high response levels, with more than **950 clubs** providing information about their active coaches and teachers.

Swim England now holds information (i.e. name, role and discipline), for more than **8,000 coaches and teachers** delivering within our aquatic disciplines.

It is the first time that we have held this level of information and we are therefore extremely grateful for the input from our affiliated clubs.

In order to ensure that we have the most up-to-date information for our coaches and teachers, we are now asking individuals to **verify the details** that we hold (i.e. qualification information, DBS and safeguarding).

To check this information, we are asking coaches and teachers to log into their [Online Membership System](#) account between **1 May** and the end of **July 2019**.

The system is user-friendly and the verification process is quick and simple – for more information about the system and how to set up an individual account please refer to the [User Guide](#).

When checking information on the OMS system, if individuals notice that anything is missing please refer to the [Q&A sheet](#) for guidance on who to contact.

Superb response

George Wood, Swim England Sport Development Director, said: “We’ve been really pleased by the overwhelming response we’ve had to the Coaching and Teaching Register and we’re extremely grateful to all the clubs that have submitted details so far.

“We can’t thank our coaches and teachers enough for the **invaluable job** they do and the pivotal role they play in the ongoing development of our aquatic sports.

“The Register is a positive way of us being able to offer **improved services and support** to them in the future.”

The Coaching and Teaching Register will provide an effective platform to support and communicate more frequently with coaches and teachers in the future.

The Register will also serve as a tool to underpin and promote overall coach and teacher development by consulting directly with the workforce, at all levels.



Coach & Teacher Education Opportunities

Saturday 7th September 2019

West Bromwich Leisure Centre, Moore Street, West Bromwich B70 7AZ

Aimed at: All qualified teachers and coaches. Minimum Level 1.

Bookings close 16th August 2019 - Bookings only accepted when payment is made.

The Programme includes:

11:30am – 1:00pm

Psychology Workshop – Led by Erin Prior

Optimising Performance Under Pressure: An Introduction to Mental Skills and Sports Psychology

This workshop will cover key mental skills that enable athletes to perform under pressure.

1:30pm – 4:30pm

Nutrition Workshop – Led by Andrew Shepherd

Male & Female Athlete Recap Swimmer

Fuel for the Work Required

Supplement Safety

Race Day Good Practice

Andrew Shepherd (Zonal Nutrition - North) is a Sport and Exercise Nutritionist whose role is to help athletes improve their nutrition habits, technique and processes enabling them to perform at their best.

**Cost: £5 per person per workshop
£7.50 for both workshops**

To book your place, click on the link below

<https://www.surveymonkey.com/r/V86TKMZ>

Senior Swimming Coach Applications Open

Applications are now open for the 2019 Swim England Senior Swimming Coach programme.

This annual course develops the skills needed to plan, deliver and evaluate long-term competitive coaching programmes. It is delivered through a mixture of development days, online activities, and practical poolside sessions. Coaches will be assigned a mentor who will guide them throughout the year-long course.

Deadline for applications is **4th August**

(Please start the application process before the 1st August to allow enough time)

Successful applicants will be invited to enrol before the 15th September, with the induction day taking place on the 28th September.

Find out more [here](#).