

# ASA South East Region



The Official Newsletter of the ASA South East Region

MAY/JUNE 2009



## MORE SWIM21 CLUBS

The Region now has 88 swim21 accreditations as the recent National Panel saw two new accreditations and two re-accreditations being awarded to:

- Beacon SC – new accreditation in Skill Development
- Staines SC – new accreditation in Masters and reaccreditation in Teaching
- Bicester Bluefins SC – reaccreditation in teaching

The Region would like to say a BIG THANK YOU to all volunteers and regional staff who have worked so hard to ensure that clubs continue to develop for the benefit of their members.

For more information go to: [www.southeastswimming.org](http://www.southeastswimming.org)

## WELCOME

*The full colour version of this newsletter is available to download from our website:*

[www.southeastswimming.org](http://www.southeastswimming.org)

*We welcome your feedback. To comment or subscribe, please email us at: [office@southeastswimming.org](mailto:office@southeastswimming.org)*

best thing about teaching and coaching swimming is when you see how pleased an individual you have been working with is when they achieve their goals or get a PB in competition. Kirstie added: "Becoming a Regional Development Coach for disability swimming is an exciting opportunity. I look forward to meeting swimmers, coaches and volunteers as I get stuck into my new role to help them fulfill their potential and get them to where they aspire to be".

You can contact Kirstie either by email at: [kirstie.jackson@swimming.org](mailto:kirstie.jackson@swimming.org) or on her mobile: 07881 936588.

## REGIONAL CLUB CONFERENCE

Following the success of the Regional Development Conference in 2008, the Region is holding a Regional Club Conference on 6th September at K2, Crawley. This exciting day is designed to provide Clubs and their members with help and information. The day will include a series of workshops on Funding, Parent Education, Athlete Development, Free Swimming, Club Development, Officials' Update and an inspirational talk from an international athlete. Athletes aged 10 – 13 years old will have an opportunity to experience a range of sessions led by *Total Swimming* that will include Flip n Fun, Speed Swimming, Mini-Polo and AquaFun. *Total Swimming* will also be securing the presence of Commonwealth/Olympic standard athletes and speakers for some of the workshops. A buffet lunch will be provided and the Re-

## CONTACT

WEBSITE: [www.southeastswimming.org](http://www.southeastswimming.org)

EMAIL: [office@southeastswimming.org](mailto:office@southeastswimming.org)

ASA SOUTH EAST REGION, BISHAM ABBEY NATIONAL SPORTS CENTRE, Nr MARLOW, BUCKINGHAMSHIRE, SL7 1RR Tel: 01628 483960



*Official Supplier to the ASA South East Region*

[www.mailsports.com](http://www.mailsports.com)

*Mailsports who is the official supplier to the ASA South East Region is offering 5% discount on any items bought online when you quote SER1906.*

gional Annual Council Meeting will be held between the first set of workshops and lunch. During that meeting, awards will be presented to clubs that have gained swim21 accreditation/re-accreditation in the previous twelve months and to winners of the Regional Aquaforce awards.

For more information visit

[www.southeastswimming.org](http://www.southeastswimming.org)

## ANOTHER 50m POOL IN THE REGION

The Mountbatten Centre in Portsmouth had a grand reopening earlier this month by Olympic swimmer Katy Sexton. Following a £20m revamp the centre offers a 50m eight-lane swimming pool with moveable floor, which can be split with a submersible boom into two 25m pools. The centre also has a 12.5m teaching pool, 200 seat viewing area, 150 station health and fitness facility, steam room, spa, treatment rooms and new changing rooms. The redevelopment was funded by Portsmouth City Council and a £5.4m grant from Sport England. The centre has been opened to the public since 14 May. For more information go to: [www.leisurecentre.com](http://www.leisurecentre.com) and follow the links to the Mountbatten Centre.



## REGIONAL DEVELOPMENT COACH FOR DISABILITY SWIMMING

The Region is pleased to announce the appointment of Kirstie Jackson as the Regional Development Coach for Disability Swimming.

Kirstie has experience of teaching swimming in a Learn to Swim programme and coaching at a swimming club. She grew up in and around Surrey before undertaking a degree in Sports Exercise Science at Brighton University and is completing a master's degree in Health & Exercise Science. Kirstie is a Level 2 qualified swimming teacher and has been assisting in coaching at a local swimming club for the past year and a half. She has been involved in a disability skiing and a child obesity programme. Kirstie said: "I enjoy a number of sports particularly swimming and ice-skating. The

## AWARDS FOR SUCCESS IN HAMPSHIRE

In 2007, Hampshire County ASA organised its first county wide training day to support its clubs and volunteers. The day was a resounding success with nearly 90 volunteers attending over the course of the day. Part of the day included a specific club funding workshop designed to arm clubs with the necessary tools to apply for funding to support the excellent community work being carried out by aquatic clubs within the county.

Since this initial workshop, three clubs have successfully received nearly £35,000 worth of funding to support their community projects and to develop club activities. Rushmoor Royals Swimming Club received £8,526, West Wight Swimming Club successfully applied for and received £10,000 and Portsmouth Victoria Synchronised Swimming Club has received £9,940 from Awards for All as well as £5,000 from the Hampshire & IOW Community Foundation.

For more information on the award schemes log onto: [www.hantscf.org.uk](http://www.hantscf.org.uk) or [www.awardsforall.org.uk](http://www.awardsforall.org.uk)



The IoS has the following courses running within the Region throughout this summer.

### Level 1 unit 2 coaching

Abingdon School - 13<sup>th</sup> 14<sup>th</sup> June

### Level 1 Teaching Aquatics

Maidenhead - June/ July

Tadworth Surrey - June

Bletchingley Surrey - July

Camberley - July

Wantage - July

### ASA Level 1 Disabilities

Reading - July

### Level 2 teaching aquatics

Alton - May/June

Camberley - May/June **NEW** pm/evening course

Aylesbury - June/July

Abingdon - July /September

Margate, Kent - June/July

Fareham - June/July

Camberley - July

Walton on Thames - July

Please go to: [www.britishswimming.org](http://www.britishswimming.org) to download a booking form

| DATE                  | EVENT             | INFORMATION/CONTACT  |
|-----------------------|-------------------|--|
| 7th JUNE 2009         | Hampshire Masters | <a href="http://www.southeastswimming.org">www.southeastswimming.org</a><br>Email: <a href="mailto:jenballswim21874@aol.com">jenballswim21874@aol.com</a>            |
| 7th JUNE 2009         | Eastbourne        | <a href="http://www.eastbourneswimmingclub.org.uk">www.eastbourneswimmingclub.org.uk</a>   |
| 13th & 14th JUNE 2009 | BAGCATS           | <a href="http://www.southeastswimming.org">www.southeastswimming.org</a><br><a href="mailto:lis.hartley@southeastswimming.org">lis.hartley@southeastswimming.org</a> |
| 27th JUNE 2009        | Surrey Masters    | <a href="http://www.surreyswimming.org">www.surreyswimming.org</a>   |

## 2009 REGIONAL AQUAFORCE AWARDS

The ASA South East Region would like to draw your attention to the deadline for the nominations for the 2009 Aquaforce Volunteer Awards, which is 1st July 2009. Many volunteers give their time and energy at club and county level, and this annual event celebrates those outstanding contributions that volunteers make to the Region. It also offers the ASA, Region, County Associations and Clubs an opportunity to thank everyone who works hard to deliver the sport. The Region will present Award Winners with a trophy at its Annual Club Conference to be held on 6th September 2009. All Regional Award Winners in categories 1 - 5 will be invited to attend the National Aquaforce Awards presentation in stratford on Avon on 10th October. The seven award categories are:

1. Outstanding Contribution at club level
2. Outstanding contribution at county/ regional level
3. Long Service Award (25 years or more)
4. Young volunteer - under 18 years
5. Outstanding contribution by a volunteer 18 to 25 years old
6. Athlete of the year
7. Team of the year

For nomination forms please go to: [www.southeastswimming.org](http://www.southeastswimming.org)



## MILTON KEYNES SPORTS ACHIEVER OF THE YEAR

City of Milton Keynes Swimming Club's Team Captain Graham Joyce has won the men's over 18 'Sports Achiever of the Year'. The Citizen award was presented at Shenley Leisure Centre at the Sport Milton Keynes Sports Achiever of The Year awards. A total of 16 awards were presented on the night with Sport Milton Keynes chairman Marie Collins welcoming the sporting stars. The winners were introduced by MC Rick Townsend. Bucks TV

have filmed "A Day in the Life of Graham Joyce" that included an interview with Head Coach Greg Buck both of which can be watched by following the link on: [CMKSC.COM](http://CMKSC.COM) website.

## SUCCESS FOR SOUTH EAST CLUBS

At the 40<sup>th</sup> National Swimming League Cup Final 2009 at Ponds Forge International Sports Centre, Guildford City SC achieved a very creditable 5<sup>th</sup> place. Emma Day was named as most improved girl in the U11 age group and Jessie Fisher most improved in the U15 age group. In the 9<sup>th</sup> National Swimming League B Final 2009 Leatherhead SC came 5<sup>th</sup> and Haslemere SC 10<sup>th</sup>. Well done to all who participated in these events.

For more information visit:

[www.nationalswimmingleague.org.uk](http://www.nationalswimmingleague.org.uk)

## JUNIORS FROM SOUTH EAST CHOSEN FOR EUROPEANS

Five swimmers from the South East Region have been included in the squad for this summer's European Junior Championships to be held in the Czech Republic:

- Mai Alland - Burgess Hill and Hayward's Heath SC
- Kirsty Harkness - Portsmouth Northsea SC
- Karl Botha - City of Canterbury SC
- Adam Harrington - Crawley SC
- Thomas Parris - Hastings Seagulls SC

The Region wishes all swimmers every success!

## PRESENTER TRAINING

Hampshire County ASA is looking to train presenters to deliver both the **Young Aquatic Organisers Course** and the **Young Officials Timekeeper Award** so that the clubs can develop the next generation of officials and volunteers. The presenters training will take place on Wednesday 8th July 2009 at Mottisfont Court, High St, Winchester SO23 8ZF 6pm—9.30pm. This course is free of charge, refreshments will be provided. If you require a CPD

certificate please bring a cheque made payable to the ASA for £6.50  
To book your place please contact:  
[lee.spindlow@swimming.org](mailto:lee.spindlow@swimming.org) or call 07818 021014.

#### 8 NEW BRITISH SWIMMING TIMEKEEPERS FOR HART SC



In response to the ASA's initiative to encourage young officials, eight Hart Swimming Club members have all recently qualified as British Swimming Timekeepers: **Emma Dutton, Emma Tripp, Hannah Merritt, Jordan Allen, Laura Gove, Megan Randles, Nicky Britton-Williams and Pippa Pennycook.** It's great to see our older swimmers taking their sporting interest to a different level. These are Hart SC's first young ASA Officials and the club hopes that it will encourage others to take the qualification so that they can officiate at swimming events across the whole of Britain.  
For more details on how to become a Young Official in Hampshire contact: [george.adamson99@ntlworld.com](mailto:george.adamson99@ntlworld.com) and in any other part of the Region contact: [office@southeastswimming](mailto:office@southeastswimming) or call on 01628 483960

#### FREE SWIMMING



The early introduction of free swimming in Medway has seen the number of young people visiting Medway's pools nearly triple. Medway Council has recorded increases of almost 200% in the number of young people swimming in its four pools compared to the same month last year. One pool has also witnessed a staggering increase of almost 1,500% amongst over 60s.  
Medway Council and NHS Medway introduced free swimming for all people aged under 16 or over 60 in all council pools in January in a drive to encourage younger and older residents to keep fit. Cllr How-

ard Doe, Medway Council's Portfolio Holder for Community Services, said: "Swimming is an excellent way of keeping fit and healthy, as well as a great way of having fun and meeting new people. We brought in free swimming at all council pools at the beginning of this year for under-16s and over-60s as it is one of the best ways for the young and for older people to get healthy."

Free Swimming, which is financed until 2011, was initially expected to start this April, but thanks to extra funding from NHS Medway it was introduced three months early on 2nd January. In March 2009, 5,760 additional young people visited Medway's pools compared to March 2008, an increase of 180 per cent. Similarly, the number of swimmers over 60 taking to the water has increased by 136%, from 928 to 2,188. The record figures were at Splashes Leisure Pool, where the increase from March 2008 to March 2009 was 524% for under 16s and 1,419% for seniors.

Mark Hays, Head Coach at Black Lion Swimming Club said: "Swimming is a sport that can be enjoyed by people from all walks of life. The introduction of Free Swimming gives people who might not normally choose to pay for it the chance to enjoy it. It has benefits for everyone regardless of whether they are serious or social swimmers. It is great to see such an increase in young people swimming."

For more information please go to: [www.medway.gov.uk](http://www.medway.gov.uk) or email: [2012@medway.gov.uk](mailto:2012@medway.gov.uk)

#### COUNTY SWIMMING COORDINATORS

Five out of seven County Swimming Coordinators (CSC) are now in place working in the Region. Unfortunately, no appointments have been made for Oxfordshire and Kent. Interviews for the remaining positions were held at the end of May and we await to here whether the Region will have a full set of CSCs. Natalie Cunningham is the Senior CSC who will manage and mentor a team of six CSCs as well as act as a County Swimming Co-ordinator within her designated area of Surrey. The CSCs will be involved with promoting the Government's Free Swimming initiative ensuring the delivery of agreed KPIs. Their role will also involve creating successful partnerships with local authorities, to secure the desired culture change required in and around swimming, to encourage people to swim more often.

The details of the CSCs are available from [www.southeastswimming.org](http://www.southeastswimming.org) under Who's

Who. If you are not sure who to contact please either e-mail the regional office on [office@southeastswimming](mailto:office@southeastswimming) or call the office on: 01628 483 960



#### LIFELONG PARTICIPATION AT ITS BEST

John Harrison who swims for the Royal Navy

Team took lifelong participation one step further at the 11<sup>th</sup> Heights Masters Open Meet. John is the first British Swimmer to swim in the 95 - 99 years age group and at this year's event he created Masters swimming history with five new British and European times. His final event broke a world record in the 200m backstroke in which he shaved a whole 45 seconds off the previous record. John who also belongs to Godalming SC brought the entire crowd to its feet clapping and cheering. For more information go to [www.iwmastersswimming.co.uk](http://www.iwmastersswimming.co.uk)



#### CENTRAL ISLE OF WIGHT PRIMARY SCHOOLS SWIMMING GALA

Seven Primary schools from Isle of Wight came together at Medina Leisure Centre to compete in the Central Isle of Wight Primary Schools Gala on Friday 8<sup>th</sup> May. The large numbers of spectators were gifted with a show of some spectacular racing and tight finishes along with some very exciting team relay races, all the more inspiring because of the age of the racers. Congratulations need to go to every swimmer who took part in what can be an intimidating experience for some!  
The smooth running of the event was due to the experienced volunteers from the local swimming clubs, and a pool of novice young leaders from Carisbrooke High School. Northwood Primary School was the reigning champions from 2008 and again returned victorious, beating second placed Gurnard convincingly. Carisbrooke in third position will join Northwood and Gurnard in the Island final where they will meet the top three teams from the West Wight Primary Schools Swimming Gala in National School Sports Week at the end of June. For more information contact: [helen.burdett@sandownhighschool.com](mailto:helen.burdett@sandownhighschool.com)