

ASA WEST MIDLAND REGION CLUB NEWSLETTER NOVEMBER 2016



West Midland
Swimming

Unit 7 Basepoint Business Centre, Isidore Road
Bromsgrove Enterprise Park, Bromsgrove B60 3ET

Tel: 01527 888929

Email: westmidland@swimming.org

Facebook: West Midland Swimming

Twitter: @westmidswimming

helen.weeks@swimming.org
07583 686816

amanda.swan@swimming.org
07800 647745

andy.norman@swimming.org
07792 994946



Congratulations

Congratulations to the following clubs who successfully completed their annual health check in September 2016:

Haden Hill
Wellington (Telford)
Wrekin College
Stourbridge
Oldbury
Dove Valley
Shrewsbury
Northgate Bridgnorth
City of Stoke COSACSS
Newcastle (Staffs)
Evesham
Orion
University of Warwick
Newport & District

Congratulations to University of Warwick for gaining swim21 accreditation for the first time and to the Telford & Wrekin Network and Coventry & Warwickshire Network for achieving swim21 Network accreditation.

Updates for swim21 accredited clubs

During a previous ASA Club Development Management Group meeting (formerly the swim21 National Panel), a decision was made to compile an update following each quarterly meeting (March, June, September and December) and circulate this to all swim21 accredited clubs. The following is the latest update:

Following recent changes to swim21 Essential, revised templates/guidance documents for the Essential module have been added to the ASA website here - <http://www.swimming.org/library/95>.

Please note that changes to the portal are now live in line with the recent changes to swim21 Essential, however your club will still be able to view information from your previous/current accreditations.

The swim21 Working Group are planning to start to look at swim21 Network and Performance modules in the new year – information will be circulated once available.

If you have forgotten your password for the swim21 portal please note there's a 'Forgotten Password' button on the portal login page, which will enable you to change this.

Please note that moving forward we require 'wet' signatures (rather than electronic signatures) for swim21 purposes i.e. for elements 6, 7, 11 and 16.

Please note that DBS 'e' numbers are not acceptable for swim21 – 'e' numbers illustrate that an online application has been made, however the disclosure hasn't been processed at this stage.

If you have club members/previous members who no longer require access to the swim21 portal please email clubdevelopment@swimming.org and we will deactivate respective accounts.

ASA Club Network Age-group Beacon

A new and exciting ASA Club Network Age-group Beacon programme is being piloted in Coventry targeting 11 year olds (2005 born) from the 200IM rankings. The main emphasis of the programme is skill development and long-course training once a month alongside Coach, Parent and Swimmer education workshops.

The programme has been focused around swimmers from clubs within Coventry & Warwickshire, due in main to the location of the existing Beacon programme and age of the swimmers to keep travel to a minimum.

The 28 swimmers from Blythe Barracudas, City of Coventry, Fox Hollies, Nuneaton & Bedworth, Rugby, Solihull and Stratford Sharks took part in the first session in October with the programme running until July 2017.



Regional News



Regional swim21 benefits for clubs

Two courses of funding are available to assist clubs within the West Midland Region to initiate, implement or maintain swim21 development plans. These are Club Development Grant Aid and Education Course Grant Aid.

Funding is only available to clubs who either have achieved or are working towards swim21 Essential Club accreditation. A club must have a minimum of 8 elements uploaded and approved on the swim21 portal, including Elements 1,2,4 & 13 – Club Development/ Business Plan, Annual Budget, Workforce TNA and Club Personnel Record.

Club Development Grant Aid

The West Midland Club Development Group wishes to encourage clubs to think about projects that will make a significant impact on their club's activities including:

1. Promotion and marketing for the club to increase membership
2. Club Volunteer workforce development
3. Essential equipment for the development of the club members.

Please make sure you read the full grant criteria and conditions and seek guidance from the appropriate Club Development Officer before submitting a grant application to help you with the process.

Education Course Grant Aid

Education Course Grant Aid support is available for up to 50% of the course cost in respect of the following courses:

1. Level 1, Level 2 and Level 3 Coaching courses – all disciplines including courses done through RPL.
2. Level 1 and Level 2 Teaching Courses
3. Tutorial and assessment fees only.

Please make sure you are aware of all the grant criteria and conditions. Grant Aid will not be paid retrospectively. **Forms must be received a minimum of 1 week before the course start date or when registered for RPL.** Forms received later than 1 week before the start of a course will be rejected.

Regional Volunteer Courses – Free of Charge

Team Manager - module 1

Wednesday 23rd November 2016
6.30pm – 9.30pm
King Edward's Boys School
Birmingham, B15 2UA

Monday 13th March 2017
6.30pm – 9.00pm
Stafford Leisure Centre
Stafford, ST16 3TA

Wednesday 14th June 2017
6.30pm – 9.00pm
The Shrewsbury Club
Shrewsbury
SY1 4RG

Team Manager - module 2

Wednesday 10th May 2017
6.30pm – 9.00pm
Basepoint Business Centre
Bromsgrove, B60 3ET

Team Manager training is designed to ensure any volunteers who are taking groups of athletes to competitions or camps, locally or abroad, are fully equipped to do their role. Ensuring athletes arrive and return from sporting activities unharmed is a big responsibility and this training will ensure volunteers have all the necessary skills and knowledge to do this with confidence.

Minimum age to attend workshop is 16 years old, although it should be noted that an individual cannot take the role of a Team Manager fully until they turn 18. You have to have completed the Module 1 course before attending a Module 2 course.

Time to Listen Course

Saturday 1st April 2017
9.30am – 1.00pm
Summerhill School
Kingswinford DY6 9PX
Pre-requisite for course – Current Safeguarding and Protecting Children Certificate

The Time to Listen programme provides the opportunity to consider the roles and responsibilities of CWOs and the action taken should any incident occur.

Safeguarding & Protecting Children - £35 per person

Wednesday 18th January 2017
6.30pm – 9.30pm
Dolphin Centre
Bromsgrove, B60 1AY

Monday 8th May 2017
6.30pm – 9.30pm
Stafford Leisure Centre
Stafford, ST16 3TA

To book a place on any of the above course, please contact the Regional Office:

Telephone 01527 888929
Email westmidland@swimming.org



Coaching FAQ's

What are the new coaching courses?

The new Level 1 Swimming Assistant (Coaching) and Level 2 Coaching Swimming courses have been designed and developed in order to offer a progressive pathway for coaches providing them with a clear development through to Level 3. The courses utilise new coaching methodologies to ensure that upon completion coaches are up to date with current techniques.

What's the difference between the old Coaching Swimming qualifications and the new courses?

The new courses are not externally regulated qualifications, this change has enabled us to develop a learning programme which meets the needs of the sector rather than being restricted by the requirements of a regulated qualification. This provides us with the flexibility to be able to review the course annually to ensure that it is current and up to date. The courses are endorsed by the ASA and learners will still receive a certificate of competence.

Who's eligible for this course?

There are no pre-requisites for the Level 1 Swimming Assistant (Coaching) course. If you are looking to attend the Level 2 Swimming Coach course you must hold the following:

- Level 1 Swimming Assistant (Coaching)
- ASA Level 1 Award in Coaching Swimming
- An equivalent ASA qualification certificated after 1994

For further information, bookings and interest in hosting a course, please visit the IOS online or [CLICK HERE](#)



Off the Blocks for Coaches

British Swimming has recently launched 'Off the Blocks', which is an online resource designed to provide information and support to teachers and coaches working across the country <https://www.britishswimming.org/news/latest-swimming-news/british-swimming-launches-innovative-online-resource/>

England Programmes Coaching Conference

Developing English coaches to deliver future world class success

Booking is now open for our new two day coaching conference on:

Wednesday 23rd - Thursday 24th November 2016.

Get ready to discover, learn, and improve your coaching competence at this year's 'Developing English coaches to deliver future world class success' conference at the Link Hotel, Loughborough.

The conference will bring together a full programme of keynote presentations and workshop activities covering both technical and extended coaching skills.

Contributions from British Swimming world class programme staff as well as coaches from some of the country's best performing clubs will help you develop your coaching knowledge and skills.

Key topics over the two days will cover:

The Journey to Rio - focusing on athlete and coach behaviours

Onwards to Tokyo - athlete and coach considerations and plans

Pathway Transitions - the journey from youth to senior swimming

Considerations for Coaching Females - recognising the differences in approach to producing female performance

You will also have the opportunity to listen to experts stressing the importance of promoting skill & efficiency within all stages of the pathway, together with exploring the concepts of 'Self Awareness' and 'Reflective Practice' within your daily coaching practice.

The event is predominately for coaches who are coaching age group and youth swimmers within the pathway.

Cost to attend: £150.00
(inclusive of accommodation and conference fee)

View the final programme [here](#) or fill out an [application form](#).

Midland Para-Championships 2016

Well done to all swimmers who competed at the Midland Para-Championships held at Rugby on Saturday 22nd October 2016. Please [CLICK HERE](#) for full results.

National Updates



Club Matters

Get your club's cash flowing

People say that cash is king, but what does this really mean for your club? Whether you are just starting out as a new sports club, or have been running for decades, managing your cash flow is essential to your club's sustainability. Club Matters has created a new [cash flow demo](#) which provides an overview of what cash flow is and why it is so important for your sports club.

A-Z of fundraising ideas for your club

Are you struggling to keep up with the costs of running a club? Could you do with a little extra cash to help push your club forwards? If so, Club Matters has put together an A-Z of fundraising ideas which you can use to help raise money for your club. You can download it [here](#). If you have any additional ideas, perhaps things which have worked for you in the past, then tweet [@ClubMatters](#) so they can add them to the list.



Education Courses

[Click here](#) for full list courses in the Region.

Level 1 Courses

[ASA Level 1 Swimming Assistant](#) (Teaching) BLENDED LEARNING starts 18/11/16 at Xcel Leisure Centre Coventry

[ASA Level 1 Swimming Assistant](#) (Coaching) starts 18/11/16 at University of Worcester

[ASA Level 1 Swimming Assistant](#) (Teaching) starts 19/11/16 at Leominster Leisure Centre

[ASA Level 1 Swimming Assistant](#) (Teaching) BLENDED LEARNING starts 30/12/16 at Burntwood Leisure Centre

Level 2 Courses

[ASA Level 2 Swimming Teacher](#) starts 28/01/17 at Summerhill School, Kingswinford

[ASA Level 2 Swimming Teacher](#) starts 28/01/17 at Meadowside Leisure Centre

CPD

[Fundamentals & Aquatic Skills of School Swimming](#) on 17/11/2016 at Short Wood Primary School

[ASA/scUK Safeguarding & Protecting Children Seminar](#) on 3/12/16 at Stratford Leisure Centre

Open Water Courses

When the IoS reviewed feedback on previous years, there was a consistent request for more practical time so that learners could have more time to experience delivering, observing and being a recipient of others coaching, to enhance best practice and have a broader introduction into various open water coaching methods. Following on from this feedback, the IoS have worked hard to implement a new delivery format for the reviewed qualification in 2016/2017.

The first part of the course will be an initial face to face date which will be in a simulated pool environment meaning that the day will not be weather-dependent and enable learners to have guaranteed pool/coaching time. Learners will then have access to the online blended learning, which will allow most of the theory aspects of the programme to be completed online. Dates for completion of the online work will be dependent upon the course you wish to attend. This will be followed by a second face to face day in an open water environment at a venue of your choice

The locations have been hand-picked by our Tutors and staff members and have undergone preliminary checks to ensure the venues meet the delivery requirements for the course.

To complete this qualification coaches will need to have an ASA Level 2 Swimming Coach (since 94) or 1st4Sport Level 2 Certificate in Coaching Triathlon (QCF) or equivalent. We will also accept ASA Level 2 Swimming Teacher (or equivalent) qualifications providing the learner has proven experience in coaching and open water swimming.

The Guided Learning Hours for this course are 50 of which approximately 16 hours will be spent on face to face delivery with a further 35 hours (approximately) of online learning and assessment.

For further information or to book onto one of the courses at the below venues, please click on one of the following links:

- 1) [Bude Sea Pool, EX23 8HJ](#)
- 2) [Sale Water Park, M33 2LX](#)
- 3) [Druridge Bay, NE61 5BX](#)
- 4) [Vobster Quay, BA3 5SD](#)
- 5) [Chichester Watersports, PO18 0NX](#)
- 6) [Holme Pierrepont, NG12 2LU](#)
- 7) [Stoke Newington Reservoir N4 2HA](#)



IoS Vouchers

There are some issues with clubs using their swim21 IoS £100 vouchers. A few clubs have been giving their voucher codes to their members who are using their own individual accounts to book onto courses and then trying to use the voucher. They are then finding that the voucher hasn't worked. The vouchers work as a credit and won't work on another account.

Please note that vouchers have to be used on the club account and the club has to book the courses; these vouchers are non transferable and will not work anywhere else.

Don't miss out on
the refreshed Adult
Swimming Framework!



Adult Learn to Swim Workshop

In 2015, the ASA Insight Team conducted a segmentation based in motivations and barriers to swimming and activity. Following this, a behaviour change study has allowed the ASA to further understand how to encourage each of these segments to swim, or swim more. From this research, insights around improving the swimming confidence and ability were gained.

Therefore in order to increase adult swimming participation, there is a need to improve the swimming ability and confidence of adults in England which could lead to lifelong participation in swimming, and develop a habit.

"The ASA has also revealed that one in five adults is unable to swim, which shows a need for adult swimming lessons which cater to the needs of older swimmers." This led to the NEW ASA Adult Swimming Framework which is about improving confidence, competence and technique with no age limit.

The NEW ASA Adult Framework caters for every type of adult swimmer, including those who are unable to swim at all, beginners and those who are nervous about swimming. There is also support for swimmers who are coming back to swimming after a break or just those who want to improve their technique.

Confident swimmers are also given the opportunity to improve all of the four strokes, go into the competitive side of swimming or to join a Masters club.

To support the launch of the framework and to assist operators and teachers in the delivery; The ASA would like to invite you to attend a **FREE** Adult Learn to swim workshop.

The workshops will be held across the country and are completely free of charge to attend.

Each event will host two workshops; the first is for teachers to find out more about how best to deliver adult lessons including adaptations, dealing with concerns, teaching tips and practices.

The other workshop is for operators, managers and marketing departments to look at the best ways to timetable, promote and advertise adult lessons.

TO SIGN UP TO AN EVENT IN YOUR AREA PLEASE FOLLOW THE LINK BELOW:

[Adult Learn to Swim Workshop booking form](#)

General Updates

Revolutionary research has inspired a new sports coach UK workshop, which will transform the way fundamental movement skills (FMS) are coached. To find out more use the following link:

http://sportscoachuk.co.uk/interface/external_view_email.php?P927115875876897818416216444710

England Programmes Swim Camps 2016/17 - Please find attached a document which some people may find useful. If you wish to obtain more information please visit the ASA Competitive Swimming Hub:

[\(http://www.swimming.org/sport/england-programmes-swimming/\)](http://www.swimming.org/sport/england-programmes-swimming/)

Club Matters information has now been added to the website under the 'Develop Your Club' section:

<http://www.swimming.org/asa/clubs-and-members/develop-your-club/>

Clubs Team contact details can be found on the ASA website <http://www.swimming.org/asa/clubs-and-members/contact-us/>.



Steps to Success with easyfundraising!

Free fundraising ideas for raising money for your club by shopping online with your favourite retailers such as Amazon & John Lewis.

Register your club with **easyfundraising**
Swimming.easyfundraising.org.uk

It takes a matter of minutes and you will be all set. It's useful to understand how easyfundraising works, even if you don't have anything to buy.

Volunteer Satisfaction Survey

We are asking all Aquatic Volunteers to take the opportunity to have their say and fill in our satisfaction survey. Two volunteers will also be drawn at random after the survey has closed and will each win £100 Amazon Gift Voucher. Please find a link to the survey [HERE](#).

For more information regarding the Volunteer Satisfaction Survey please [click here](#).

