**Regional Para-Swimming Training Programme**

**Midlands Region in partnership with Swim England Para-Swimming**

The Midlands Regional Para-Swimming Programme has been set up by the West Midlands, East Midlands and Swim England Para-Swimming to engage and support swimmers across the Midlands with an impairment that can be classified under the World Para-Swimming categories to develop their skills, experience and knowledge through their journey as a Para-Swimmer.

The Regional Para-Swimming Programme aims:

* Increase number of swimmers and coaches within the Para-Swimming Pathway
* Identify and develop talented athletes
* Increase skills and knowledge of Teachers and Coaches within the Region
* Develop knowledge of parents and guardians to support the para-swimmer
* Develop consistent messaging throughout the para-swimming pathway

The programme will consist of 3 training sessions, with each session comprising of a land session aimed to develop swimmers fundamental movements and a pool session aimed to develop stroke and skill technique of all four competitive strokes. Each training session will be delivered by a team of coaches selected by the Regional Office in partnership with the Para-Swimming Talent Coach from Swim England.

The Regional Para-Swimming Training Programme is the first step of the Para-Swimming Talent Pathway and Para-Swimming Coach Pathway acting as the Talent pool for the Para-Swimming Talent Coach to help identify and develop talented para-swimmers from within the region. All swimmers with a classification (or on the waiting list) are invited to access the regional training.

Eligible athletes:

* Swim England Competitive members
* 9 years plus as of 31 December
* Aimed at those NOT on a World Class programme
* Those who are swimming regularly and can swim 100m or more across multiple strokes (where impairment allows)
* Swimmers with a classification or on the classification waiting list (S99)
* Swimmers with an eligible impairment, who wish to compete and requiring a skills observation to begin the classification process
* Those swimmers attending for a skills observation can be Training members, but must be Competitive members to be placed on a classification waiting list
* Training members attending should attend the pool session only
* This would be an ideal progression opportunity for those who have graduated from the Start Para-Swimming programme
* Swimmers with a Hearing Impaired classification (S15) or wishing to begin the process of classification with GB Deaf Swimming Club

Should any of our athletes not yet be classified, the Development or Head Coach can carry out a swimmer assessment and provide the swimmer and their parent/guardian with more information and advice on how best to progress with their swimming. Within the Regional Training Programme there are groups set up to cater to all abilities from our Regions clubs.

To access Regional Para-Swimming Training sessions or have a swimmer assessment by the Development or Lead Coach all swimmers must meet the eligibility criteria for their medical impairment to be recognised for the competitive Para-Swimming pathway. The primary diagnosis must be stable and belong to one of the 10 eligible impairment types. The eligibility criteria can be found attached.

Dates & Venues for the training sessions:

Session 1

Date: Sunday 8th January

Venue: The Queen’s Diamond Jubilee Centre, Bruce Williams Way, Rugby CV22 5LJ

Time: 12pm – 3pm; land training 12pm – 1pm & pool session 1pm – 3pm

Session 2

Date: Sunday 26th March

Venue: The Queen’s Diamond Jubilee Centre, Bruce Williams Way, Rugby CV22 5LJ

Time: 12pm – 3pm; land training 12pm – 1pm & pool session 1pm – 3pm

Session 3

Date: Sunday 11th June

Venue: The Queen’s Diamond Jubilee Centre, Bruce Williams Way, Rugby CV22 5LJ

Time: 12pm – 3pm; land training 12pm – 1pm & pool session 1pm – 3pm

Please note more specific details will be sent to you once you have signed up.

Signing up & costs:

To sign up to the sessions please complete the following survey: https://www.surveymonkey.co.uk/r/PSTS22-23 and make payment via BACS for £45 as detailed below. We expect you to attend all three session, if this is not possible please tick which ones you are unable to attend on the aforementioned survey.

Name: Swim England East Midlands Ltd

Sort Code: 30-96-26

Account Number: 77761068

Please use the reference ‘PTS and your surname’ when making payment.

Please view the Code of Conduct on the next page.

Code of Conduct

As an attendee of the Midlands Para-Swimming Training Sessions, we understand you have the right to:

* + - 1. Enjoy the time you spend with us and know that you are safe.
      2. Be told who you can talk to if something’s not right.
      3. Be listened to.
      4. Be involved and contribute towards decisions within the club or activity.
      5. Be respected by us and other team members and be treated fairly.
      6. Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
      7. Be encouraged and develop your swimming skills with our help and support.
      8. Be looked after if there’s an accident or injury and have your parents/guardians informed, where appropriate.

As selected athlete we expect you to:

**Essentials**

1. Keep yourself safe by listening to your coach or team manager, behave responsibly and speak out when something isn’t right.
2. Take care of our equipment and premises as if they were your own.
3. Make the Region aware if you have any issues attending on the day.
4. Not wander off, or leave the facility without telling your coach or team manager.
5. Bring the right kit as given within the kit list.
6. Follow the rules of the day at all times.
7. Respect the privacy of others especially in the changing rooms.

**Behaviour**

1. Make our day a fun, happy, friendly and welcoming place to be.
2. Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.
3. Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the Region.
4. Not use any device to take photographs or footage of others in the changing rooms or cubicles.
5. Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
6. Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the Region.
7. Report any incidents of bullying or unkind behaviour to the Region, even if you’re just a witness.
8. Treat other children with respect and appreciate that everyone has a different level of skill or talent.
9. Support and encourage your team mates, tell them when they’ve done well and be there for them when they are struggling.
10. Respect the children and adults attending from other clubs.
11. Respect the Regional Coaches, Team Manager and staff.

**Breaches of this Code of Conduct may result in disciplinary action being taken against you by the Region.**

**The expectation of behaviour within this code of conduct is extended to guardians of attending athletes.**