

East Midlands Regional Updates – 12.01.2023

Interest Registers/Course Requirements

Assistant Coach/Coach courses:

https://www.surveymonkey.co.uk/r/assistantcoach_coach_requirements

Land Training (Swimming):

https://www.surveymonkey.co.uk/r/LandTraining_RegofInterest

Workshops (including Time to Listen and Team Manager):

<https://www.surveymonkey.co.uk/r/wshopinterest>

Land Training (Swimming) Coach Qualification – courses not currently available

https://www.surveymonkey.co.uk/r/LandTraining_RegofInterest

*All regional updates and other regional information can be found on our website
www.eastmidlandswimming.org*

As usual the new items are shown at the top of the email with the reminders of previous information sent out below:

NEW - Coaching courses

All Coaching courses organised for 2023 are now available for bookings on the IOS website. Please find attached a copy of the Assistant Coach and Coach course dates.

The following can be found on our [Coach Education web page](#), please ensure this process is used for members rather than booking direct via the IoS webpage:

- The club offer booking process – including how to redeem the SwimMark voucher for SwimMark Accredited clubs
- Company user guide – Club IoS account use
- Learner user guide

If you have any questions, please don't hesitate to get in touch.

NEW - Free tax helpline

Clubs can get free advice from tax advisor Richard Baldwin MBE. Richard is available for an initial chat giving general guidance on direct tax issues or concerns which a club has. Contact Richard on 01494 730059 or by email at rkbaldwin@btinternet.com.

NEW - Team Manager workshops

An additional Team Manager 1 workshop has been added in March as well as a new Team Manager 2 date. All workshop details can be found on the workshop flyer and on the [Team Manager web page](#).

NEW - Artistic Swimming Judge 2 Course

Swim England are hosting 2 Artistic Swimming Judge 2 Courses on 26th and 31st January. Click [here](#) to register your interest.

NEW - Connecting with Coaches Session - Artistic Swimming

This session will go over training techniques, important sculling work and body control to improve the new elements and figures. Giving an opportunity for discussion and questions.

27th January 2023 - 18:00 - 19:30

Book now; <https://shop.swimming.org/cwc-art-2023>

NEW - Artistic Swimming Boys Project

Calling all boys who would like to try Artistic Swimming.

Join two top British male athletes – Ranjuo Tomblin and Maxwell Sewell – come along and have fun, learn and be a myth buster about the sport.

Date: Saturday 21st January

Location: Hengrove Leisure Centre, Hengrove Promenade, Bristol BS14 0DE

- 1-5pm Boys already doing Artistic Swimming - swimming with a club - £20 - Select B to book
- 1-3pm Boys who would like to know a bit more and have a go - £10 - select N to book

These sessions will be led by National Coach – Paola Basso and taught with Ranjuo Tomblin and Maxwell Sewell. Places are limited so book now to avoid disappointment. <https://shop.swimming.org/as-boy>

NEW - National Para Swimming Pathway Engagement Workshop

Please find attached a flyer for the next National Para Swimming Pathway Engagement Workshop. The workshop is designed to help athletes, coaches and parents / guardians, gain valuable information about the development of Para-athletes. The workshop is taking place as follows:

Date: Monday 30th January 2023.

Venue: Online via Zoom.

Athletes: 6pm – 8pm (Coaches are welcome to observe)

Coaches: 7pm – 8pm

Booking link: <https://www.surveymonkey.co.uk/r/7PZNKJV> deadline - Wednesday 25th January 2023 at 3pm.

PREVIOUS INFORMATION:

IMPORTANT:

Updated Safeguarding contact details

Swim England have appointed its first ever Head of Safeguarding and Welfare, Kevin Suckling. In addition to the new Head of Safeguarding and Welfare role, they have established two additional positions to support demand and the incorporation of welfare within the team. For any queries please can you use safeguarding@swimming.org to contact the Safeguarding and Welfare team.

Reminder

Safeguarding is everyone's responsibility, and any volunteer or individual should raise any concerns, even if they feel it maybe something small. Our Regional Welfare Officer is Ursula Beck:

welfare@eastmidlandswimming.org

COMPETITION:

Regional Long Course Championships 2023

Thank you for your patience regarding the Regional Championship dates, it was requested we did not use the weekend of the Coronation of His Majesty the King. This caused some challenges due to already secured bookings which have now mostly been resolved, we can therefore advise of the Regional Championship 2023 dates and venues. Please note the events/age groups are provisional at present. The full schedule, conditions and qualifying times will be confirmed later in January.

Provisional dates

Weekend One 22nd / 23rd April 2023, at Corby 14/UN + Distance all age groups

Weekend Two 29th / 30th April / 1st May 2023, at Moorways, 15/OV excluding the 800/1500

Weekend Three 13th / 14th May 2023, at Corby, 14/UN + Distance all age groups

Prompt cards for updated guidance on minimum pool depths for racing entries

Following the announcement last month regarding the updated guidance on minimum pool depths for racing entries, we have now also published updated prompt cards for swimming officials and event organisers.

The updated prompt cards can be downloaded by clicking [here](#)

Read the [FAQs](#)

Read the full [guidance](#)

Email the [team](#)

FINANCE:

Regional Course & CPD bursaries 2023

The 2023 bursaries applications are now open, all details can be found on the [Regional website](#)

All funding opportunities can be found on our [website](#).

WORKSHOPS / COURSES:

The National Chairs forum

The National team have organised two more dates for the National Chairs forum; Wednesday 18th January and Monday 20th March, both forums to start at 6pm. Any Chairs who are interested in attending please email clubdevelopment@swimming.org for the joining details

Regional Workshops

Please see attached a list of upcoming regional workshops:

- Team Manager 1
- Team Manager 2
- Time To Listen - [Booking Policy](#)

If you are unable to attend any of our current workshops please register your interest here: [Interest Register](#) and we will be in touch when new courses have been arranged.

Assistant Coach and Coach Courses organised

Please see attached a list of upcoming Coaching (Level 1 and 2) Courses (across the disciplines) available for members to book onto. Please ensure members use the [club offer process](#) to receive the club offer rate, it is not possible to refund places booked at full price.

SWIMMARK / CLUB AFFILIATION:

SwimMark and Club Affiliation deadlines for 2023

Please see below the Regional deadline dates for clubs SwimMark to be completed

Quarter	Regional Deadline (green ticked on the portal)
1	16 th January 2023
2	17 th April 2023
3	17 th July 2023
4	16 th October 2023

If you miss the Regional deadline and are completing a full SwimMark accreditation:

- You will lose your SwimMark accreditation and must have completed the 5 Club Affiliation elements to remain a Swim England affiliated club.

If you miss the Regional Deadline and are completing SwimMark Health Check or Club Affiliation:

- You will no longer be an affiliated club of Swim England.

GENERAL REMINDERS:

Renewal batches now available for 2023

Your 2023 renewals batches are now available on the Online Membership System (OMS) for clubs to complete their annual renewal before the 28th February 2023 deadline. Thank you to the clubs that have already completed the process for 2023! If you'd like to discuss your renewal with the membership team, please email renewals@swimming.org and one of the team will be able to help out. Visit [Online Membership System](#)

Don't miss out on your Club Health Tracker

Swim England recently contacted clubs with their login details to the exciting new [Club Health Tracker](#). It consists of a short self-assessment survey across 6 core areas of club development. You can then view results and benchmark against national averages to help you to identify strengths and any areas for development. If you'd like a reminder of your login details email the Club Development [team](#) with your name, club and club role.

Update regarding World Aquatics review of technical rules

World Aquatics (FINA) is currently reviewing its technical rules in all disciplines. In respect of swimming, the revised rules, covering the 2023-25 period, were published recently. We will circulate details of the new rules, update training materials and determine a suitable date for their implementation once relevant groups have met and considered how to adopt the changes. The new rules should not therefore be applied at

swimming competitions held in England until the implementation date is determined. County Age Group Championships should be judged in their entirety under prevailing Swim England Laws, Regulations and Technical Rules of Swimming, without reference to revised 2023-25 FINA Technical Rules.

Swim England issues updated guidance on minimum pool depths for racing

Following a review by Swim England and in light of a number of 'near misses' which involved swimmers diving into shallow water, the new guidance states the minimum depth for dive entries should be 1.35m. With specific reference to swimming, this is in line with FINA Regulations.

Read the full article on the [Swim England website](#) or view the [FAQs](#) Queries can be sent through to divedepths@swimming.org

To keep up to date with all the latest information from Swim England East Midlands please follow our social media pages

Instagram: [@swim_east_midlands](#)

Twitter: [@SwimEngland_EM](#)

Facebook: [@SwimEastMidlands](#)

Regional Website: <https://eastmidlandswimming.org>

Many thanks,
Fiona, Helen and Grace
Swim England East Midlands