



East Midlands Regional Updates – 21.08.2025

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

Interest Registers/Course Requirements

Do you need a course or workshop? Let us know below!

Assistant Coach/Coach Courses: [Register](#) currently being updated.

Land Training: [Interest Register](#)

Workshops (including Time to Listen and Team Manager): [Interest Register](#)

Key contacts and links

Contacts

- [Regional Welfare Officer - Ursula Beck](#)
- [Regional Manager - Fiona Conway](#)
- [Club Development Officer - Helen Bickerstaff](#)
- [Sport Development & Events Officer- Matthew McNicholas](#)
- [Regional Administrator - Melissa Lock](#)
- [Swim England Safeguarding team](#)
- [Swim England DBS team](#)

Links

- [Coaching courses and club offer booking process \(all disciplines\)](#)
- [Reporting a safeguarding concern](#)
- [Swim England Safeguarding courses](#)

New Updates

Masters Inter-Counties

Swimmers aged 18+ can register their interest to compete at the Masters Inter-County competition at Moorways, Derby on Sunday 9th November by completing the form here: https://eastmidlandswimming.org/?ff_landing=81

Artistic Swimming Officials News

To sign up for the latest information and updates for Artistic Swimming officials please complete this form

<https://lists.swimming.org/subscription/gKEYDuWViE?locale=en-US>

Please note this is a national news update

Aquatics Coach Mentoring Programme 2025 - 2026

Swim England's Aquatics Coach Mentoring programme for 2025-2026 provides an opportunity for coaches across all areas of the sport to work with an experienced coach mentor. The applications close on Tuesday 26th August. The application and all details can be found here: <https://www.swimming.org/swimengland/aquatics-coach-mentoring-programme-2025-2026/>

Sign up to the World Aquatics Water Polo Referee update session

This online session will cover the recent changes to World Aquatics Water Polo Rules. It's aimed at referees, coaches & players and will explain how the new rules work in practice. The 90 minute interactive session will be led by Chris Stephens, Swim England WP Officials Lead, and there will be ample opportunity to ask questions

Follow the link below to secure a spot

World Aquatics Rules Update 31 August 6pm – Swim England

Constitutions

A reminder that any clubs looking to alter or update their constitution need to send the new constitution to eastmidland@swimming.org for approval prior to approval at an AGM or SGM. To ensure your constitution is approved in time, - allowing for amendments, annual leave etc. - please send the constitution to the office at least one month prior to your AGM or SGM.

All unincorporated clubs should be using the SE model constitution:

<https://www.swimming.org/swimengland/new-model-club-constitution/>

Charitable Incorporated Organisations (CIOs) should be using the CIO model:

<https://www.swimming.org/swimengland/charitable-incorporated-organisations/>

Once your constitution has been approved at your AGM if you contact us with the date of the AGM we will send you a "full approval" letter - this will be used for your club affiliation.

Previously shared information



Swim England Open Water Swimming Coach Course

Online webinar dates: Saturday 20th September 9am - 12pm and Wednesday 1st October 6-9pm

Practical dates: Saturday 4th and Sunday 5th October, 9am – 5pm at Spring Lakes Watersports Centre, Nottingham, NG10 2FZ

Price: £425

Full course information and booking page:

<https://instituteofswimming.org/course/87axh13.>

Coaches Technical Panel (Swimming)

The terms of reference has been reviewed for the Coaches Technical Panel (Swimming), opening up additional spaces.

The terms of reference for the group can be found here

https://eastmidlandswimming.org/wp-content/uploads/2025/07/EM-Coach-Tech-Panel_2025-update.pdf

The expressions of interest form for the panel can be found here:

https://eastmidlandswimming.org/?ff_landing=80

This form will close on Wednesday 27th August at 8am.

Welfare Officers Web-page

A new webpage has been created for welfare officers:

<https://www.swimming.org/swimengland/welfare-officers-toolkit/>

This page has been created to support Welfare Officers involved in aquatics to provide essential resources, guidance, and support for the role.

Previously shared information

Midlands Para Development Meet

Entries are now open for the Midland Para Development Meet.

This competition is open to all athletes with a Para Swimming Classification, and those awaiting classification.

Date: Sunday 12th October 2025

Location: The Queen's Diamond Jubilee Centre, Bruce Williams Way, Rugby, CV22 5LJ

Time: Warm Up from midday, session will finish before 4pm

Conditions: [Available Here](#)

Entry link: [ENTER HERE](#)

Entries close: Sunday 28th September 2025

Athletes are also invited to participate in the Para-Swimming meets of other regions across September, details of these can be found below.

| Region | Date | Location | Entry Link | Deadline |
|--------|------------|-----------|------------------------------|------------|
| South | 13/09/2025 | Reading | <u>SOUTH</u> | 14/08/2025 |
| East | 21/09/2025 | Newmarket | <u>EAST</u> | 20/08/2025 |
| North | 28/09/2025 | Darwen | TBC | 03/09/2025 |



Team Manager workshops

Time to Listen

Foundations of Inclusivity

Competitive Starts



Good Governance Workshops - Mandatory for Chairs and Welfare Officers

Club Chairs Workshop

Club Welfare Officer Workshop

Club Secretary/Membership Officer Workshop

Safeguarding

Swim England Safeguarding Course

Swim England Safeguarding Refresher

Only for those who have completed the full Swim England course in the last 3 years



Forums

Welfare Officers Forum

Chairs Forum

Course booking reminder - 4 ways to save money!:

1. Ensure you use the club offer booking process - this heavily discounts the price:

Level 1 Coaching course reduced from £375 to £221.25 (41% discount)

Level 2 Coaching course reduced from £660 to £455.40 (31% discount)

2. If you are a SwimMark club then each year (in line with your reaccreditation date) you will have a £100 IoS voucher which can be used for courses or CPDs.

3. After the member has completed the course and received their certificate, the club can claim a regional bursary (criteria dependent) of £50 towards assistant coach courses, or £100 towards coach.

4. After the course is completed and certificated, look into the county bursary funding available.