



## East Midlands Regional Updates – 25.09.2025

All regional updates and other regional information can be found on our website  
[www.eastmidlandswimming.org](http://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

### **Flood Your Club With Volunteers Workshop – Mon 29th Sept, 6pm**

Online webinar hosted by Active Devon -

<https://www.eventbrite.co.uk/e/flood-your-club-with-volunteers-tickets-1550688132949>

### **Open Water Swimmers Needed**

Do you have experience of swimming in open water? Would you like to attend a free open water coaching session with our trainee open water coaches and course tutor Janet Slack? If yes, we're looking for swimmers to take part in our swimming session between 10-11am & 2-3pm on Saturday 04th October at Spring Lakes Watersports Centre, NG10 2FZ. Places are limited so book your place today by emailing [ioscourses@swimming.org](mailto:ioscourses@swimming.org) (bookings close 01st October).

### **Regional Short Course 2025**

A reminder that the Regional Short Course Championships opens on 1st October 2025.

Entry administrators (one per club) can register to receive the entry link on the Championships Website.

<https://emswimchamps.org.uk/Events/ShortCourseChampionships2025/index>

### **Do you have Coaches interested in Land Training?**

We're excited to be planning our 2026 programme and are looking for clubs to host our Land Training course. The Swim England Land Based Coach Certificate equips coaches with the knowledge, understanding, and practical skills needed to deliver effective land-based training across all aquatic disciplines.

Hosting a course is a fantastic opportunity for your club to:

- Support the development of your own coaches
- Bring training opportunities closer to home
- Contribute to raising coaching standards in your region

If your club would like to host a course, please contact Abi Jones at [ioscourses@swimming.org](mailto:ioscourses@swimming.org)

## New Updates

**A reminder to those clubs re-affiliating in October:** the deadline for all submissions is Monday the 13th of October. The below clubs in bold have begun uploads. Clubs in green have completed all elements.

Arnold SC

**Bassetlaw Swim Squad**

**Belper Marlin SC**

**Bingham Penguins**

**Bircotes SC**

**Brackley Swimming Club**

**Braunstone SC**

**Buxton & District SC**

**Calverton and Bingham**

Grantham SC

Hucknall SC

**Hucknall WPC**

**Kimberley SC**

**Leicester Sharks SC**

Long Eaton SC

**Loughborough University**

**Melton Mowbray SC**

**Nene Valley SC**

Nova Centurion SC

Radford SC

**Retford SC**

**Ripley SC (rascals)**

Rushcliffe

Sherwood Colliery SC

Sherwood Seals SC for the Disabled

**Southwell SC**

## Previously shared information



Coaches Technical Panel (Swimming) – extended deadline

The Coaches Technical Panel (Swimming) Terms of Reference has been reviewed, due to this the non-County appointed places are open for application.

Interest form for additional spaces: [https://eastmidlandswimming.org/?ff\\_landing=80](https://eastmidlandswimming.org/?ff_landing=80) The form will close on Tuesday 30th September at 4pm

DROP IN SESSION – COME SHARE YOUR PRACTICE & LEARN FROM OTHERS

POSITIVE EXPERIENCE FOR ALL PEOPLE & DEVELOPING AN INCLUSIVE ENVIRONMENT

Register Here:

[East Midlands Sport Welfare Forum Registration Form](#)

Click and press start to choose the session

you want to attend

Register Here:

[East Midlands Sport Welfare Forum Registration Form](#)

Click and press start to choose the session

you want to attend

The East Mids Sport Welfare Officers would love to see you at one of our upcoming new 'Drop In and Connect' online events (please feel free to invite others too).

Thursday 11th September 2025 | 6:00pm–7:00pm | Online

Wednesday 8th October 2025 | 7:00pm–8:00pm | Online

Register here:

Join us for an informal online drop-in session designed to bring together clubs from across a wide range of sports.

This is your chance to:

Network with others working in sport welfare and safeguarding

Ask any questions you may have

Share ideas, challenges, and good practice

Start conversations on any topic that matters to you – from everyday concerns to wider themes

Whether you're looking to connect with others, learn from different sporting contexts, or simply listen in, we welcome you to join us. The more diverse the sports represented, the richer the conversation!

Open discussion – no agenda, no pressure.

## Previously shared information

Please note: This session is not for discussing specific cases or sharing personal information.

Let's build connections and support each other across the East Midlands sporting community.

Did you know National Inclusion Week is just around the corner (15th-21st Sept)?

The theme of this year's campaign is 'Now is the Time' – so we have teamed up with Buddle (previously Club Matters) to offer you two free opportunities to develop your club. 'Now is the Time' for us to come together and demonstrate why inclusion matters!

Please join us at either or both of the workshops below - which will be delivered by yours truly, a licensed Buddle tutor.

Register for the workshops here:

Workshop One: Positive experiences for all people:

Monday 15th September 2025 | 5:30pm–7:00pm | Online

- This workshop will help you enhance participant experience by exploring what makes an activity engaging and fulfilling.
- Using real examples, you'll reflect on how your current offer meets the needs of your club or organisation, and identify practical steps to make them more inclusive and engaging.
- Through group discussions and hands-on tasks, you'll learn how to measure engagement, listen to different voices within your organisation, and develop strategies to create positive experiences for all participants.

Workshop Two: Developing an inclusive environment

Wednesday 17th September 2025 | 7:00pm–8:30pm | Online

- This workshop explores how clubs and organisations can foster a truly inclusive environment that engages and retains a diverse range of participants and volunteers.
- Through reflection and discussion, learners will examine what inclusion looks and feels like in their organisation, identify barriers to belonging, and explore solutions for greater accessibility.
- You'll leave with practical strategies and an action plan to enhance inclusivity and ensure your club or organisation is welcoming to all.



### **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/>

### **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.

### **AGMs**

A reminder to all clubs that AGMs should be run in line with your club constitution. For an AGM template please [click here](#).

Points to note:

You must elect an independent financial examiner each year at your AGM

Your AGM must include a report from the Chairperson

Your AGM must include "the accounts of the Club for the previous year and the report on the accounts of the independent examiner and the Treasurer's report as to the financial position of the Club"

Only paid up members who have reached their 16th birthday shall be entitled to be heard and to vote.



### 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

### 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](https://eastmidlandswimming.org/?ff_landing=81)



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.

# Assistant Coach & Coach Courses

## Club Offer Booking Process

The club offer booking process information can be found here:

<https://eastmidlandswimming.org/volunteers/coach-education/>

We would encourage all clubs and members to use this process and use the links below for course information.

| <u>Course title</u>                            | <u>Start date</u> | <u>Closing date</u> | <u>Venue name</u>                    |
|--|-------------------|---------------------|--------------------------------------|
| <u>Swim England Assistant Swimming Coach</u>   | 23/10/2025        | 09/10/2025          | Moorways Sports Village & Water Park |
| <u>Swim England Assistant Water Polo Coach</u> | 13/10/2025        | 30/09/2025          | The Alan Higgs Centre                |