

ASA WEST MIDLAND REGION CLUB NEWSLETTER JUNE 2015

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Meet the Team

Helen Slatter

ASA Club Development Officer working mainly with Birmingham, Coventry, Solihull and Warwickshire.

I have been in post since February 2015 and prior to that I was Senior Sports Development Officer at Stratford-on-Avon District Council.

My background and passion is swimming. Having joined my first swimming club at 10 years old I went on to compete for England and Great Britain at various competitions throughout my career, the highlight being representing Great Britain at 3 Olympic Games.

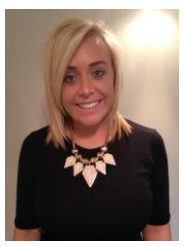
During my swimming career I obtained my teaching and coaching qualifications and for a number of years following my retirement from competitive swimming I coached at a local club achieving National Age-group medal success and development team representation.

Alongside coaching I was also GB and England Team Manager for a number of junior and senior teams culminating with the honour of being Team Manager for the Open Water Team at the Beijing Olympic Games where our 3 swimmers came away with 2 silvers and a bronze medal.

I am enjoying being back in the sport of swimming after a short time away and I hope that I can share my experiences and knowledge with clubs to help them in any way possible.



Helen



Amanda

Amanda Swan

Regional Club Coordinator for Hereford & Worcester and Shropshire.

I have been in post at the ASA for the West Midlands Region for 11 months and I have really enjoyed getting to know the different clubs within my areas.

I was a competitive swimmer from the age of 10 years old and a member of Bromsgrove SC. I went on to study Sport Development with Coaching at Sheffield Hallam University and during my time there I tried my hand at water polo and became a member of the swimming and water polo team.

I'm a Level 2 qualified swimming teacher and taught for a while when returning from university. Previous to my current role I worked at a charity for a few years; Groundwork West Midlands managing and delivering health and physical activity programmes and specifically working with people with mental health issues which I found extremely rewarding. I am an all round fitness fanatic, and when I'm not working or socialising, you will find me in the gym. My knowledge in the sport is forever expanding and I look forward to continuing working with the clubs in the region on various programmes and development.

Jon Fletcher

Regional Club Coordinator for Black Country and Staffordshire.

I'm an ex-swimmer, now a swimming parent and assistant head coach at Worcester Swimming Club. I have been at the ASA for 11 months having previously worked in commercial sport mainly within professional cricket. I love all sport, if I'm not coaching then I'm playing. If I'm not playing then I'm watching. If I'm not watching then I'm miserable! I am currently enjoying working with great clubs and dedicated people in my area.



Jon

Education Courses

[Click here](#) for full list of all IoS courses in the West Midlands



Level 1 Courses

[ASA Level 1 Teaching](#) starts 25/7/15 at Fox Hollies Leisure Centre, Birmingham
[ASA Level 1 Teaching](#) starts 27/07/15 at Summerhill School, Kingswinford
[ASA Level 1 Teaching](#) starts 27/07/15 at Coventry Sports Centre
[ASA Level 1 Teaching](#) starts 24/08/15 at Queen's Diamond Jubilee Centre, Rugby
[ASA Level 1 Teaching](#) starts 06/09/15 at Jubilee 2 Pool, Newcastle-under-Lyme
[ASA Level 1 Coaching](#) starts 11/09/15 at Coventry Sports Centre

Level 2 Courses

[ASA Level 2 Coaching](#) starts 19/6/15 at Coventry Sports Centre
[ASA Level 2 Teaching](#) starts 18/07/15 at Wolverhampton Swimming & Fitness Centre
[ASA Level 2 Teaching](#) starts 29/07/15 at Summerhill School, Kingswinford
[ASA Level 2 Teaching](#) starts 01/08/15 at Bedworth Leisure Centre
[ASA Level 2 Teaching](#) starts 03/08/15 at Fox Hollies Leisure Centre, Birmingham
[ASA Level 2 Teaching](#) starts 10/08/15 at Stafford Leisure Centre
[ASA Level 2 Teaching](#) starts 17/08/15 at Coventry Sports Centre
[ASA Level 2 Coaching](#) starts 05/09/15 at Stafford Leisure Centre (Units 205-208)
[ASA Level 2 Teaching](#) starts 05/09/15 at Oswestry Leisure Centre

CPD seminars

[Teaching Turns CPD](#) 23/06/15
7pm - 10pm at Shrewsbury School
[Improving Breaststroke CPD](#) 15/09/15
7pm - 10pm at Shrewsbury School

Regional Volunteer Courses

To book a place please email westmidland@swimming.org

Coaches Workshop 17/06/15 6.30pm – 9pm

Bromsgrove - Speaker Lindsay Dunn

Click here for more information.

Team Manager (Module 2)

23/06/15 6.30pm - 9.00pm

Kingstanding Leisure Centre, Birmingham

Team Manager (Module 1)

12/09/15 1.15pm – 4.15pm

Summerhill School, Kingswinford

Time to Listen Course

12/09/15 11am – 3pm

Summerhill School, Kingswinford

Team Manager (Module 2)

22/09/15 6.30pm – 9.00pm

Wrekin College, Telford

Funding Information

Club Development Grant Aid – this grant is available to assist clubs within the region to initiate, implement and maintain swim21 development plans. The West Midland Club Development Group (which approves these grants) wishes to encourage clubs to think about projects that will make a significant impact on their club's activities. It is strongly encouraged that clubs should seek guidance from their designated Club Development Officer before submitting a grant application. There is no set amount of money you can apply for; this is dependent on the projects you plan to carry out and how much is required.

Recent successful applications include:

- The purchasing of pop up and stable banners to help support and market the club to increase membership
- Costs covered for a safeguarding course for a newly formed club network to enable members of the local clubs to attend the course free of charge
- Costs covered for x amount of people to attend a Pool Rescue Test.

Regional Grant Aid of up to 50% off Level 1 and Level 2 Courses is available to West Midland clubs with swim 21 or those actively working towards.

Mars Milk Play Fund offers cash awards for sports people, clubs and projects from May 4 2015 for 22 weeks, awarding 5 monthly awards of £1000 and 44 weekly awards of £300. Examples of funding include travel costs, coaching or equipment.



Have you heard about Club Matters?

They can support with workshops, mentoring, development, club improvement plans, on-line support with all areas of club development and budgeting. For more information [Click here](#)

SWIM21



The clubs who fulfilled the criteria for their annual health check in March were:

Biddulph
Blythe Barracudas
Bromsgrove
Chase
City of Birmingham
Droitwich Dolphins
Ellesmere College Titans
Halesowen
Oswestry Otters
Perry Beeches
Walsall Synchro
Warley Wasps
West Midlands Disability
Worcester
Wyre Forest

Telford Aqua was successful in achieving swim21 Essential following setting up as a new club in September 2014.

[Click here](#) for more information about swim21.

Safeguarding update

Welfare officers and key personnel within clubs are required to have a current Safeguarding and Protecting Children certificate as part of their swim21 Essential accreditation.

The current Safeguarding certificate lasts for three years and to help club members with their renewals a new e-learning version of the course has been developed. The online version is only open to individuals who are over 18 years of age and have already completed the face to face workshop.

For more information on the online course please [click here](#).

SAFEGUARDING STARS

Does your club have an outstanding Welfare Officer? Has someone gone the extra mile in helping to safeguard young people? If so, why not nominate them for a Safeguarding Stars award? [Click here for nomination forms](#). Please send your completed forms by Friday 3rd July 2015 to volunteering@swimming.org.

Social media e-comms

To find out more about keeping your club and its members safer on line, including information about facebook, twitter and instagram [click here](#)



TALENT COACH DEVELOPMENT PROGRAMME

West Midland Swimming will shortly be accepting applications for the 2015/16 Talent Coach Development Programme. The prospectus will be available on 10th June – email westmidland@swimming.org for a copy. Applications close on **22nd June 2015**



ASA COMPETITION STRUCTURE

Following the recent changes to the competition structure the ASA has put together a competition pathway handbook which should outline and answer all of your questions and make things a little clearer. [Click here for more information](#)

DISCIPLINE UPDATES:

Waterpolo

Regional Training Centre sessions provide training and development for boys and girls born 1999 – 2002.

Details are as follows:

Where: Walsall Gala Baths, Tower St, Walsall, WS1 1DH

When: Fridays 22/05/15 – 17/07/15 6.15pm-7.45pm

Cost: £60 for 10 sessions

For more details and to join the sessions please email the administrator [Henrietta Parr](mailto:Henrietta.Parr@asa.org.uk) or telephone 07768 912686.

Open Water



Midland Open Water Championships (incorporating the Warwickshire Open Water Championships)

Sunday 5th July

Bosworth Water, CV13 6PD

[Click here for meet information and entry forms](#)

Closing date for entries 14th June.

There is still time to take part in a taster session at Cliff Lakes Water Park, B78 2DL on Saturday 6th June 9.00 – 10.00am. For more details please email [Claire Thorn](mailto:Claire.Thorn@asa.org.uk)



Please contact us if you want specific items covered in the newsletter – westmidland@swimming.org