



Welcome to the February Club Newsletter

Visit our Website



Coming Up In February...

9th - Synchro Age Group Champs

10th - Open Water Committee

14th - Diving Committee

20th - Masters Committee

23rd - Para-Swimming Training

24th - Diving Officials Training

Check our [calendar](#) for more upcoming events!



Regional Para-Swimming Training

Regional [Para-Swimming training](#) is taking place in Hatfield on **23rd February**, including a guest speaker and a coach education session.

All bookings must be received by **15th February 2019**.

Diving Officials' Training

There are still a few days left to book on to one of our diving officials' workshops taking place on **24th February** in Southend.

Both a Judge Level 1 course and a Recorders course will be running, more information and a booking form can be found on our [website](#).

The deadline for bookings is **5th February 2019**.



Swimming Coaching Conference

A swimming coaching conference - Coaching Generation Z - will be running on **10th March 2019** at Freckenham Village Hall.

The conference is free for East Region club coaches to attend, [book now](#) to reserve your place, bookings close on **25th February**.

Team Managers Needed!

Team managers perform a vital role for clubs at events but they are also needed at regional and county development camps for all disciplines.

If you are a team manager and would like to help at regional development camps, please [get in touch!](#) You don't have to have an athlete there to come and help, you just need to have attended a team manager course and have a valid safeguarding certificate.

Competitions

Following the name change of the ASA to Swim England, all conditions for competitions for all disciplines, must now state that the competition is run under 'Swim England Regulations and Technical Rules'.

Please share this information with whoever in your club is responsible for organising competitions.

Synchro Development Squad Trials

A trial will be running on **10th March 2019** for synchro swimmers to have a chance of selection for new regional 12&U and 13-15 squads starting in May 2019.

The squads will aim to reach the necessary qualification standards for entry into the Swim England Synchro National Age Group competition. Further information will be sent to clubs shortly.



Water Polo Coaching Courses

We are currently assessing the need for Assistant Water Polo Coach (Level 1) and Water Polo Coach (Level 2) courses in the region.

If you have anyone at your club who would like to attend either course, please could you send their name(s) to bookings@eastswimming.org by **15th February 2019**.

Courses can only be set up according to demand so please ensure you let us know if your club needs to send people on a coaching course.

Meet Licensing - Strobes

Just a quick reminder that, as previously advised, for level 1, 2 and 3 licensed swimming meets, the conditions must also now state whether, or not, a secondary strobe will be available for those athletes with hearing impairments.

Please let your promoters know about these requirements as, if your application for a Licensed Meet does not comply we will have to return the application, which will delay the process.

Meet Licensing - Levy Payments

We are finding that, increasingly, we have to chase clubs for payment of the licensing levy.

Can clubs please remind promoters and treasurers that this levy, which is due on all entries to [licensed meets](#) (with the exception of regional meets, county meets held within the prescribed window and level four meets that are restricted to a single club) **must** be paid to the region within **5 days** of the completion of the meet.

National Junior Para Swimming Championships

Entries are still open for the National Para-Swimming Championships being held on the 2nd-3rd March in Liverpool. For more information, please visit the Activity Alliance [website](#).



Sports Science and Medicine Conference

England Talent are running a sports science and medicine [conference](#) on **10th March 2019** in Nottingham. [Bookings](#) close on **3rd March 2019**.

Regional Staff Contacts

Leanne Brace - East Region Development Manager (maternity leave)

Please contact east@swimming.org and another member of staff will reply to your email

Kevin Pickard - East Region Swimming Talent Officer

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Amy Bryant - East Region Development Officer

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Jo Stalley - East Region Administrator

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Dean Walker - Swim England Club Development Officer

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