



## Welcome to the July Club Newsletter

Visit our Website



### Coming Up In July...

**1st** - Disability Committee

**7th** - Swimming Inter-County Competition

**21st** - Open Water Championships

Plus, don't forget the **East Region ACM** on **14th September** at Freckehnam Village Hall. All club and county secretaries have received an information letter.

Check our **calendar** for more upcoming events!



### Regional Volunteer Posts

The full list of volunteer roles available for nominations can now be found on our **website**.

Nominations close on **23rd August** and appointments will be made at our **ACM** on **14th September**.

### Important Information: Regional Open Water Champs



Please familiarise yourself with the **venue details** for Whitlingham Country Park before attending the Regional Open Water Championships on **21st July**.

Please leave plenty of time to arrive and expect delays due to a 10K run in Norwich close to Whitlingham on the same day.

Volunteers are always needed to help with areas such as athlete registration and car parking, if you are able to help, please contact our regional Open Water manager, **Paul Kendall**.

### Masters Champs Entries Open

Entries are now open for the Regional Masters Championships being held in Newmarket on **29th September**.

For event conditions and the entry procedure, please visit our **website**.

If you'd like to officiate, you can [apply online](#).



## Lessons from Champions

On Sunday **22nd September**, the region will be welcoming Olympic gold medallist, Amy Williams, who will be speaking to athletes, parents and coaches about her achievements during and after her sporting career.

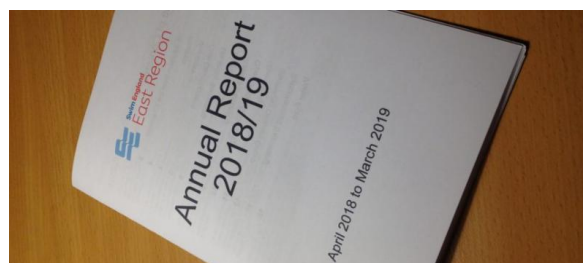
This opportunity is open to all disciplines, more details can be found on our [website](#).



## Regional Awards

Have you nominated a deserving person for one of our [annual awards](#)?

Nominations close on **31st July** so don't miss your chance to recognise one of the many highly committed and valued individuals who are essential to all of our sports!



## Annual Report 2018/19

Our 2018/19 [Annual Report](#) is now available to download from our website and provides details of what has been achieved in the East Region during the year.

If you have any comments on the annual report, please [contact us](#).

## Skills Coaches - Regional Swimming Development Camps

Applications are now open for skills coach positions for the East Region Swimming Development Camps running over three days in September and October.

For more information visit our [website](#). All applications must be received by **7th July**.





## Safeguarding Focus: Welfare Officers

Clubs and Counties - do your members know where to find contact details of your welfare officer(s) and the sorts of things they can contact a welfare officer about?

Please ensure these details are up to date and easy to find so that all of our members feel supported. Please also remind club and county welfare officers that they can get support from the **Regional Welfare Officer** if needed.



## Swimming Coaching Courses

Are you looking for a swimming coaching course? We run courses to demand to ensure they don't get cancelled so if you are looking for either an Assistant Coach or Coach course, please **register your interest**.

Once we have enough learners for a viable course, learners will be contacted with details of the next available course in the region.

Course which are currently planned can be found on our **website**.



## Swim England National Summer Meet 2019

Swimmers who have achieved qualifying times for the Swim England National Summer Meet will have received invites and must submit their entries by 12 noon on **Monday 15th July**.

The event is being held in Sheffield from **31st July - 4th August**, full details can be found on Swim England's **website**.

## Teaching and Coaching Register

The Swim England **Teaching and Coaching Register** has seen great engagement across the country. Coaches are now required to check their details are correct via the **Online Membership System** by **31st July**.



## Regional Staff Contacts

**Leanne Brace - East Region Development Manager**  
leanne.brace@swimming.org

**Kevin Pickard - East Region Swimming Talent Officer**  
kevin.pickard@swimming.org

**Amy Bryant - East Region Development Officer**  
amy.bryant@swimming.org

**Jo Stalley - East Region Administrator**  
jo.stalley@swimming.org

**Dean Walker - Swim England Club Development Officer**  
dean.walker@swimming.org

