



## Welcome to the November Club Newsletter

Visit our Website



### Coming Up In November...

- 1st - 3rd** - Swimming Short Course Champs
- 10th** - Para-Swimming Training
- 10th** - Masters Inter-County Competition
- 10th** - Water Polo Inter-Regional Trials
- 16th** - Synchro Judge Level 2 Course
- 17th** - Swimming Officials Group Meeting
- 18th** - Disability Committee
- 21st** - Diving Committee
- 23rd** - Synchro Grading Day

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



### Masters Manager Needed Urgently

The region is currently still without a Masters Swimming Manager.

Without a manager in place, it will not be possible for the committee to organise the 2020 Regional Masters Champs or the 2020 Inter-Counties Competition.

Please visit our [website](#) for more information and contact [amy.bryant@swimming.org](mailto:amy.bryant@swimming.org) if you would like to discuss the role further.



### Water Polo Grand Prix 2019

The East Region Water Polo Grand Prix will take place on **14th December 2019**, 5pm - 9pm, at Riverside Ice & Leisure Centre, Chelmsford.

Tournament conditions and information on how to enter a team can be found on our [website](#).

Entries close on **Friday 29th November 2019**.

### Open Water Officials Training

If you are thinking of training to be an open water official ready for the 2020 open water season, please [register your interest](#) with us as soon as

possible for Judge Level 1 or Level 2 courses.

This will allow us to plan training courses where there is a need in the region. Those on the list will be contacted as soon as a course is available.



## New East Region Swimming Competition Programme Launches

The Region is excited to launch the format of the new swimming competition programme for 2020.

The Region will run two competitions, the 2020 Long Course Championships in the national qualifying window, and the 2020 Summer Meet in July.

More information, including the schedule, qualifying times, entry packs and guidance notes for both events, is available on the [Swimming Competitions page of our website](#).



## Regional Membership Fees 2020

Membership fees are due on 1st January. Regional fees for 2020 will be as follows:

- Category one:** £5 per year
- Category two:** £6 per year
- Category three:** £0 per year
- Club annual fee:** £35



## National Para-Swimming Champs

Entry information is now available for the [National Para-Swimming Championships](#) which are being held in Manchester on the weekend of **30th November and 1st December**.

## SwimMark Updates

All Swim Mark accredited clubs should be aware of changes to the Health Check elements and the implications of the Teaching and Coaching Register with regards to evidence submissions.

Full details can be found in emails sent to Swim Mark coordinators and Club Secretaries on 18th October. Please contact [Jo Stalley](#) if your club didn't receive the email.





**Off The Blocks** is a free resource created by British Swimming to help maximise support for athletes, coaches, and parents.

It can be accessed on your phone, tablet or computer and has great tips from nutrition through to performance lifestyle, as well as some great technical videos for swimmers to watch that show detailed camera angles of dives, turns and much more.

## Regional Staff Contacts

**Leanne Brace - East Region Development Manager**

[leanne.brace@swimming.org](mailto:leanne.brace@swimming.org)

**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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