



## Welcome to the January Club Newsletter

Visit our Website



### Coming Up In January...

- 5th - Diving Coach Development
- 11th - Regional Para-Swimming Training
- 12th - Judge Level 2 Open Water Course
- 13th - Disability Committee
- 18th - Synchro Committee
- 18th - Synchro Grading Day
- 19th - Diving Camp

Check our [calendar](#) for more upcoming events in 2020!



### Coaching and Teaching Register - Important Information

Coaches and teachers have until **10th February 2020** to ensure that their DBS is up to date on the Coaching and Teaching register.

Swim England also needs to hold a record of Safeguarding & Protecting Children course attendance for all teachers and coaches. If your attendance details are not showing on the register, please email [renewals@swimming.org](mailto:renewals@swimming.org) with details of your course certificate.

### Open Water Coach Development

The region will be running an **Open Water Coach Development Day** on **29th February** at the University of Hertfordshire, Hatfield.

The day will include guest speakers and will cost £25 per person. Bookings close on **Friday 21st February 2020**.



### Diving Officials' Workshops

Workshops will be running in Southend on **23rd February 2020** for both Judge Level 1 and Recorders at a cost of £5 per person.

Please visit our [website](#) to book by **Friday 7th February 2020**.



## Swimming Coaching Conference

The region will be running a Swimming Coaching Conference on **4th March 2020**.

Five high quality speakers will be covering a whole range of subjects including; aspects of British Swimming's OADF framework; creativity in coaching; looking beyond the obvious when looking for talent; the changing face of coach education in England; taking swimmers from good to great; and the differences between coaching at a meet and within the training environment.

The event [booking page](#) contains more information about the day, including guest speakers and timings.



## Open Water Coaching Course Now Available to Book

A Level 2 Coaching Open Water course will be running on **14th June 2020** and **8th August 2020** with blended learning starting on **12th June** at a cost of £325 per learner.

These fantastic courses are perfect for swimming teachers and swimming /triathlon coaches who want to specialise in open water coaching.

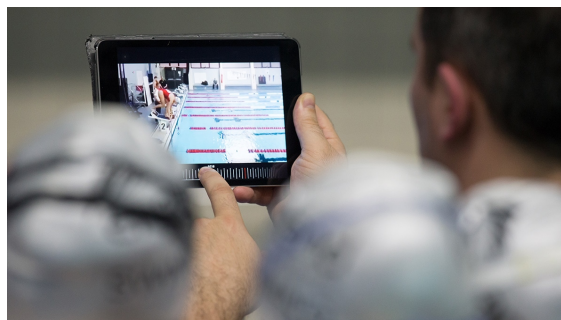
To book, please [contact us](#). All places will be allocated on a first come, first served basis.

## Anti-Doping Update

The World Anti-Doping Agency (WADA) has published its 2020 List of Prohibited Substances and Methods.

Whether you're an athlete, parent, or coach, it's vital you are aware of banned substances for training and competition. Did you know some cold and flu decongestants contain banned substances for competition?

Check your medication, or supplements, are safe to use using the [GlobalDro website](#).



## Mental Wellness Webinar

The wellness of our athletes, coaches, teachers, and committees is paramount for a healthy club. This is a recording of a [Mental Wellness Webinar](#) for you to view. It highlights how to Identify, Recognise, Plan, and Signpost.



Also available is a [Mental Help Line Pathway](#) for clubs to put on their noticeboards.

## Regional Staff Contacts

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