



Welcome to the February Club Newsletter

Visit our Website



Coming Up In February...

6th - Diving Committee

8th - Synchro Champs

15th - Masters Committee

22nd - Synchro Judge Level 1

22nd - Synchro Squad Training

23rd - Diving Officials Training

23rd - Open Water Committee

29th - Open Water Coach Development Day

29th - Regional Para-Swimming Training

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



Coaching and Teaching Register - Deadline Approaching

Clubs have until **10th February 2020** to ensure that all of their coaches and teachers, for all disciplines, are listed on the [Coaching and Teaching register](#) along with details of a valid DBS check.

After the deadline, coaches and teachers who are not on the register with a valid DBS check will no longer be insured for any activities associated with Swim England.

If your club needs any assistance, please contact east@swimming.org as soon as possible.

Open Water Coach Development

There are still places available on the [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.



Masters Development Day

A Masters swimming development day will be running on **1st March 2020** at UEA SportPark, Norwich.

The day will include two pool sessions, an S&C session and a talk from a nutritionist.

Please visit our [website](#) to book by **Friday 21st February 2020**.



Regional Para-Swimming Training

The next regional Para-Swimming training session will be on **29th February 2020** at Hertfordshire Sports Village, Hatfield. [Bookings](#) must be made by **Friday 21st February 2020**.

Swim England Hertfordshire are also hosting a motivational talk by Richard Chiassaro, a British Paralympic athlete, before regional training. To book, visit the Swim England Hertfordshire [website](#).



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.

The region has spaces reserved for this course to ensure learners from the East Region get spaces. **Please contact us by 14th February 2020** if you would like one of these spaces.

All places will be allocated on a first come, first served basis.

Water Polo Grand Prix

An East Region Water Polo Grand Prix tournament will be running at Basildon Sporting Village on **8th March 2020**.

Full details and entry information will be sent to clubs in the coming days so please keep an eye on your inbox!



Swimming Officials Applications Open - Long Course Events

Applications are **now open** for the swimming long course regional championships on **4th - 6th April, 2nd-3rd May and 8th May**.

Applications are also open for the Regional Summer Meet from **3rd - 5th July 2020**.

Swimathon 2020 - Community Foundation Grants

The Swimathon Foundation has opened applications for grants ranging from £300 - £2500 for groups promoting swimming in their local community.

More information and details of application criteria can be found on the [Swimathon website](#), applications close on **13th March 2020**.



Regional Staff Contacts

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