



## Welcome to the August Club Newsletter

Visit our Website



### Annual Council Meeting



The Swim England East Region ACM will take place via Zoom at 10am on Saturday 12th September 2020.

All necessary paperwork is available on the [East Region website](#). Please note, delegates must book a place in advance. Delegate numbers and bookings will be available next week.

### Safeguarding Resources for Under 16's

New for 2020, the Swim England National Youth Advisory Panel has developed this resource for children and teens to help them know where to access help and support when they need it. Resources have been created in a simple and easy to read format and can be carried in a swim bag.

[Safeguarding Child](#)- This resource is designed to be distributed to your members 11 years old and under.

[Safeguarding Teen](#)- This resource is designed to be distributed to your teenage members.



### Swim England Club Hub



On the [Swim England Club Hub](#) you will find all the information and resources you need to start, manage and develop an aquatics club in England.

This hub contains everything you need to know about club finances, managing volunteers and club staff, and marketing your club.

It also includes a link to the [Swim England Handbook](#), which contains Regulation 150, the internal club disputes procedure.

### Return to Training Guidance Updated

A guidance document for [Returning to Training for Coaches](#) has been produced. Although not all clubs will have access to facilities immediately as some pools are delaying reopening, this guidance is available now to enable

plans to be prepared so athletes don't suffer injuries on their return.

The document includes coaching, physiology, psychology, strength and conditioning, nutrition and physiotherapy tips. Specific discipline guidance will be appearing in the appendices in the near future.



---

## Some Positive News!



Volunteers and teachers and coaches all over the region have been working really hard to make sure clubs are ready to get back into the pool when circumstances allow.

The Region would love to hear about the successful returns for those clubs that have managed to get back in the pool. Please tag the Region in appropriate images and videos on social media platforms @SEEastRegion

---

## A Special Thank you to Dean Walker

As a result of the announcement about Swim England reorganising their workforce, Dean Walker's (East Club Development Officer) time with Swim England is coming to an end and he is moving on from his role.

The Region would like to thank Dean for all that he has done for our members and we wish him well in his future ventures.



---

## Regional Staff Contacts

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

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

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