



Welcome to the December Club Newsletter

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Updated Guidance on Returning to the Water

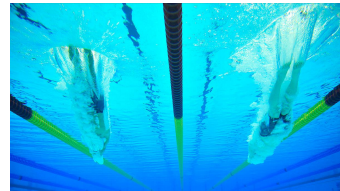


Swim England guidance on [returning to the water](#) has been updated to reflect the most recent Government announcements and the tier system. Please make sure your club is familiar with the updates. The [FAQ's](#) have also been updated to assist clubs with common questions.

Stronger Affiliation

A big thank you to all the volunteers around the region that have contributed to the gathering of evidence required to complete Stronger Affiliation. All clubs wishing to new their membership in the New Year have successfully completed the process.

If your club now wishes to continue and complete SwimMark (there are only 10 more elements to complete!) please get in touch with the [regional team](#).



Level X Racing



With more than 10,000 members taking part in a Level X Racing session before the second national lockdown, Level X Racing is returning.

Level X Racing is a nationwide club time trial giving your club members the chance to compete against swimmers from across the country to practice their racing skills, get the competitive juices flowing, and to try to make it onto the Level X Racing leaderboards!

Swim England have updated all documents, including the [club toolkit documents](#), so whether you're planning your first Level X Racing session or have organised one before, make sure to read through the toolkit in advance.

East Region Contact Details

Just a quick reminder that the regional office phone number has now changed to 07583 694233.

The regional office address is no longer in use, so please make sure any correspondence is sent via email.



WORKSHOPS

Workshops

Following a workshop delivery drive by the region, we now have in place Register of Interests for the following workshops. If you are in need of a place, please let us know by following the link;

[Team Manager Module 1](#)

[Team Manager Module 2](#)

[Time to Listen Workshop](#)

British Swimming Launch Innovative Tool for Coaches

British Swimming have recently launched a great tool to help coaches offer even more support to athletes. The innovative CharEQter survey is now live.

The charEQter survey has been developed as a tool for coaches to help quantify the status of their athlete's characteristics and attributes in line with the Optimal Athlete Development Framework (OADF).

For more information please login to your 'Off The Blocks' account. If you are yet to register for this free platform as a swimmer, coach or parent, please head to www.offtheblocks.info



In order for a club to register for the survey, the head coach just needs to send an email offtheblocks@swimming.org and British Swimming will send them a form to complete.

Regional Staff Contacts

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