



## Welcome to the November Club Newsletter

Visit our Website



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### Return to Competition Guidelines

Now that competitions are returning, please ensure your club has read the [Return to Competition guidelines](#) produced by Swim England.

The health and safety of our members is paramount, and we encourage all competition hosts to adhere to these guidelines.



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### Regional Para Swimming Training



Swim England East Region is running Para Swimming training on 14th November at One Leisure St Neots, starting at 4pm.

Sessions comprise of land and pool-based training sessions and are aimed at classified swimmers and any swimmers on the classification waiting list.

To book a place please [visit our website](#).

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### Diving Coaches Conference

Swim England East Region is hosting a Diving coaches conference on 27th/28th November (which day is TBC) at Southend Leisure and Tennis Centre.

Adam Sotheran, British Diving Head of Sports Science and Medicine, will be delivering some key diving specific workshops throughout the day.

Further information, and the booking form, will be available on our website soon.



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### Short Course Championships 2021

An Event Pack which includes important information for everyone attending the ER Short Course Championships and detailed timings is available on the regional website [Swimming Competitions page](#).

Please can all attendees familiarise themselves with this document prior to the event as it contains essential information to be followed.

Commemorative kit is available to purchase for the event through online

sales via the [FineDesigns website](#). T-shirts and hoodies are now available, with hats available shortly.



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## Time to Listen Course

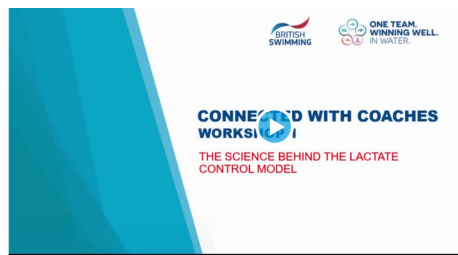
The Time to Listen course, designed for Welfare Officers, covers what to do if an incident arises, and what the role of the Welfare Officer entails. Welfare Officer attendance on this workshop is a requirement of Stronger Affiliation and SwimMark.

The next course takes place Wednesday 10th November 2021 at 6pm. Booking information can be found on our [safeguarding webpage](#).



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## Connecting with Coaches Workshops



There are some great workshops running online for coaches of all disciplines and levels. Encourage your coaches to book on via emailing [coaching@swimming.org](mailto:coaching@swimming.org).

**The Menstrual Cycle: Part 2** (you can catch up on part 1 on [Off the Blocks](#))

Thursday 25<sup>th</sup> November, 10:00am – 1:00pm.  
We will further explore how fluctuations in hormones throughout the menstrual cycle and their associated symptoms, may interact with training and performance. This session will be led by Dr. Natalie Brown.

### Relative Eating Deficiency in Sport (REDS) and the Connection with Weighing Athletes

Tuesday 7<sup>th</sup> December, 10:00am – 1:00pm.

We will cover the reasoning behind the Swim England statement and stance with views from the safeguarding team. We will also have a presentation on REDS plus a coach and athlete Q&A about managing disordered eating while training.

For recordings of previous workshops, you can find an array of topics on Off the Blocks, including; The Science Behind the Traffene Model; Secondary Lactate Removal Sets; Reverse Periodisation and Skills Charts, and much more!

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## Open Water Officials Survey

Calling all Open Water Officials! Please take a few minutes to complete our [Return to Open Water Officiating Survey](#)

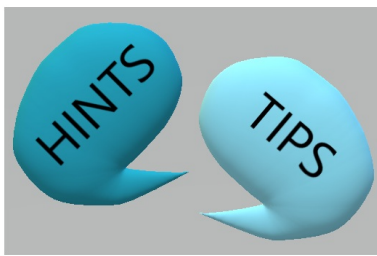
After an extended period without competition it is time to plan our return to Open Water competitions in 2022. During this extended period away from competition things for you may have changed so I ask that you take the time to answer the following questions to help organisers understand the situation more clearly.



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## Hints and Tips For Clubs This Month

- Don't forget the Swim England membership categories will have new names from 1st January. Club Train, Club Compete and Club Support will replace Category One, Category Two and Category



Three respectively.

- Remember to check what level of DBS check someone has when they are transferring from one role to another, or from one club to another. You cannot assume their DBS check listed on your OMS record is an enhanced check. Page 51-52 of [Wavepower](#) details which level of check each role needs.

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## Swim England is Recruiting!

### **The National Youth Panel (NYP)**

The NYP is currently recruiting for new members. Full details can be found [HERE](#). Swim England is looking to appoint several young volunteers (aged 16–25) to join the NYP on a voluntary basis. Closing date is 7th November.



### **Volunteering Lead- Diving Leadership Group**

The Swim England Diving Leadership Group is recruiting a Volunteering Lead. Full details, and Terms of Reference can be found [HERE](#). Closing date is 6th November.

## Regional Staff Contacts

### **Leanne Brace - East Region Manager**

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### **Jo Stalley - East Region Operations Officer**

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