



Welcome to the Febuary Club Newsletter

Visit our Website



Nominations Open For Jeff Cook Salver Award

The Jeff Cook Salver was presented to the Region at its inception in 2005. The intention is that the salver is awarded to a person, team or club that has made a significant contribution to the sport within the region.

This year the region invites nominations for the Jeff Cook Salver award from our clubs, counties, regional committees and leadership groups. Nominations close at midnight Sunday 13th March 2022.



To nominate, please use our [online nomination form](#).

Birmingham 2022 Commonwealth Games Baton Relay



If your club would like to nominate someone to be involved in the Baton Relay please visit the Birmingham 2022 website at <https://www.birmingham2022.com/queens-baton-relay/batonbearer-nominations/>

As Swim England has already made nominations for athletes, this opportunity is open to members who are not athletes, for example long service individuals or young volunteers, but be quick as nominations have to be made before 14th February.

Swim England East Region Annual General Meeting

Our AGM will take place by Zoom on Wednesday 27th April. Further details of the AGM, which is open to members of the Regional Members Forum, will be published in due course.

In preparation for the AGM, the region will shortly be inviting nominations for a number of key regional roles. As this will be the first AGM for the new incorporated Company, all Directors roles are subject to election and consequently, in the near future, we will therefore be seeking nominations for the roles of Chairman, Finance Director and Member Nominated Directors.

If you would like to be involved in managing the region and shaping the future of the sport in East Region please look out for the details of these voluntary posts.



Team Manager Presenters



The region is seeking some additional Team Manager Presenters to help upskill volunteers, enabling them to support their athletes on poolside at competitions. These online workshops are run for volunteers by volunteers, and they make a real difference all over the region. Training and tech support will be provided.

If you feel you could give up a few hours every few months to deliver an online workshop, please get in touch by emailing east@swimming.org

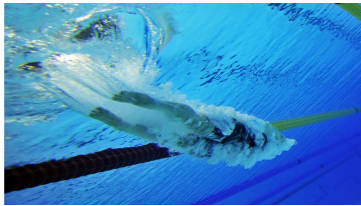
Para Swimming- Duel in the Pool!

An exciting opportunity for a competition with para-swimmers from East, London, and beyond. On the 27th March, at Harrow School pool, Swim England London will be hosting the competition- available for swimmers with classification and those on the waiting list. Look out for more information soon.



Swim England East Region will be hosting a similar event on 9th October 2022 at The Venue, Borehamwood. Save the date!

Masters Development Day- Long Course Training



On 27th March the region will be hosting a Masters Development Day at Oundle School Sports Centre. The day will include a training session in a 50m pool, an injury prevention workshop, as well as other workshops, including nutrition advice.

Further details will become available on our website soon.

Youth Advisory Panel

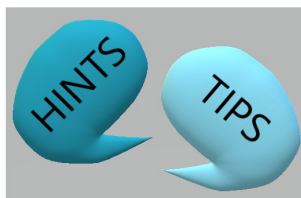
YAP (Youth Advisory Panel) is a panel consisting of young people across a range of aquatic disciplines. It gives our young members a voice, enabling them to speak about issues they may experience in their sport and/or changes they would like to see in the future around the region.



The panel will help inspire more people to get involved in volunteering and also help to maintain our current volunteer base.

If you are 16-25 years old, and interested in joining the panel, [visit our website](#) to find out how to apply- we are currently recruiting, but applications close 16th February!

Hints and Tips For Clubs This Month



- Constitution- It is now a requirement for clubs to ensure all club members have access to the club constitution. Placing it on your website is the simplest way to do this.
- Executive Officers should not have multiple roles on the committee, and in an ideal world, not related to each other. Whilst we appreciate it is difficult to find volunteers, it is important to consider the implications of couples/ few people making up the committee. If your Welfare Officer is also a coach, please make sure you have an additional Welfare Officer, to protect the opportunity to disclose.

New Model Club Constitution

Swim England has recently launched a new model constitution for unincorporated clubs. It is considerably different from the 2018 version, and includes, amongst other elements, rules around paid individuals within clubs, clarification on how a Welfare Officer is appointed, an optional clause around ceremonial positions, clearer AGM dates, and clarification on what membership is.



The region respects that clubs were asked to update to the 2018 model not too long ago, and therefore will not be requiring clubs to update to this new model straight away. Constitutions need to be reviewed by the region every four years, and so we will be asking clubs to adopt the new model when your club renewal is due (or before if you are keen to adopt it earlier).

Once you are ready to adopt the latest model, please get in touch with membership@eastswimming.org and our Membership Officer will be happy to help talk you through how to make the changes. The region will also be sending your Club Secretary reminders nearer your renewal date.

Further detail and guidance documents will be found on our regional website in the near future.

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