



Welcome to the July Club Newsletter

Visit our Website



2022 Swim England East Region Short Course Championships

Swim England East Region is pleased to confirm that this year's Swim England East Region Short Course Championships will take place at Inspire: Luton Sports Village on 4th-6th November 2022.

There will be an evening distance freestyle session on the 4th, followed by two full days of racing.

Race schedule, qualifying times and event conditions will be published shortly.



Coaches' Mental Health

Are you OK, Coach?

The time during lockdown has taught us that we need to take time to consider the wellbeing of ourselves. We often talk about the wellbeing of our swimmers, but how often do we check in on the wellbeing of our coaches?

Following an athlete centred approach, coaches will often put the needs of their athletes first, at the expense of their own mental health.

An article by Will Vickery entitled '[Are you OK, Coach?](#)' explains how there are three main stressors on coaches that significantly affect their wellbeing. These are performance related (injury of an athlete, poor performance), organisational (job security, long hours), and personal (lack of social time, isolation). These three stressors often lead to common mental disorders (CMD's) which presents as poor sleep, anger to those around them, and depression/ anxiety.

Some areas to help reduce these CMDs are as follows;

- Regular check in's with the club committee with discussions around coach wellbeing
- Talk to someone about how you are feeling
- Recognise the links the stressors have with each other, such as anxiety and tiredness
- Recognise the signs in yourself
- Understand about resilience and how to increase it.

In the image below you can find some ways to help increase psychological resilience.



Swim England will be launching the new Coach Membership in Mid August which will include access to an assistance programme for coaches, including a wellbeing strand.

Coaches currently on the talent pathway, have access to the mental health referral Pathway and the Swim England

assistance programme.

Lastly, if you are in a role on your club committee, please think about whether a conversation has taken place about coach wellbeing recently, and whether they are getting enough time off to rest? Are they able to return to a week of reduced timetabling initially? Can your assistant coaches help cover occasionally?

Officials Licensing Email Clarification

A message from Helen Akers, Swim England Officials Development Coordinator;



"officialslicensing@swimming.org is exactly what it says on the tin, an email address for matters relating to officials licensing.

It is not for general officiating queries, altering membership records or any other random requests.

Tk/J1 queries – swimmingofficials@swimming.org

Membership queries – renewals@swimming.org

Anything else relating to officiating – helen.akers@swimming.org"

2022 Regional Awards- Time to Nominate!!

The categories are;

Sport Club of the Year
Youth Volunteer of the Year
Volunteer of the Year
Technical Official of the Year
Coach of the Year
Youth Champion of the Year
Spirit of Aquatics



The Swim England East Region Awards are now open for nominations.

The Awards recognise and celebrate the incredible spirit of our aquatic community especially evident during these challenging times. The Awards will showcase individuals and groups who create and foster the community spirit of aquatics.

The nomination process is done through the [Swim England National Award webpage](#), and once closed, the region will receive the nominations to select a regional winner. Each regional winner will then be submitted to Swim England for the live ceremony inside the Great Hall at the University of Birmingham on Saturday 26 November where the national winners will be announced. Closing date is 31st July 2022.

Workshops Available

WORKSHOPS

Team Manager Module 1- New Date!

Another workshop has been scheduled for 11th July at 6pm on Zoom. To book [visit our website](#).

Club Secretary & Membership Officer Workshops

This session is designed to share important information with Club Secretaries and Membership Officers on the expectations of the roles including dealing with communications, understanding the club constitution, Swim England Online Membership System (OMS) and the requirements around the different Swim England memberships, helping with common issues and ideas. Click [HERE](#) to book.

Club Welfare Officer Workshops

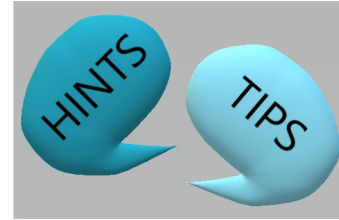
This workshop is designed to further support experienced or new Club Welfare Officers in dealing with club issues surrounding the welfare of children in given situations. The workshop will build on knowledge already gained through attendance on both the Safeguarding and Protecting Children and Time to Listen workshops. Click [HERE](#) to book.

Club Chairs Workshops

This session is designed to share important information with Club Chairs on dealing with internal

Hints and Tips For Clubs This Month

- A number of clubs are leaving the SwimMark evidence submission until the last minute. This does not give any time for feedback or any edits required. The documents required for SwimMark are expected (and in the case of the Risk Assessments- REQUIRED) to be maintained throughout the year, and so at the time of renewal it should be a simple process of the upload only.



- Simple Thank You's- A little thank you often goes a long way and we sometimes forget to say 'thank you' to those that help us complete a task, or offer some support. Sometimes our volunteers just get on and do tasks in the background, but perhaps do not often enough receive this gesture of gratitude. Perhaps we could consider whether we say these words enough, and to the people that deserve them!
-

Regional Staff Contacts

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

Jo Stalley - East Region Operations Officer
jo.stalley@swimming.org

Emma Winter - Regional Administrator
emma.winter@swimming.org