

Swim England East Region Discipline Leadership Group Development Plans 2024

Artistic Swimming Leadership Group:

Regional Grading Days:

The Artistic Swimming Leadership Group plan to hold grading days in January, March, May, July, October, November & December.

Regional Development Days:

We plan to hold 2 regional training days aimed at our Under 12s with Grade 1 or above to work on.

Regional Squad Training for and attending Regional Games:

We plan to hold 3 regional games training sessions before the competition in June.

Judge Level 1 Course:

This is to be held online. Level 2 and 3 judge courses are held nationally and with the new World Aquatics rules coming into play, tutors will be limited so will be offered to clubs.

Scorers Course:

This is to be held in person aiming for one course in the year. Due to the new scoring system coming into force in 2024 Chief Recorders are being asked to put on courses in their own region.

Regional Development Package:

The Artistic Swimming Leadership Group have offered a range of packages to each region. We as a region have decided that the most beneficial to us would be the offer for a webinar to be delivered to us. During 2022 and 2023 we signed up to webinars with Paola Basso for coaches and we all found these incredibly interesting and helpful to deliver better coaching to our swimmers.

Annual National Conference:

Clubs are encouraged to attend this at the end of each year to ensure that we are up to date on all things Artistic Swimming, aimed at coaches and judges.

Disability Swimming Leadership Group:

Regional Training Days:

The East Region Disability Swimming Leadership Group will delivery four training camps/days across the year, as per the guidance from Swim England and the development pathways set out. These camps traveling around the region across the year, to ensure they are accessible to all within the region.

Diving Leadership Group:

National Skills Finals (NSF) Judges:

This annual event is an excellent training event for development of judges. Skills is one of the most difficult events to judge as in-depth knowledge of technique is essential plus the confidence to give the appropriate score. The regions judges who have been fortunate to be supported by this programme previously have personally benefitted and used that knowledge to good effect at both regional and national championships. It is also a great stepping stone to becoming a Level 2 judge.

The expenditure in the budget will provide expenses for the EDLG's selected judges to attend the event.

Athletes and Coaches Camps:

For the most effective development programme we have decided to focus on combination camps. Lead presenters will enable coaches to become conversant with the latest coaching techniques whilst the selected divers will be developing their skills by learning new dives and methods under some of the best tutors in the country.

We have budgeted for the following development camps:

- **January** – key themes:
 - Intro to weightlifting
 - Yoga

- Hurdle drills (dryland and pool)
- **May** – key themes:
 - Ballet
 - Psychology (competition preparation)
 - Dryland and Pool training

Coaching Workshops:

These are fundamental building blocks for coaches. We want to extend the learning opportunities to include divers to act as pupils to the coaches with a win – win result.

- Wet Rigging Workshop
 - We will hold a Wet Rigging course for Diving Coaches that are proficient in in trampoline and dryland rigging and are looking to transfer their knowledge to the pool rig. With it being an Olympic year, we are liaising with presenters to find a suitable date.
- Handstand and Twist Workshop
 - The workshop will be held in a gymnasium and provide coaches with knowledge on how develop and train handstands as well as introduce drills and skill progressions for Armstand optional dives. The workshop will also educate coaches on twisting drills, progressions and supporting techniques. The coaches will also have the opportunity to ask the presenters for guidance and advice on dryland supporting techniques.

Officials/Volunteer Courses:

Officials' courses for recorders and announcers are important to ensure that we have adequate succession in place for volunteers. We are currently reliant on a number of individuals and to avoid key man dependency, particularly in respect of recorders, we are concentrating on education and mentoring of recorders and announcers.

We are proud of the work that we have done to develop volunteers in the region to date and hope that these two courses will help inspire new volunteers to help out with events at both a club and regional level.

Masters Swimming Leadership Group:

Masters Development Day:

The development day aims to cover a wide range of activities intended to improve the knowledge and understanding about the needs of athletes in this sport which our masters' swimmers might otherwise not get the chance to participate in. This includes, but is not limited to; fitness, diet and swimming techniques.

Communications:

The leadership group will improving communications with the Regional Masters Membership by producing a newsletter and by regularly updating news on the website.

County Representation:

It is very important to have all six counties represented at Regional meetings so filling the vacancies that exist is of major importance to the group, to ensure all counties and members have a voice.

Open Water Swimming Leadership Group:

Online Development Camp:

On-line open water skills and development day, featuring guest speaker from current BS international team participant. March or April 2024. Target audience age 12 to 18, with up to 250 participants.

Open Water Lake Day:

The Region will run an open water development day on Saturday the 8th of June, at Stanborough Lakes. Target participation age 12 to 18 open water experienced athletes with up to 50 participants.

Swimming Leadership Group:

As the middle tier of a tripartite structure of national, regional and county, the region will provide development opportunities to athletes in accordance with the national talent pathway.

Regional Talent Camp

This will accommodate 12 year old swimmers, aligning with the National Talent Pathway.

Regional Bursaries:

The Region has a Talent Athlete Bursary Scheme in place to part fund the participation of East Region athletes on National Programmes or Elite Activity. The region will continue to support this.

Bite-sized workshops:

The region continues to focus on the development of its coaches, and would like to provide two workshops per year, where we host a guest speaker to deliver a talk with our coaches, one aimed at level 3/ senior coaches, and one aimed at part time/ level 2 coaches.

Coaches Forum:

We continue to see the value of getting together some selected coaches from different areas of the region, to share and consult their views on a wide range of matters. These will continue online and therefore will have no cost for the region.

Swimming Officials Leadership Group:

Development of Regional Referees	
<u>Area/ Objective</u>	<u>Activity</u>
Regional BS Referee Trainee candidates provided with extra theory training opportunities by referee course leaders centrally face to face.	Arrange 4 structured days of training centrally at Freckenham VH, offered to all applicants within the region subject to approval by their course leader, providing a minimum of 3 regional candidates agree to attend the first training session.
Referee practical poolside assessments, provision of paying travelling costs for assessors and trainers	Travel expenses payable to the assessors. Costs are dependent on how many people pass the examinations in May or November each year
BS Referee Central Examination	Provide a location and invigilator twice a year if required by British swimming SOG
BS Para Swimming CPD	
Deliver at least one BS CPD "Introduction to officiating at events that include swimmers with a disability".	Deliver on zoom the British Swimming CPD at least once a year. Additional CPD delivery if there is a demand.
<u>Area / Objective</u>	<u>Activity</u>
Licensed Swimming Technical Officials	
To encourage licensing and retaining current licensed STO's to enable the Regional Swimming Championships to continue as required by SE licensing criteria. Licence is valid for a 4-year period; SOG approved criteria for identifying and selecting officials who regularly help out at the regional championships to pay the renewal cost of registration fee.	Achieve sufficient licensed officials to continue to run the Regional meets. <ul style="list-style-type: none"> Pool of Licensed STO's to be created for regional galas This will also assist local clubs and counties in recruiting licensed STO's to run meets within the counties Renewal fee £5.00 payable by region
The criteria – Official volunteers to qualify, would have to officiate at the Licensed Regional Championships a minimum of two full days or six separate sessions in the preceding 12 months when the licence is due for renewal.	
Workforce/Volunteer Development	

Technical Swimming Official Development	
Continue to develop a comprehensive programme of official education in line with the British Swimming programme to increase the number of active officials at all levels for the benefit of club county, region and national bodies.	
<u>Intention</u>	<u>Action</u>
<ul style="list-style-type: none"> • Increase the number of registered officials at Judge JL1, JL2 and JL2S • Ensure continuous development of existing officials and to enable them to meet the requirements of the licensing scheme 	<ul style="list-style-type: none"> • County Coordinators to actively encourage volunteers to participate by facilitating BS courses • JL2/2S theory training delivered virtually online allowing officials from any county to join the training sharing the deliveries across counties
<ul style="list-style-type: none"> • Mandatory CPD's of Contemporary Issues and WA Rules Updates 	<ul style="list-style-type: none"> • Delivered virtually or f2f within the region by County Coordinators, updating officials and enable them to obtain or renew a BS licence and officiate in a consistent manner.

Water Polo Leadership Group:

Regional Training Academy:

The Swim England East Region will continue to run 10 Regional Water Polo Academy Training sessions across the region every month excluding August and December.

Inter-Regional Training:

We will run an additional three Inter-Regional Training sessions where possible and if required.