



## Welcome to our April Members Newsletter

Visit our Website



### **\*NEW\* Coaching Blind & Partially-Sighted People course**

A new course to help swimming coaches play a key role in boosting the number of blind and partially-sighted people participating in aquatics has been launched. Swim England has worked alongside leading sight loss charity British Blind Sport and UK Coaching to help create a bespoke online training package to give coaches at all levels more confidence at helping those with sight loss to pursue the sport as a hobby or career.



The Coaching Blind and Partially Sighted People course educates coaches on how to include those with sight loss in sessions with their fully-sighted peers. This includes the importance of providing detailed commentary on their surroundings and what is happening around them – from walking out of the changing room to getting in the pool and swimming itself.

It also recommends hands-on tactile demonstrations when teaching new swimming techniques, as well as how to help blind and partially sighted swimmers develop and progress both recreationally and competitively.

### **Water Polo Referee Course**



We are looking to hold a Water polo Referee Course on the 13th July 2024.

The course will be open to Swim England members who are 16 and over as of 13th July 2024. There will be a cost for the course depending on applicants.

If you are interested in attending the course please complete the [expression of interest](#) form and we will be in contact with further

details.

### **Swimming Long Course Championships**

In recent years, we have not offered food and tea/coffee refreshments to coaches and team personnel. This is largely because coaches have preferred to make their own arrangements. We have received a limited number of requests to offer refreshments to these colleagues. Unfortunately we cannot do this free of charge, as the cost is relatively high and the championships now run on a break-even basis. We will, however, offer it at cost price. Payment will be via invoice to the club.

A tea/coffee pass will cost £10 per person per weekend.  
 A food pass will cost £25 per person per weekend (and will include tea/coffee – there is no need to purchase both passes).  
 Food will comprise sandwiches, cake, crisps – there is no hot option.  
 Passes are transferrable – i.e if two coaches do a day each, they can transfer their pass.  
 If your club would like to purchase one of these options, **please complete the form by Wednesday 3rd April**, indicating the names of the coaches and which weekend the order is for.  
 We will collate the requests and then invoice the club on 4th April.



All poolside passes must still be obtained via the online system.

## Officials Needed for Long Course Championships



The region continues to actively recruit officials and volunteers for its Long Course Championships, which are being held over three weekends in April and May 2024.

Please [click here](#) to apply for either role, or to access the region's volunteer expense policy.

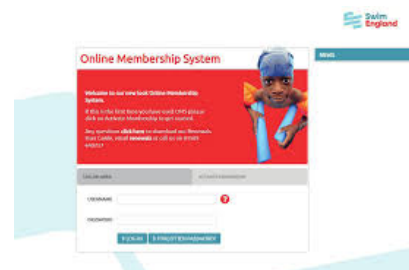
We look forward to welcoming the region's clubs to our 2024 events.

A reminder that the closing date for all entries (including team events) is **Thursday 4th April (midnight)**.

## Online Membership System - OMS

Your club OMS should be reviewed on a regular basis and updated by your Membership Officer.

In particular the Governance section should include all committee members and your club Welfare Officer(s)



## Qualifications

### East Region-Based Qualifications:

- 11328: [Swim England Swimming Coach - Blended Learning](#) - 01/05/24: Crown Pools
- 11502: [Swim England Assistant Swimming Coach - Blended Learning](#) - 08/05/2024: Hadleigh Pool & Leisure
- 10177: [Swim England Water Polo Coach – Blended Learning](#) - 04/06/24: Riverside Leisure Centre - Chelmsford
- 10059: [Swim England Assistant Swimming Coach - Blended Learning](#) - 10/06/2024: Stanground Sports Centre
- 10282: [Swim England Assistant Swimming Coach - Blended Learning](#) - 01/07/24: Inspire: Luton Sports Village
- 10966: [Swim England Assistant Swimming Coach - Blended Learning](#) - 23/08/24: Brentwood Centre
- 10919: [Swim England Swimming Coach - Blended Learning](#) - 02/09/24: Runnymede Leisure Centre
- 10087: [Swim England Assistant Swimming Coach - Blended Learning](#) - 10/09/24: Tiddenfoot Leisure Centre
- 10159: [Swim England Assistant Water Polo Coach – Blended Learning](#) 01/10/24: Riverside Leisure Centre - Chelmsford

- 10011: [Swim England Assistant Swimming Coach - Blended Learning](#) - 04/10/24: John Warner Sports Centre
- 10067: [Swim England Swimming Coach - Blended Learning](#) - 07/10/24: Stanground Sports Centre
- 10284: [Swim England Swimming Coach - Blended Learning](#) - 07/10/2024: Inspire: Luton Sports Village
- 10068: [Swim England Assistant Swimming Coach - Blended Learning](#) - 08/10/2024: Stanground Sports Centre

## Hints and Tips for clubs



All SwimMark clubs are given £100 voucher annually for use with the IOS.

**Did you know that currently means you could have 4 of your club personnel attend safeguarding training essentially for free?!**

Details on how to use that voucher are in your club's confirmation letter.

Swim England run workshops for SwimMark and Club Affiliation from time to time and [can be accessed here](#)

## Regional Staff Team Contacts

### Regional Manager

TBA

### Jo Stalley

#### Regional Operations Officer

[jo.stalley@swimming.org](mailto:jo.stalley@swimming.org)

### Emma Winter

#### Regional Administrator

[emma.winter@swimming.org](mailto:emma.winter@swimming.org)

### Fran Vesztrocy

#### Regional Welfare Officer

[fran.vezstrocy@swimming.org](mailto:fran.vezstrocy@swimming.org)

### General Enquiries

[east@swimming.org](mailto:east@swimming.org)

+44 (0) 7583 694233

### Regional Welfare & Safeguarding

[eastwelfare@swimming.org](mailto:eastwelfare@swimming.org)

01509 640378

Swim England East Region | SportPark, Pavilion 3, 3 Oakwood Drive, Loughborough University, LE11 3QF United Kingdom

[Unsubscribe east@swimming.org](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [east@swimming.org](mailto:east@swimming.org) powered by



Try email marketing for free today!