



Welcome to the November Club Newsletter

Visit our Website



Welcome to Fran Vesztrocy our new employed Regional Welfare Officer

The Region would like to warmly welcome Fran Vesztrocy to our team as our Regional Welfare Officer, who started last week. Fran is the first employed Welfare Officer across any of the Regions within England and her appointment follows the release of Swim England Heart of Aquatics, following a decision by the Board of Directors to invest in this vital area of work and support for our members.

Fran is a retired Police Officer and worked for both Hertfordshire and Bedfordshire Police in a variety of roles and has both investigation and safeguarding knowledge and experience working with partnership agencies and stakeholders. She is linked to swimming and water polo through her son and has previously been a Club Welfare Officer and a Team Manager. Outside of work, she enjoys spending time with the family and two very badly behaved dogs.

Fran can be contacted on the below details:

Email // fran.vesztrocy@swimming.org

Phone // 01509 640378

As part of Fran joining the region please also be aware, that there is a new email address for Welfare in the region: eastwelfare@swimming.org

Fran's working days are Monday, Tuesday and Thursday 0900-1500, with an additional 6 hours per week for evening and out-of-hours work meetings with clubs. Over the coming months, Fran will be reaching out to clubs across all disciplines and making introductions

The Regions Directors, hope you will join us in thanking Jo Stalley, our Operations Officer for her exceptional service as our Volunteer Welfare Officer over recent years.

Club Health Tracker Introduction Webinars – Reopens 1st November 2023



Have you heard about the Club Health Tracker but not sure what it is or why to do it? Then, this speedy 20 minute intro webinar is for you. We will run through all you need to know about Swim England's online club development tool and how to access your clubs instant results.

- Friday 17th Nov – 12.00pm-12.20pm
- Monday 27th Nov – 7.00pm- 7.20pm

Further information and registration link –
<https://www.surveymonkey.co.uk/r/GRYCRSC>
Any queries to clubdevelopment@swimming.org,

Off the Blocks

Off the Blocks has provided a growing online hub of information designed by experts for the benefit of those that work at every level of the sport in Great Britain - amassing 281 videos and 206 documents on the platform to date.

The objective of the platform remains the same - to help upskill the teachers and coaches of the next generation of swimmers, and provide an educational destination for parents and athletes.

Speedo Off the Blocks remains FREE to the aquatics community in Britain, however all previous users will be required to follow the registration process at <https://offtheblocks.info/> and create a new login to continue accessing the new site.



Club and Operator Working Together Webinars



The Swim England 'Working Together' webinar focuses on the importance of developing strong and robust working relationships with pool operators.

- Thursday 2nd Nov – 7.30pm-8.30pm
- Tuesday 14th Nov – 12.30pm-1.30pm
- Thursday 30th Nov – 7.30pm-8.30pm

Further information and registration link - <https://www.surveymonkey.co.uk/r/TJY25YN>

Artistic Swimming Conference 2023

'Developing the Holistic Artistic Swimmer' is the theme of this year's Artistic Swimming conference, being held on 02/03 December at Leonardo Hotel East Midlands Airport.

[Book your place now!](#)

The conference is open to all coaches and judges and will explore how the new World Aquatics rules have been used by GB in its most successful year on the global stage and how they are applied both regionally and nationally.

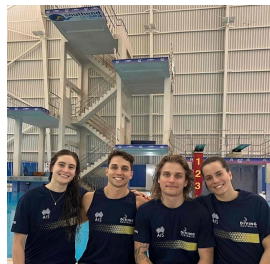


Day 1 of the conference will see experts host interactive sessions for all levels of coaches and judges. Day 2 will have smaller and more focused courses and clinics for specific groups. The full agenda for the conference including workshops and speakers can be found [here](#).

Places for some courses are limited and will be offered on a first-come, first-served basis. **All bookings will close on 16th November.** Full details of the conference can be found [here](#).

We look forward to welcoming you to what promises to be an engaging and informative event.

Team Australia Divers Train at Southend Tennis and Leisure Centre



Last week Southend Tennis and Leisure Centre hosted members of the Australian Olympic and Commonwealth Diving Team, for a UK training camp, while they explored their planning for the Paris Olympics next year.

The divers and families at Southend Diving Club were lucky enough to be treated to a Q&A session with the international athletes; Maddi Keeney, Domonic Bedgood, Cassiel Rousseau and Anabelle Smith, as well as Performance Director Steve Folley, General Manager, Performance Pathways Suzie Collins and High Performance Coach Ady Hinchcliffe.

It was great to see familiar faces from Birmingham 2022 back in the UK and to see the staff back here on home soil. Steve Folley was the British Diving High Performance Director between 1999 - 2009. Ady Hinchcliffe was the Head Coach at Leeds Diving for two decades and Suzie Collins was the Swim England Diving Programme Lead and Talent Development Officer between 2017 - March 2023.



Risk Register



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Swim England have developed a risk register, which is a simple and effective tool clubs can use to help identify, document and manage risks when the sustainability and day-to-day running of your organisation is in question. This will be located in the resources tab on the SwimMark portal and your regional officer will also have access to the risk register or download the guide [here](#)

Workshops

Please see our website for [Team Manager workshops](#) and [Time to Listen and Safeguarding workshops](#)

[National Club and Operator Working Together Webinars](#)

Tuesday 14th Nov – 12.30pm-1.30pm

Thursday 30th Nov – 7.30pm-8.30pm

Further information and registration link - <https://www.surveymonkey.co.uk/r/TJY25YN>

WORKSHOPS

Swim England Foundations of Inclusivity online module



The aim of this eLearning CPD is to provide individuals with the foundations of inclusivity to enable a change in mindset by adopting the social approach of inclusion in a range of environments. It will give you an introduction to equality, diversity and inclusion, covering the path to inclusion, the use of appropriate language and the importance of adaption.

It is recommended for club Chairs, Welfare Officers, Team managers and Coaches and teachers.

[Foundations-of-inclusivity online module](#)

Club Chair and Welfare Officer Workshops

These [free workshops](#) are now mandatory for all club chairs and welfare officers.

The Chair workshop is designed to share important information with Chairs on dealing with internal disputes, highlighting the governing document/constitution and how this should support decisions and processes as well as overall good governance

The Welfare Officer workshop is designed to further support experienced or new 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 Time to Listen workshops. Masters Welfare Leads are currently exempt from attending the WO workshop.

East Diving Leadership Group - Specialist Member Vacancies

The region seeks to co-opt up to two specialist members to the East Diving Leadership Group (EDLG). We are looking for individuals who are passionate about diving and the development of the sport in the East Region.

To apply for this voluntary role, please provide a short-written statement explaining why you would like to be considered for this role, outlining any relevant experience that you have which would assist the EDLG in the delivery of its responsibilities as well as confirming which areas in particular you are interested in supporting. *[Please specify your name, club and Swim England Membership number at the beginning of your statement].*

All written statements should be sent to josh.devine@swimming.org marked as 'Diving Leadership Group Application – Coaching Lead'.

Applications close at 23:59 on Monday 27th November

Purpose of the EDLG

The purpose of the EDLG is to plan and manage an effective structure of Diving competitions and to ensure the effective development of Diving within the region in accordance with the Swim England East Region Strategy and Development Plan and compatible with Swim England structures.

Aims of the EDLG

1. To operate an annual programme of regional competitions in Diving, in line with Swim England agreements and approved plans and budgets
2. To ensure appropriate structures are in place to support the development of Diving within the region
3. To ensure that an appropriate workforce is in place to support the development of Diving
4. To ensure that talented athletes are identified and supported to achieve their potential

Objective of the EDLG

1. To identify required developments to enable an effective athlete pathway to be in place throughout the region
2. To run regional competitions for appropriate age groups
3. To run regional development camps, as required and on a cost-neutral basis, to support and identify talented athletes and coaches
4. To identify workforce requirements for officials, coaches and other club personnel
5. To develop officials, and other volunteers, to support the regional competition requirements

Responsibilities

1. Producing an annual plan and budget to meet the objectives
2. Submitting the annual plan and budget to the ROC for approval and to the Board for final agreement
3. Implementing the agreed plan within the allocated budget, or agreeing on any deviations with the Board
4. Advising the Regional Development Manager of requirements for coach and club development, and education requirements, to enable the successful implementation of the plan
5. All communications should be copied to the representative from the Regional Operations Committee

Qualifications

East Region-Based Qualifications:

- [10261](#) - SE Swimming Coach - 08/01/23 - Deben Leisure Centre
- [10895](#) - SE Water Polo Coach - 09/01/23 - Haberdasher Aske Boys School
- [10104](#) - SE Swimming Coach - 11/01/24 - Tiddenfoot Leisure Centre
- [10777](#) - SE Assistant Swimming Coach - 15/01/24 - InspireLuton Sport Village
- [10059](#) - SE Assistant Swimming Coach - 30/01/24 - Vivacity Regional Fitness & Swimming
- [10918](#) - SE Assistant Swimming Coach - 04/02/24 - Runnymede Lesure Centre
- [10012](#) - SE Swimming Coach - 12/02/24 - John Watner Sport Centre

National and Regional Volunteering Opportunities

British Para-Swimming CPD for Technical Officials

David Metcalf, our Swimming Technical Officials Group Manager will be running a Para-Swimming CPD for Technical Officials in January 2024.



The next presentation will be on Wednesday 3 January 2024 at 7:00 pm. You can click on the link below to register and your details will be forwarded to David in the week before Christmas. You will then receive the meeting joining details once the deadline has passed and David has had the opportunity to process the expressions of interest.

To apply, please [click here](#)

[National Volunteer Opportunites](#)

Swim England Leadership Group Vacancies

Water Polo Leadership Group: Chair and Coaching Lead
Diving Leadership Group: Volunteers Lead and Competitions Lead

If you are interested in the vacancies within the leadership groups please follow this link to view the full adverts - [Click here](#)

British Swimming Volunteer Registration

[Click here](#) to register your interest and join the British Swimming Volunteer mailing list.

Hints and Tips for clubs

For SwimMark and Club Affiliation, all personnel who require a DBS check for their role must have safeguarding training and both must be in date and showing on the Club Personnel Report from OMS by the end of the quarter that your accreditation is due.

Anyone who is about to or has just turned 16, will have one month's grace to complete the DBS check and safeguarding training.



Regional Staff Contacts

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Regional Welfare & Safeguarding

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