



Welcome to the October Club Newsletter

Visit our Website



Swim England East Region Awards Winners

Congratulations to all of our 2023 Award Winners!

Club of the Year – Artistic Swimming – **Aqualina Artistic Swimming Club**

Club of the Year – Diving – **Dacorum Diving Club**

Club of the Year – Swimming – **Flitwick Dolphins Swimming Club**

Club of the Year - Water Polo – **Colchester Swimming Club**

Coach of the Year – **Sarah Vanderloo** (*West Norfolk Swimming Club*)

Volunteer of the Year – **Ian Rollinson** (*Luton Diving Club*)

Technical Official of the Year – **David Metcalf** (*Biggleswade Swimming Club*)

The winners will be put forward for the National Swim England Awards 2023 being held inside the Great Hall at Birmingham University on Saturday 18th November.

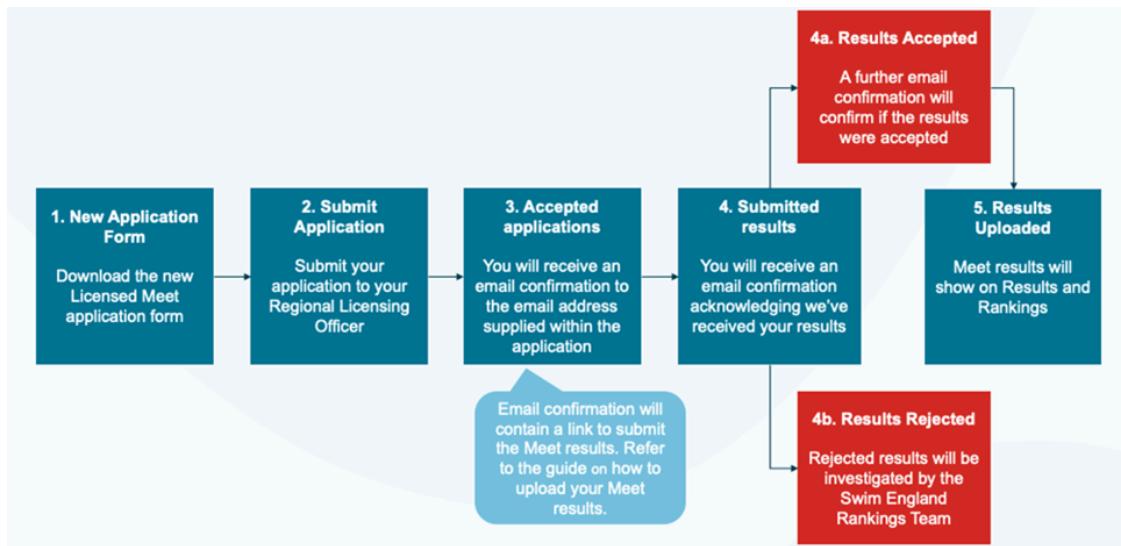


Swim England Updated Reporting for Licensed Meet Results

Swim England has now introduced a new automated process to support meet promoters in the uploading of results, without the need to mail results to the rankings team

Swim England has created an automated process that speeds up this process and gives control to the Promoters to upload results via <https://resultsuploader.swimming.org/>.

If the uploaded results have no errors, they will automatically be uploaded to Rankings within 1-2 hours, reducing the time from potentially days to hours. Refer to the below diagram for the new process.



Club Health Tracker

Following the successful launch of the club health tracker earlier this year, the next window for completing the tracker will open later this month.

The tracker, delivered by Sporting Insights, is an online tool for clubs to easily examine their development work and hone in on any of the six core areas of club life – coaching and teaching, financial management, pool operator relationships, governance and standards, growth, and volunteers.

The window for submissions will open later this October, so please keep your eyes peeled on your emails for the latest updates.

In the meantime, if you would like to get in touch please contact us via clubdevelopment@swimming.org.
<https://www.swimming.org/swimengland/club-health-tracker-year-two/>

DBS and Safeguarding Requirements Reminder



As part of Swim England and the Region's commitment to safeguarding and welfare, from 1 January 2024, any coach or teacher whose DBS and Safeguarding expires will not be allowed poolside unsupervised.

The changes will be published in Wavepower 2024, with greater detail.

Please ensure all coaches, teachers and relevant volunteers are up to date with their qualifications and DBS.

Are your club contact details correct and up to date?

Please can we ask all club committees to ensure that the contact details for their Officers are correct on their OMS portal and that individual contact details for Officers and members are accurate and up to date.

New guidance to help identify warning signs of low energy availability

Low energy **AVAILABILITY**

Information



New guidance to help coaches, athletes and parents identify the warning signs of low energy availability has been published by Swim England.

Low energy availability occurs when athletes don't eat enough calories to meet their training demands, resulting in the body not having enough energy to support all physiological functions needed to maintain optimal health.

It can be the first sign of an eating disorder or disordered eating and the guidance includes important information on the physical, psychological or behavioural symptoms associated with low energy availability.

A dedicated web page, which includes the guidance documents plus other useful information and links to support, has also been published by Swim England.

To view it, please [click here](#).

Workshops

WORKSHOPS

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

You will also find links to the Swim England workshops for [Club Chairs](#), [Club Secretaries and Membership Officers](#) and [Club Welfare Officers](#)

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

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>

Swim England Inclusive Club Guide

This regularly updated resource is designed to help clubs with their Diversity and Inclusion Action Plan, with the aim to make our sports more accessible. It can be found in Element 3 templates and under 'resources' on the SwimMark portal.

Although designed with clubs in mind, the 'Inclusive Club Guide' is useful for stakeholders across aquatics. It is intended to be a source of support, providing advice, insight and best practices to assist our clubs, counties and regions to become more inclusive.

The document will be continually updated and we welcome any suggestions for new content via equality@swimming.org.

It can also be viewed on our website by [clicking here](#):

Artistic Swimming World Aquatics Judge Update Reminder

Just a reminder that the last Artistic Swimming Judge WA update session will run on 15 October 4-7pm. This is the last chance for Judges who have not yet attended a session.



Anyone not yet registered can do so via the link below:
<https://www.surveymonkey.co.uk/r/Z9Q8SRT>

There are also the following Judge courses running. To register click on the links.

Judge 1 - 23rd and 28th Nov (zoom) <https://www.surveymonkey.co.uk/r/LYQQ2FF>
Judge 2 - 3rd Dec (face-to-face venue TBC) <https://www.surveymonkey.co.uk/r/FL8VX8V>
Judge 3 - 3rd Dec (face-to-face venue TBC) <https://www.surveymonkey.co.uk/r/WSMM9PB>

Anyone wishing to train to be an Artistic Swimming Referee please email volunteering@swimming.org

Qualifications

East Region-Based Qualifications:

- [8893](#) - SE Assistant Water Polo Coach - Blended Learning - 11/10/23 - Riverside Leisure Centre
- [9360](#) - SE Assistant Swimming Coach - Blended learning - 06/11/23 - Vicacity Regional Centre

National Qualifications of Interest:

- SEQ L2 Coaching Open Water Swimming - [Open Water 2023](#)

National and Regional Volunteering Opportunities



Call for Technical Officials for All Sports

Swim England is looking for more technical officials across all its aquatic disciplines, to help support the busy calendar of events throughout the year. If you already have an officiating qualification for any of our disciplines, please [apply here](#)

National Volunteer Opportunities

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

Soaring numbers of U18's have sought NHS care for mental health problems in the last few years but only about a 1/4 actually get any help. If you'd like further information and to gain an understanding there is a free online workshop here that you can undertake.

[Children and Young people's mental health](#)



Regional Staff Contacts

Joshua Devine - Regional Manager
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Jo Stalley - Regional Operations Officer
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Emma Winter - Regional Administrator

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