

# ASA EAST MIDLAND REGION CLUB NEWSLETTER DEC 2015

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## EMasa

**Dive into Swimming**



### Swim21

Congratulations to the following clubs for achieving swim21 Essential accreditation at the September panel.

Ripley SC (Rascals)  
Buxton & District SC  
Melton Mowbray SC  
Braunstone SC  
Grantham SC  
Nene Valley SC  
Sherwood Colliery SC  
Nova Centurion SC  
Kimberley SC  
Nottingham Leander SC  
Leicester Sharks SC  
Ilkeston SC  
Belper Marlin SC  
Long Eaton SC



Congratulations to East Lindsey Club Network, who are the first club network in the East Midlands to achieve the swim21 network accreditation at the swim21 panel in September 2015. The accreditation demonstrates that the three clubs, Horncastle Otters, Louth and Skegness are formally working together to support each other and deliver a joint development plan for swimming and aquatics in East Lindsey. Recent work has included the delivery of a Young Aquatics Helpers course, the development of Louth Swimming Club as a disability hub club, the organisation of Level 1 and 2 coaching courses to take place next year and the organisation of a 'Teaching Turns CPD' in January 2016.

### Mel Marshall



Mel Marshall was Named Coach of the Year at The Mirror and Sport England Pride of Sport Awards which celebrates and recognises the unsung heroes of sport. Mel, who is one of the country's most decorated female Commonwealth Games athletes, has been instrumental in coaching Adam Peaty from junior level contender in 2013 to Commonwealth, European and World Champion as well as double World record holder in 2014/15.

### Glenn Smith



Nova Centurion coach Glenn Smith has been presented with his third coaching award in as many months. Glenn coaches a number of athletes including Ollie Hynd and Charlotte Henshaw and was awarded Coach of the Year at the Nottingham Sports Awards 2015.

### Lincolnshire Sports Awards 2015

Congratulations to:  
**Veteran Sports Person of the Year**  
Rita Baxter – Grantham SC  
**Young Disabled Sports Person of the Year**  
Hayley Milnes – Grantham SC  
**Young Sports Volunteer of the Year**  
Katie Gilman-Abel – Lincoln Pentaqua SC

### Leading the Lane Young Volunteer programme



The 2015/2016 young volunteer programme is well underway with young club volunteers being offered free training opportunities across the region. So far we have offered young aquatic helper course and timekeeper course in Loughborough and Lincolnshire. Further opportunities are still to come in Derbyshire and Nottinghamshire, which will be publicised by your Club Development Officer in due course.

### Horncastle Masons donate to Otters Swimming Club



Otters Swimming Club received a cheque for £500 from members of Olive Union Lodge. The donation will help towards the cost of qualifying new instructors and purchasing bright new teaching aids for the children.

Please contact us if you want specific items covered in the newsletter –  
[eastmidland@swimming.org](mailto:eastmidland@swimming.org)

the asa  
affiliated region

## Education courses

To register on a course please visit [the IOS website](#) to check for availability and book a place

### Level 1 Courses

[ASA Level 1 Teaching](#) starts 17/01/2016 at Bramcote Leisure Centre  
[ASA Level 1 Teaching](#) starts 23/01/2016 at The Healthy Living Centre  
[ASA Level 1 Teaching](#) starts 15/02/2016 at Moorways Sports Complex  
[ASA Level 1 Teaching](#) starts 15/02/2016 at Merden Leisure Centre  
[ASA Level 1 Teaching](#) starts 15/02/2016 at Clifton Leisure Centre  
[ASA Level 1 Teaching](#) starts 28/02/2016 at Bramcote Leisure Centre  
[ASA Level 1 Teaching](#) starts 28/03/2016 at Waendel Leisure Centre  
[ASA Level 1 Teaching](#) starts 29/03/2016 at Loughborough University Pool

### Level 2 Courses

[ASA Level 2 Teaching](#) starts 06/02/2016 at Bingham Leisure Centre  
[ASA Level 2 Teaching](#) starts 07/03/2016 at Enderby Leisure Centre  
[ASA Level 2 Teaching](#) starts 29/03/2016 at Moorways Sports Complex

### CPD seminars

[Teaching Turns Seminar](#) 31/01/2016  
11am- 3pm at Embassy Pool, Skegness  
[Effective Communication & Feedback for Swimming Teaching & Coaching](#) 28/02/2016  
1pm – 4pm at Alfreton Leisure Centre

### Final strokes CPDs released

The IoS has launched the final two CPDs in the 'Introduction to Strokes' suite:  
'Introduction to Back Crawl'  
'Introduction to Butterfly'

The suite of four stroke-specific CPDs have been designed to update swimming teachers on the latest methods on teaching each of the four swimming strokes.

To find out more and book your space [click here](#).

### Level 3 coaching

The Level 3 programme for coaching swimming is now open for initial application stage – [click here](#)

## Funding opportunities



**Generate Revenue for your club**

Recognise + Reward = Revenue

- Reward and motivate your club swimmers
- Use ASA Awards for speed, distance, developing aquatic skills
- Raise profit margin by using bulk-buy rates

For example:

Cost to club per ASA Award	Retail cost to Swimmer	Profit per Award
£1.85	£3.00	£1.15

Revenue:  
Sell 200 Awards = £230  
Sell 500 Awards = £545  
Sell 1000 Awards = £1175

Order ASA Awards at [shop.swimming.org](#) or call Order Hotline 0800 220 292

the asa swim for life

### Midland Championships 2016

The Midland Synchro Championships will take place on 9<sup>th</sup> October 2016 at Braunstone Leisure Centre.

The Midland Masters Championships will take place on 1<sup>st</sup> and 2<sup>nd</sup> October 2016 at Newbold Comyn Leisure Centre in Leamington Spa.

Full details of these events will be published on the regional website when available.

### East Midland Championships 2016

The East Midland long course championships will take place on the following dates:

30<sup>th</sup> April, 1<sup>st</sup> & 2<sup>nd</sup> May in Sheffield  
28<sup>th</sup> & 29<sup>th</sup> May in Corby

The schedules and qualifying times will be released in due course.

## Regional Para-Swimming Training 29<sup>th</sup> November 2015

Para-Swimmers from across East and West Midlands had the opportunity to train at the fantastic Harvey Hadden facility as preparation for the National Para-Swimming Championships, being held at Manchester in December.

There was a mixture of new and experienced swimmers attending the training session which had a theme of 'competition preparation' and 'competition warm-ups'. The swimmers had a classroom session, where competition preparation was discussed, covering areas such as, travel, nutrition, planning and timelines. There was then an opportunity to develop pre-pool techniques and look at ways to incorporate mobilisation throughout the period leading to the competition.

Following the land based session, the swimmers had a two hour pool session, with the pool set to 'long-course'. For some, this was the first time that they had swum 'long-course' and all swimmers adapted really well. The session was themed around competition warm ups and race skills, as well as efficiency testing. The session was led by coaches from Nova, Belper Marlins and Leicester Penguins as well as Carl Cooper and Dave White from England Programmes – Para Swimming.

Swimmers and parents agreed it was a great opportunity to meet up before the National Para-Swimming Championships, as well as chance to learn or reinforce skills to take back to the swimmers home programmes.

## Changes to ASA Membership announced

The ASA has announced updated information on its membership application process and fees for 2016.

From 1 January 2016, Category 1 membership fees will increase from £8.50 to £8.70 while the fees for Category 2 and 3 memberships will remain £25.50 and £5.00 respectively. These will be payable throughout the full membership year (1 January – 31 December).<sup>1</sup>

This change has been introduced to help to bridge the gap between the cost of membership for the training and competitive members of your club.

Additionally with the launch of the ASA's Online Membership System (OMS), membership applications can be processed instantly. Completed membership applications are required for all new members throughout the entire 2016 membership period.

This will not change how clubs renew their existing members and pay membership fees, however all applications for new club members must be fully processed before they are able to take advantage of the ASA membership benefits.

For any queries relating to membership or for more information, please contact the ASA Membership Team on 01509 640727 or email [renewals@swimming.org](mailto:renewals@swimming.org)

To access the Online Membership System please [click here](#).

### FAQs

#### 1. Why has my membership fee increased?

The category 1 membership fee has been increased to bring it closer in line with Category 2 membership. Fees for category 2 and 3 memberships have remained the same.

#### 2. What does the Online Membership System (OMS) mean for my club?

While it could take a couple of month for ASA memberships to be

processed previously, the new online membership system allows applications to be processed instantly.

The new system allows individual club members to view details of their club membership including ASA membership number, category of membership, club details and officials qualifications. Plus individuals can update their details directly.

#### 3. How will this change affect my club?

Your club will still be able to renew your existing club members and pay membership fees from 1 January until 31 March, however applications for new club members must be completed during the year in order for them to be registered.

It would be beneficial therefore, to encourage new members to join early and take advantage of the full year membership.

#### 4. What are the benefits of being an ASA member?

Benefits of being an ASA Member include:

- Insurance
- Discounts on products from Speedo
- Discounts on hotels through Intercontinental Hotels Group (IHG)
- Competing swimmers aged 9-15 can access AquaZone, an online magazine packed with news, interviews, reader letters, competitions and lots more
- Regulated competition structure for Category 2 members

- Access to low level competition for Category 1 members
- Volunteering opportunities – free and discounted CPDs
- Access to the ASA-employed clubs team through regional offices to help your club and its members achieve your full potential

Also, remember the Online Membership System (OMS) is quick and easy to use – all new club members and those upgrading will only need to be added/upgraded via OMS, no forms need to be sent to us. Plus online members can log in and change their own details.

#### 5. Where does my money go?

The ASA is a membership organisation. The income from membership fees is spent on achieving the ASA's vision:

- Ensure everyone has the opportunity to learn to swim
- Offer everyone the opportunity to enjoy swimming or water-based fitness activities for health and fun throughout their lifetime.
- Ensure everyone achieves their different personal goals throughout their lifetime.
- Ensure the nation achieves gold medal success on the world stage.

Find out more [here](#)

<sup>1</sup>Please be aware that the above fees do not include any county or region fee contribution.