

# ASA EMail

Welcome to the next installment of our bi-weekly team **ASA EMail**. This gives you updates on the work of the ASA team in the East Midlands. If you know anyone that would be interested in receiving the update please ask them to send an e-mail to [catherine.pickthall@swimming.org](mailto:catherine.pickthall@swimming.org)

## Swim 21

Just a reminder to all of you about the swim 21 panel and submission dates for 2009. Please make a note of the dates below and also remember that the submission date for Swim 21 files is at least 2 weeks prior to the Regional Panel dates. These dates can also be found on the website under the 'Development / Swim 21' section.

SWIM 21 SUBMISSION DATES 2009	REGIONAL PANEL DATES 2009	NATIONAL PANEL DATES 2009
30th January & 13th February	25th February	25th March
3rd April	22nd April	20th May
3rd July	22nd July	19th August
9th October	21st October	18th November

It is important that clubs try and achieve swim21 accreditation because a large amount of the funding we receive from Sport England to support clubs and develop the sport is based on us achieving the number of accreditations agreed. Your work on this can have a huge impact for your club, as well as all other clubs in the country.

## Courses

**UKCC Level 1 Coaching Water Polo** – Book now for a place on our Water Polo Coaching course starting November 29<sup>th</sup> at Victoria Leisure Centre, Nottingham.

**UKCC Level 1 Coaching** – There are also places available on the level 1 coaching course starting November 29<sup>th</sup> at the Geoff Moulder Leisure Complex, Boston, Lincolnshire.

For all those interested, booking forms can be found on our website [www.eastmidlandswimming.org](http://www.eastmidlandswimming.org). Alternatively you can phone Katie Fensome on **01509 615444** to discuss how to reserve a spot.

Please see our course list below for a comprehensive list of UKCC courses and CPD's running in the region.

If anyone knows of a demand for any courses in their area please feel free to contact Alex Hains, Assistant Regional Development Officer on 01509 618692 or email [alex.hains@swimming.org](mailto:alex.hains@swimming.org)

### **Club & Coach**

A successful Water Polo clinic was held at Hucknall Leisure Center on the 28th September, which saw about 25 athletes and 12 coaches make the most of the expert tuition from Norman Leighton.

The next round of clinics is being arranged and will be discussed at the Regional Water Polo meeting on the 14th October.

### **Free Swimming**

The DCMS has released information on the 300 Local Authorities that have agreed to offer 60+ free swimming and the 296 who have expressed an interest for delivering free swimming for under 16's. Further information will be available shortly. If you have any queries contact Roger Glithero, EM Regional Director on 01509 618692.

### **RD's Corner**

Last week I was invited to attend an Institute of Sport & Recreation Management (ISRM) event about the Legacy element of the 2012 bid, which coincides with the release of information on free swimming. The facility managers were enthusiastic, but also wary of the implications, recognising there could be big issues, however, it could herald a really exciting time for sport. One of our regional cities anticipates an extra 250,000 swims per year, this is going to create increased pressures on pool space and clubs need to be ready to work with pool operators to help resolve the proverbial 'quart into a pint pot'

<u>Course</u>	<u>Date</u>	<u>County</u>	<u>Venue</u>	<u>Time</u>	<u>Cost</u>	<u>Tutor</u>	<u>Status</u>
UKCC TEACHING AQUATICS LEVEL 1	Oct 25 <sup>th</sup> – Nov 8 <sup>th</sup>	Northants	Waendel Leisure Centre	9am – 5pm each day	£350	Jan Brinkley	Full
UKCC TEACHING AQUATICS LEVEL 1	Oct 27 <sup>th</sup> – Oct 31 <sup>st</sup>	Notts	Keyworth Leisure Centre	8.15am – 3.30pm	£300	Ruth Lea	Places Available
UKCC TEACHING AQUATICS LEVEL 1	Nov 8 <sup>th</sup> – Nov 23 <sup>rd</sup>	Leics	Enderby Leisure Centre	11.30am – 7pm	£351	Ray Driver	Places Available
UKCC TEACHING AQUATICS LEVEL 2	Nov 15 <sup>th</sup> – Dec 14 <sup>th</sup>	Derbyshire	The Healthy Living Centre	9am – 5pm	£400	Jan Brinkley	Full
UKCC COACHING AQUATICS LEVEL 1	Nov 29 <sup>TH</sup> - Dec 14 <sup>th</sup>	Lincs	Geoff Moulder Leisure Complex	Saturdays – 9am – 5pm Sundays – 1pm – 8pm	£215	Brian Brinkley	Places Available
UKCC COACHING WATER POLO LEVEL 1	Nov 29 <sup>th</sup> – Dec 21 <sup>st</sup>	Notts	Victoria Leisure Centre and Hucknall Leisure Centre	Friday 28th – 7pm-10pm Saturday 29th – 8am – 5pm Sunday 30th – 8am – 5pm Saturday 20 <sup>th</sup> Dec 9am -6pm Sunday 21 <sup>st</sup> 12.30 – 7pm	£250	Sarah Dunsbee	Places Available
UKCC TEACHING	Nov 9 <sup>th</sup> –	Notts	West Park	Nov 9 <sup>th</sup> – 9am – 3pm	£486	TBC	Places

AQUATICS LEVEL 2	Dec 14 <sup>th</sup>		Leisure Centre	Fridays – 7pm – 9pm 12pm – 7.30pm			Available
UKCC TEACHING AQUATICS LEVEL 2	Jan 18 <sup>th</sup> – Jan 30 <sup>th</sup>	Leics	Enderby Leisure Centre	Sundays – 11.30am – 5pm Mon – Fri – 9.30pm – 6pm	£500	Ray Driver	Places Available
UKCC TEACHING AQUATICS LEVEL 1	April 13 <sup>th</sup> – April 17 <sup>th</sup> 2009	Leics	Harborough Leisure Centre	9am – 5.45pm	£320	Ray Driver	Places Available
FUNDamentals CPD	Oct 4 <sup>th</sup>	Leics	Enderby Leisure Centre	1pm - 4.30pm	£26.50 – IOS £30.00 – NON IOS	Carole McArdle	Full
FUNDamentals CPD	Oct 5 <sup>th</sup>	Notts	Sutton Leisure Centre	1pm – 4.30pm	£26.50 – IOS £30.00 – NON IOS	Carole McArdle	Full
Safeguarding and protecting children CPD	Oct 5 <sup>th</sup>	Notts	Sutton Leisure Centre	9.30am – 12.45pm	£26.50 – IOS £30.00 – Non Ios	Colin Huffen	Closed
Safeguarding and protecting children CPD	Oct 12 <sup>th</sup>	Lincs	Masonic Hall	9am – 12pm	£26.50 – IOS £30.00 – Non Ios	Colin Huffen	Places Available
FUNDamentals CPD	Oct 18 <sup>th</sup>	Northants	Daventry Leisure Centre	12pm – 3pm	£26.50 – IOS £30.00 – Non Ios	Ray Driver	Places Available
Mini Polo CPD	15 <sup>th</sup> Nov	Derbys	Etwall Leisure Centre	9am -1 pm	£26.50 – IOS £30.00 – Non	Ray Driver	Places Available

					Ios		
Flip n Fun CPD	19 <sup>th</sup> Oct	Derbys	Etwall Leisure Centre	2pm – 5pm	£26.50 – IOS £30.00 – Non Ios	Ray Driver	Places Available
Flip n Fun CPD	22 <sup>ND</sup> Oct	Notts	Hucknall Leisure Centre	11.15am – 3pm	£26.50 – IOS £30.00 – Non Ios	Ray Driver	Places Available
Including Disabled Swimmers – Yes or No?	Oct 25 <sup>th</sup>	Leics	Hinckley Leisure Centre	2pm – 6.30pm	£26.50 – IOS £30.00 – Non Ios	Jill Stidever & Anna Lavan	Places Available
Competitive Swimming CPD	Nov 9 <sup>th</sup>	Northants	Waendel Leisure Centre	2pm – 5.30pm	£26.50 – IOS £30.00 – Non Ios	Ray Driver	Places Available
Mini Polo CPD	Nov 15 <sup>th</sup>	Lincs	Gainsborough Leisure Centre	2pm – 5.30pm	£26.50 – IOS £30.00 – Non Ios	Ray Driver	Places Available
Working with children with educational difficulties CPD	Nov 16 <sup>th</sup>	Notts	Lamas Leisure Centre	10.30am – 3.30pm	£26.50 – IOS £30.00 – Non Ios	Carol Halpin	Places Available
Introduction to butterfly CPD	Nov 23 <sup>rd</sup>	Northants	Splash Leisure Pool	9.30am – 1pm	£26.50 – IOS £30.00 – Non Ios	Nigel Aldridge	Places Available
AquaFUN CPD	Nov 23 <sup>rd</sup>	Leics	Hinckley Leisure	9am – 1pm	£26.50 – IOS	Elaine	Places

			Centre		£30.00 – Non Ios	Walters	Available
Competitive Swimming CPD	Dec 10 <sup>th</sup>	Northants	Splash Leisure Pool	7pm – 10pm	£26.50 – IOS £30.00 – Non Ios	Jan Brinkley	Places Available