

ASA EMail

Issue 22

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 Midland Region. 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

Regional Grant Aid

As of January 1st 2009 asa East Midland Region has increased Regional Grant Aid for swim21 accredited club members. There are now 2 tiers of Grant Aid available to club volunteers to support their personal development from Poolside Helpers through to Level 3 Coaching qualifications. Additionally if a volunteer at a swim21 club accesses individual units the region will provide grant aid support – this was not available under the previous system.

Qualification	NON accredited clubs - Subsidy per candidate	swim21 accredited clubs - Subsidy per candidate
asa Poolside Helper Course	£20	£30
UKCC Level 1 Teachers or Coaches – Diving, Swimming, Synchro & Waterpolo	£40	£80
UKCC Level 2 Teachers or Coaches - Diving, Swimming, Synchro & Waterpolo	£80	£160
UKCC Level 3 Coaching - Swimming	£200	£400
Unit 2 UKCC Level 1 (any discipline)	-	£40
Units 4,5,6 UKCC Level 2 (any discipline)	-	£80

You can find all guidelines and application forms on the [Regional Website](#).

Volunteering

As of the next bi-weekly email there will be a regular section on volunteering. This section will be a place for clubs to advertise for volunteers as well as being a source of information for clubs on recruitment and retention of volunteers. If you would like any information putting into this section I would be grateful if you could email caroline.warlow@swimming.org.

VOLUNTEERING

FREE WORKSHOPS

FREE workshops available to all club members to support clubs in their achievement / retention of swim21 accreditation.

Funding has been made available for the months of January/February/March to run Sports Coach UK and Running Sport courses as identified in swim21, the funding is **ONLY** available for these 3 months so take advantage and get you places booked.

The following workshops are being run:

Running Sport – A club for All (swim21 required equity course for committee members)

Tuesday 10th February – Carres Grammer School, Sleaford
6.30-9.30pm

Tuesday 24th February – Queens Leisure Centre, Derby
6.30-9.30pm

Thursday 12th March – Waendel Leisure Centre, Wellingborough
6.30-9.30pm

Thursday 19th March – Lincoln University, Riseholme Campus
6.30-9.30pm

Sunday 25th January, Lammas Centre, Sutton-in-Ashfield
1-4pm

Sports Coach UK – Coaching Disabled Performers (swim21 required disability course for teachers/coaches)

Sunday 25th January – Queens Leisure Centre, Derby
1-4pm

Wednesday 28th January – Waendel Leisure Centre, Wellingborough
6-9pm

Monday 16th February – Wirksworth Leisure Centre, Derbyshire
6-9pm

Wednesday 18th February – Ashfield District Council
6-9pm

Thursday 29th January – Carres Grammer School, Sleaford
6-9pm

Tuesday 3rd February – Lincoln University (Riseholme Campus)
6-9pm

Sports Coach UK – Equity in your Coaching (swim21 required equity course for teachers/coaches)

Thursday 5th February – Queens Leisure Centre, Derby
6.30-9.30pm

Sunday 1st March – Wirksworth Leisure Centre, Derbyshire
10.30-1.30pm

MORE COURSES TO BE ADDED ONCE CONFIRMED.

Booking forms available on the [Regional Website](#) and must be returned to the Regional Office.

PESSYP

Projects currently funded include two in Nottinghamshire, with one focused on disability. PESSYP funding is still available for projects that seek to develop school/community links. For further details please contact Caroline Warlow at caroline.warlow@swimming.org

Anti-Doping Rules 2009

The revised Anti-Doping Rules are now available to view on the British Swimming website. To view, please [click here](#).

Project Upskill

The next workshop is on Sunday 8th February.

Coaching Methods and Communication

12-4pm

Unlock and develop your communication skills to build and maintain a positive and effective coach/player relationship. Learn the principles of good communication and coaching styles and how to use them to meet the needs of your performers.

This workshop will help you, the coach to:

- identify and explain your own coaching style
- assess your own communication skills and action plan to increase your effectiveness

build and maintain good relationships

Loughborough University Pool

If you would like to attend this workshop but are not a part of Project Upskill, the cost is £10. Booking forms are available from Rachel Washington (rachel.washington@swimming.org / 01509 618695)

Club/Coach Disability Day

Club/Coach Disability Day – 15th March 2009 at Loughborough University

Choose from 2 workshops in the morning – Coaching Disabled Swimmers / Working with children with educational difficulties

Free lunch

Education / Information session – afternoon

Cost will be £10 per candidate for the day (including CPD in the morning session)

Watch this space for more information about how to book your place. Places will be limited to a maximum of 48 people.

Club Contacts for 2009

As most clubs have held their AGM's in the last few months of 2008 we require your most up to date contact details. Please can you send contact details (name, address, email, phone) for the secretary, head coach and swim21 coordinator to catherine.pickthall@swimming.org

Nottinghamshire 'Into Sport' Club & Coach Education Programme 2009 – is now available at www.intosport.org.uk

Courses

There are still places available on all of our UKCC courses due to run in February. Please book soon to avoid disappointment.

A **NEW** course is now available for 2009. We are running a **Voice Protection and Projection CPD** on the 29th March 2009 at Rushcliffe Leisure Centre, Nottingham.

For all those interested, booking forms and full details can be found on our website www.eastmidlandswimming.org. Please see our course list below for a comprehensive list of UKCC courses and CPD's running in our region.

If anyone knows of a demand for courses in their area please contact Alex Hains, Assistant Regional Development Officer, on 01509 618692 or at alex.hains@swimming.org.



Course	Date	County	Venue	Time	Cost	Tutor	Status
UKCC TEACHING AQUATICS LEVEL 2	Jan 18 th – Jan 30 th	Leics	Enderby LC	9.30am – 6pm	£500	Ray Driver	FULL
UKCC TEACHING AQUATICS LEVEL 1	Jan 25 th – Feb 15 th	Lincs	Yarborough LC	9am – 5pm	£300	Bridget Garrard	FULL
UKCC TEACHING AQUATICS LEVEL 1	Jan 31st - Feb 8th	Northants	Deepings LC	9am-6pm	£355	Lynn Chapman	FULL
UKCC TEACHING AQUATICS LEVEL 2	Feb 9th - 20th	Northants	Splash LC	9am-6.30pm	£350	Jan Brinkley	Places Available
UKCC TEACHING AQUATICS LEVEL 1	Feb 16 th – Feb 20 th	Derbys	Etwell LC	9am – 5pm	£215	Ray Driver	Places Available
UKCC TEACHING AQUATICS LEVEL 2	March 27 th – April 19 th	Lincs	Embassy Pool	8.30am – 5.30pm	£430	Bridget Garrard	Places Available
UKCC TEACHING AQUATICS LEVEL 1	April 13 th – April 17 th	Leics	Harborough LC	9am – 5.45pm	£320	Ray Driver	Places Available
UKCC TEACHING AQUATICS LEVEL 1	April 26th – May24th	Notts	Bramcote Leisure Centre	11.30am – 6pm	£350	Julie Stanley	Places Available
UKCC TEACHING AQUATICS LEVEL 1	May 25 th – May 29th	Northants	Waendel LC	10am – 6pm	£355	Jan Brinkley	Places Available
UKCC TEACHING AQUATICS LEVEL 2	May 30th— 19th July	Notts	Bramcote LC	11.30am - 7pm	£430	Ray Driver	Places Available
UKCC TEACHING AQUATICS LEVEL 2	July 4th– 28th	Leics	Loughborough LC	9am - 5pm	£430	Ray Driver	Places Available
UKCC TEACHING AQUATICS LEVEL 2	July 27 th – August 14 th	Leics	Harborough LC	9am – 5pm	£575	Ray Driver	Places Available

CPD INFORMATION ON NEXT PAGE

Course	Date	County	Venue	Time	Cost	Tutor	Status
Coaching Disabled Swimmers	Feb 25 th	Notts	Hucknall LC	6pm – 9pm	£26.50 – IoS £30.00 – Non IoS	Carol Halpin	Places Available
Starts & Turns And Competitive Swim	January 25th	Derbyshire	Healthy Living Centre, Staveley, Chesterfield	9am—12pm & 1pm—4pm	£26.50 – IoS £30.00 – Non IoS	Nigel Aldridge	Places Available
Front Crawl And Breast Stroke	February 28th	Derbyshire	Healthy Living Centre, Staveley, Chesterfield	9am—12pm & 1pm—4pm	£26.50 – IoS £30.00 – Non IoS	Nigel Aldridge	Places Available
Competitive Swimming	March 8th	Notts	Bramcote Leisure Centre, Nottingham,	3pm—6pm	£26.50 – IoS £30.00 – Non IoS	Ray Driver	Places Available
Flip n Fun	March 15th	Notts	Bramcote Leisure Centre, Nottingham	2pm—6pm	£26.50 – IoS £30.00 – Non IoS	Ray Driver	Places Available
Voice Projection and Protection	March 29th	Notts	Rushcliffe Leisure Centre	1pm –4pm	£26.50 – IoS £30.00 – Non IoS	Priscilla Morris	Places Available
Back Stroke And Butterfly	May 23rd	Derbyshire	Healthy Living Centre, Staveley, Chesterfield	9am—12pm & 1pm—4pm	£26.50 – IoS £30.00 – Non IoS	Nigel Aldridge	Places Available

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