

ASA EMail

Issue 23

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

National Skills Academy

The Region was represented on the management group of the Regional Skills Academy, a one stop shop for employers and training providers. These have been established in two regions so far and will roll out to the East Midlands by 2010. As well as being able to influence the development of quality training opportunities, it seeks to maximise funding availability for skills training.

asa Strategy

Regional Directors and National Officers met recently to continue work on developing the 4 year strategy, particularly refining the Key Performance Indicators. It is important to ensure these are robust as they form part of the £21m funding agreement with Sport England. Further work is being undertaken to translate these into Regional targets.

Volunteering: V Involved Programme

Volunteers are the life blood of all clubs. vinvolved is a national volunteering programme aimed at inspiring one million more young people 16-25yrs to volunteer over the next five years. The programme is working to raise awareness about youth volunteering and encouraging young people aged 16-25 to get positively involved in their community. V are also aiming to create more opportunities for young people to volunteer in sport and increase the amount of people volunteering in local clubs and sports groups.

There are V Teams across the region who will work with groups and volunteers on an individual basis to ensure that volunteering is working for all involved.

The V programme offers clubs a good support mechanism to find and retain volunteers. If you would like to get involved with the programme please contact Caroline Warlow at the asa East Midlands Office for information about projects that are running in your local area.

Tel: 01509 618722
Email: caroline.warlow@swimming.org

VOLUNTEERING

Masters

The Regional committee has been working hard to organise training opportunities and raise the profile of Masters swimming and it is starting to pay off with an increase in over 25's Masters membership of 21% since April 2008.

Job Vacancy



Derventio eXcel, the County of Derbyshire's Performance Swimming Programme is seeking a suitably qualified Head Coach to build on the excellent work of the previous team. Applicants should be able to demonstrate the following:

- Proven track record in coaching swimmers to success up to International level competition
- Ability to formulate training and competition plans to reflect the needs of swimmers at all levels of ability
- A thorough understanding of the concept of the long-term athlete development process
- A passion for swimming and a strong desire to achieve success at the highest levels of the sport
- Sound administration and organisational skills
- Ability to develop strategic relationships with key partners
- An excellent communicator with experience of mentoring other coaches

The role includes working unsocial hours, a requirement to attend competitions, including overnight stays, and also travel (both domestic and overseas) as required by the programme.

The position is currently self-employed and the successful candidate will ideally hold the UKCC Level 3 Coach Certificate (or its equivalent). Candidates should also be committed to regular and continual professional development.

Closing date: 11th February 2009

For more information on this exciting opportunity and to view the application form please visit the [East Midland website](#)

RD's Corner

I attended Sue Birchmore's funeral on Tuesday and whilst it was inevitably a sad occasion, it was also the celebration that Peter and his family wanted, with jokes and a reflection of the enormous amount of time and effort Sue had put into the sport. It highlighted the tremendous number of roles she undertook, individually and simultaneously. Although it is not uncommon, it does show that a few individuals can make a big difference; just think what would happen to the sport if we were able to recruit a lot more individuals.

Courses

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.

In February and early March there are a number of ASA Level 2 Award in Aqua Fit courses taking place. This course provides instructors with the skills to deliver safe, effective, quality balanced, enjoyable Aqua Fit programmes and to evaluate the effectiveness of an Aqua Exercise to Music group session.

There are still places available on our **UKCC Level 1 teaching** courses in February at **Daventry Leisure Centre** in Northamptonshire and at **Workshop Leisure Centre** in Nottinghamshire. Please see our website www.eastmidlandswimming.org for full details. To reserve a space please call Katie Fensome on 01509 615444. Please act quickly to ensure a place.

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	Feb 9th - 20th	Northants	Splash LC	9am-6.30pm	£430	Jan Brinkley	Places Available
UKCC TEACHING AQUATICS LEVEL 1	Feb 16th— Feb 21st	Notts	Worksop	9am-5pm	£350	Paul Dickerson	Places Available
UKCC TEACHING AQUATICS LEVEL 1	Feb 16 th – Feb 20 th	Derbys	Etwall LC	9am – 5pm	£215	Ray Driver	Places Available
UKCC TEACHING AQUATICS LEVEL 1	Feb 16th— Feb 20th	Northants	Daventry LC	8.30am— 4.30pm	£350	Brian Brinkley	Places Available
UKCC COACHING SWIMMING	March 20th— April 19th	Notts	Water Meadows Lc	Times differ each day	£230	Nadine Peckover	Places Available
UKCC TEACHING AQUATICS LEVEL 1	March 20th— March 29th	Notts	Southglade LC	8.30AM— 4.30PM	£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	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
Coaching Disabled Swimmers	Feb 25 th	Notts	Hucknall LC	6pm – 9pm	£26.50 – IoS £30.00 – Non IoS	Carol Halpin	Places Available
Voice Projection & Protection	March 29th	Notts	Rushcliffe LC	1PM—4PM	£26.50. £30.00	Priscilla Morris	Places Available
NPTS: Fundamentals	March 29th	Notts	Bramcote LC	9am—1pm	£26.50/ £30.00	Nigel Aldridge	Places Available
Mini Polo	April 5th	Leics	Loughborough Pool	2pm—6pm	£26.50/ £30.00	Ray Driver	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
Flip N Fun	May 3rd	Leics	Loughborough	2pm—6pm	£26.50/ £30.00	Ray Driver	Places Available
Competitive Swim-	May 8th	Notts	Bramcote LC	3PM—6PM	£26.50/	Ray	Places Available