

ASA EMail

Issue 24

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

Volunteering

How can we support the volunteers that we have within our club and retain their expertise?

Focus on.....Volunteering England

Who are Volunteering England?

Volunteering England (VE) is the national volunteering development agency for England, committed to supporting, enabling and celebrating volunteering in all its diversity.

The work that VE do links research, policy, innovation, good practice and grant-making in the involvement of volunteers. Members and partners range from national charities to voluntary agencies across the length and breadth of England; from NHS Trusts to arts organisations; from local community projects to government think-tanks.

What can they offer clubs?

Volunteering England have a website that offers much information to clubs and other organisations. They provide a range of information sheets offering advice on saying thank you to volunteers, CRB information and other topics such as health and safety. The agency also provides publications including information about involving volunteers, recruiting volunteers and risk management. The good practice bank offers information on topics such as creating volunteer roles, induction and training etc. All this information can be found on the resources section of the website

<http://www.volunteering.org.uk/Resources>

Membership to Volunteering England is free for small organisations and clubs. Benefits of becoming a member include 10 free magazines a year, discounts on events and the opportunity to share experiences with other members.

For more information please [click here](#) or contact Caroline Warlow.

Tel: 01509 618722

Email: caroline.warlow@swimming.org

VOLUNTEERING

Water Polo Coaching And Development Clinics 2009

Water Polo coaching and development clinics have now been arranged in Derbyshire and Lincolnshire.

Derbyshire clinics are running at Eckington Pool on the 28th February and at Repton School Pool on the 28th March 2009.

A Lincolnshire clinic is running at Spalding Pool on the 28th March 2009.

The cost is £2.50 for each swimmer who wishes to have a go at Water Polo and free for any coaches who wish to develop their knowledge and understanding of the discipline.

For more information or to book onto one of these clinics please [click here](#) or visit the 'Water Polo' section of the East Midland [website](#).

More course will be advertised shortly in the other counties.



Synchronised Swimming Midland Championships Duet Conditions

ALTERATION

There has been a slight **alteration** to the Synchronised Swimming Midland Championship duet conditions. To view the changes please [click here](#) or visit the '[Synchro](#)' section of the [East Midland website](#).

Job Vacancy

Head Coach at Calverton and Bingham Swimming Club. For more information and to view the job description please [click here](#) or contact Richard (rnc Clarke@btinternet.com).

All jobs available are advertised on the 'Job Vacancy' section of the [East Midland website](#)

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.

We have a newly registered **UKCC Coaching Water Polo Unit 2** due to start on the 28th Feb. This course is not full and places are available at £160 per candidate.

There are also still places available on the **UKCC Level 1 Coaching Swimming** course at Water Meadows Leisure Centre, Nottinghamshire due to start in March, as well as on the **UKCC Level 2 Teaching Aquatics** course at Embassy Pool, Lincolnshire. Places can be reserved by calling Katie Fensome on 01509 615444.

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 COACHING WATER POLO LEVEL1 UNIT 2	Feb 28th—1st March	Derby	Eckington LC & Clay Cross LC	Times differ each day	£160	Rob Steele	Places Available
UKCC COACHING SWIMMING	March 20th—April 19th	Notts	Water Meadows Lc	Times differ each day	£230	Nadine Peck-over	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	April 26th—May 24th	Notts	Bramcote LC	Times vary	£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 25th—31st May	Lincs	The Deepings LC	9am—6pm	£630	Lynn Chapman	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 – loS £30.00 – Non loS	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 – loS £30.00 – Non loS	Nigel Aldridge	Places Available
Flip N Fun	May 3rd	Leics	Loughborough	2pm—6pm	£26.50/ £30.00	Ray Driver	Places Available
Competitive Swimming	March 8th	Notts	Bramcote LC	3PM—6PM	£26.50/ £30.00	Ray Driver	Places Available
Back Stroke And Butterfly	May 23rd	Derbyshire	Healthy Living Centre, Staveley, Chesterfield	9am—12pm & 1pm—4pm	£26.50 – loS £30.00 – Non loS	Nigel Aldridge	Places Available