

ASA WEST MIDLAND REGION CLUB NEWSLETTER SEPT 2015

Unit 7, Basepoint Business Centre, Isidore Road
Bromsgrove Enterprise Park, Bromsgrove B60 3ET

Tel: 01527 888929

Email: westmidland@swimming.org

Facebook: West Midland Swimming

Twitter: @westmidswimming

helen.slatter@swimming.org
07583 686816

amanda.swan@swimming.org
07800 647745

jon.fletcher@swimming.org
07792 994946

Annual General Meeting

The West Midland Annual General Meeting takes place on Saturday 12th September at Summerhill School, Kingswinford from 10am – 12pm (refreshments available from 9.30am).

As part of the day we will be hosting a number of workshops for club volunteers in the afternoon as follows:

- Time to Listen (for Welfare Officers)
11am – 3.30pm FREE
- Team Manager module 1
1.15pm – 4.15pm FREE
- Safeguarding and Protecting Children
1pm – 4pm £30
- Officials CPDs
1pm – 4.30pm FREE

To book a place please email
westmidland@swimming.org
or tel 01527 888929

Swim21



Congratulations to Ludlow SC and Fox Hollies SC for being awarded swim21 Essential accreditation at the June panel. Also, well done to the following clubs who successfully went through the annual health check:

Haden Hill SC
Ledbury & District SC
Redditch SC
Stafford Apex SC
Stratford Sharks ASC
Whitchurch Wasps SC
Wolverhampton SC
Wombourne SC

Regional Volunteer Courses

Time to Listen Course - FREE

12th September 2015
11am – 3pm
Summerhill School, Kingswinford
Team Manager (Module 1) - FREE
12th September 2015
1.15pm – 4.15pm
Summerhill School, Kingswinford
Team Manager (Module 2) - FREE
6th October 2015
6.30pm – 9.00pm
Wrekin College, Telford

To book a place please email
westmidland@swimming.org
or tel 01527 888929

Coach Development Day

Aimed at Assistant Coaches and Coaches at smaller clubs, delivered by Fred Furniss, England Talent Development Officer.
26th September 2015
8.45am – 5pm
Basepoint Business Centre
Bromsgrove B60 3ET

Workshops to include:
Race modelling
Pre-post pool goal setting and feedback
Testing/monitoring in the club programme
Plus 2 SportsCoach UK workshops
Cost including lunch - £15.

To book a place please email
westmidland@swimming.org
or telephone 01527 888929

Young Volunteer Programme

Coventry, Solihull & Warwickshire

Aquatic Helper course
9th & 16th October 5.30pm–8.30pm at Coventry
Timekeeper course
24th October 4pm – 8pm at Rugby
Safeguarding & Protecting Children course
28th November 10am – 12pm at Stratford

Worcester County

Safeguarding & Protecting Children course
10th October 12pm – 2pm at Bromsgrove
Aquatic Helper course
29th November & 6th December
11am–12.30pm at Evesham
Timekeeper course
13th December 3pm – 8pm at Worcester

Shropshire – courses now full

Details for Birmingham and Staffordshire (being held Jan-March) will be available in due course.

To book a place please email
westmidland@swimming.org
or tel 01527 888929

Club Development Grant Success

Walsall Synchro and Telford Aqua) were successful in receiving Club Development grants at the last Club Development Group meeting in July.

1. Support in purchasing Hytek as a club management system to develop a rapidly growing club.
2. Re-branding and promotional equipment in order to increase awareness of the club in the region and community and to recruit more members.

Please contact us if you want specific items covered in the newsletter –
westmidland@swimming.org

Discipline updates

Congratulations to the following athletes who were selected for international representation over the summer months.

Swimming

Four Nations International Meet May 2015

Luke Davies, Caitlin Hubbard (City of Birmingham)
Elinor Southward, Tazmin Pugh (Ellesmere College)

Niamh Hofland (Royal Wolverhampton School)

European Games 2015 – Baku June 2015

Tom Derbyshire (Royal Wolverhampton School)
Luke Davies (City of Birmingham)

European Junior Open Water Championships Tereno, Switzerland – June 2015

Alice Dearing (Royal Wolverhampton School)

World Open Water Championships

Kazan - July 2015

Alice Dearing (Royal Wolverhampton School)

European Youth Olympic Festival

Tbilisi, Georgia - July 2015

Caitlin Hubbard (City of Birmingham)
Elinor Southward (Ellesmere College)

FINA World Junior Championships

Singapore August 2015

Chloe Finch (City of Birmingham)

Commonwealth Youth Games

Samoa - September 2015

Brittany Horton (City of Birmingham)

Tom Derbyshire (Royal Wolverhampton School)

Para-Swimming

IPC World Championships

Glasgow – July 2015

Tully Kearney (Boldmere)
Sascha Kindred (City of Hereford)
Claire Cashmore (Wyre Forest/NPC)

Water Polo

European Games 2015 – Baku June 2015

Fleur Kennedy (City of Coventry)

World Junior WP Championships

Volos, Greece - August 2015

Rhianne Oscrift (City of Coventry)

Synchro

European Games 2015 – Baku June 2015

Phoebe Bradley-Smith (City of Birmingham)

Water Polo Officials



A Grade D Water Polo Referee's course is taking place on Saturday 21st and Sunday 22nd November at SportPark, Loughborough. The cost is £30 including lunch.

To book a place please email westmidland@swimming.org or tel 01527 888929

Swimming camps

The England Programmes Phase 1 camp takes place on Saturday 19th September at Warwick University.

The following swimmers have been selected:

Boldmere - Leo Karski

Chase – Jacob Davies

City of Birmingham – Sophie Negrine, Erin Davies, Lily Wood, Alexandra Bartley, Charlotte Rigg, Alisha Stephenson, Oliver Watson, Luke Skelding, Samuel Osborne

City of Coventry - Ronnie Harvey

City of Hereford - James Bilbao, Nathan Wallace

Ellesmere College - Phoebe Townsend, Eleanor Bainbridge, Charlie Hutchinson, Leighton Mayers, Hector Pardoe, Adam Metcalf

Halesowen – Katherine Morrice, James Cuthbert

Leek – Callum Rushan

Pershore – Simon Sweatman

Royal Wolverhampton School – Alicia Dingle,

Niamh Hofland, Emily Bate, Daniel Johnson,

Thomas Watkin, Samuel Harris

Shrewsbury - Lucy Armitage

Stratford Sharks - Laura Griffiths, Madeleine Hoare

The Regional swimming camps take place on Saturday 31st October 2015 and Sunday 3rd January 2016 at Wrekin College, Telford.

The following swimmers have been selected:

Biddulph – Ben Finney, Harrison Barber

Boldmere – Abbey Turnbull, William Cooper

Cheadle & District – Harriet Bebbington

City of Birmingham – Nadya Sterling, Millie Checkley, Oliver Carless, Ellis Taylor

City of Coventry - Ellie Fodor, Tommy Smith

City of Hereford – Makayla Garcia, Joshua Gough

Ellesmere College - Alexander Rosser-Barnett, Caitlin Adams, Benjamin Holland

Leamington Spa - Harrison Astill, Niall Connell

Northgate Bridgnorth - Daniel Galloway

Nuneaton & Bedworth - Evan Jones

Oldbury – Ellis Legg

Pershore - Hannah Woodcock, Megan Annis, William Gearey, Patrick Heeks

Redditch – Aimee Hood

Royal Wolverhampton School – Kate Leary,

Brodie Willets, Dylan Jones, Bima Zulkarnaen,

Helena Mole, Jack Jones

Solihull – Deen Ahmed

Stafford Apex – Joe Stratton, Thando Hart

Team Mercia - Elena Nakariakova

Funding opportunities



SportsCoach UK has published a guide to funding opportunities for courses.

[Click here](#) for the funding guide or visit the Education and Training / funding section on the regional website.

Education Courses

[Click here](#) for full list of all IoS courses in the West Midlands



Level 1 Courses

[ASA Level 1 Teaching](#) starts 26/10/2015 at Stafford Leisure Centre

[ASA Level 1 Teaching](#) starts 26/10/2015 at Fox Hollies LC, Birmingham

[ASA Level 1 Teaching](#) starts 26/10/2015 at Malvern College Sports Complex

[ASA Level 1 Teaching](#) starts 14/11/2015 at Nicholas Park Leisure Centre, Warwick

[ASA Level 1 Coaching](#) starts 20/11/2015 at University of Worcester

Level 2 Courses

[ASA Level 2 Teaching](#) starts 27/09/2015 at Brough Park Leisure Centre

CPD seminars

[Improving Breaststroke CPD](#) 15/09/15

7pm – 10pm at Shrewsbury School

[Improving Butterfly](#) CPD 29/09/2015 7pm – 10pm at Shrewsbury School

ASA Club Conferences 2015



The Club Conferences are back for another year in 2015 and bookings are now open. Essential for volunteers, club officials and administrators, the conferences offer an opportunity to learn about the latest news, updates and developments in the aquatics world and to explore the key challenges facing clubs today.

Through presentations and CPD workshops, you'll gather insights, practical advice and training on a range of topics delivered by the ASA Clubs team and leading industry experts. Plus it's a great chance to network with like-minded colleagues, swap ideas and chat to the ASA team about club matters close to your heart.

The finale of the event will be a keynote talk by a leading motivational speaker.

When and where:

- 19th September - London, Holiday Inn Stratford City
- 20th September - North West, Bolton Whites Hotel, Bolton
- 3rd October - South West, Holiday Inn Bristol City Centre
- 4th October - East Midlands, Hilton East Midlands Airport



ASA Club Membership update

Online Membership System

All clubs are asked to ensure that the current committee details including Chairperson and Secretary are up to date on the ASA Online Membership System. These details are used for ASA correspondence and need to be kept current.

We are aware that a lot of clubs in the region have recently had their AGM or experienced club committee changes, and to enable us to communicate with you effectively we must keep our database contacts up to date with the correct information. When your committee does change, please can you complete the form on the link below to inform us of the change and send to your relevant club officer.

[Click here](#) for the Club Committee Form

Medical Declaration Form

Clubs are reminded of the need for athletes to complete Medical Declaration Forms. The ASA only requires athletes to complete a form in the following circumstances:

- if they are competing at International level (i.e. a member of a British, English, Welsh or Scottish team or a performance club completing abroad); and/or
- if they are participating at national level (i.e. British Championships, ASA, SASA or WASA National Championships, ASA, SASA or WASA Age Groups, ASA SASA or WASA Youths. This includes all disciplines (excluding masters).

A new form **MUST** be completed annually even if the medication prescribed has not been altered or if no medication is being taken, and whenever medication is changed.

International Permits

Any ASA members or clubs going abroad for training or competition need to complete an international permit form to ensure that members are covered by the ASA insurance whilst abroad and also to ensure that times can be included on the ASA ranking lists. Without an authorised permit members will not be recognised as part of ASA/British Swimming. Forms available on the ASA website or contact Membership Services on 01509 64072.

As part of the international anti-doping rules it is now a requirement for any member, who is subject to a doping test abroad, to inform the British Swimming Anti-Doping Manager Rachel Burrows by email at rachel.burrows@swimming.org immediately (on the day of the test).

Midland Championships 2015 Medal Tables

Youth Championships

Club	Gold	Silver	Bronze	Total
Co Derby	27	6	9	42
Co Birmingham	17	13	5	35
Co Leicester	12	15	16	43
Derventio Excel	10	7	9	26
Nova Centurion	8	8	10	26
Northampton	4	8	12	24
Co Coventry	3	7	4	14
Ellesmere College Titans	3	4	3	10
Co Lincoln Pentaqua	3		1	4
Royal W'ton School	2	4	4	10
Co Hereford	2	2		4
Halesowen	2	1		3
Leicester Pengiuns	1	1	3	5
Wolverhampton	1	1		2
Chase	1		1	2
Lincoln Vulcans		3	4	7
Boldmere		2	3	5
Worcester		2	2	4
South Lincs Competitive		1	3	4
Belper Marlins		2	1	3
Wrekin College		2	1	3
Shrewsbury			2	2
Blythe Barracudas		2		2
Team Mercia		2		2
Deepings		1		1
Daventry		1		1
Sutton-in-Ashfield			1	1
Louth Dolphins		1		1
Dronfield Dolphins			1	1

Distance Championships

Club	Gold	Silver	Bronze	Total
Northampton	5	1	1	7
Nova Centurion	3	2	3	8
Co Birmingham	2	1	1	4
Ellesmere	1	4	2	7
Royal W'ton School	1	2	1	4
Co Leicester	0	0	1	1
Derventio Excel			1	1
South Lincs Competitive		1		1
Chase		1		1
Shrewsbury			1	1
Wrekin College			1	1

Age Group Championships

Club	Gold	Silver	Bronze	Total
Ellesmere College Titans	18	10	5	33
Co Birmingham	14	15	14	43
Northampton	13	5	8	26
Co Leicester	11	8	11	30
Nova Centurion	8	13	10	31
Royal W'ton School	6	4	4	14
Pershore	3	4	6	13
Grantham	3	2	5	5
Biddulph	3	1	2	6
Co Derby	2	3	0	5
Boldmere	2	3	5	5
Derventio Excel	1	2	1	4
Halesowen	1		3	4
Kingsbury	1		3	4
Calverton & Bingham	1		1	2
Shrewsbury	1	2	1	4
Deepings	1	1	2	2
Eckington	1		1	2
Halesowen	1		3	4
Co Coventry		3	3	3
Leicester Pengiuns		3	3	3
Wolverhampton		1	1	1
Chase		2	3	5
Lincoln Vulcans			2	2
Belper Marlins			1	1
Blythe Barracudas			1	1
Team Mercia		1	3	4
Newcastle (Staffs)			2	2
Newark		1	1	1
Leicester Sharks		2	2	2
Stafford Apex			1	1
Leamington Spa		2	2	2
Nuneaton & Bedworth			2	2
Orion		1	1	1
Melton Mowbray			1	1
Redditch			1	1
Northgate		1	1	1
Wyre Forest			1	1
Oldbury			1	1
Braunstone			1	1

Masters Championships

Club	Gold	Silver	Bronze	Total
Kenilworth Masters	66	19	18	103
Camp Hill Edwardians	28	23	9	60
Nottingham Leander	25	19	9	53
South Beds	22	17	17	56
Birmingham Masters	21	19	9	49
Co Coventry	18	12	10	40
Co Oxford	12	4	4	20
Loughborough	11	11	7	29
Calverton & Bingham	10	5	15	15
Rugby	9	5	3	17
Otter	7	1	8	8
Stratford Sharks	7	7	3	17
Gloucester Masters	7	4	2	13
Leicester Penguins	7	1	8	8
Team Luton	7	11	9	27
Everton	7	4	1	12
Coalville	6	3	9	9
Boldmere	5	2	3	10
Etwell	5	6	2	13
Vichy	5	5	5	5
Co Derby	4	4	2	10
Wellingborough	4	4	4	12
Stowmarket	4	4	2	10
Boulogne	4	4	4	4
Northampton	3	1	6	10
Chesham	3	3	1	4
Long Eaton	3	6	3	12
Deepings	3	4	4	11
Chesterfield	3	9	1	13
Perry Beeches	3	2	1	6
Witham Dolphins	3	3	3	3
Teddington	2	2	4	4
Wolverhampton	2	1	3	6
Putteridge	2	1	2	5
Shrewsbury	2	2	2	2
Wyre Forest	2	2	2	2
Bromley	2	2	2	2
Maidenhead	1	1	1	2
Banbury	1	1	1	1
Beaver Masters	1	5	2	8
Wetherby	1	1	1	3
Haden Hill	1	5	6	6
Warwick University	1	1	2	2
March	1	1	1	1
Market Harborough	1	1	1	2
Berkhamstead		1	3	4
Swadlincote		1	4	5
Bicester		2	2	2
Hemel Hempstead		1	1	1
Basingstoke		1	1	2
Newmarket		1	1	1
Kidlington		3	1	4
BUCS			3	3
Out To Swim		1	1	1
Arfon Masters			2	2
Poole		3	1	4
Droitwich Dolphins		1	1	2
Orion		1	1	1
Leicester Masters			1	1
Belper Marlins		1	1	1