

# SWIM ENGLAND WEST MIDLANDS CLUB NEWSLETTER JULY 2018

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## In memory of Fred Furniss



Recently, we heard the very sad news that one of our friends and colleagues Fred Furniss, from the Swimming Talent Team, had passed away. There has been a number of heartfelt tributes paid to Fred on the Swim England, British Swimming and club social media channels and West Midlands Swimming would like to take this opportunity to remember and pay tribute to the influential and outstanding work that Fred carried out across the West Midlands region over the years, the time he spent with coaches and swimmers and the huge impact that he made. Fred will be greatly missed and our sincere condolences go to all his family and friends.

[A JustGiving page has been set up to raise funds in Fred's memory for "The Pulmonary Fibrosis Trust" and "National Rheumatoid Arthritis Society" and can be found here](#)

## Don't miss this in our July Club Newsletter....

- News from the European Junior Swimming & Open Water Championships
- Have a read about the achievements of Solihull Men's Water Polo team and Stafford Apex swimming club.
- Encourage new starters and motivate your members with Swim England new club awards
- Keep up to date with the latest news for SwimMark clubs and important news from Swim England
- Exclusive offers for Swim England clubs
- Regional Coaches development opportunities
- A message from Swim England West Midland Regional Chair

## Regional News

### **European Junior Swimming Championships – Helsinki, Finland**

Swim England West Midland Region would like to congratulate the following athletes on their performances at the European Junior Swimming Championships in Finland.

Freya Anderson (Ellesmere) – 1<sup>st</sup> Women's 50m Freestyle  
1<sup>st</sup> Women's 100m Freestyle  
1<sup>st</sup> Women's 4 x 100m Medley Relay  
2<sup>nd</sup> Mixed 4 x 100m Medley Relay  
4<sup>th</sup> Women's 50m Butterfly  
4<sup>th</sup> Women's 4 x 200m Freestyle Relay

Lauren Cox (City of Coventry) – 2<sup>nd</sup> Women's 50m Backstroke  
11<sup>th</sup> Women's 100m Backstroke

Charlotte Rigg (City of Birmingham) - 8<sup>th</sup> Women's 200m Breaststroke Semi-final 1.

Charlie Hutchinson (Ellesmere) – 5<sup>th</sup> Men's 400m Individual Medley  
8<sup>th</sup> Men's 200m Individual Medley Semi-final 2.



### **European Junior Open Water Championships – Malta**

Phoebe Griffiths – Finished 14<sup>th</sup> in the girls 10km event

Hector Pardoe – Finished 7<sup>th</sup> in the 7.5km event and has been selected for the European Championships in Glasgow and World Juniors in Israel.

### **Congratulations to Solihull Men's Water Polo Team**

March of this year saw Solihull Men's Water Polo team win the British Water Polo League Super5s and this was followed up at the beginning of June by the same team winning the British Championships thus becoming double British champions for 2018.

All of this has been achieved by a team which first entered the BWPL with a very young team as recently as 2012. They won Division Five in their first year and then gained successive promotions from Division Five through to Division One where they finished 3<sup>rd</sup> last year. Now they have completed this success story by becoming Division One champions and also winners of the British Championships.

Whilst achieving this success at the elite end of the sport, Solihull continues to be very focused on junior development and this was reflected by a total of 9 boys and 3 girls from the club representing their region in the recent under 16 inter-regional championships.

All of this has happened despite having very inadequate pools in which to train and play matches and much credit must be given to the Head Coach, Phil Powell, whose initiative, skill and dedication has enabled the players to overcome these hurdles with such great success.



Front row: Jordan Elliot, George Davies, Nick Beard, James Alton, Peter Farkas  
Back row: Phil Powell (HC), Pawel Wielogorski, Jake Vincent, Ryan Padbury, Morgan Hirsch, Matt Kelly, Matt Madden.  
Not pictured: Ian Elliot (AC), Alfie Brown, Joe Hazeldine

## Under 18 Sports Performer of the Year 2017



Congratulations to Finn Nicholl from Stafford Apex Swimming Club who was awarded the Under 18 Sports Performer of the Year 2017 at the recent Sports Stafford Borough Awards. Finn in 2016 left the sport of football to focus on his swimming and made progress that got him to his first National Championships in August, where he won bronze in the 100m freestyle. He then competed at the National Winter Championships in December where his time put him top 10 in the age ranking. Congratulations Finn!  
Photo from left to right: Steve Nicholl (Chairman), Finn Nicholl, Andy Key (President)

## Tom Derbyshire's visit to Stafford Apex Ruby Gala



Tom Derbyshire who started his swimming career at Stafford Apex and who now trains at British Swimming's National Centre in Bath, visited the Apex Ruby Gala on 3rd June 2018. He presented trophies to swimmers in the top 3 of the finals and also advised the club that he will be making his senior GB debut at the European Championships in Glasgow.

The club are extremely proud of the achievements of their swimmers and look forward to their future achievements

## START & National Funding

Swim England has a range of programmes which support participation within clubs. Funding allocations for the National and START Programmes have recently been awarded and a number of clubs in the West Midlands Region have been successful in receiving funding. **Congratulations to the following clubs:**

**START Water Polo** – City of Coventry, Boldmere, Warley Wasps, Wellington (Telford)

**START Synchronised Swimming** – Walsall Synchro, Warwick University

**NATIONAL FUNDING:** Open Water – Ellesmere College

Synchronised Swimming – Walsall Synchronised Swimming Club & Warwick University

Total amount of funding awarded to the above clubs in the West Midland Region came to a total of £9464.82

## Dates for your diary

Saturday 8<sup>th</sup> September – Swim England West Midlands AGM

Saturday 8<sup>th</sup> September – Time to Listen Workshop – Summerhill School

Sunday 16<sup>th</sup> September – Masters Development Day – West Bromwich

Sunday 30<sup>th</sup> September – Coach Development CPD Day – West Bromwich

**DATES TO  
REMEMBER**

## Save the date

Saturday 9<sup>th</sup> March 2019 – Regional Conference Venue TBC

Saturday 2<sup>nd</sup> March 2019 & Sunday 10<sup>th</sup> March West Midlands Young Volunteer Programme – Snowdome Tamworth & Royal Life Saving Society, Worcester

## West Midlands Masters Development Day

**Date:** Sunday 16<sup>th</sup> September 2018  
**Venue:** West Bromwich Leisure Centre  
**Time:** 9am – 3.15pm  
**Cost:** £15.00 per person for West Midlands Clubs  
 £17.50 for all other clubs

**Workshops led by Dr Karen Howells include:**  
 Nutrition  
 Using imagery to improve technique and race skills

### Pool session led by three time Olympian, Helen Weeks

All 4 strokes  
 Starts  
 Finishes

Places are limited. Please book your place [here](#)



## Regional Coach Development Opportunities

Swim England West Midlands are running two workshops on Sunday 30<sup>th</sup> September 2018 for Regional Coaches.

**Venue:** West Bromwich Leisure Centre

**Times:** *Nutrition Workshop* 10am – 12noon – registration from 9.30am  
*Strength & Conditioning Workshop* 12.30pm – 4.45pm – registration from 12noon

**Cost:** £5 per workshop

Workshops on the day include:

Nutrition Workshop	Strength & Conditioning Workshop
<b>Workshop led by Andrew Shepherd</b>	<b>Workshop led by Danny Waddingham</b>
<b>Aimed at:</b> Any level coach	<b>Aimed at:</b> Level 2 age-group coaches already delivering land work sessions within their club programme
<b>Content to include:</b> Female vs Male nutrition Body composition Team camps & competitions	<b>Pre-requisites to attend:</b> Level 2 coach must hold some form of land work qualification; such as YMCA, REPS or equivalent type qualification.
	<b>Outcome:</b> The workshop will provide you with swimming specific guidelines of how to correctly teach the correct level of exercises. <b><i>It does not provide you with a qualification</i></b>

To book your place on any of the above workshops, please complete the registration form [here](#) or email [westmidland@swimming.org](mailto:westmidland@swimming.org)

## Introducing New Swim England Awards for Clubs

Available for each sport, they provide a transition from the familiar Learn to Swim Awards, helping to enthuse new starters and motivate members.

### The Awards will support and encourage your members:

- recognising and rewarding their achievements
- providing a clear and progressive pathway
- helping to develop and consolidate correct technique.

### They will help coaches and clubs:

- provide a clear and consistent structure to club training sessions
- generate an extra income stream for your business.



SwimMark accredited clubs can benefit from a 5% discount when buying the new Swim England Awards for Clubs. Find out more about the full range of awards at: <http://www.swimming.org/swimengland/swim-england-club-awards/> or buy online at <http://shop.swimming.org/Awards/Club-Awards>



Congratulations to the following clubs who successfully completed their annual health check in June 2018:

Whitchurch Wasps  
Ledbury & District  
Ludlow

Redditch  
Wombourne  
Camp Hill

Wolverhampton  
Stratford Sharks  
Market Drayton

Congratulations to *Ellesmere College Titans and Boldmere Swimming Club* on their new SwimMark accreditation. Herefordshire Club Network retained their network accreditation, well done!

## Updates and General Information for SwimMark Clubs

### SwimMark Updates

- Clubmark – Swim England has recently been made aware that the Sainsbury's Active Kids scheme is no longer a Clubmark benefit.
- A quick reminder that SwimMark accredited clubs receive a 5% on the cost of Swim England Awards - <http://www.swimming.org/swimengland/swim-england-club-awards/>.
- UK Coaching now offer three versions of their online renewal, which are all accepted by Swim England for SwimMark accreditations.
  - Safeguarding and Protecting Children (75 mins) – includes the core refresher module plus the Safe Communication with Digital Kids module
  - Safeguarding and Protecting Children (60 mins) – includes the core refresher module plus the Safeguarding Deaf and Disabled Children module
  - Safeguarding and Protecting Children (75 mins) – includes the core refresher module plus the Positive Parents module

**Please note that prior to completing any of the above online renewals individuals must have initially attended UK Coaching face-to-face training.**

### General Updates

- The final wave of the Swim England 2018 National Awards are now open – <http://www.swimming.org/swimengland/final-wave-swim-england-national-awards-2018-open/>. These awards are a great opportunity to recognise all those involved in aquatics and we therefore want to encourage as many nominations as possible.
- CIMSPA & UK Coaching recently launched the coaching professional standards ([https://www.cimspa.co.uk/article.php?group\\_id=4516](https://www.cimspa.co.uk/article.php?group_id=4516)), which provide an agreed reference point of the knowledge, skills and behaviours required of coaching assistants and coaches. This information will not only inform the development of future coaching qualifications and training but also support the effective deployment of coaches. The development of the Coach and Coaching Assistant standards included direct consultation with a wide range of sporting bodies, before an open consultation with the wider sector.
- Funding Opportunities for Coaching – in November 2017 a Funding Guide was produced which outlines funding sources, on a regional basis - <https://www.ukcoaching.org/resources/guides/funding-opportunities-for-coaching>
- Activity Alliance is the new name for the English Federation of Disability Sport. The organisation has developed an Inclusion Club Hub to help clubs to include more disabled people in their activities. It provides clubs with ideas, methods and resources to ensure everyone has a positive club experience. <http://www.inclusion-club-hub.co.uk/>.
- The following link provides insurance information for Swim England members - <http://asa.hcsites.co.uk/members>



## West Midlands SwimMark Information Workshops

**Date:** Tuesday 31<sup>st</sup> July 2018

**Time:** 7pm – 8.30pm

**Venue:** Online

**To join from your computer, tablet or smartphone:** <https://global.gotomeeting.com/join/261053357>

**You can also dial in using your phone:** United Kingdom: +44 330 221 0097

**Access Code:** 261-053-357

**First GoToMeeting? Let's do a quick system check:** <https://link.gotomeeting.com/system-check>

## A guide to Sponsorship Workshop

**Date:** Wednesday 12<sup>th</sup> September 2018

**Time:** 7pm – 9pm

**Venue:** Online

**To join this workshop from your computer, tablet or smartphone:**

<https://global.gotomeeting.com/join/848841797>

**You can also dial in using your phone:** United Kingdom: +44 330 221 0097

**Access Code:** 848-841-797

**First GoToMeeting? Let's do a quick system check:** <https://link.gotomeeting.com/system-check>

## Club Matters

### Check out the new Club Matters website

Club Matters have relaunched their website, making it even easier to find and use their range of great resources.

The [new website](#) brings together all of their previous support for clubs, Club Leaders, Help for Clubs and the Clubmark website – which should be a huge held to those of you involved in running a club.



Club Matters is Sport England's one stop shop for sports clubs. Club Matters provides free, convenient, practical resources to help you develop and run a sustainable club.



The updated layout will help you find what you want with less clicks, as well as making new content like the Club Matters podcast and their upcoming online training videos easier to find.

## Exclusive offers for Swim England Clubs with Careers in Aquatics

The Careers in Aquatics team wanted to let you know that the offers for Swim England Clubs will be changing. Clubs who have previously advertised vacancies through Careers in Aquatics will be informed of the updated offers on Monday 2 July.



### Offer 1: Swim England Clubs save 15 per cent on Gold package

All affiliated clubs can save 15 per cent on our top Gold package. Harness the power of social media and reach 28,000 job seekers in the fortnightly newsletter. Clubs can claim this package for just £169 + VAT for one month.

### Offer 2: Free Bronze adverts for SwimMark Clubs

SwimMark accredited clubs can claim up to three Bronze listings per rolling year. That's £225 worth of free advertisements for coaching roles each year!

If you would like to know more about this, please contact [Maxine Smith](#) or [Josh Hardy](#).

## Important Updates for Clubs



### We've updated our employment and consultancy contract templates for clubs

You may be aware that we updated the template contracts and guidance note in July 2014. Since this time there have been developments in the law relating to individuals employment status.

Our template agreements, and guidance note, have been reviewed and updated with the assistance of the law firm Browne Jacobson. As well as a template contract of employment and contract for services there is now a template casual worker contract. To access these documents please email [renewals@swimming.org](mailto:renewals@swimming.org).

### New GDPR guideline documents being created

In previous communications we have signposted you to the Sport and Recreation Alliance website for GDPR template resources. We note that these documents are drafted to cover all types of sports organisations. We are now working in conjunction with a swimming club and specialist GDPR advisers to produce some guidance documents tailored for use in our organisation. We anticipate these helpful guides being ready at the end of the summer.

### Club governance documents being created

Unincorporated model constitution and guidance note for clubs are in the process of being updated and will be available on the Swim England website next month,

If you have any questions please contact our membership team on **01509 640727** or [email them here](#).

## A message to all West Midlands Clubs from the Regional Chair Simon Kirkland



To West Midlands Swimming Clubs,

At recent West Midlands swimming board meetings we have discussed the issue of club learn to swim programmes being under threat from the pool operators wishing to provide their own programmes. It was raised that the perception was that Swim England and the region were supportive of pool operators delivering learn to swim programme as opposed to clubs.

Can I say this is far from the truth. As a West Midlands board we want to see strong, vibrant sustainable clubs with a broad range of opportunities for people to swim and if they wish, progress through a talent pathway.

Unfortunately we have little or no influence over the programming of pools across the region. However, we can help with lobbying and discussing with the pool owners which are predominantly local authorities, to try and influence them to maintaining and increasing club swimming in their pools.

This is particularly the case when a new or refurbishment of a pool is being proposed. In these cases through Swim England, centrally we can provide clubs with data and information that make the case for clubs. Furthermore with all local authority facility developments, comes public consultation and this is where working with the county, ourselves and Swim England centrally we can lobby for you, the club.

I hope that clarifies that we are working behind the scenes and will continue to do so, to support the growth of swimming clubs in the West Midlands.

Simon Kirkland  
Chair Swim England - West Midlands