

ASA EAST MIDLAND REGION CLUB NEWSLETTER MARCH 2016

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Education courses



To register on a course please visit [the IOS website](http://www.ios.org.uk) to check for availability and book a place

Derbyshire

[ASA Level 2 Swimming Teacher](#) starts 01/04/2016 at the Queens Leisure Centre, Derby

[Safeguarding and Protecting Children](#) on 07/05/2016 at Queens Park, Leisure Centre, Chesterfield

[ASA Level 1 Swimming Teacher](#) starts on 31/05/2016 at Queens Park Leisure Centre, Chesterfield

Nottinghamshire

[ASA Level 2 Swimming](#) starts on 05/06/2016 at Bramcote Leisure Centre, Nottingham

[ASA Level 1 Swimming](#) starts on 06/06/2016 at Kimberley Leisure Centre, Nottingham

Leicestershire

[ASA Level 1 Swimming Teacher](#) starts on 04/04/2016 at New Park, Leicestershire

[ASA Adult & Child Aquatics](#), leading to certification of ASA Level 2 Award in Coaching Aquatics (Pre-fundamentals) starts on 25/04/2016 at Braunstone Leisure Centre

[ASA Level 2 Teaching](#) starts 07/05/2016 at Harborough Leisure Centre, Market Harborough

Northamptonshire

[ASA Level 1 Swimming Teacher](#) starts 28/03/2016 at Loughborough University Pool

[ASA Level 1 Swimming Teacher](#) starts 01/04/2016 at Towcaster Leisure Centre

Safeguarding Courses



Please visit <http://www.sportscoachuk.org/workshops/workshop-search> for bookings and course details.

- 09/03/2016 18:00 to 21:00 Sandiacre Friesland Sports Centre Nottingham
- 22/03/2016, 18:30 to 21:30 Retford Town Hall
- 06/04/2016, 18:00 to 21:00 Oadby & Wigston Borough Council Wigston
- 12/04/2016, 18:30 to 21:30 Horncastle and District Indoor Bowling Club Horncastle
- 13/04/2016, 18:00 to 21:00 John Dryden House Northampton
- 17/05/2016, 18:30 to 21:30 The Pavilion Leicester
- 21/05/2016, 13:00 to 16:00 Nottingham Rugby Casuals
- 07/06/2016, 18:30 to 21:30 University of Lincoln Lincoln
- 11/06/2016, 09:30 to 12:30 Rushcliffe Leisure Centre Nottingham
- 15/06/2016, 18:30 to 21:30 Hinckley & Bosworth Borough Council Hinckley
- 13/07/2016, 18:30 to 21:30 SportPark Loughborough
- 14/09/2016, 18:00 to 21:00 Attenborough Cricket Club Nottingham
- 19/11/2016, 13:00 to 16:00 Brinsley Parish Hall Nottingham

Aquazone

AquaZone is an interactive online magazine and community for 9-15 year old Category 2 ASA members at English clubs, whether they be swimmers, divers, synchro swimmers or water polo players. Packed with a great feed of news, interviews, features, reader letters and competitions, with a social community including timelines, a club hub, community chats, achievements and other great social stuff to help club members support each other, wherever they swim. The monthly Fave Raves competition gives readers a chance to get their hands on £25 of Google Play or iTunes vouchers – and readers should keep an eye out for a chance to win an iPad in a competition coming soon! Sign up at aquazone.swimming.org!

WIN PRIZES FOR YOUR CLUB

Encourage your young athletes to sign up to be in with a chance!

PASS IT ON!

ARE YOUR YOUNG ATHLETES AQUAZONERS YET?

AquaZone is the ASA's free online social network for category 2 athletes aged 9-15



EAST MIDLAND BEACON PROGRAMME

PRESENTS

3 ESSENTIAL COACHING WORKSHOPS

Hosted by Nova Centurion

Harvey Hadden Sports Village ~ Wigman Road, Notts, NG8 4PB.

Coaches in the East Midlands Region are invited to attend and participate in an innovative coaching experience. The offer consist of attending the Saturday East Midland Beacon training session, observing the strength & conditioning session and then participating in the following workshop opportunities:

- ✦ Athlete Injury Prevention Interventions & Strategies
- ✦ Seasonal Planning For Success
- ✦ Developing Resilience In Your Athletes

This is a great opportunity for Head or assistant/age group coaches to further their knowledge base.

As part of the East Midland Beacon initiative these workshops are free to coaches working with East Midland Affiliated Swimming Clubs

Coach Workshops 9.15-10.45am

Speakers Nathan Hilton - Head Coach
Krista Van Alten – Physio

- Workshop 1: 28th May 2016; Athlete Injury Prevention Interventions & Strategies
- Workshop 2: 25th June 2016; Seasonal Planning For Success
- Workshop 3: 23rd July 2016; Developing Resilience In Your Athletes

Contact Holly Powell to book your place

Holly.powell@swimming.org

Tel 07767 008260

Young Coaches and Officials Development Day

Saturday 19th March 9am-4pm

SportPark; Loughborough University LE11 3QF



The Young Coach and Officials Development Day is aimed at young people aged between 12-17 who want to improve and develop their coaching and officiating skills.

We will be providing an interactive and fun filled day for all!

Timetable (subject to change):

- Session 1: Goal setting
- Session 2: Sports Psychology
- Session 3: Philosophy
- Lunch (please bring a packed lunch)
- Session 4: Moral Compass
- Session 5: Team You
- Session 6: Where to go next

To book a place on this workshop or if you have any questions please email mailto:katiwetw@live.com.



Head Coach of Skegness ASC, Charles Rogers, has been selected as one of the local winners in the Halifax Giving Extra Awards.

Charles was selected, out of the thousands of applications that the Halifax received, for the difference he has made in the community. Halifax reviewed every nominations, shortlisted the best and then ran a series of panels up and down the country to select 66 Giving Extra Award local winners. The standard of

nominations was exceptionally high and the Halifax judges were inspired by the great work people do to give extra in their communities.

Charles started his coaching career nearly 50 years ago in Manchester and retired in 1988. In that time he has coached thousands of young swimmers, many to county, regional and national level. Charles moved to Skegness to retire but swimming was in his blood.

Today he can be found on the poolside of the Magna Vitae Embassy pool 8 hours a week, as a volunteer, coaching the Skegness team. He also spends hours planning each of the swimmer's training plans, analysing times and travelling to competitions with the team.

Charles will now be put forward to the regional panel where the regional Giving Extra Award winner will be selected and will be awarded a grant of £5,000 to make a further difference in their community.

★ SPONSORISE.ME

The ASA Clubs Team has recently been exploring new funding opportunities for swimming clubs and one that has emerged is 'crowdfunding'. Crowdfunding is an alternative way of raising funds from a large number of people, all pledging relatively small amounts of money.

Sponsorise.Me, one of Europe's leading sports crowdfunding platforms have agreed to deliver four online sessions to enable aquatic clubs to find out more. Since its inception Sponsorise.Me has helped more than 750 clubs, teams or athletes to fund their sports projects by raising over £ 1.3M. Please find below two examples of campaigns ran by swimming clubs or athletes on Sponsorise.Me (<https://uk.sponsorise.me/en/home>):

- Stockport Metro : <https://uk.sponsorise.me/en/project-stockport-metro>
- Matty Lee : <https://uk.sponsorise.me/en/project-mattylee>

The free workshops will take place on four dates as shown below:

- Monday 14th March (7-8pm)
- Tuesday 15th March (7-8 pm)
- Monday 21st March (6-7pm)
- Tuesday 22nd March (6-7pm)

If you would like to register for any of the sessions please use the following link (please note that each session will have a maximum of 14 participants and spaces will be allocated on a first come first serve basis). Once you register for an online session you can then add the selected date to your diary and you will then receive an email from sponsorise.me the day before you're selected session providing information about how to access the online session.

<https://www.eventbrite.co.uk/e/sponsoriseme-x-the-asa-crowdfunding-workshop-tickets-21625485409>

Following the workshops all clubs running a crowdfunding campaign on Sponsorise.Me will get an automatic £100 pledge from Sponsorise.Me.