

SWIM ENGLAND WEST MIDLANDS CLUB NEWSLETTER APRIL 2018



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British Water Polo League Champions

Solihull became British Water Polo League Men's champions last weekend when they defeated Manchester 7-6 in the final batch of matches.



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

Solihull entered Division 5 of the BWPL 5 years ago with a young team and gained successive promotions through the divisions finishing 3rd in their first year in Division 1 last year.

This year they have stepped up further and clinched the title.

They still have a relatively young squad with 7 of the 13 players used this season being 21 or under. All of the players live in the West Midlands and play locally in the Midland Water Polo League.

There has always been a strong junior development programme at Solihull but the main credit for taking the club onto this level rests with Head Coach, Phil Powell.

Sky TV filmed last weekend's matches and will be airing an hour's programme of highlights in the near future.

Tune in to the British League Matches on Sky Sports

Saturday, 5 May . . . make a note of that date in your diaries! It's when Sky Sports will be screening two programmes featuring action from the Super 5s finale at Haberdasher's Boys' School.

Tune in to the Sky Sports Arena HD Channel for men's matches at 7pm, followed by the women's games at 8pm. Further showings of both programmes will happen on days to be announced. Make sure you don't miss it - and please tell your club members and friends all about it.

This is the second time that Sky Sports have featured British League matches and could not have been achieved without the wonderful support of our main sponsor, Bourne Buildings, of Farnham, plus additional sponsorship from JC Leisure, KEW Electrical, Vincent Timber, Thai Terre, CRL Restorations and Columbus Direct Insurance.

Regional News

West Midlands Regional Swimming Team – Amiens, France 2018

Selected swimmers from the West Midland Region headed to Amiens for the 9th Trophee National Des Hortillons from 18th – 22nd January 2018. All swimmers had an outstanding weekend, considering, for some swimmers it was their first time swimming at an International meet. There were many great swims with every swimmer having multiple second swims in the A, B or Junior finals.

West Midlands Swim Team consisted of:

Jacob Davies – City of Birmingham
Alexander Hindle – City of Birmingham
Samuel Osborne – City of Birmingham
Callum Rishan – Leek
William Pettit – Ellesmere Titans
Kane Murcott – Royal Wolverhampton School
Ben Cope – Royal Wolverhampton School
Samuel Neeld – Wrekin College
Leo Karski – Boldmere
Samuel Hall- Worcester

Charlotte Rigg – City of Birmingham
Laura Griffiths – Leamington Spa
Helena Mole – Wolverhampton
Phoebe Townsend – Oswestry Otters
Ellinor Southward – Ellesmere Titans
Jessica McDonough – Ellesmere Titans
Lauren Cox – City of Coventry
Amelia Rodd – Redditch
Lily Massey - Boldmere
Charley Jones – Royal Wolverhampton School

Head Coach: Jon Fletcher – Worcester SC
Assistant Coach: Tim Hastie – Oswestry Otters SC
Jamie Fowler – City of Birmingham SC

Team Manager: Hayley Colville – Swim England West Midlands

Summary of top 3 placings in the overall swims or A final:

Jacob Davies

3rd Men's 50m Backstroke
3rd Men's 100m Backstroke
3rd Men's 200m Backstroke

Charlotte Rigg

1st Women's 200m Breaststroke
2nd Women's 100m Breaststroke

Zara Leleux

2nd Women's 200m Butterfly

Lauren Cox

1st Women's 50m Backstroke

Amelia Rodd

1st Women's 200m Freestyle
2nd Women's 400m Freestyle

Jessica McDonough

3rd Women's 200m Backstroke

Well done to the whole team, everyone worked well together, hit process goals and overall had a great time and hopefully made many memories.

All Results can be seen here: <http://www.liveffn.com/cgi-bin/resultats.php?competition=50269&langue=gbr>



Regional News



Swim England West Midlands would like to welcome the following newly affiliated clubs to the region

Lucton Typhoon Swimming Club (Hereford & Worcester)
Black Country n Potteries Masters (Staffordshire)

Regional Camps Programme

Regional Camps Programme – the camps are designed for the top 36, 12 year old swimmers in the region; swimmers are selected via a criteria which is now available on our website <https://bit.ly/2v6wXUa>

The details of the 3 development camp days are as follows:

Camp One

Date: Sunday 9th September

Time: 08.00am – 5pm

Venue: West Bromwich Leisure Centre, Moor Street, B70 7AZ

Camp Two

Date: Sunday 14th October

Time: 08.00am – 5pm

Venue: West Bromwich LC

Camp Three

Date: Sunday 11th November

Time: 08.00am – 5pm

Venue: West Bromwich LC

Staff have been confirmed as follows:

Head Coach: Dave Painter – Royal Wolverhampton School

Skills Coaches:

Mikey Hire – City of Hereford SC

Danny Profitt – Ellesmere College Titans

Ian Gates – Burton SC

Simon Ward – Burton SC

Jamie Fowler – City of Birmingham SC

Tim Hastie – Oswestry Otters

Team Managers : Hayley Colville West Midlands Swimming
Eleri Fairbanks Shrewsbury SC

The invitation is open to all coaches and team managers across the region (of any level) to attend the camps in an observational capacity; for development and learning. This is an excellent opportunity for you to come and learn from the coaches, see how the camps work, and attend the land work and swimmers workshops. If you would be interested in attending the camps in this capacity please email us at: westmidland@swimming.org

Swim England West Midlands Regional Conference 2018

Saturday 10th March 2018
Royal Life Saving Society, Worcester

The Swim England West Midland Region and England Programmes held their annual Regional Conference on Saturday 10th March 2018 at Royal Life Saving Society, Worcester.

The day was a great success and we had a fantastic turnout of 28 coaches and 10 Club Personnel attend a variety of workshops throughout the day. Workshops included:

Managing Difficult Conversations including Understanding Emotional Intelligence

A Head for Talent

Planning Considerations and Session Construction for Age & Youth Swimmers

Being a Team Manager – County & Regional programmes

Dealing with Internal Club Disputes

Club Sponsorship workshop

The regional conference was an excellent opportunity for coaches to access technical and non- technical information specifically relating to age group swimmers and for team managers and club personnel to develop a greater awareness of the critical role that they need to play within their club.

The regional conference is held annually each year. Please watch this space for next year's dates

Young Volunteer Programme Case Study



This year we ran the Young Volunteer Programme at The Royal Life Saving Society, Worcester across two full days of activities in October 2017. The two days consisted of the following courses:

First Steps into Coaching (UK Coaching)
St Johns Ambulance First Aid
Aquatic Helper
Timekeeper

Following the two days of training the Young Volunteers were required to complete 10 hours volunteering within their club and volunteer at an aquatic event of their choice. Upon completion they received a certificate and t-shirt. We had 30 Young Volunteers from across all four counties complete the programme.

We will be running a similar programme in March 2019 at two locations across the region. Please keep a look out for further information in future newsletters.

Young Volunteer Programme Case Study continued....

Below are case studies from two of our Young and enthusiastic volunteers from the 2017 – 2018 Programme

Name of young person	Fred Foley (Telford Aqua SC)	
Age	15	
Volunteer Training Accessed	Aquatic Helper, First Steps into Coaching, First Aid, Time Keeper course	
Please provide background and support information to help us get to know this young person	My schedule consists of swimming, swimming coaching, rugby, gym, DofE and MMA. Swimming's my main sport though, and breaststroke is my favourite stroke.	
What did the young person enjoy most about accessing these opportunities? What skills have they developed? What have they learnt from their involvement which will benefit them moving forwards?	I really enjoyed learning about the possible paths you can take after you turn 16. I wasn't aware of the medley of options that there was in swimming mentoring, regarding officiating,	
Has the young person overcome any particular challenges or fears?	From the get go I was always prepared to address the kids with confidence so shyness was never truly a problem. What I did have a personal struggle with however, was being assertive. I was so afraid of replicating the militaristic nature of some of my teachers that I found myself being too lenient. This eventually led to some of the kids being rude. Luckily I have an awesome mentor, Jackie, who helped me assert myself.	
What do they do that makes them a good role model? Why should other young volunteers aspire to be like them?	I would like to say I'm a good role model as I care, and that's what matters. We volunteer because we care about the kids and that's all that should matter. The fact I do charity work and get decent grades doesn't matter what does is the will to help. That is what makes good coaches or teachers.	
What would the young person like to do/achieve next?	Well, for swimming I would quite enjoy an opportunity to go through my level one coaching and teaching. Camp America also sounds like an absolutely amazing experience. I adore America and I would love to do something related to swimming over there.	
Quote from the young person - why did they decide to take part? What are they love most/find most rewarding about being a volunteer?	Originally I started as a teacher for my volunteering section in DofE. I did that and then realising I wanted a wider breadth of experience, moved into coaching. But if there's anything I could get any reader to understand, it is that you will undoubtedly get something out of volunteering. When you see a kid apply advice you gave him and he gets that bit better a part of you feels so good in a way that can't be replicated by competing. I fully intend to volunteer as either a swimming coach or teacher in the future not only for my own sake but for the kids you get to watch grow not only as swimmers but as young people.	
Quote from the Swim England member of staff - why young people like this individual are so important to the region and to clubs	Our sport relies on our hardworking and committed volunteers, we are always in need of new, fresh and enthusiastic young volunteers to get involved and help out at clubs / counties and regional programmes and competitions. The young volunteers are vital to our clubs and to leading the way for the next wave of volunteers to come through - often enthusiastic and full of new ideas which we can listen to and learn from.	

Young Volunteer Programme Case Study cont....

Name of young person	Anja Kristy (Droitwich Dolphins SC)	
Age	15	
Volunteer Training Accessed	Aquatic Helper Course, First Aid Course, Time Keeper Course, First Steps into Coaching workshop	
Please provide background and support information to help us get to know this young person	I've been swimming with Droitwich Dolphins Swimming Club since I was about 8 years old, I'm in the Gold squad which means I train for 8.5 hours a week. My best stroke is breaststroke however, I enjoy freestyle the most. I've been representing the club at various galas in the Midlands since I was 9. I also swim at open meets at county level but I'm currently striving towards Regional level. My other main sport is jujutsu where I am a blue belt and I do this for an hour each week.	
What did the young person enjoy most about accessing these opportunities? What skills have they developed? What have they learnt from their involvement which will benefit them moving forwards?	I really enjoy coaching and I found the Aquatic Helper course gave me some new ideas on how to interact with younger swimmers and to pass on my swimming knowledge in a fun way. The course has boosted my confidence as I was quite a shy person before and it has helped my communication skills. The course opened my eyes to different job pathways in swimming that I could follow in the future that I didn't know of before.	
Has the young person overcome any particular challenges or fears?	I have overcome my fear of talking to people, especially big groups, and I've now found out that I actually really enjoy doing this! This has also helped me talk to people from different generations other than my own and overall has really raised my confidence.	
What do they do that makes them a good role model? Why should other young volunteers aspire to be like them?	I try to be a good role model to younger swimmers and younger volunteers by being reliable and committed. I am always on time to sessions and try to be there as often as possible. I have gained the respect of the younger swimmers that I teach whilst not making them scared of me!	
What would the young person like to do/achieve next?	I would like to achieve my Level 1 Teaching qualification as soon as possible so I can start teaching swimming on a one to one basis. I would really like to start teaching at the Leisure centre where I started swimming and who knows what might happen after that...	
Quote from the young person - why did they decide to take part? What are they love most/find most rewarding about being a volunteer?	<p>"To be completely honest, my coach, welfare officer and parents encouraged me to take this course as it would help raise my confidence- I was a bit nervous to start off with but I'm so glad I took part as I made loads of new friends and had a lot of fun.</p> <p>What I love most about being a volunteer is seeing the swimmers I teach gradually getting better with every session I do and starting to take part in the galas that I take part in too."</p>	

Congratulations

Congratulations to the following clubs who successfully completed their annual health check in December 2017:

Birmingham Masters SC
City of Coventry SC
Leamington Spa SC
Nuneaton & Bedworth SC

Cheadle & District SC
City of Hereford SC
Leek ASC
Persore SC

Royal Wolverhampton School
Solihull SC
Lichfield SC
Kingsbury Aquarius SC

Congratulations to Burton ASC on their new swimmark accreditation. Shropshire Club Network and North Staffordshire Club Network retained their network accreditation, well done!

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

Biddulph ASC
Droitwich Dolphins SC
Oswestry Otters SC
Walsall Synchro SC

Blythe Barracudas SC
City of Birmingham SC
Perry Beeches Triple S SC
Warley Wasps SC

Bromsgrove SC
Halesowen SC
Telford Aqua SC
Wyre Forest SC

Chase SC
Rugby SC
Worcester SC

Well done to Worcester Club Network who have retained their network accreditation.

Updates & General Information for SwimMark Clubs

The following is the latest update from the clubs team:-

SwimMark Updates

- SAFE CIC (Standard) Training - This online course is now accepted for SwimMark purposes.
- Please note that E13 and E14 will now include an updated statement that all club personnel must attend a Safeguarding workshop within 3 months of them starting the role. The current statement of 'within a reasonable time' will be updated to state this requirement. This rule will be enforced from 1st April.
- Please note that Safeguarding courses are not mandatory for club personnel 16-18 years old. Whilst we can encourage a young person to attend a non-mandatory UK Coaching course we cannot insist and must ensure that the club have a robust system in place for Welfare Officers to ensure that young person knows the procedures of reporting etc. **NB: This does not affect the DBS as this is set by the law and if they meet the eligibility criteria we can and should do this from 16.** Statement below from Jenni Dearman:

Any under 18 should be regarded firstly as a child themselves regardless of any role they may hold and they should never be put in positions of actual responsibility, that should always sit with an adult. However young people could see or hear something that may worry them and they need to be sure on the process for their club, so they feel able and confident to raise that concern at the time to a responsible adult at the club, for them to take the matter forward. A child may also approach that young person to tell them something and again they need to know how to direct a child in that situation.

SwimMark Benefits

Securing SwimMark accreditation enhances club management, strengthens structures, and unites clubs. It offers clubs a philosophy and programmes to help ensure the best environment for swimmers. It also offers Sport England recognition that you are providing a quality service for all members, through its Clubmark status.

Please visit the below link for more information on the key benefits of gaining SwimMark accreditation.

<http://www.swimming.org/swimengland/benefits-swimmark-accreditation/>

Updates & General Information for SwimMark Clubs continued

SwimMark General Information

Club Matters - Club Matters are introducing two new features. March saw the launch of the Club Natters podcast and from April Club Matters will be running Facebook Live training workshops that focus on a topic that clubs want to know more about (first workshop will cover club finances). Please visit the website (<http://www.sportenglandclubmatters.com/>) where you can also find out more about any upcoming workshops and access a range of toolkits.

Swim England Newsletters – there's currently two newsletters that Swim England members and affiliated clubs etc can sign up to as shown below.

- Welcome to the Water (circulation is all members etc) - <http://www.swimming.org/swimengland/newsletter/>
- Pooling resources (circulation is to Operators, Club Secretaries, Swim Schools etc) - <https://mxm.mxmf.com/form/show/c/2961/f/5a534e2599eb4>

Off the Blocks - A reminder about the free resource (<https://offtheblocks.info/>), designed by experts, for the benefit of those that work at every level of the sport in Great Britain.

easyfundraising – Since 2006 aquatic clubs have raised over £245k via easyfundraising so if you haven't done so already please sign up your club at <http://swimming.easyfundraising.org.uk> and then log into easyfundraising every time you shop online via a computer, tablet or mobile device.

Club Insurance Guidelines



It is vital for the future of our sport that participants are confident in the quality of activities offered by Swim England affiliated organisations. It is also very important that clubs, administrators, coaches and teachers have the peace of mind that they are covered by appropriate insurance.

The following statement and guidance covers Swim England's expectations of clubs in relation to the level of coaching and teaching in all disciplines in the club environment. This is also the standard that is required by our insurers in relation to a club's liability insurance. Please click the below link for some useful information and guidance <http://bit.ly/2phJL3Z>

The Judicial Section is now live and online

The Judicial Section is now live and online. The information was subject to input, consultation and communication with the Judiciary, the JC, Jenni, Keith and the Friends.

If you require help with a problem or dispute at a club in England, there are a number of options available to resolve issues within a Swim England Club. Please visit the link below

<http://www.swimming.org/members/how-to-resolve-issues-with-your-club>



Managing Health & Safety in Swimming Pools

After several years of discussions the Health & Safety Executive have published an updated version of **HSG179 Managing Health & Safety in Swimming Pools**. This document is the primary guidance document for all Pool Operators on how they should manage their swimming pools safely, how to conduct risk assessments and produce Pool Safe Operating Procedures and Emergency Action Plans.

The decisions the Pool Operator makes will affect your club; the previous document was not free but this document is and it is advised that all swimming clubs should download this document so that they understand where they 'fit' into the health and safety systems of their pool operator.

Free copy at <http://www.hse.gov.uk/pubns/priced/hsg179.pdf>

General Data Protection Regulation Guidance

As you will probably be aware, from **25 May 2018** the new law for data protection, GDPR, will be coming into effect. GDPR brings in new requirements on data controllers and data processors. Although most of the principles and terminology have not dramatically changed the GDPR enhances rights for individuals and introduces a number of additional obligations on organisations, in particular, greater transparency and accountability.

What steps to take now?

The Information Commissioner's Office (ICO) has created a number of useful resources around some of the general aspects of GDPR. However, of the key areas of guidance are still under consultation. The ICO has produced some guidance for small organisations, including a dedicated advice line. The ICO helpline number for small organisations is 0303 123 1113, then select option four. Further information is available via the links below.

- [Practical advice for small organisations](#)

The following will be particularly relevant to clubs, counties and regions:

Awareness

Make sure your committee, volunteers and staff are aware of data protection issues and that the law is changing.

Information you hold

Document what personal data you hold, where it came from and who you share it with. Depending on what systems you already have in place you may need to undertake a mini-audit to map data flows. This will also act as a reference document for any compliance efforts. Swim England will explain to members how data given through the online membership system will be used but clubs for example will need to document information stored on their own event/club management software and explain to their members how it will be used. To assist with this process we will be providing a data audit template that will be made available on the website during the course of next week.

Identify lawful basis for processing data

The lawful basis for processing needs to be identified and documented. They are broadly the same as in the current Data Protection Act (DPA) and in most scenarios clubs, counties and Regions will seek to rely on legitimate interest grounds for lawful processing. For example to administer training sessions or administer an individual in an event they have entered or may wish to enter.

Consent

Review how you ask for and record consent. Under GDPR organisations are likely to rely on other lawful bases for processing rather than rely on consent, which has been widened by GDPR. However, you will still need consent to send marketing emails to your members. Consent for marketing will need to be clear, with individuals positively opting in, using unticked boxes with sufficient information in order that a clear yes can be indicated in relation to what is being sent to them.

Subject access requests

Under GDPR organisations will only have one month (currently 40 days under the DPA) to deal with subject access requests. Documenting where you hold information will assist in handling requests within the new timescales.

This guidance and briefing note are a general summary of GDPR. This and the further guidance we will be providing is aimed at assisting clubs, counties and regions to address the additional requirements under GDPR. Where organisations have specific concerns that are not addressed by general guidance then specialist advice may need to be sought.

Where can I get more information?

We will continue to monitor and update these FAQ's, however the Information Commissioner's Office (ICO) has produced some guidance for small businesses and charities, including a dedicated advice line. The ICO is also updating its guidance regularly and has a number of useful toolkits. Further details are on the links below:

<https://ico.org.uk/global/contact-us/advice-service-for-small-organisations>

<https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr/>