

# SWIM ENGLAND WEST MIDLANDS COURSE UPDATES



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## Course & Coaching Updates

### Safeguarding and Protecting Children

**Date:** Wednesday 5<sup>th</sup> September  
**Time:** 6.30pm – 9.30pm  
**Venue:** Royal Life Saving Society UK  
Redhill House  
227 London Road  
Worcester  
WR4 2JG  
**Cost:** £35

**Date:** Wednesday 14<sup>th</sup> November 2018  
**Time:** 6.30pm – 9.30pm  
**Venue:** Coventry Sports & Leisure Centre  
Fairfax Street  
Coventry  
CV1 5RY  
**Cost:** £35

Spaces are limited on all courses, so please book early.

To book a place on any of the above courses, please contact the Regional Office:  
Telephone 01527 888929 Email [westmidland@swimming.org](mailto:westmidland@swimming.org)



To search for Safeguarding & Protecting Children Courses in your area please visit  
<https://www.ukcoaching.org/workshops/workshop-search/results?term=Safeguarding+%26+Protecting+Children>  
Please book these courses directly through UK Coaching

### Time to Listen Workshop

Swim England has linked up with the NSPCC and is accredited to deliver the 'Time to Listen' module that is aimed at Club Welfare Officers (CWOs). Whilst it is appreciated that some CWOs will be trained and experienced in child protection issues, the Time to Listen programme provides the opportunity to consider the roles and responsibilities of CWOs and the action taken should any incident occur.

Time to Listen training is a requirement for Welfare Officers as part of SwimMark Essential Club Accreditation. The workshop is free of charge and you will be asked to provide evidence of your valid safeguarding certificate at the time of booking

**Date:** Saturday 8<sup>th</sup> September 2018  
**Time:** 10am – 1pm  
**Venue:** Summerhill School  
Lodge Lane  
Kingswinford  
DY6 9XE



Pre-requisite – Valid Safeguarding & Protecting Children certificate  
Spaces are limited on all courses, so please book early.

To book a place on the course, please contact the Regional Office:  
Telephone 01527 888929 Email [westmidland@swimming.org](mailto:westmidland@swimming.org)



## West Midlands SwimMark Information Workshop

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

**Time:** 7pm – 8.30pm

**Venue:** Online

To join the meeting from your computer, table 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>

## West Midlands Masters Development Day

**Date:** Sunday 16<sup>th</sup> September 2018

**Venue:** West Bromwich Leisure Centre

**Time:** 9am - 3.15pm  
skills

**Cost:** £15.00 per person for West Midlands Clubs

£17.50 for all other clubs

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

All 4 strokes

Starts

Finishes

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

**Workshops led by Dr Karen Howells include:**

Nutrition

Using imagery to improve technique and race



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## West Midlands Regional Conference

**Date:** Saturday 9<sup>th</sup> March 2019

**Venue:** TBC

## Young Volunteer Programmes 2018-2019

The West Midlands Region will be running two Young Volunteer Programmes in 2019

**Dates for both Programmes:** Saturday 2<sup>nd</sup> & Sunday 10<sup>th</sup> March 2018

**Venues:** Snowdome, Tamworth & Royal Lifesaving Society, Worcester

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## Regional Coach Development Opportunities

**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>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. <i>It does not provide you with a qualification</i>

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)

## Swim England Senior Coach Certificate

Applications are now open for the Swim England Senior Coach Certificate.

The Swim England Senior Coach Certificate will give you the knowledge and skills to effectively plan, deliver and evaluate a macro cycle of work. As a senior coach you will be able to lead a coaching team and manage resources to support all areas of a swimming club or squad programme.



Applicants must be at least 19 years of age and hold an ASA Level 2 Certificate in Coaching Swimming or Swim England Swimming Coach Certificate, and have over 12 months experience as a swimming coach.

### Other Requirements:

You must be:

- Coaching at a SwimMark accredited club. Those who are not currently at a SwimMark accredited club but meet all other criteria may be considered but further information will be requested on application.
- Currently coaching for a minimum of 10 hours per week, spanning a minimum of 5 sessions, with the same group of swimmers.
- Leading the coaching of a whole group/squad of swimmers for the programme duration and working with swimmers who are competing at a regional level or above; applications are asked to provide evidence to confirm that they have coach 5 or more swimmers to regional championships in 2017 & 2018.
- Able to commit to attending the face to face induction day and all 3 learning days, as well as commit to completing the programme within 12 months.

For further information and to apply please visit <https://bit.ly/2tOnYEa>



**Swim England**  
**West Midlands**

# Institute of Swimming Course & Coaching



## Education Courses

[Click here](#) for full list courses in the Region.

### Teaching Courses

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 22/09/18 at Sparkhill Pool & Fitness Centre

[ASA Level 1 Swimming Assistant \(Teaching\) Blended Learning](#) starts 28/09/18 at at University of Birmingham

[ASA Level 1 Swimming Assistant \(Teaching\) Blended Learning](#) starts 03/09/18 at Newbold Comyn Leisure Centre, Leamington Spa

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 29/10/18 at Stratford Leisure Centre, Stratford-upon-Avon

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 29/10/18 at Newbold Comyn Leisure Centre, Leamington Spa

[ASA Level 1 Swimming Teacher](#) starts 25/08/18 at Sparkhill Pool & Fintess Centre

[ASA Level 2 Swimming Teacher](#) starts 06/10/18 at Warwick School Sports Centre

[ASA Level 2 Swimming Teacher](#) starts 06/09/18 at Bromsgrove Sports & Leisure Centre, Worcestershire

[ASA Level 2 Swimming Teacher](#) starts 13/10/18 at Perdiswell Leisure Center, Worcester

[ASA Level 2 Swimming Teacher](#) starts 01/09/18 at Oswestry Leisure Centre, Shropshire

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 13/10/18 at Shrewsbury School

[ASA Level 1 Swimming Assistant \(Teaching\)](#) starts 22/09/18 at RAF Cosford, Wolverhampton

### Coaching Courses

[Swim England Swimming Assistant \(Coaching\) Blended Learning](#) starts 02/11/18 Perdiswell Leisure Centre, Worcester  
*Please note available places will show as 0. If you are part of a swim mark accredited swimming club we have a club offer available on this course. Please contact Amanda Swan on [amanda.swan@swimming.org](mailto:amanda.swan@swimming.org) regarding this offer and to book your place.*

[Swim England Swimming Coach Blended Learning](#) starts 23/11/18 at Perdiswell Leisure Centre, Worcester – *Please note places will show as 0. If you are part of a swim mark accredited swimming club we have a club offer available on this course. Please contact Amanda Swan on [amanda.swan@swimming.org](mailto:amanda.swan@swimming.org) regarding this offer.*