

## Welcome to the 3rd Edition of the South West's Swim 21 Club Newsletter!

### Congratulations – Re-accreditations, Accreditations and Revalidations!

This month's panel saw a handful of clubs achieve Swim 21 for the second time, Well done to Kelly College, Kingsbridge Kingfishers, Bournemouth Dolphins and Dawlish for their hard work in maintaining the high standards set out within the Swim 21 accreditation scheme. Completion of the process for the second time highlights their hard work and dedication by these clubs.

Several clubs were successfully revalidated, congratulations to Soundwell, Trowbridge, Stroud, Bristol North, Frome, Christchurch & New Milton Seagulls, Brixham and Cheltenham Swimming and Water Polo.

### Meet the Swim 21 Panel Members – Spotlight on ...

#### Christina Tremellen – Panel Chair



Chris represents Devon County and Kelly College and has been County Swimming Secretary for 14 years, South West Events Management Secretary for 8 years and since last autumn South West Swimming Secretary. South West representative on ASA Swimming Committee. Additionally, Chris is also a qualified referee.

Chris has been on the panel since the start of Swim 21, 6 years ago and is our longest standing member. Chris has vast knowledge and experience of Swim 21 and stepped up to become Chairman last year. When she was initially asked to sit on the panel she wondered what she had let myself in for as Swim 21 was in its' infancy. And has found the experience to be very interesting and rewarding.

**Strengths on the panel?** All her expertise is with swimming limited knowledge in other facets. She has experience of swimming from grassroots to National level, from club administration through to County and Regional as well as running squads and teams and training of officials.

**Describe Swim 21 in 3 words?** "Stimulating, Competence and Efficiency".

**How do you feel S21 is developing in the South West?** After a slow start Swim 21 in the region is picking up speed and I feel our target of having the highest number of accredited clubs in the country will be met. Kelly's workshop's are proving very successful and the number of clubs coming up for accreditation in the autumn will mean a very busy schedule for the panel.

**What would you say to a club thinking about going through Swim 21?** Don't put it off any longer. It will take time but it will be worth it. Not only will you have a more efficient club ready

to meet any of the challenges that will inevitably come along but you will be able to reap more tangible awards such as cheaper courses, funding for education courses, PESSCL funding and much more.

**What would you say to a club who are already Swim21?** Well done! I hope you feel it was worth the effort. Don't put it all to one side and forget it until you have to re-accredit. Keep your files up to date. Not only will this benefit your members but will make re-accreditation much, much easier.

### RDO's Swim 21 Quarterly Quote.....

"If you fail to prepare, you're prepared to fail."

[Mark Spitz](#)



### Meet the Swim 21 Accredited Clubs – Spotlight on ...

#### **Corsham ASC**

**Corsham ASC** has been in existence for over thirty years, Corsham is one of the top seven Clubs in Wiltshire. It was the first Club in the County to attain Swim 21 accreditation in November 2003 and recently became one of the first two Clubs in the South West region to re-gain the award.



**Why Swim 21?** Corsham chose to do Swim 21 because although Corsham ASC's pedigree was long established, attaining Swim 21 was seen as establishing a benchmark for taking the Club into the future.

**The Swim 21 Experience!** Corsham would not describe Swim 21 as an experience. They note that it requires total dedication and much time from an already overstretched band of volunteers. However, it does have its benefits, which include strengthening recruitment, obtaining much needed injections of capital, recognition from external bodies and the knowledge that the Club has audited procedures and processes in place.

**Corsham's Advice to Clubs Thinking about Swim 21** - It won't be easy and you will need complete buy in from your Club. Don't be afraid to ask for support from your RDO, who will do everything possible to assist. Finally, it will assist your bids for external funding and should be used when making out applications.

**Corsham say Well done to accredited clubs!** But are you sure that there will be resources in place in the future to carry on the excellent work you have already undertaken?

**They say Swim 21 is Proof of Excellence!** However, they feel that Swim 21 needs to develop further within the South West.

If your accredited club would like to feature in this newsletter, please contact [kate.smith@swimming.org](mailto:kate.smith@swimming.org) for further details.

## **FUNDING OPPORTUNITIES**

### **County Bursaries**

The county ASA have joined force with ASA South West to produce a fund for the continual professional development of teachers and coaches in the region. Allocation of funding is at the discretion of the county ASA and based on an individual assessment of each application:

1. County ASA approve value of bursary total. ASA South West Swimming committee have allocated a maximum budget of £1000 per County ASA to be match funded.
2. ASA South West office will administer the application process in conjunction with a nominated representative within each County ASA.
3. All applications will be made on the standard ASA South West application form.
4. Applications received by the Regional Office initially assessed and entered onto the bursary tracker form.
5. This tracker form and individual application form, is sent via email to the representative within the County ASA for their approval and assessment.
6. Once received back, the individual is notified of their award.

For an application form or for further information please contact:

**Kate Smith – Assistant RDO**  
[kate.smith@swimming.org](mailto:kate.smith@swimming.org) or on 01452 396718

### **Kellogg's Swim Active Bursaries for Club Volunteers**

We have just received news about a new funding opportunity from Kellogg's for volunteers at Swim 21 accredited or working towards clubs. Funding for all courses (except Level 1 Aquatics) for up to 50% of the course fee from 18 August 2008 based on a first come first serve basis. Details are as follows:

#### **Criteria for funding**

- Candidate must work as a volunteer in a club in a county / region where there isn't any other subsidised funding available (currently this means priority will be given to volunteers in the following regions East, West Midlands, **South West**)
- The candidate volunteers in a clubs that **is Swim 21\* accredited or work towards** assessment as verified by the Regional Development Officer (RDO) (\* or equivalent in Wales or Scotland). Priority will go to candidates from under represented social groups.

#### **Funding Available**

- Priority is for Level 2 and 3 qualifications, however Level 1 for disciplines other than swimming will be considered.
- Funding is available up to 50% of the courses price up to a maximum of £900 (Note: the recommended cost of a Level 3 course is £1,800). Funding is only available for courses delivered by the IoS.

## **Bursary Conditions**

Candidate accepting a Kellogg's Swim Active Bursary agree :

1. To have their contact details passed to Kellogg's on successful completion of their qualification.
2. Allow their name and photograph to be used for PR purposes where appropriate.
3. Candidate must complete the course for the bursary to be payable.

## **Finding a Suitable Course**

You can find details of IOS delivered courses, dates and venues in three ways

1. Online - go to the Teacher and Coaches section of [www.britishswimming.org](http://www.britishswimming.org)
2. By email - contact [customerservices@swimming.org](mailto:customerservices@swimming.org)
3. By phone – call 0871 200 0928

We have attached a list of courses that are on the website and additionally some that are coming up and will be available shortly.

## **How to Claim a Kellogg's Swim Active Bursary**

From 18<sup>th</sup> August 2008:

- ❑ Contact your assistant RDO – Kate Smith via e-mail [kate.smith@swimming.org](mailto:kate.smith@swimming.org) or via telephone 01452 396718.
- ❑ Confirm the name of the club at which you volunteer and they will verify that they are Swim 21 Accredited or working towards accreditation.
- ❑ Your RDO will issue you with a Kellogg's Swim Active Bursary code and confirm the amount awarded (50% of the course fee up to a maximum of £900).
- ❑ Complete a course application form **clearly writing the code issued in the top left hand corner of the form.**
- ❑ Return your course application form immediately with the course fee minus the bursary amount awarded.

If you have any queries regarding the above information please contact:

**Kate Smith – Assistant RDO**  
[kate.smith@swimming.org](mailto:kate.smith@swimming.org) or on 01452 396718

## **Training Opportunities in the South West**

The following courses have been registered by the ASA, to book on and to see updated list of courses please see website [www.britishswimming.org](http://www.britishswimming.org)

**Under Teachers/Courses, Find a Course**

Date	Title	Venue	Course Type	Disciplines
<a href="#">03/09/2008</a>	<a href="#">asa/scUK Safeguarding &amp; Protecting Children</a>	Meadowlands Leisure Pool, Devon	CPD	
<a href="#">03/09/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Coaching Synchro - Unit 2 only</a>	Carn Brea LC, Redruth TR15 3QS	Coaching	Synchro, Aquatics
<a href="#">05/09/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2</a>	Plymouth College	Teaching	Swimming, Aquatics
<a href="#">07/09/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Coaching Water Polo - Unit 1, 2</a>	St Mary's School, Shaftesbury, Dorset	Coaching	Water Polo
<a href="#">14/09/2008</a>	<a href="#">NPTS Mini Polo</a>	Kelly College, Devon, PL19 OHZ	CPD	Swimming, Water Polo
<a href="#">14/09/2008</a>	<a href="#">Introduction to Butterfly</a>	GL1 LC, Glos GL1 1DT	CPD	Swimming
<a href="#">14/09/2008</a>	<a href="#">NPTS Competitive Swimming</a>	Whitecross L.C., Lydney, Glos, GL15 5DZ	CPD	Swimming
<a href="#">20/09/2008</a>	<a href="#">Introduction to Butterfly</a>	Bridport Leisure Centre, Dorset DT6 5LN	CPD	Swimming
<a href="#">22/09/2008</a>	<a href="#">asa/scUK Safeguarding &amp; Protecting Children</a>	Parklands L.C., Okehampton, Devon	CPD	
<a href="#">26/09/2008</a>	<a href="#">ASA/UKCC Level 2 Certificate for Teaching Aquatics - Unit 1-6</a>	Meadowlands, Tavistock, Devon	Teaching	Swimming, Aquatics
<a href="#">27/09/2008</a>	<a href="#">NPTS Flip n Fun</a>	GL1 LC, Glos GL1 1DT	CPD	Swimming, Diving
<a href="#">28/09/2008</a>	<a href="#">NPTS Mini Polo</a>	Lords Meadow LC, Crediton Devon	CPD	Swimming, Water Polo
<a href="#">28/09/2008</a>	<a href="#">NPTS Flip n Fun</a>	The Activity Zone, Malmesbury L.C	CPD	Swimming, Diving
<a href="#">04/10/2008</a>	<a href="#">ASA/UKCC Level 3 Certificate for Coaching Swimming Unit 7</a>	Plymouth College, PL4 6RN	Coaching	Swimming
<a href="#">05/10/2008</a>	<a href="#">ASA/UKCC Level 3 Certificate for Coaching Swimming Unit 8</a>	Plymouth College, PL4 6RN	Coaching	Swimming
<a href="#">06/10/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2</a>	Dragon Leisure Centre, Bodmin	Teaching	Swimming, Aquatics
<a href="#">11/10/2008</a>	<a href="#">NPTS Aquafun</a>	Marlborough L.C., Wiltshire, SN8 1PB	CPD	Swimming, Synchro
<a href="#">12/10/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2</a>	Osprey LC, Castletown, Portland DT5 1BD	Teaching	Swimming, Aquatics
<a href="#">18/10/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2</a>	St Ives LC, St Ives, Cornwall TR26 1HB	Teaching	Swimming, Aquatics
<a href="#">25/10/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2</a>	Thomas Hardye LC, Dorchester DT1 2HT	Teaching	Swimming, Aquatics
<a href="#">27/10/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1</a>	Kelly College, Tavistock	Teaching	Swimming, Aquatics
<a href="#">27/10/2008</a>	<a href="#">ASA/UKCC Level 2 Certificate for Teaching Aquatics - Units 1-6</a>	Whitecross LC, Lydney, Glos GL15 5DZ	Teaching	Swimming, Aquatics
<a href="#">30/10/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 2</a>	Kelly College, Tavistock	Teaching	Swimming, Aquatics
<a href="#">01/11/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Coaching Swimming - Unit 2</a>	Kelly College, Tavistock	Coaching	Swimming

<a href="#">15/11/2008</a>	<a href="#">ASA/UKCC Level 3 Certificate for Coaching Swimming Unit 9</a>	Plymouth College, PL4 6RN	Coaching	Swimming
<a href="#">16/11/2008</a>	<a href="#">ASA/UKCC Level 3 Certificate for Coaching Swimming Unit 10</a>	Plymouth College, PL4 6RN	Coaching	Swimming
<a href="#">12/12/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2</a>	Plymouth College, PL4 6RN	Teaching	Swimming, Aquatics
<a href="#">18/12/2008</a>	<a href="#">ASA/UKCC Level 1 Certificate for Coaching Swimming - Unit 2</a>	Plymouth College, PL4 6RN	Coaching	Swimming, Aquatics

## **Dates for your Diary.....**

### **Submission Deadline for Next Regional Panel Meeting:**

**Monday 15<sup>th</sup> September 08** to ASA South West Office  
**Tuesday 14<sup>th</sup> October 08** – Regional Panel Meeting  
**Wednesday 12<sup>th</sup> November 08** – National Panel Meeting

### **Workshops**

Equity in Your Coaching	Plymouth College	Tues 2 <sup>nd</sup> Sept
Safeguarding & Protecting Children	Crediton LC	Tues 9 <sup>th</sup> Sept
Safeguarding & Protecting Children	Plymouth College	Tues 9 <sup>th</sup> Sept
Coaching Disabled Performers	Truro	Wed 17 <sup>th</sup> Sept
A Club for All	Plymouth College	Fri 19 <sup>th</sup> Sept
A Club for All	Lords Meadow	Fri 20 <sup>th</sup> Sept
A Club for All	Northbrook LC	Fri 20 <sup>th</sup> Sept
Safeguarding & Protecting Children	Northbrook LC	Mon 22 <sup>nd</sup> Sept
Coaching Disabled Performers	Plymouth College	Fri 26 <sup>th</sup> Sept
Safeguarding & Protecting Children	Northbrook LC	Sat 27 <sup>th</sup> Sept
Safeguarding & Protecting Children	Crediton LC	Sun 28 <sup>th</sup> Sept
Equity in Your Coaching	Lords Meadow	Mon 13 <sup>th</sup> Oct
How to Coach Disabled Performers	Lords Meadow	Mon 27 <sup>th</sup> Oct
Equity in Your Coaching	Truro	Mon 10 <sup>th</sup> Nov
Coaching Disabled Performers	Bournemouth	Mon 17 <sup>th</sup> Nov

Contact [Kelly.Gaffney@swimming.org](mailto:Kelly.Gaffney@swimming.org) for further details

## **Changes to Swim 21 Co-ordinator**

Please contact us with any changes to Swim 21 Co-ordinator such as new co-ordinator or new address details so that we can ensure that all information is communicated to the correct representative. If you have a change please contact [kate.smith@swimming.org](mailto:kate.smith@swimming.org) with details.

## **Your Regional Swim 21 Team**

Please do not hesitate to contact us with any of your swim 21 queries... we are here to help!

Kelly Gaffney  
Regional Development Officer  
Tel: 07917 007657  
Email: [kelly.gaffney@swimming.org](mailto:kelly.gaffney@swimming.org)

Kate Smith  
Assistant Regional Development Officer  
Tel: 01452 396615  
Email: [kate.smith@swimming.org](mailto:kate.smith@swimming.org)

