

# Newsletter

Issue 4

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## *It's all change at the ASA*

Many readers will already know that there have been some big changes in the way that the regional and county structures operate.

Regional Development Officers (RDO) have been replaced with County Development Officers (CDO) and will have a different focus. This will involve promoting the Government's Free Swimming initiative, with initial emphasis on the over 60s. Their role will also involve creating successful partnerships to encourage people to swim and swim more frequently.

So what does this mean for Sussex? The immediate effect is that Natalie Cuninghame, is no longer our RDO, but instead has a new role as Senior County Development Officer, covering Surrey but with responsibility for all the other CDO in the region. Our Sussex CDO will be Sarah Porter who takes up her role on 26 May.

As a result of the changes we have also lost Lyndsey Hollands as Partnership Swimming Development Officer. Lyndsey has been appointed as one of the new Playground to Podium Officers looking after disability swimming in schools.

So what of the future? The Management Committee are committed to providing the same level of help and support for volunteers, swimmers and clubs as we have been able to do through the Partnership Swimming Development Officer. To make sure this happens we have allocated funds for this post to continue. Our partners, Freedom Leisure and Southeast Region are also committed to building on the successes we have had. But before we can look for someone to take up the role we need to learn more about the work of the new CDO – when we know what is, and more importantly isn't, going to be their responsibility we will be able to make sure that our Swimming Development Officer fills in the gaps.

So for now it's a case of watch this space – any developments will be included on the website as soon as they are known.

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## *East Sussex County Council sports awards*

Swimmers, who either live or go to school in East Sussex were amongst the beneficiaries of East Sussex County Council Sports Awards.

The winners were:

Victoria Turner	National Award
Adam Rouncivell	County award
Cameron Bax	County award
Harrison James Stevens	County award
James Milton	County award
Nathan Thomas	County award
Tom Creed	County award
Rebekah Chapman	County award

## *Brighton and Hove AquaSkills Festival*

Three secondary schools in Brighton have taken part in the city's first Aqua Skills Day.

Over 70 pupils from Year 8 and Year 9 had taster sessions in Water Polo, Synchronised Swimming or Underwater Hockey (also known as Octopush).

Coaches from Brighton Swimming Club, Brighton Dolphins and Brighton Under Water Hockey Club worked with the children throughout the morning to make sure that they had a good understanding of basic skills and techniques.

At the end of the day everyone took part in a series of round robin tournaments and displays to show off their new found skills.

The day was organised by Pauline Freestone, Brighton and Hove City Council's 2012 co-ordinator.

For information about the event contact Pauline Freestone at [pauline.freestone@brighton-hove.gov.uk](mailto:pauline.freestone@brighton-hove.gov.uk)

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## *Changes to swimwear rules*

FINA, the world governing body of swimming, have introduced new rules for swimwear.

The new rules mean that competitors may only wear **one swimsuit** in one or two pieces which shall not cover the neck, **extend past the shoulder**, nor past the ankle.

Full rules are on the new website at: [www.sussexswimming.org](http://www.sussexswimming.org)

## Eastbourne welcomes champions

Eastbourne Swimming Club welcomed Olympians Keri-Anne Payne and David Carry for a weekend of fun and training at the Sovereign Centre in early April.

The weekend was organised by girls' captain Elizabeth Wright and made possible by a grant from the Youth Opportunities Fund, a sponsored swim held in March and special support from the Sovereign Centre.

The Olympic pair spent the Saturday evening recalling their international swimming experiences and handing out trophies at the club's award evening. Sunday was spent in the pool with squad training in the morning and an open session for the whole club in the afternoon, so that all members could benefit from their experience.

As the weekend came to a close Elizabeth Wright declared the whole weekend a great success saying; "I had never done anything like it before and it was so good to try something different which everybody seems to have enjoyed".



Keri-Anne and David hand out the silver

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## Dates for your diaries

### Saturday 27 June

Annual Council. This is your chance to learn about the work of Sussex ASA, ask questions, vote on rule changes and choose your new Management Committee.

Full details will be sent to clubs over the next couple of weeks.

### Saturday 31 October

County Dinner. President elect Sheila Paice will welcome you to the Wellington Suite at the Copthorne Hotel & Resort Effingham Park near Gatwick.

## County benefits from Sport Unlimited

Before she took up her new post, Lyndsey Hollands had successfully bid for £10,000 from the Sport Unlimited fund to deliver Multi-Aquatics Projects across the county.

Sport Unlimited offers young people 10-week taster sessions in sports that they have asked to try and aims to get 300,000 participants across the country to join clubs and continue with sport when the 10 weeks are up.

In Sussex the project will be delivered in partnerships between local authorities, schools, pool operators and clubs to ensure young people are able to continue in their chosen sport when the sessions finish.

The project will also include opportunities for some candidates to take Rookie Lifeguard Awards and to qualify as Young Aquatic Organisers.

Sport Unlimited aims to make a significant contribution to the government's five hours of PE and Sport in the community target as well as having wide ranging health and lifestyle benefits for communalities.

You can find out more about the Sport Unlimited program at [www.sportengland.org/sport\\_unlimited.html](http://www.sportengland.org/sport_unlimited.html)

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## Men's Water Polo in doubt for 2012

Following the news that men's water polo is one of the eight sports to have their Olympic Funding cut by UK Sport a campaign has been launch by family, friends and fans to raise the money needed to get a team competing in London in 2012.

You can find out more about the campaign by visiting the Friends of Waterpolo website at [www.friendsofwaterpolo.co.uk](http://www.friendsofwaterpolo.co.uk)

## Developing “professional” volunteers

Sussex County ASA held its first education and training day for volunteers in February. The event, which was organised as part of the County’s development program, attracted more than 50 teachers, coaches, poolside helpers, committee members and parents from clubs all across Sussex. Courses and workshops included Safeguarding and Protecting Children, Funding Opportunities, Team Manager Training and NPTS Fundamentals.

Brian DeVal, SCASA Development Officer said, “supporting our volunteers with the right training is essential if they are going to be able to provide the range of support our swimmers will need to reach their goals. And, by providing opportunities for our volunteers, we are also helping to maintain their enthusiasm”.

For further information contact: [development@sussexswimming.org](mailto:development@sussexswimming.org)

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## Swimathon Foundation award

Freedom Leisure have received £5000 from the Swimathon Foundation for training and education.

The Swimathon Foundation invited all pool operators who took part in last years Swimathon event to apply for grants to support training and education. Lyndsey Hollands produced an application for the maximum £5000 grant to train school teachers and leisure centre staff under the National Curriculum Training Programme.

Freedom Leisure will work with the asa School Swimming Advisors to develop a training strategy and host NCTP courses to ensure Primary Schools have better opportunities for training and education. These opportunities, which will only be available in Hastings, Rother, Wealden and Crawley, will ensure that teachers are well qualified and able to improve participation levels and standards in swimming.

Freedom Leisure staff will also be given the opportunity to train as School Swimming Liaison Officers, to help ensure the successful delivery of school swimming schemes at each Freedom Leisure centre.

This exciting project will strengthen links between Freedom Leisure and the local primary schools, and begin the process of lifelong participation in swimming.

Contact Freedom Leisure for more information

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## Freedom Leisure acquire Mid Sussex leisure centres

Freedom Leisure, the largest leisure trust in Sussex, has been successful in the bid to manage a further five facilities across Burgess Hill, Haywards Heath, and East Grinstead,

The not for profit organisation now manage 19 sites across East and West Sussex, 10 of which have swimming facilities.

Freedom Leisure’s commitment to the development of swimming continues with strong links with local clubs. They will also provide different opportunities to take part in swimming, for all ages and abilities, including learn to swim programmes, and Swimfit campaigns.

You can find more information about the development programme at [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)



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## New trophy

Our newest trophy, presented to Charlotte Woolliscroft (Shiverers SC) at this years’ County Championships as winner of the Ladies 100m Backstroke, commemorates the work of two of our past Presidents – Maudie Ottaway (1957) and Joan Tyler (1964).

Margaret Simmonds, our immediate past president and daughter of Joan Tyler, presented the trophy (left).

All the championship results are available on the new website at: [www.sussexswimming.org](http://www.sussexswimming.org)