

# ASA EAST REGION NEWSLETTER

July 2009



Hundreds of swimmers and spectators enjoyed two great weekends of swimming at the recent BAGCAT Championships—full results are on the website. At the Championships, 28 young swimmers from the Region took their ASA Timekeeper course, and are now qualified timekeepers, so congratulations to all those who passed. Divers have also been in action at the Partnership Level 3 Springboard Championships, full results in the Diving section of the website.

Kirsty Huxter, ASA East Region PR Officer: [profficer@eastswimming.org](mailto:profficer@eastswimming.org)

## Open Water Regional Championships

Entries for the 2009 Regional Championships close on 24th June. The Championships include 5k, 3k, 1.5k events and an 800m event for novice Open Water swimmers.

Entry forms and event details are available in the Open Water section of the website, under 'Championships'. If you have any enquiries regarding the Championships, please contact: [eastopenwater@hotmail.co.uk](mailto:eastopenwater@hotmail.co.uk)

Swimmers are asked to complete a short summary about themselves to aid the announcer in providing commentary throughout the races. Permission is required for any photo's of swimmers who are under 18 to be used for publicity purposes, for example on the website. If you are happy for your child's photo to be used, please don't forget to sign that section of the form!

Volunteers to help on the day would be welcome—technical officials and other helpers are all needed. If you can help, please email: [eastopenwater@hotmail.co.uk](mailto:eastopenwater@hotmail.co.uk)



## BAGCAT Championships

The Regional BAGCAT Championships took place over two weekends in June, and the BAGCAT winners have been crowned for 2009.

### Boys 10 years

**William Cooper** (UEA City of Norwich SC)

### Girls 10 years

**Bethan McElroy** (Canvey Island SC)

### Boys 11 years

**Jake Tyson** (teamipswich SC)

### Girls 11 years

**Jessica Jackson** (Mid Beds Swim Squad)

### Boys 12 years

**Barton Townley** (Borough of Southend SC)

### Girls 12 years

**Bethany Freeman** (City of Peterborough SC)

### Boys 13 years

**Caleb Hughes** (Mid Beds Swim Squad)

### Girls 13 years

**Charlotte Hicks** (St Felix School)

### Boys 14 years

**Liam Knight** (City of Peterborough SC)



14 year old boys  
BAGCAT winners:

1st: Liam Knight  
2nd: Miles Garner  
3rd: Richard Jeffries

## Free Swimming Roadshows

Local Authorities and Facility operators are being invited to attend ASA Roadshows which will focus on supporting the Government's Free Swimming initiative. Roadshows in the East Region are on 2nd and 3rd July at Suffolk Showground, Ipswich and the Wyboston Lakes Conference Centre near Bedford. Please contact: phil.lown@swimming.org for more details.

## County Swimming Co-ordinators

There are currently vacancies for Co-ordinators for Norfolk, Cambridgeshire and Essex. The closing date for applications is 17th July and more details can be found in the Job Vacancies section of the website. Phil Lown, Co-ordinator for Suffolk, will also be taking on the role of Senior CSC for the Region, managing and mentoring the other County Co-ordinators.

## swim21 Accreditations

Three clubs from the Region have gained swim21 Accreditation for the first time. Aylsham Vikings SC in Norfolk have been accredited at Skill Development level in Swimming. City of St Albans SC in Hertfordshire have been accredited at Teaching & Skill Development levels in Swimming. Letchworth ASC in Hertfordshire have been awarded accreditation at Teaching level in Swimming.

In addition, two clubs have been reaccredited at Skill Development level in Swimming, and have added new levels to their accreditation. Stowmarket SC from Suffolk are also now an accredited Teaching club in Swimming, and have Foundation level for their integrated Masters section. Sudbury & District SC from Suffolk have added the Foundation level for their integrated Masters section.

## Young Timekeepers

28 swimmers from the region attended a Young Timekeepers course during the BAGCAT Championships in June. The young people, aged 14 years and over, all passed the course and are now eligible to be timekeepers at swimming meets.

## Aquaforce Volunteer Awards

If you would like to nominate someone for an Aquaforce Volunteer Award, nominations must be received by the Regional Office before *1st July*. Nomination forms can be found on the website in the Volunteer Development section.

## Coach Apprenticeship Scheme

The ASA has launched a new apprenticeship programme for coaches. 40 professional apprenticeships are available for coaches aged 16– 24 years of age. Candidates will be able to take the UKCC Level 3 Coaching certificate alongside a practical coaching role. For more information, please email: beaconprogramme@swimming.org

## European Disability Swimming Championships

Six swimmers from the Region have been selected to form part of the British Gas Swimming team that will attend the IPC European Swimming Championships in October. Natalie Jones (Colchester Phoenix SC), Emma Hollis (Epping Forest & District SC), Lauren Steadman (Huntingdon Piranhas SC) and Emma Cattle from Luton will all be competing in the 8 day event, with Lauren Hobbins (Dunstable SC) and Stephanie Bird (Lowestoft & Oulton Broad SC) selected subject to achieving the International Paralympic Committee (IPC) athlete eligibility criteria.

## News from around the Region

**Richard Charlesworth (Hatfield SC) won gold at the LEN Open Water cup 10k event in Israel in May.**

**Zoe Cray (teamipswich SC) set 4 British and 3 European Masters Records recently in the 35-39 years age group.**

**Nominations are sought for the role of ASA President Elect 2009/10. Nominations must be received by the Regional Office by 12pm on 30th June.**