

Welcome To The East Region Coaches Newsletter!

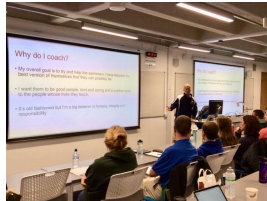
As we've now reached the end of year, welcome to the final newsletter to go out in 2018 that is aimed at informing, advertising and assisting our coaches in the newly re-branded *Swim England East Region*.



We will include any coach development opportunities, both formal and informal, links to any documents or reports that are deemed to be of interest, and updates on any particular projects that are in place to benefit coaches within the region.

Leading our swimming coach development planning will be our East Region Swimming Talent Officer, and we encourage any coaches who are looking for signposting to any area of coach development resources to contact him via kevin.pickard@swimming.org.

2018 Coach Development



2018 has seen an explosion of coach development opportunities. With all six of our counties running development camps, there were 18 opportunities across the East Region for coaches to go along to a camp. The camps provide a chance for coaches gain the latest information in age group coaching practice, nutrition, psychology and land training guidance and of course offer a great chance to network with other coaches who all face similar issues in their clubs. With our new website launched, there is a page dedicated to coach development, which has resources, a list of dates for your diary and some useful links. Please click [here](#) for further information.

2019 Coach Development

The 2019 list of dates is on the coach development page on our website. This will be updated every month and by the end of the season we hope to embed the online booking forms into this as well. Two key dates for the diary now though are as follows:

- Sunday March 10th in Freckenham Village Hall. This is the regional coaches conference. It will be a full day crammed with tons of useful info. Booking information coming out in January.
- Wednesday May 29th at Anglia Ruskin University Cambridge. This is the 2019 version of last year's World Class Development Day (summary report on the regional website coaches page). It will be branded the Pre-Nationals Day in 2019 due to it's placement in the year. It will again have three strands for coaches, parents and coaches.

There will be plenty more events to follow and emailed out in due course.

Notices / Stats / Links



We as a team are growing in size and we've never had so many coaches (both paid and voluntary) working in the region as we currently do. Our East Region Swimming Coaches Network Facebook group now has over 160 coaches signed up! Click [here](#) to join! We've also got a Twitter page @EastSwimCoaches - please tag and share information for other coaches.

Over the last 12 months we've had more coaches than ever attending development events and camps and East Region athletes are starting to see the benefits of this. 2018 British Summer Nationals qualifying clubs increased by 17%. The total number of individual qualifiers increased by 5%. This was mirrored at the recent Winter Regional's and Winter Nationals, both of which saw record intakes in terms of total numbers and diversity of clubs. We need to keep this momentum going!

There's a lot of work going on cross-sport at the moment, as many sports face similar challenges and many have many more resources than swimming in tackling these issues, so it would be silly to ignore some of these ideas and projects. 2019 will include some joined up work with the FA, RFU, England Hockey, England Netball and other NGB's in an attempt to better support our clubs. Recently one of our coaches met with a gymnastics coach who has been working on some fascinating coaching research as well as coaching a young athlete to an Olympic Medal at the same time. We will be looking to link up some of the coaches we meet with our education events to ensure as much of this knowledge as shared as possible.

Coaching welfare is a huge issue in our sport as we all know. Long days, lots of weekends and few to no breaks across the season. There is a lot of research being done in this area, mainly at universities and if coaches would take a few minutes to assist in a research study being done, it would be greatly appreciated. Well conducted research is a powerful tool when we are lobbying for changes in our sport as it gives us evidence to work from. Please find the questionnaire [here](#).

Ending the 2018 season will mark the first year all 33 counties have run development programmes. Whilst publically to our swimmers the county events are marketed to 11 year olds, the most important thing embedded in these programmes is the opportunity for coaches to attend and share ideas, best practice and gain insight into the latest development support from Swim England. We cannot say enough how vital it is that EVERY coach attends at least one day of a development programme each year. This could be county, regional or national level programmes, but whatever tier you attend, it will certainly benefit your development and subsequently of course those athletes in your programmes.

Dry Land Exercises

The Swim England Talent Team have launched an online portal of pre-pool routines. These can be found [here](#). Land based pre and post pool exercises were one of the large contributors to our success at the Rio Olympics, and this information is now being rolled all the way down to club level. It is vital our athletes, parents and coaches work together to ensure all our young people recognise the importance of it.

Open Water and Para Swimming Notice

We are working to put together a list of coaches interested in open water and Para-Swimming to help with the running of our regional development camps and training, as well as to provide coach development opportunities within the region for both open water and Para-Swimming.

Coaches of all levels of experience are welcome to get involved, there will be opportunities to coach at camps or to shadow. Any interested coaches should email the Regional Development Officer, [Amy Bryant](#) and let her know:

- which discipline you're interested in - open water, para

- what your previous experience is in that discipline (none is fine!)
- your coaching qualifications (Assistant Coach, Coach, Open Water Coach)



Final Notices

We will continue to use our website, main Facebook, Twitter and Instagram to share photos, reports, documents and any useful information with you all. Please make sure you sign up to every outlet we have and encourage your coaches, committees, parents and anyone else to do the same!

There are a number of coaching roles that are available in the region. Be sure to subscribe to the social media of 'Careers in Aquatics page' to keep up to date with the current roles available. Please click [here](#).

As a team, the East Region would like to wish all it's coaches a Merry Christmas and wish you the best of luck for 2019.

Swim England East Region:

"Creating provisions to positively develop over 10,000 young people, so in turn we produce 10,000 better swimmers"

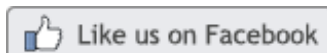


Please forward this email to anyone who may be interested in coach development in the East Region.

If you have not received this email directly and would like to do so in future, please click [HERE](#) to sign up!

If you have any questions at all relating to coach development please contact our East Region Swimming Talent Officer via kevin.pickard@swimming.org

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