



Welcome to the April Club Newsletter

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Regional Competitions- Good luck everyone!

Tomorrow marks the first of three weekends of the Regional Swimming Championships, with a Regional Development Meet complementing the programme.

In addition, the region is also hosting the Regional Skills Diving Competition at Southend Swimming and Diving Centre this weekend, followed by the Age Group Competition at the end of the month.



We wish all the athletes the very best in achieving their goals they have set out for the competition.

A big thank you to all the coaches, team managers, and parents that support the athletes during these events. To all the officials and non-technical volunteers taking part, we also thank you, as it could not happen without your time. Good luck all!

Development Days- a huge success



During the last month, a multitude of development days have been hosted all over the region. It has been a delight to see the return of 'in person' activity, and our members coming together for some personal development.

Our **Masters Development day** at a 50m pool took place on 27th March near Peterborough. A summary of the day can be found [on our website](#). There was some really useful hints and tips learned during the event.

On 20th March the **Regional Para training** was delivered in Great Dunmow, with an array of coaches coming along to observe and gain new ideas. A summary of the day can be found [on our website](#).

Water Polo Regional Academy training has now picked up the pace and is running monthly at various locations across the region. The most recent sessions took place on 20th March and will host again on 9th April in Borehamwood.

Artistic Swimming has scheduled for the return of a **Regional Development Squad** starting with trials next weekend in Hatfield. If you wish to sign up to the event as an athlete or volunteer, please do so [on our website](#). Online zoom development activity has also been taking place for the coaches around the region, with a lot of useful discussions taking place.

The **Diving Athlete Camp** that took place on 6th March in Basildon was also very well received. Lots of skills were learned through a great programme, which included a presentation from Olympic Diver Andrea Spendolini-Sirieix. A summary report can be found [on our website](#).

Open Water Championship- Entries now open

Entries are now open for the Regional Open Water Championships taking place on 10th July at Whitlingham Lakes.

Please make sure you have read the Event Conditions document prior to entering. All details can be found on the [Open Water Competitions webpage](#). Entries close 10th June 2022.



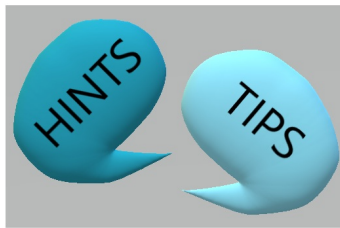
Records broken!



Congratulations to masters swimmer Chris Dunn of Hatfield Swimming Club after breaking 9 East Region records at the Swim Wales Masters Long Course meet at Swansea on the 5th/6th March.

Not only did he achieve these records, but he also broke 4 European records which were also British records and a further 4 British records. Chris was swimming in the 75/79 age group. Well done Chris!

Hints and Tips For Clubs This Month



- Swim England has created a [Qualification Equivalency Matrix](#) to help clubs understand the level of different certificates coaches and teachers may hold. Alongside this Matrix, an updated [Qualification Guidance Document](#) has also been released, in relation to expectations of a Head Coach within a club.
- Have you considered doing a run of the [Health Check Tool](#), provided by Club Matters? It is simple to use, and is a good way to do some 'spring cleaning' and might provoke some new ideas.

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