



Welcome to the May Club Newsletter

Visit our Website



Welcome to our new President and Chairman

At the Annual General Meeting that took place last week the region saw the President baton handed over from Paul Kendall to our new regional President Helen Stephens (pictured right). Helen was welcomed into the role, and Paul was thanked for all his support during the past year.



At the same meeting, Joan Wheeler's time as Chairman came to an end following resignation after over eight years of service in the role. We thank Joan for everything she has done for the region during her time as Chair, and wish her all the best in her future endeavours. Joan continues to work closely with Swim England on a national level, and remains an active official in the region so will no doubt see you poolside at some point.

We welcome Ian Cotton into the role of Chairman, and wish him every success.

Officials needed for this weekend of racing



A message from Tom Baster, Swimming Leadership Group;

I am writing to thank you for your support of Norwich Regional Championship weekend. Together, as a community we came together to deliver three quality days of racing for our athletes.

I am afraid that I do now need to make the same plea for technical officials in respect of the forthcoming Luton weekend. In reality, we do need extra support from qualified and licensed technical officials in order to enable swimmers to compete successfully at the championships and for times to progress to rankings at Level 1, particular for the sessions on Sunday and finals sessions on each day.

Please could I request that all participating clubs attempt to provide officials for the meet, even if this is for one session - it would make an enormous difference - and it is something that we will all benefit from.

Some colleagues have mentioned to me that they had issues accessing the online form. I have checked the form and am able to access it but if you continue to experience difficulties, please just email me your availability (swimming@eastswimming.org).

The link to the online application form and details of officials' expenses can be found [here](#).

Thank you once again for your support of the championships; it is hugely appreciated by me, the athletes and the wider Swim England East Region community.

Team Manager Module Two Workshop Available

The region is hosting a Module Two workshop for any Team Manager wishing to take a group of athletes away overnight, or overseas.

The workshop will be held online on 19th May at 6pm. You will need to [book a place](#) if you wish to attend.

In order to attend this workshop, you must be a current Swim England member with a valid DBS check in place, and have attended the safeguarding workshop within the last three years. You must have completed the Module One workshop and have gained some experience as a Team Manager.



Jeff Cook Salver Awarded to Tom Baster



Congratulations to Tom Baster, winner of the Jeff Cook Salver Award this year. The Salver is awarded to the individual, team or club who has made a significant contribution to the sport within Swim England East Region.

Tom Baster has been the East Region Swimming Manager for the past six years and is well regarded by coaches, parents, athletes and swimmers. He continually strives to ensure that East Region competitions are of a high standard and that the events offer East Region athletes the best opportunities to perform.

In the Summer of 2021, when competition re-commenced after a 15 month COVID enforced break, Tom was determined that, despite the many challenges, the region would provide opportunities to a compete at a regional level to a broad base of athletes. As a result, more swimmers competed in East Region events than in any other region.

In his role of Swim England Swimming Manager, Tom was a key player in designing the Level X competitions and in drafting the return to training and return to competition guidance. As in the region, Tom strives to ensure that national swimming competitions are of the highest standard and that they maximise the opportunities for success.

Congratulations Tom!

Regional Pins

The Regional Pins are a new award, given to those that have given service to the East Region. This year, a significant number of individuals have been awarded this pin. Congratulations to the following individuals;



Tom Baster; Keith Belton; Sharyn Bord; Dave Champion; Ian Cotton; Chris Galer; Simon Gee; Jacqui Kendall; Paul Kendall; Simon Lever; Lottie Thompson; Ian Mackenzie; Sheila Mackenzie; David Metcalf; Gerry Metcalf; Stewart Murray; David Robinson; Ian Rollinson; Jo Stalley; Chris Vinter; Dean Walker; and Joan Wheeler.

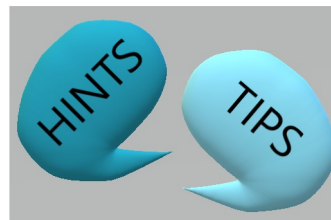
Hints and Tips For Clubs This Month

Please ensure your club is aware of the best practice ratios detailed within Wavepower and the Safe Sport Events, Activities and Competitions document in relation to supervision. These are;

A team of children all of whom are 10 years old or younger

- 1 : 8 Coaches
- 1 : 16 Team Manager
- 1 : 16 Volunteer

A team of children all of whom are 11 – under 18 years old



- 1 : 10 Coaches
- 1 : 20 Team Manager
- 1 : 16 Volunteer

In addition to this, you should be factoring gender splits.

Under 11 year olds – 1:8

- For up to every 8 male participants best practice is 1 male adult who is either a coach or Team Manager
- For up to every 8 female participants best practice is 1 female adult who is either a coach or a Team Manager

11 – under 18 years old – 1:10

- For up to every 10 male participants best practice is 1 male adult who is either a coach or a Team Manager
- For up to every 10 female participants best practice is 1 female adult who is either a coach or a Team Manager

Adults

- A minimum of one adult of each gender
-

Regional Staff Contacts

Leanne Brace - East Region Manager

leanne.brace@swimming.org

Jo Stalley - East Region Operations Officer

jo.stalley@swimming.org

Emma Winter- East Region Administrator

emma.winter@swimming.org