



Welcome to the June Club Newsletter

Visit our Website



Open Water Race Simulation Opportunity 13-17 year olds

The region is hosting a race simulation opportunity for 13-17 year old swimmers to come along to practice open water racing before our Open Water Regional Championships.

The event is taking place at Stanborough Lakes on 11th June, registration is at 1pm. If you are interested and meet the criteria, please [book your place!](#) The cost of taking part is £7 payable at point of registration. Entry criteria;



- Club Compete member of a Swim England East Region affiliated club
- Aged 13- 17 years as at 31st December 2022
- Qualified for at least one event at the 2022 East Region Long Course Championships or associated Development Event
 - Planning on competing at the forthcoming East Region Open Water Championships on 10th July 2022 at Whitlingham Lakes, or similar event

Bookings close midnight Monday 6th June. See [website](#) for more details.

A Time to Say Thanks!- National Volunteers' Week



Volunteers' Week (1st- 7th June) is an annual celebration of the contribution millions of people make across the UK through volunteering.

Swim England East Region would like to take this opportunity to say a huge THANK YOU to all the volunteers across the region that work tirelessly to support our athletes to be the best they can be. Be it at club, county, or regional level, we really do appreciate all you do for the sport. Without our volunteers our sport could not function.

We encourage our clubs and counties to reflect on the great work our volunteers do, especially during Volunteers' Week. Use #VolunteersWeek to share your tweets, stories and messages of thanks.

Minimum Water Depth for Racing- Consultation Open for Clubs

Swim England recently released some [updated guidance](#) on minimum permissible water depth for racing entries. This guidance has now been placed on hold.

Swim England would like to hear from any clubs who believe they would have any challenges operating in accordance with the revised guidance. To provide your views please complete the form using [this link](#) by 5 June.



Open Water Coaching Course



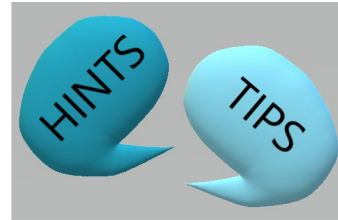
Are you, or any of your coaches, interested in becoming an SEQ Level 2 Open Water Swimming Coach? A course is available this Summer through the Institute of Swimming in our region.

The course starts on 1st August, and mostly takes place online, with a practical element at Herts Young Mariners Base, EN8 9AJ on 9th September.

[Use this link to view more details and book your place](#)

Hints and Tips For Clubs This Month

- For those that require a safeguarding workshop certificate as part of your role, please do not forget to upload your certificate as soon as it is received. You need to upload it onto your Swim England record at www.swimmingresults.org via the Members tab, then Member Options. Once you have logged in you can upload your certificate here.
- When your club updates it's club constitution (via working with our [Membership Officer](#)) it must be approved by your members at an AGM/ SGM and the minutes of this meeting must be submitted to the region, along with a list of members in attendance, and their membership numbers. A certificate cannot be issued without this.
- Executive Officers should be identified on the Online Membership System as 'Organisation' under their roles. If they are only listed under a specific discipline, they may not receive important correspondence from Swim England throughout the year.



Regional Staff Contacts

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