



Welcome to the February Club Newsletter

Visit our Website



Club Constitution - review process

Many clubs will need to update their constitutions this year (2023). The process for reviewing and updating is as follows:

1. The club's committee needs to review and update its constitution every four years (this may mean amendments if Swim England has updated to a new model version); there may be exceptions for Incorporated and Charitable status clubs, consult the East Region Membership Officer (membership@eastswimming.org)
2. The club's committee needs to agree and date the new version of the constitution.
3. The constitution then needs to be emailed to the Membership Officer (membership@eastswimming.org) for approval.
4. The Membership Officer will confirm it is all in order or indeed, will provide advice and guidance to amend/correct.
5. Once it has been approved by the Membership Officer, it can be presented to your membership for acceptance at your next AGM (or indeed an SGM).
6. Following the AGM/SGM, the constitution and a copy of the minutes should be emailed to the Membership Officer (membership@eastswimming.org) along with a list of eligible **voting** members that were present, along with their Swim England membership numbers.
7. On receipt, the Membership Officer will issue the club with a new East Region Affiliation Certificate.

MODEL CLUB CONSTITUTION
FOR AN UNINCORPORATED CLUB
January 2022

Please note: This document has been provided as a model version in order to permit Swim England affiliated Clubs to amend the provisions accordingly. Those parts requiring the Club to insert information and/or make a choice as to the rule are indicated by red italic square brackets, e.g. *[insert]* or *[delete as appropriate]*. *[the wording of option one]* * *OR* * *[the wording of option two]*. **(OPTIONAL)**
When drawing up the Club's constitution, please pay careful attention to the Guidance Notes.

In any case, your club constitution should be reviewed by the club committee annually to ensure that it is still relevant and fit for purpose. Any changes that are required during the 4 years, please follow the above procedure.

No constitution should be presented to a club's membership for approval without being approved by the Region Membership Officer in the first instance.

The new Swim England model and further guidance can be found here:
<https://www.eastswimming.org/clubs/>

SwimMark Voucher

All SwimMark clubs are given £100 voucher annually for use with the IOS.

Did you know that currently means you could have 4 of your club personnel attend safeguarding training essentially for free?!

Details on how to use that voucher are in your club's confirmation letter.



Forthcoming Activity



Water Polo Regional Academy Training

Sunday 26th February, Royal Hospital School, this session is for (male & female) born 2007 to 2010 inc.

Sunday 26th March, Royal Hospital School, this session is for (male & female) born 2007 to 2010 inc.

Book a place [via our website](#).



Diving Skills Competition

25th March, Southend Leisure & Tennis Centre, for the Entry pack & Entry form can be found [via our website](#).

Diving Judge 1 Courses

[Register here:](#)

7th March

6th June

21st September



Artistic Swimming Competitions

Saturday 25th February

Saturday 18th March

[Further information available](#)



Disability Swimming Training Session

Sunday 26th February - Abbey Leisure Complex, Whitehill Road, Cambridge CB5 8NT.

Book a place [via our website](#).

Regional Athlete Bursary

Swim England East Region announced a new bursary scheme to help our athletes that have been selected to be part of British Swimming or England Talent teams back in October.

The region appreciates we are all going through challenging times at the moment, and with increasing costs it is important we try to assist our members to be able to take advantage of such selections and opportunities.

For more information please visit our [bursaries and funding webpage](#).



Workshops Available

Team Manager Module 1 Workshops

16th February, 16th March, 11th April, 18th May, 22nd June

Team Manager Module 2 Workshops

24th May

To book Team Manager workshops, [visit our website](#).

Time to Listen

Time to Listen workshops are available for club Welfare Officers and covers what to do if an incident arises, and what the role of the Welfare Officer entails. Click [HERE](#) to book.

Swim England Club Resources Workshops

National Chairs Forum

Monday 20th March, 6pm

Any Chairs interested in attending who have not already receive the joining link, please email clubdevelopment@swimming.org

SwimMark and Club Affiliation

Thursday 9th February, 6.30pm

To support clubs in completing the information required for their SwimMark and Club Affiliation renewals, workshops are being delivered online - [Register here](#)

Club Secretary and Membership Officer workshop

Thursday 9th March, 6.30pm - [Register here](#)

Club Chair workshop

Monday 20th February, Thursday 2nd March & Monday 27th March, 6pm [Register here](#)

Club Welfare Officer workshop

Monday 13th February, 6pm & Wednesday 15th March, 6.30pm [Register here](#)

Qualifications

IOS Qualifications - **Spaces still available**

<https://www.swimming.org/ios/course/8761> - Asst Swim Coach Runnymede Leisure Centre

<https://www.swimming.org/ios/course/8912> - Swim Coach Tiddenfoot Leisure Centre

<https://www.swimming.org/ios/course/8410> - Asst Water Polo Coach Riverside Chelmsford

Hints and Tips for clubs

After your AGM, at your first committee meeting, add 'reading through the club constitution' to the agenda. It is an opportune time to inform all committee members, old and new, of the rules of your club.

This is also a good time to update your Online Membership System (OMS) particularly with all of your committee members (in the Governance section).



Regional Staff Contacts

TBA - East Region Manager
east@swimming.org

Jo Stalley - East Region Operations Officer
jo.stalley@swimming.org

Emma Winter - Regional Administrator
emma.winter@swimming.org

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