

# ASA South West Region Newsletter

March 2017

Issue 1

Welcome to the new South West Region Club Newsletter.

Within this you will find news and information on an array of areas relating to aquatics.

We would like this newsletter to be useful and relevant to your club. If you have anything you would like in future issues please send to [Stacey.vickery@swimming.org](mailto:Stacey.vickery@swimming.org)

## Contact Us

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**Telephone:** 01823 666792

**Facebook:** The ASA—South

**Twitter:** @ASAsouthwest

**Website:** [www.swimwest.org.uk](http://www.swimwest.org.uk)



## Meet the Team

**Emily Taylor** Club Development Officer—General enquiries from Swim21 clubs, Network and Beacon Lead.



**Jackie Hilleard** Regional Development Coordinator—Swim21 and Young Volunteer Enquiries



**Stacey Vickery** Club Development Support Officer—

General enquiries from non-Swim21 clubs, Coach and Volunteer training.



As a team we work closely together which means any one of us may answer your query.

Full Staff and Regional Volunteer contact information can be found by [clicking here](#).

## Regional Updates

- **Golden Bear Meet** - In July 2017 the Region will be sending a team to the Golden Bear meet in Zagreb. [Click here](#) to read more on our website.
- **Disability Swimming Taster Session** - ASA Para-Swimming and the Region are hosting a taster session on Sunday 12th March at Horfield Pool, Bristol in conjunction with Cerebral Palsy Sport and City of Bristol Swimming Club. For full details of the event and to view an application form [click here](#) to be directed to our website.
- **International Representation**—clubs are reminded to keep the Region updated with any swimmers who are competing internationally in order for them to be recognised across the Region.

Ability may take you to the top, but it takes character to stay there—John Wooden

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## Key Contacts

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**Stacey Vickery**—

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### Courses, Training and Conferences

A full list of training and courses can be found on both the IOS Website and the Regional website, these are updated regularly.

#### IOS Website

If you have a requirement for a particular course in your area please contact Stacey Vickery and she will be able to advise you further.

#### Volunteer Training

We have a full range of Volunteer training across the Region including Safeguarding, Time to Listen, and First Aid. Please [click here](#) to be directed to our full programme of courses running.

For Team Manager and Official Training Clubs need to contact their County Associations.

Contact us for Coaching, Teaching, Safeguarding and Time to Listen and Coach and Volunteer Development.

#### Conferences

- **ASA South West Region County Conference - Sunday 5th March 2017, Walnut Tree Hotel, North Petherton** - At this conference Coaches and Team Managers are able to develop a greater awareness of the critical role that they need to play in the development of aspiring young swimmers. Delegates will be able to check and challenge their knowledge with key speakers and peers throughout the day. **Now fully booked.**
- **Physiotherapy, Strength and Conditioning Conference - Sunday 26th March 2017, Raddison Blu, East Midlands Airport** - If you're highly motivated and have aspirations to progress to World Class through the Sports Science and Sports Medicine pathway then these conferences provide and excellent opportunity for you to develop your potential. [Click here](#) for more information.

#### Grants and Fundraising

There are many different ways in which clubs can gain funding for different projects and goals.

Some options are listed below:

- **Regional Bursaries** - Bursaries are available to clubs in the region. [Click here](#) to visit the website for more information.
- **County Bursaries**— these differ from County to County, please contact your local County Contact for more information.
- **Easyfundraising**—Amateur Swimming Association has partnered with [easyfundraising.org.uk](http://easyfundraising.org.uk) to help Clubs raise money when their supporters shop online. So far easyfundraising.org.uk has raised over £14 million for good causes throughout the UK. [Click here](#) to be directed to the ASA Website for more information.
- **Swimathon Community Grants** - Applications are now open for the 2017 Swimathon Community Grants, these are used to support projects that are having a positive impact on the swimming community. These grants range from £300 to £2,500. [Click here](#) to visit the ASA Website for more information and details on how to apply.



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