

Welcome to our 2020 recap.

Please feel free to circulate this further within your club.

Swim England East Midlands continuously strives to support our members and clubs by offering as many training and learning opportunities as possible. We have pulled together an overview of the courses, workshops and activities that we held throughout 2020, a flyer for all our upcoming workshops during 2021 can be found attached.

➤ Course and Workshop Updates –

Safeguarding:

Unfortunately we were only able to hold 1 face to face course at the start of 2020 however, during the first lockdown in March 2020 Swim England moved their planned launch of their online Safeguarding workshop forward so that members could complete the workshop while face to face courses couldn't happen.

We ran 4 courses across the Midlands with 22 members from the Region attending, due to the number of offered courses nationally we engaged in promotion of these with our clubs, having 220 members attending additional courses to date.

Time To Listen:

Swim England linked up with the NSPCC to deliver the 'Time To Listen' module online during 2020. This course is aimed at Club Welfare Officers (CWOs) and is a requirement for Welfare Officers as part of their club's SwimMark / Stronger Affiliation. Being able to offer this course online meant we were able to deliver 5 courses to 31 candidates across the East Midlands. This course was full funded by the Region.

Team Manager Module One:

The Team Manager Module 1 (TM1) course is aimed at those who are starting out on their volunteering journey and focuses on single day competitions or camps where there is no overnight stay. At the start of 2020 we delivered 1 face to face TM1 workshop to 6 East Midlands candidates. As lockdown started our Regional Officers were involved in the preparation of the course being delivered online and in total they were able to deliver 14 online workshops to 217 candidates across the Midland Regions, 143 of those were from East Midlands clubs.

Welfare Seminar:

This is an exciting and brand new seminar that Swim England has recently launched; it's designed for Welfare Officers and Club Chairs; to gain an understanding of the needs of the role of a Welfare Officer and to provide clarity when dealing with internal disputes and welfare matters within the club. We were able to host 3 online Welfare Seminars in 2020 delivering them to 28 people.

SwimMark Information Session:

Throughout last year we hosted a number of workshops to aid clubs through the SwimMark and Stronger Affiliation process helping them with the online portal, the Coach and Teacher register, how to update the Club Personnel Report, downloading an OMS report, who needs a DBS/Safeguarding training, useful tips and more. We held 5 SwimMark Information Sessions for 26 people across the East Midlands.

Club Personnel Report Webinar:

Following the release of the updated Club Personnel Report requirement for SwimMark and Stronger Affiliation we ran 5 webinars to support clubs delivering to 28 people in the Region. The webinars ran through how the system works, the club administrator area (who can do

what), the club personnel record, downloading the club personnel record and report and answered any questions around the club personnel report.

Chairs Seminar:

In December we piloted a Club Chairperson Information Workshop. The workshop covered what makes a 'good Chair', the roles and responsibilities of the Chair, how to deal with internal disputes in line with Swim England regulations, governance and leadership, codes of conduct, developing your club and understanding where support is available. We hope that this year we can roll out this seminar to more clubs in the Region.

Club Matters Workshop:

At the beginning of June we were able to run an online Club Matters workshop: Business Planning. This workshop enabled the 12 attendees to understand what constitutes a business plan, its value, function and who should be involved in the process, develop a business plan using a simple framework, describe how to structure an effective business plan to meet the needs of their club and to understand how to access further information to support business planning.

Volunteer Management Workshop:

In July last year we were able to put on a Volunteer Management workshop for some of our Midlands Volunteer Coordinators, this workshop was hosted by Claire Coleman, Head of Development, and it encouraged lots of good discussions around recruitment, retention and planning for the future.

➤ Forums –

During the lockdown last year, and after, it was important for us to keep in regular contact with our clubs and we felt the best way to do this was by hosting regular Club Forums and Coach Forums for our club members to attend.

Club Forum:

The Club Forum enabled us to give our clubs updates on current guidance from Swim England, it allowed clubs to raise any concerns / queries they had, it gave clubs a chance to share what they have been doing during the pandemic and outlined to us how we could best support clubs. We ran 9 Club Forums last year and our most popular Forum saw 48 people from 33 East Midlands clubs join the call. We are still running these Forums bi-monthly, the invite link is sent to: Club & County Chair, Vice-Chair, Secretary, Treasurer, Welfare Officer, Covid-19 Lead.

Coach Forum:

Throughout last year, in partnership with the West Midlands, we hosted a Midlands Coach Forum for coaches from East Midlands and West Midlands clubs. Each Forum focused on a different topic and was presented by coaches across the Midlands and by Swim England staff. We ran 16 Coach Forums and the most popular one had 94 coaches attend. This forum is still running and is ran on a monthly basis on the first Thursday of each month, if you are coach wanting to attend please email midlands@swimming.org

Thank you for your ongoing support, we have really enjoyed engaging with you all more closely this past year.

➤ Championships –

At the start of 2020 we were able to run Para-Swimming Championships and Artistic Swimming Championships.

Para-Swimming Championships:

The Midlands Para-Swimming Winter Championships 2020 took place on Saturday 4th January at Loughborough University Pool following the final para-swimming training session and was a great opportunity for the swimmers to put into practice their racing skills.

Artistic Swimming Championships:

The Midland Regional Age Group and Open Synchronised Swimming Championships take place every year for the best synchro swimmers in the East and West Midlands. The Championships features competitions for Figures, Solo, Duet and Teams for a range of age groups.

➤ Regional Para-Swimming Training Programme –

The Midlands Regional Para-Swimming Programme was set up by the West Midlands, East Midlands and Swim England Para-Swimming to engage and support swimmers across the Midlands with an impairment that can be classified under the World Para-Swimming categories to develop their skills, experience and knowledge through their journey as a Para-Swimmer.

The Regional Para-Swimming Programme Aims;

- Introduce swimmers and coaches to the Para-Swimming Pathway.
- Identify and develop talented swimmers to progress onto the Para-Swimming Pathway.
- Develop the knowledge and skills of teachers and coaches to support the Para-Swimming Pathway.

In 2020 we were able to run 2 training sessions on the 4th January and 22nd March, both training sessions consisted of Land Training and Pool Training.

➤ Regional Development Day 2020 –

On the 11th October 2020 we ran a Midlands Virtual Development Day for swimmers aged 12. Due to the current circumstances this replaced the standard development programme. In total we had 37 boys and 38 girls from across the East Midlands and West Midlands join us, congratulations to all the swimmers who were selected. The camp was held online via Zoom and included 2 land training sessions (pre pool into fundamental movements and post pool into fundamental movements), 4 presentations: 1 by Aimee Wilmott on puberty and performance and 1 by Max Litchfield on training through growth periods, a 'nutrition to support training' presentation and a 'building confidence' presentation, and also included an online Zoom quiz. Thank you to all our coaches who helped out the day.

➤ Lockdown Heroes –

Lockdown for all of us in the world of aquatics has been tough. 2020 was a stressful year for many clubs and its members, but Swim England East Midlands would like to recognise the incredible efforts of our volunteers across the sport, who support one another in so many ways. We awarded 56 volunteers with a lockdown hero certificate and a 2020 volunteer badge. Thank you to all our club volunteers for the time they have taken to volunteer during such a difficult and unprecedented year.

➤ SwimMark and Stronger Affiliation –

Over the past year the Club Development Officers have been working hard to support our clubs through SwimMark Full Accreditations, SwimMark Essential Health Checks and also Stronger Affiliation.

SwimMark:

SwimMark accreditation is Swim England's quality standard for clubs. It recognises high standards of governance, sustainability and effectiveness. SwimMark helps you to achieve good governance, grow membership, develop volunteers and ensure your activity is sustainability and in line with your club objectives. We are pleased to announce that 76 clubs achieved SwimMark this year.

Stronger Affiliation:

By introducing a Stronger Affiliation process, Swim England is able to:

- Support clubs to ensure they are implementing the appropriate governance and meeting minimum operating standards.
- Enhance the experience of club members.
- Demonstrate its commitment to ensuring the safety of all affiliated clubs and members through stronger governance.
- Provide stronger leadership for the sport.
- Strengthen sustainability for future generations.

Stronger Affiliation is aimed at the Swim England clubs which aren't currently SwimMark accredited. We are happy to report that 11 of our clubs achieved Stronger Affiliation.

➤ East Midlands Club Survey –

Over the past year we have tried to adapt with the ever-changing situation and find new means of supporting clubs. If you have any new ideas or recommendations on how we can better support our clubs and/or anything you would like to see more of, we ask that you please complete the following survey as we would love to hear from you: <https://www.surveymonkey.co.uk/r/EMClubsurvey>