



VOLUNTEERING NEWS

MAKING A DIFFERENCE

ISSUE 14 | SEPTEMBER 2014

WELCOME ASA VOLUNTEERS TO THE SEPTEMBER EDITION OF VOLUNTEERING NEWS

The summer has been a busy one here at the ASA – we have announced Adam Paker as the new CEO of the ASA, we have successfully delivered four ASA Club Conferences as well as supporting 3,600 young people to develop their lifesaving aquatic skills!

The summer holidays have now drawn to a close, and the school cycle is getting back into the swing of things. We look forward to the coming months at the ASA as September and October see the launch of new programmes such as the National Talent Camp and the delivery of our fantastic annual volunteer recognition awards – the Aquaforce Awards!

Read on to find out more information but if you would like to get in touch with the Volunteer Engagement Team, please contact voluteering@swimming.org.

We look forward to hearing from you.

Best wishes,

The Volunteer Engagement Team



Steph Elliott
Volunteer Engagement
Manager



Becky Milnes
Volunteer
Engagement Officer

NATIONAL AQUAFORCE AWARDS SEE'S EXCEPTIONAL CALIBRE OF NOMINATIONS



**David Akers collecting the
Volunteer Teacher/Coach
of the Year award in 2013**

The ASA National Aquaforce Awards provide us with a real opportunity to recognise and reward some of the unsung volunteer heroes of our sport.

This year has once again seen an exceptional standard of nominations which undoubtedly makes the task of selecting the National Winners a real challenge.

We would like to thank all those who took the time to nominate a fellow volunteer for an award – all nominations will receive recognition and National winners will be announced on Saturday 18th October. The next edition of Volunteering News will feature articles on all National Winners.

AQUAFACT



Humans have been swimming for at least 10,000 years. That's when the rock painting images in "the cave of swimmers" near Wadi Sura in south-western Egypt were painted. There are depictions of swimming in art from the early Minoan, Incan and Babylonian empires. The Egyptians, Persians and Greeks were all keen swimmers: Plato said anyone who couldn't swim lacked a proper education. The Japanese were holding competitive swimming galas in 36BC. Medieval English knights swam in armour as one of the "seven agilities". The scholar Everard Digby (executed in 1606 as a Gunpowder Plotter) wrote 'A Short Introduction for to Learne to Swimme' in 1595. He said men swam better than fish because they could move forward, backward, on their sides and upside down.

YOUTH SPORT TRUST LAUNCH 2014 NATIONAL TALENT CAMP

For the first time in 2014, the Youth Sport Trust will be launching a brand new National Talent Camp in conjunction with Loughborough University and 10 National Governing Bodies of Sport.

The four day residential camp will offer a unique development opportunity for aspiring athletes, coaches and officials. Following which, the ASA will deliver a 12 month development programme to ASA programme candidates.

The ASA will be offering the opportunity to ASA coaches and officials who are aged between 16 and 19 and in full time education (School Years 11 – 13).

Coaches

- Must be an ASA member and a member of an ASA affiliated club
- Must be actively coaching in a club environment in any discipline
- Currently hold a UKCC Level 1 or Level 2 Qualification
- Must be committed to a 12 month programme

Officials

- Must be an ASA member and a member of an ASA affiliated club
- Must be actively officiating in the discipline of Swimming
- Currently hold a Judge 1 Qualification or higher
- Must be committed to a 12 month development programme

The full criteria and programme will be released late September but if you would like to express your interest and be emailed an application form upon release please contact volunteering@swimming.org



TACKLING ATTITUDES IN SPORT – POSITIVE BEHAVIOUR WORKSHOP



Parents and spectators play an essential role in supporting a child's participation in sport and many have a positive influence in both club and competitive environments. However, many grassroots swimming clubs are struggling to address the increasing problem of negative parental and spectator behaviour, of which the impact on a child cannot be underestimated.

The ASA's 90-minute Positive Behaviour Workshop offers support and guidance for clubs to identify and address negative behaviour. Anyone with an involvement in aquatics can attend a workshop including spectators, parents, coaches, officials, volunteers and club members with the overall aim of helping English Swimming and aquatics clubs to improve the experience for their young members.

We recommend that the Positive Behaviour Workshop is delivered by your club's Welfare Officer, with support from young people. The Workshop does not need to be registered, but an evaluation form must be returned upon completion.

[Click here](#) for more information and to download available resources.

BRITISH SWIMMING RELEASE NEW ONLINE 'CONTEMPORARY ISSUES' MODULE FOR BRITISH SWIMMING TECHNICAL OFFICIALS



technical officials in the following areas:

- Understand the need to abide by the British Swimming/ASA Code of Ethics
- Identify procedures for safeguarding children
- Understand the meaning and embrace equality and diversity
- Understand health and safety considerations
- Raise awareness of the Aquatic structure and officiating pathways within each discipline

To undertake the module you should be a qualified technical official in one or more discipline (level required for licensing you will find outlined in the licensing application and renewal form).

[Click here](#) to find out more information.

The Contemporary Issues module is aimed at technical officials from across the disciplines who would like to become licensed or renew their licence. Contemporary Issues is a condition of licensing and will up-skill and educate

BECKY MILNES, ASA VOLUNTEER ENGAGEMENT OFFICER TAKES ON SWIM SAFE!

As a swimming coach, Masters Swimmer, member of the ASA Volunteer Engagement Team and self-confessed sun lover, I couldn't think of a better way to spend a week over summer than at the beach supporting the delivery of children's water safety sessions.

So it wasn't a hard sell to encourage me to volunteer at Swim Safe; a project run by the ASA in conjunction with the Royal National Lifeboat Institution (RNLI) which offers completely free water and beach safety sessions to children aged 7-14.

Throughout the summer the programme has run at four locations – Bude, Bournemouth, South Shields and Lake Windemere, with a total of 3600 children passing through the fun and engaging sessions, all supported by a fantastic team of over 90 volunteers. All the children received a 10minute talk from a RNLI lifeguard before enjoying a 30minute session in the pool taught by qualified ASA teachers, and received a goody bag upon completion of the session.

I recruited a couple of friends to volunteer with me – Carla and Amy – sisters from Dronfield who have both been involved in swimming from a young age. Carla is a full time swimming coach and Amy works in a school.

As volunteers we were doing a range of roles – from promotion on the beach talking to parents and children about the programme, to getting the children in and out of wetsuits, rash vests and swimming hats for their sessions (harder than it sounds!). It was such a great experience to see the children engaged in the sessions, learning about water safety and having loads of fun in the process! It was also great to see and speak to so many parents who really valued the programme and were there listening in on the safety talks too!

"It was fantastic to see the kids in a different environment – I am used to watching them swimming up and down in a pool which is warm (compared to the sea!), clear and still – so this is such a good opportunity for them to understand how open water and the sea are different, and it feels great to know I have helped them learn potentially lifesaving skills"

Carla Bickerstaffe.

"As well as enjoying being part of the sessions and watching the children and parents learning, it was also a great experience for me to meet other volunteers and get to know new people. Everyone was willing to get stuck in to all the jobs that needed to be done so it was a real team effort which was brilliant to be a part of."

Amy Bickerstaffe.

I had a fantastic time and wouldn't hesitate to volunteer on the project again and I would encourage anyone to do the same – thanks to the RNLI and ASA Swim Safe team for a great summer!

