



## February

### Para Swimming Regional Training Day

The Para Swimming Regional Training day was held at Taunton School on Saturday 22<sup>nd</sup> January from 12 to 430pm.

11 swimmers attended the session and were split into 4 groups which were led by the following coaches: Lead Coach James Richards (Gloucester City); Development Coach Catherine Ralph (Carrick Masters); Skills Coaches Adam Clarkson (Exeter City), Craig Skinner (Gloucester City) and Neil Hamp (Swim Bournemouth).

In the pool the swimmers had a 90 minute session which covered aquatic alignment, stroke drills and progressions with a focus on developing skills. Throughout the session the swimmers were asked to think about and feedback on their performance. The swimmers were asked 'can you feel a difference', 'how can you improve' and 'what are you learning'.

The pool session was followed by a classroom workshop on the topic of nutrition, in which the swimmers showed great interest.

The overall feedback from the swimmers was that it was a great day at a great venue. Both the facilities and access to the venue were good.

While parents/guardians were not able to attend the pool sessions, they were able to sit in on the nutrition session.

### SW Officials attend the British Para Swimming International Meet.

Three SW referees were appointed for the BPSIM (incorporating the first of the 2022 World Para Swimming series), in Aberdeen.

Despite the forecasted weather warning Sue Gabriel (North Cornwall Dragons), Dave Jones (Wroughton ASC) and Nicky Vause (Norton Radstock SC) all made their flights.

This year's event attracted a reduced entry however the performances were outstanding; with British and World records tumbling.



## March

### Water Polo Host their First Regional Training of 2022

South West Water Polo hosted their first Regional Training session of 2022. This was a four hour session which included strength and conditioning, tactical and pool sessions.

This event was attended by over 100 players from across the Region.

During this session the selections for both the boys and girls u18 teams for the upcoming Inter Regional Competitions.

There was also a selection for the u16 teams which will be playing in the friendly tournament ahead of their Inter Regional Tournament in June and July.



### St Austell Sharks Stands by Ukraine with a Charity Swim

St Austell Sharks Swimming Club wanted to pull together as a club to raise some money to donate towards the DEC Ukraine appeal.

On 22<sup>nd</sup> March all of the swimmers attempted to swim from Polkyth Leisure Centre – the club's home pool – to the Sports Palace Kyiv. This is a total of approximately 1827 miles, the swimmers completed 1m for every mile in distance.

Natasha Coon, club Chair said; 'Well done to our swimmers who completed a charity swim to raise funds for the Ukraine. We are all very proud of you.

We raised an amazing total of £1630 (including gift aid). This was fantastic and we are so grateful to everyone who contributed.

The children were all treated to 'Ukrainian' cup cakes after their mammoth effort, courtesy of one of our parent helpers'

Well done to all those involved what a great fundraising effort.



## April

### **Swim England Launched New Inclusion Resources**

Swim England have launched updates to two resources which will help to further improve inclusion within swimming.

Changes have been made to this newly named 'Certificate of Exception' as well as their swimwear guidance.

The national governing body's 'Certificate of Exception' is the first of the two resources and is an update of the previously named 'Certificate of Swimming Disability'.

Alongside the certificate, steps have also been taken to update Swim England's swimwear guidance to include reference to period wear for the first time.

This guidance is currently applicable to swimming only and Claire Coleman, Swim England head of development, was happy to support the updates.

[Click here](#) to view the updated resources and read more.