

# ASA South West Region Newsletter

May 2017

Issue 3

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)

## Changes to note

Further to our update in Issue 2 please note a change in contact details for Jackie Hilleard:

**Mob:** 07777 689410

**Email:** [jackiehilleard@gmail.com](mailto:jackiehilleard@gmail.com)



Please also note that Chris Vickery's job title is South West Regional Administrator.

## Regional Updates

- **Bryanston Residential Course**—13th to 19th August 2017. The region are running their annual residential course again this year, this is aimed at swimmers ages 11 years and over (age at 31.12.2017). The main emphasis will be on technique for all four strokes, the IM, starts, turns and finishes. [Click here](#) for full details.
- **Regional Coaches Conference**—10th June 2017. Further details in the courses and training section.
- **Attention County Secretaries**—should you wish to have your courses advertised within the Volunteer Training Calendar on the South West Region's website then please remember to email all details to [Chris Vickery](#).

## Member News

**Chris Jessop** a 70 year old masters swimmer from Salisbury Stingrays has entered 4 masters events in the World Masters in Budapest this year. We all wish him luck in his races.

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## Key Contacts

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## South West Snapshot—Swim21

Each month we will be highlighting a relevant topic.

Swim21 is a tool to help you run your club in line with best practice.

It provides clubs with templates and guidance on good club governance. Each month we will take you through the different areas of swim21 that will help you with the running of your club.

This month we will focus on **Constitutions**

There are different ways in which you can set up a club and depending on what you do will depend on which constitution you will adopt. Types of set up can include:

- Members club/unincorporated association
- Community Amateur Sports Club (CASC)
- Company
- Charitable incorporated organisation
- Registered charity

Most clubs will be set up as a Members Club or an Unincorporated Organisation. Swim England provide a model club constitution for this set up and update it regularly. We recommend that all clubs regularly review their constitutions. If the last version of your club constitution is older than 2013 then it may not meet the current Swim England guidance and should be reviewed. Club constitution amendments can be adopted at an AGM or SGM (please remember that members should be given 28 days' notice of these meetings). Swim England guidance on constitutions can be found if you [click here](#).

Each County has a dedicated Constitution and Rules Regulator who will be able to give advice and guidance on Club Constitutions, please see the below list of contacts:

**Cornwall** [Celia Webster](#), **Devon** [Roger Downing](#), **Dorset** [Diane Gibbs](#), **Gloucestershire** [Herbie Adams](#) or [Shelia Bryant](#), **Somerset** [Alan Withers](#), **Wiltshire** [Maurice Cleever](#) or [Michele Greenan](#)



## Courses and Training

**IOS Website**—visit the website for courses coming up in your area.

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**—[click here](#) to be directed to our up to date list of training opportunities.

**IOS Courses**—[click here](#) to be directed to our website and full list of courses.

### **Some Highlighted Upcoming Courses**

**10th June** - Regional Coaches Conference—The Walnut Tree Hotel, North Petherton, [click here](#) to book your place

**18th June**—Disability Swimming Conference—Holiday Inn, Taunton, [click here](#) for more information and to book your place.

**Level 1 coaching courses** running soon in Bath and Saltash, [click here](#) for a full timetable of courses running.

