

# VOLUNTEERING NEWS

MAKING A DIFFERENCE

ISSUE 8 | JUNE 2013



ASA and British Swimming staff want to personally say a huge THANK YOU to each and every dedicated volunteer who helps to make our sport happen!

# Welcome to the special edition of Volunteering News!



This edition aims to celebrate and recognise each and every volunteer that dedicates their time and energy to make the sport happen. Volunteers like you, from national technical officials and club committees, to poolside helpers and local coaches, are the people on the ground supporting athletes to make their splash in the water. Without your commitment the opportunities just wouldn't be there for them to do so.

The ASA would like to use Volunteers' Week to showcase its' volunteer workforce and thank you for your dedication to making the sport happen, as well as encourage you to make the most of the support and training that is available to you. We hope you enjoy reading about what is happening up and down the country but more importantly feel inspired to join us and say 'thank you' to that special individual who makes an impact locally to you.

To keep up with what is happening during Volunteers' Week, please visit [www.swimming.org/asa/volunteering](http://www.swimming.org/asa/volunteering)

**On behalf of the Volunteer Engagement Team – Thank you!**



**Francesca Kelly –  
Head of Volunteer  
Engagement**



**Steph Elliott –  
Young Volunteer and  
Technical Officials  
Co-ordinator**



**Becky Milnes –  
Volunteer  
Development  
Co-ordinator**

## TAKE THE TIME TO SAY 'THANK YOU' - NOMINATE FOR THE 2013 AQUAFORCE AWARDS!

This summer marks the first anniversary of London 2012 and as we continue to celebrate the Olympic and Paralympic legacy, take a moment to stop and think about the volunteers in your aquatic community.

It is no secret that volunteers are the lifeblood of our aquatic clubs, whether it is the volunteer who enthusiastically manages the front desk, the volunteer coach who tirelessly runs training sessions or the workforce co-ordinator who ensures club volunteers feel supported; no volunteer contribution should go unnoticed!

In 2013 take the time to stop and say 'thank you' to that special volunteer in your club or community. The Aquaforce Awards offer you the opportunity to recognise the unsung heroes who dedicate countless hours to make our sport happen.

Nominations will open on 1st June, marking the commencement of Volunteers' Week. Everyone and anyone can nominate an ASA volunteer for an award. Nominations will close on 15th July.

The 2013 awards will be given in seven different categories:

1. Club Volunteer of the Year
2. Outstanding Contribution by a Young Volunteer
3. Outstanding Contribution to Swimming in the Community
4. Outstanding County/Regional Contribution
5. Services to Officials Development
6. Volunteer Teacher/Coach of the Year

Regional winners will be shortlisted for the National Aquaforce Awards. National winners will be announced at the ASA Council Dinner in October.

2013 will also see the introduction of a brand new club award:

7. Celebrating Excellence in Club Volunteering

A National winner only will be selected for the Club Award. Representatives from the winning club will be invited to attend the Council Dinner to receive this prestigious award. For the first time in 2013, 'Celebrating Excellence in Club Volunteering' will offer the opportunity for club's to self nominate.

[Click here](#) to view the category selection criteria and to download the nomination forms. Each category will have a separate nomination form.

For all enquiries please contact [aquaforceawards@swimming.org](mailto:aquaforceawards@swimming.org)

# VOLUNTEERING AROUND THE WORLD

## James Blackburn tells us about his experience volunteering with Swim Vietnam

As a kid swimming was a normal activity, I remember having a stroop before lessons and being bribed with the chip shop on the way home. Despite my stroops, mum encouraged me to stay with the sport and I accumulated many badges and learnt how to swim through a hoop with my pyjamas on. From here I never really considered learning to swim to be an unusual activity; in the UK it's just part of growing up.

For some reason I googled which countries had the most drowning cases, I was shocked. In some areas of Asia up to 46 children drown per day (Source: Swim Safe/TASC 2012). Vietnam was second from the top with an estimated 32. This startling statistic has led to the drowning problem in Asia being named as a silent epidemic.

I had to know what was being done to address this, and if as a qualified swim teacher there was anything I could do. After another quick search I found the charity Swim Vietnam, set up by Joanne Stewart and TriBob in 2008. The charity is based in Central Vietnam and provides free swimming and water safety lessons to children and trains local adults as swimming teachers. So far they have taught over 4,000 children



to swim, trained over 90 teachers, built two above ground swimming pools, one in ground swimming pool, and will open another venue later this year. I went to visit them in April and was taken aback at the result of five years work.

The swimming teachers are brilliant; they are traditional in their teaching, yet innovative in their practices, the passion that they put into their teaching rivals the teachers I have seen in the UK. I think this comes from the reality that lots of young people drown in Vietnam.

I found that it was really important to remember that the children I was helping or observing in the pool had never swam before; they had never been taken swimming before because their parents couldn't swim, because their parents' parents couldn't swim and so on. This did unusually mean that most had a great amount of water confidence, I think this is partly due to the fact they have never been told the stories of drowning in a pool. Their confidence made the atmosphere of the lessons brilliant; I don't think I saw an unhappy child in the pool for the whole 12 days I was there. The parents are really proud of their children for taking part in the programme, education plays a massive part in Vietnamese culture; many kids go to school followed by extra tuition and then sports classes until dusk. You can already see that swimming lessons, now that they are here, will fit in well with parents' aspirations.

Unfortunately the economic situation in Vietnam is not good, a government funded swimming programme is still years away, and parents in the non-tourist areas just simply do not have the money to spend. This is why free swimming lessons are really important. Swim Vietnam are

working with the local government and the education department to ensure that parents are not charged for the lessons, as well as ensuring that schools do their best to get the kids into the pool. It is a big project for the Swim Vietnam team, but will result in lots more children taking part in the programme.

So what's next for swimming in Vietnam and for Swim Vietnam as a charity? The consensus among teachers and the community is that Swim Vietnam needs to expand, but with the way in which they expand being key. Personally I think teaching swimming is not only giving children a life-saving skill, but inspiring them to participate in the sport for the rest of their lives, whether competitively or recreationally; which is where teacher and coach education is key. Apart from formal courses, there are limited ways in which these teachers and coaches can develop in Vietnam, which is why teaching with volunteers from all over the world can really benefit the skill set of both teachers and volunteers. I would encourage anyone to visit Vietnam and see the work that they are doing, but even more I would encourage you to donate money or equipment to this amazing cause; it really does go such a long way! For me the cost of having a meal out could put a child through the programme and save their life. I really hope that this swimming programme along with others, are around for years to come, and that swimming in Vietnam for these children becomes part of growing up.

If you have been inspired by James's story and would like to find out more about the work that Swim Vietnam does, please visit their website [www.swimvietnam.com](http://www.swimvietnam.com)



# THANK YOU CORNER!



**My daughter's name is Alyssa; she is 10 years old and swims at Bingham Penguins.**

She has attended for over a year and in that time she has won an award

and progressed in her swimming abilities. This is because her coach Lisa always believes in her and praises her. This may seem very simple to some people, but for Alyssa this means so much because she has spent her 10 years being told she doesn't make the grade for many things and over the years this has knocked her confidence.

When she comes to Penguins she knows everyone is in the same position, therefore she can be herself and that's invaluable. More importantly her coach tells her she is 'great' that she's 'done well' she 'concentrated', these few words make Alyssa very happy and show that the coaches understand each child's individuality. Alyssa is rarely recognised or awarded for achievements and Lisa saw Alyssa's efforts and presented her with an award for 'most improved junior' which was huge for Alyssa and told her she was good at something.

So I would like to say **THANK YOU** to Lisa, the little things people like you do are noticed and very much appreciated, you do a great job and these children will remember you forever.

Best wishes,  
Alyssa's Mum



**All of us at Keynsham Swimming Club (KASC) would like to say a huge THANK YOU to our Membership Secretary – Bet Parsons.**

Bet joined KASC over 40 years ago when her children started to swim at a competitive level. Despite the fact that her children have grown up, left home and she is now a grandmother, she is still with us and is hugely committed and as loyal as ever.

30 years ago Bet took on the role of Membership Secretary serving on the KASC Management Committee for all of this time. This goes far beyond the keeping of our membership records. Three nights a week, 40+ weeks of the year, Bet is at the Swimming Club. She is the face of our club, signing in the swimmers, collecting fees and answering thousands of questions. Often this can be difficult, but Bet's combination of empathy, experience and

knowledge means that she is able to deal with any situation. Of course it goes far beyond that. Bet provides a very important pastoral role, not only to the swimmers, but also to their parents and often the club's coaches. Her common sense approach, coupled with her insight into the life of a family with a sporting child, and her vast experience of the world of amateur sport means that she is the first port of call for most queries.

Bet and her late husband Mike have, to their delight, had care of their extremely talented sporting grand-daughter and they have been fully involved in her sporting journey at every level, travelling the country to support her as they did with their own now grown up children. Not only is she gran to her granddaughter, but to everyone involved at KASC – we rely on her.

We want to say a big **THANK YOU** to Bet as four weeks ago she had a fall and broke her femur. She has had to have an operation and will be in hospital for some weeks to come. We all miss her at the club and look forward to welcoming her back. Get well soon Bet!



**A big THANK YOU to all UEA City of Norwich SC Volunteers!!**

Running a successful club means having a team of dedicated volunteers ready to go that extra mile.

At the UEA City of Norwich we have an army of people ready to do that.

And we would like to take this opportunity to say **THANK YOU!**

But special mention must go to Gary Smith, who is extraordinarily versatile, filling the Team Manager role both at meets and at the Easter swim camp, doing meet entries and promotion and is on both C&R and Management Committees.

Also Vanessa Mann, who works tirelessly as a squad rep, team manages at all meets, and at two swim camps abroad, helped with a school initiative and still finds time to swim as a master!

Lastly a whole family of volunteers! Special thanks go to the Crooks family who volunteer

regularly for both home and away meets despite not always having a swimmer participating.



**Hoylelake ASC say a special THANK YOU to their 'Making a Difference' volunteer Caroline Ashcroft.**

Caroline is a volunteer ASA level 2 coach, coaching three hours a week

at Hoylelake ASC and has been coaching now for over 20 years. But it is for her officiating skills that we would like to put her forward as a 'Making a Difference' volunteer.

Caroline has been officiating for the past 10 years and is now a qualified referee and certainly goes that extra mile, not only officiating at all Hoylelake Club Galas but at Wirral Peninsula galas, Arena League, North West Region events and Masters Championships. To do this Caroline often has to give up whole weekends to the sport, which is a huge commitment with a full time job and family.

Recently Caroline has run a Judge Level 1 course in Wirral encouraging a whole generation of new volunteers to start on the officiating ladder. She has especially encouraged some of our older teenagers to get involved and become Level 1 Judges, and again give something back to the sport we all love. Caroline's passion and commitment to coaching and officiating is very inspiring to other club members to also become volunteers.

On behalf of Hoylelake ASC I would like to say a big **THANK YOU** to Caroline for all of her hard work and time that she freely gives to coaching and officiating.

Paula Corley  
Hoylelake ASC Secretary



**The ASA East Regional Board would like to say THANK YOU to all of the East regional volunteers!**

The East Regional management board

as volunteers themselves would like to say a special thank you to ALL of the volunteers for the time and effort that they put into the sport. Within the clubs, counties and region, each and every one of you plays a very important part in making aquatics in the region a success.

- Attends monthly committee meetings, always well informed, helpful but fully grounded in the member's needs.
- Two children who swim at the club and his wife, Louise who is also the events co-ordinator.

Congratulations Andrew!

the Regional Board on progress. He is also an ASA Friend which can take up a large part of his week. Alan was the Regional President in 2008/9. Thank you Alan for everything that you do!



**Broadstairs Lifeguard and Swimming Club, like most other clubs is run totally by volunteers; they would**

**like to say THANK YOU to all of the volunteers who have put themselves forward to help on 8th June. The galas wouldn't be able to take place without you!**



**Hemel Hempstead SC says THANK YOU to Andrew Farrow**

Andrew Farrow, the Administration and Membership Secretary was awarded the 2012 Dacorum Sports Award for Volunteer of the Year.

Andrew's dedication and commitment has shown no bounds, but some of his achievements you will find listed below.

- Spends more than 15 hours per week managing all aspects of admin and membership (despite having a full time job in London)
- Manages all of the swimmers data
- Created a superb new joiner's pack
- Meets every new starter and their parents for a one-to-one consultation, making sure they have everything they need to know
- Creating and uploading competition events schedule to the club website
- Single-handedly manages email communication to over 300 members
- Responsible for the electronic timing equipments (AOE)
- Fully qualified timekeeper – often found officiating at events
- Oversees other club volunteers who manage out ASA membership and fees
- Linked meet manager to app to allow parents to see real-time results on their iPad or iPhone
- Works closely with the treasurer

- Sue Smith
- Tony Taylor
- Tracey Gullick
- Kelly Jones
- Jo Barker
- AnnMarie Whelan
- Chris Humphries
- Steve Rayleigh-Strutt
- Fiona Cailis
- Jo White
- Darren Sayer
- Lisa and Grace Andrews
- Alan Tilbury
- Lawrence Whelan
- Charlotte Tilley
- Tina Burbridge
- Emma Kemp
- Simone Witham
- Annabelle Keyworth
- Bronwyn Tuddenham
- Molley Dawson
- Emma Warren

#### Philip Collins, Out to Swim

Having been a committee member for 16 years, and having served as the club's treasurer for over 10 years, Philip has been a constant backbone of Out to Swim (OTS). One of the first members of the club, he has served as Club Chair and Chair of the Middlesex ASA Masters committee, Chair of the International Gay and Lesbian Aquatics (IGLA). He is also a qualified ASA Starter and Judge and has officiated at county events as well as refereeing at OTS's own GLLAM competitions. He has been a key team member in OTS's representations at local, national and overseas master's tournaments in breaststroke and individual medley events.

Since joining the club in 1992 after seeing an advert in a gay newspaper, Philip has played a fundamental role in developing OTS into the largest masters swimming club in the UK. During his tenure as treasurer Philip has not only been the "steady hand on the tiller" and ensured the financial stability of the club, but has been a key figure in making the club what it is today. His enthusiasm for swimming and LGBT sport and his meticulous effectiveness in managing the club's finances has ensured that new projects, from an OTS stall at Pride to substantial increases in coaching and pool time, have been successful. The expansion of the club to include diving, water polo, synchronised and open water swimming is a credit to the astuteness and strategic thinking that Philip brings to the committee and OTS more generally. He advocates the club as a fantastic resource for LGBT people, providing health and fitness and a sense of community.

**THANK YOU** Philip for everything that you do!



**The West Midlands Team would like to say THANK YOU to Alan Bartlett!**

Alan works tirelessly for 'swimming' in a county capacity as well as within the region. He looks after club affiliation and club constitutions and as we are currently asking all regional clubs to revisit their constitution, this is no mean feat! Alan is our regional governance guru attending national meetings to discuss the new ASA Board structure and advising



**Stocksbridge Pentaqua would like to say a big THANK YOU to David Kershaw for all of his help and continued support**

**over the years. David is a lifeguard and coach at Stocksbridge and dedicates his free time whilst studying for a degree at Sheffield Hallam University.**



**THANK YOU to all of the Volunteers who helped at Harrogate District Diving Club's novice diving event.**



### Keeping it in the family

For Erika Gittins, the Dane Valley Amateur Swimming Club is a lifelong passion. Erika, who heads up the teaching

programme, started swimming for the club at the age of 10 and has been coaching since the age of 14. Introduced to the club by her mum, Ruth Fitzgerald, who herself coached at the club in the 1970's, 80's and early 90's, Erika has been volunteering at Dane Valley for over 22 years, only taking time away to bring up her family.

Erika volunteers for around nine hours a week and during that time covers a number of key activities in support of the teaching staff.

A highlight for Erika is seeing members that she mentors and teaches become volunteers themselves to train the next generation of swimmers. An example of whom are Erika's two sons, James (14) and Matthew (12) who are the third generation of her family to become active volunteers for Dane Valley Swimming Club.

A swimmer for the club, James wants to follow in his Mum's footsteps to coach and is already looking to attain his teaching qualifications. Volunteering at least two hours a week, James is gaining good practical experience in team management and supports in the lane ends at galas and mentors the younger members of the club. Most importantly, he enjoys the time he spends at the club.

Erika's youngest son Matthew, who also swims for Dane Valley, has already indicated his aspirations to join his older brother in the coaching and management of the club and is

already building up his volunteering experience. On a Monday night, Matthew and his dad head up the club desk, and Matthew can be relied on to support Dave in getting the desk ready for enquiries and payments.

Yes, there is another volunteer in the Gittins family. Dad, Dave Gittins, also plays an active role in the club. Dave has been Treasurer for over three years' and volunteers 5-6 hours a week. Dave is responsible for the day-to-day finances of the club, including the preparation of its' annual accounts and forecasts. Dave is also the club's HY-TEK software specialist and works with the Head Coach to ensure teams are correctly entered for galas and also sets up galas that are run at Dane Valley. You will also see Dave doing the announcing at home galas – utilising his skills as a former DJ.

Overall from speaking to the Gittins you get a real sense of legacy and love for Dane Valley ASC and this is what motivates their volunteering. The family is very proud of their involvement with the club and its' achievements and their wish is for the club to continue to be successful and support the future talent line of both swimmers and volunteers.



### Wellington SC – Why we volunteer

I began volunteering on poolside when my children joined the club, and I am still here 18 years later. I enjoy seeing the swimmers progress through the club and get a lot of satisfaction seeing the improvement of the swimmers in teaching groups. – A. Staples

As an ex-wellington swimmer I had lovely memories of my time, and now my son swims I wanted to put the time in to help him and the other swimmers. – Karen Dickinson

I love teaching the beginners, seeing their confidence and techniques develop and then their progression through the club. As an ex-swimmer it is satisfying to put something back into the club. – Carol Whitehead

Over 30 years ago my eldest daughter joined WSC and my other four children followed. I soon got involved on poolside and by default became chief coach for approximately 25 years. I now take a back seat but still enjoy teaching two nights per week. Even after all these years I still get a thrill seeing so many healthy and enthusiastic swimmers doing their stuff!

– Keith Gibson

My daughter joined Wellington club just over 12 months ago, I became involved to give my time to help a really good club. Even when I've had a bad day at work, the lovely greeting I get from the members makes my day.

– Michaela McLeod



### Volunteering at Hoddesdon Swimming Club

HODDESDON Swimming Club has been established with

the ASA since 1895. Today it is a club that has high standards with swim21 accreditation and the coaches subscribe to the county CoachMark scheme. At the heart of the club there is a team of dedicated volunteers who make up the general committee. This core group is key to the success of the clubs' volunteering programme. They must engage with and motivate other members and showcase the value of volunteering in today's society.

There are several opportunities for people to volunteer in the swimming club. Parents are encouraged to become qualified Officials enabling local, county, regional and national events for main club swimmers and swimmers with a disability to compete in the sport they love.

The coaching team supports novice coaches through a mentoring scheme enabling them to gain valuable experience and practice their skills, and also helps find funding streams which can help with the expense of UKCC courses.

Strong links with local secondary schools enables Sports Leaders to do their volunteer hours for Duke of Edinburgh Award, GCSE, A Level or BTEC studies. The sports leaders can work with the main club or with the disability section for people with an intellectual disability through the Special Olympics East Herts squad.

The Club works in partnership with the Borough of Broxbourne and the ASA and Hoddesdon Swimming Club is proud to support the Disability Development Day which is organised by Herts ASA and the local County Sports Partnership.



The British Swimming/ASA Events Team would like to say a huge THANK YOU to the dedicated volunteers who commit time on a regular basis to support the delivery of Aquatic Events across Swimming, Open Water, Water Polo, Diving and Synchronised Swimming.

Andrew Marvin  
Ian Macleod  
Chris Bostock  
Annie Marwood  
Amanda Harrision  
Nigel Mills  
Ray and Linda Gordon  
Beth Smith  
Ian Proud  
Marianne Mullen  
Kath Smith  
Jane Ogden  
Simon Sinclair  
Hugo Ordonez  
Lesley Prentice  
Tom Owens  
Liz Sykes  
Roger Page  
Lisa Forest  
Chris Sage  
David Rush  
Chris Snode  
Elsie Rush  
Adam Sotheran  
Kath Holbourne  
Hayley Sotheran  
Ryan Manchester  
Lottie Thompson  
Chris Winstone  
Charlotte Tomkys  
Andy Morris  
Rosie Whiting  
Rhys Jones  
Mary Sless  
Teri Jeynes  
Alan Alderman  
Jack Ferriday  
Andrew Williams  
Claire Black  
Ian Watson  
Ian Whitehead  
Katherine Barclay  
Roger Parrell  
Jan Clayton  
Frances D-Smith  
Marina Davies  
Ruth Christian  
Marcia Randle  
Sarah Hill  
Bev Whiting  
Les Debenham

Jennifer Dean  
Nikki Smith  
Jasper Hooper  
Andy Strudwick  
Phil Crewdson  
Andrew Sylvester  
Michael Guy  
Maria White  
John Bailey  
Malcolm Taylor  
Jan Gittings  
Eddie Wilmott  
Mari Jary  
Gemma Wright  
Bill Murdoch  
Sarah Clarke  
David Metcalf  
Dennis Yeoman  
Simon Middleton  
Amanda Lower  
Louise Mackie  
Steve Fuller  
Sue Lambert  
Alex Smith  
Zoe Holmes  
Richard Crisp  
Barry Saunders  
Ian Atkinson  
Kim Winder  
Alistair Rainsbury  
Bob Outtram  
Katie Austin  
Susan Harrison  
Mandy Fuller  
Neil Booth  
Nicky Williams  
Sheli Aldred  
Andy Bell  
Len Badcock  
Daniel McDermot  
Alistair Baker  
Dave Williams  
Ann Barker  
Howard Cartwright  
Jill Boothroyd  
Dorothy Smith  
David Broomhall  
Jane Davies  
Collette Calvert  
Elizabeth Christian  
Anne Clark

John Green  
Pat O'Callaghan  
Philip Hebblethwaite  
Alan Capstick  
Sharon Crawford  
Betty Allen  
Sally Hooper  
Alex Bagiu  
Tania Hockin  
Susan Bamber  
Harriet Roberts  
Andy Banks  
Christine Bates  
Derek Beaumont  
Rodney Powers  
Melanie Beck  
Dave Randall  
Julian Bellan  
Linda Slyvester  
Sam Buck  
Lauren Smith  
Bill Clark  
Ian Stuart  
Carlos Ferra  
Aimee Spencer  
Lindsey Fraser  
Victoria Tommey  
Sally Freeman  
Daisy Gunn  
Tandi Gerrard  
Jake Williams  
Dorothy Gibson  
Francyne Hardy  
Steve Gladding  
Zoe Morgan  
Chris Gravestock  
David Hunt  
Malcolm Green  
Carole Henson  
Fito Gutierrez  
Pat Holmyard  
Adrian Hinchliffe  
Phyllis Mclean  
Marc Holdsworth  
Helen Seamer  
Steve Jackson  
Shoena Jones  
Edwin Jongejans  
Katie Hooper  
Stacia Long

Hannah Bickerdike  
Frank Clewlow  
Anne and Tim Cradock  
Annie Clewlow  
David Dickenson  
Jean Cook  
Mandy Hall  
Francisco Diaz  
Charmaine Hooper  
Rhian Medway  
Kevin Huntsman  
Carolyn Glover  
Sue Milnes  
Jayne Glynn  
Gina Nanavaty  
Lesley Grist  
Val Simmonds  
Kathy Hancock  
Carla Rispin  
Gail Harrison  
Gillian Hindle  
Zoe Holmes  
Alan Hindle  
David Johnstone  
Anni Martin  
Grace Knight-Wisdom  
Chesney Hall  
Jackie Laugher  
Nikita Hall  
Helen Lee  
Jess Randall  
Nina Mewse  
Charlotte Berzins  
Dawn Milton  
Kate Whitmill  
Peter Moran  
Sarah Porter  
Fred Murray  
Tony Ward  
Yvonne Newton  
Helen Ward  
Miles Osborne  
Chris Wilson  
Roger Prior  
Natalie Cunningham  
Jill Robinson  
Carlolyn Dawe  
Simon Rothwell  
Becky Ashworth  
Richard Sheath