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# Survive and Save Club Newsletter – February 2008



## MOVING ON UP!

**From the Education & Development Corner from Ray Lau**



### Lifesaving going from strength to strength!

The RLSS UK Middlesex branch ran its first Trainer/Assessor (Lifesaving) course in conjunction with the club in over 10 years! I am pleased to announce that we now have three probationary Trainer/Assessors (TAs) within the club and the branch. Congratulations to Leena Patel, Rohan Karkhanis & Jenni Maidment. Pictured with myself as Course director and assisted by Sally Baldwin, RLSS Mentor.

### TRIO TRIUMPH WITH TOP LIFESAVING AWARD!

On the 30<sup>th</sup> November 07, the club had multiple assessments happening. We celebrated our first three distinction award successes in over 10 years (get the familiar picture here?) The RLSS Distinction award is the top lifesaving award where they demonstrated their excellence in lifesaving skills and are required to hold the Life Support 3, Award of Merit AND Silver Cross awards. Congratulations to Mehul Thakrar, Jenni Maidment and Dawn Maidment. We look forward to others gaining their award next year.

8	Life Support	Abby Doolan, Akshar Patel, Sajni Shah, Bhavesh Shah, Jenade Corriette, David Drohan, Neel Popat and Nirali Hathi
13	Life Support 3	Aadam Ali, Akhil Raithatha, Arjun Shah, Jineeta Patel, Akash Malhotra, Nikhila Ravi, Neeraja Ravi, Nirali Jethwa, Angeli Jethwa, Ebrahim Hassanali, Prit Shah, Sally Baldwin and Ray Lau
1	Bronze Medallion	Abby Doolan
1	Award of Merit	Sana Faquirbhai
3	Distinction	Jenni Maidment, Dawn Maidment and Mehul Thakrar
7	Silver Cross	Previously reported
5	National Pool Lifeguard Qualification	Aadam Ali, Ebrahim Hassanali, Ameer Dodia, Lilian Knight and Ray Lau
5	National Rescue Award for Swimming Teachers & Coaches	Joe Pascoe, Jaineka Shah, Varshita Shah, Lisa Robson and Vishal Vekaria

### More ASA trained personnel!

We have been busy training a number of teachers under the new ASA/United Kingdom Coaching Certificate Teacher Education programme. Congratulations to Lisa Robson & Jenni Maidment who have completed the ASA Level 2 Certificate for Teaching Aquatics. In addition, to Jaineka Shah, Joe Pascoe, Tom Journet & Vishal Vekaria for completing the ASA/UKCC Level 1 Certificate for Teaching Aquatics. We are now awaiting the official results.

## **Closure of viewing gallery**

As most of you are by now aware the viewing gallery above the swimming pools is closed whilst repairs are carried out. The 3 places where parents/guardians can wait are the restaurant on the ground floor by the nursery crèche, the viewing gallery above the badminton courts on the 1<sup>st</sup> floor, and though the Diner restaurant also on the 1<sup>st</sup> Floor is hired by another club they have been kind and allowed us to use that also.

## **The new ASA National Plan for teaching swimming 2008**

The revised National Plan for Teaching Swimming has been fully implemented and focuses on the FUNdamental (the basics) movement skills (moving away from pure stroke development) in stages 1 – 7. From stage 8 there are Sport specific skills. However we are going to integrate the "aquatics". The purpose of aquatics is based on integrating different elements of Mini Polo (water polo), AquaFUN (Synchronised swimming), Flip 'n' Fun (Diving), Competitive Swimming & Rookie Lifeguard so swimmers will become better ALL rounded individuals. We are focusing on competitive swimming & flip n' fun (diving), this half term will see us commence also in Rookie Lifeguard further.



On Friday 4<sup>th</sup> Jan 2008, we introduced the new plan that ran relatively smoothly. Thanks to all! As some of you may have gathered, we initially grouped swimmers by ability so that teachers could best pitch their teaching at the appropriate level. We are interested in your views on how the programme is going and what could be done to improve our programme further. This will help with our current Aquamark Premier Status bid.

## **New memberships still available**

Spaces are available for new memberships throughout our programme. If you know of friends or family wanting to learn to swim or improve their swimming make them aware. It would be great if you can promote by taking some of our leaflets!

## **Wanted new committee members**

There are places available to serve on our executive committee. We are continuously developing the club to become a centre of excellence, in particular for our Learn To Swim & Lifesaving programmes. We need volunteers to assist in management of these programmes. Contact Sally Baldwin if you are able to assist.

## **You shouldn't have?**

By now club members will have received their thermal mugs & key ring. This is a celebration item for the first club in the country to have received the Aquamark Approved scheme. The scheme recognises the quality of learn to swim programmes nationally in which we have attained the above the minimum standard for this honour. The presents are our ways of saying thank you!