



Special points of interest: Autumn 2009

Newsletter Issue 1

- CP Sport now affiliated with the ASA.
- Links to ASA/British swimming: [www.britishswimming.org](http://www.britishswimming.org)
- CP Sport website: [www.cpsport.org](http://www.cpsport.org)
- CP Sport Home Country Event to be held in Nottingham July 2010
- Nutrition workshop to be held at CP Sport Swimming Training Day on Sunday 18th October.

## New Member of Staff



Anna Lavan joined CP Sport earlier this year.

Anna has been involved with swimming for many years from grassroots level through to regional level as a teacher and coach.

She has worked voluntarily with CP Sport for a

number of years working closely with Jill Stidever on development days and other CP Sport swimming events. Anna's vision is to build on CP Sport structures that are already there in swimming.

At the moment CP Sport run swimming development days which link into a development gala.

Anna is looking to expand on this by hosting a development gala in each region with development days to link into these events. CP Sport already has a long standing development gala at Leek in Staffordshire which is in its 4th year, covering the Midlands region.

Last year we forged a new gala in Winchester which was very successful and we have a date for next year at the same venue covering the South East region.

We are looking to hold a development gala in and around the Liverpool area in 2010.

A Home Country Event is to be staged in Nottingham covering 4 sports, Athletics, Bowls, Football and Swimming. The Swimming event will be held at Nottingham University Pool and will have a IPC Classification opportunity. The proposed date is 16th to 18th July 2010.

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## National Championships

CP Sport held their annual National Swimming Championships at Nottingham University Pool on Sunday 5th April with 56 swimmers taking part. The competition is held under ASA/IPC rules.

Non classified CP swimmers entered as guests.

CP Sport were honored to

welcome 2 British Paralympians who competed in Beijing Sascha Kindred and Nyree Lewis.

It was a great thrill for our younger athletes to be swimming with their heroes, and to see them encouraging the less experienced competitors.





## Development Days

Swimming development days are delivered at the request of school or clubs.

The aim of the day is to have fun and learn new aquatic skills. The days are open to participants and teachers alike so not only do the swimmers have a positive experience but CP Sport leave a legacy through the teachers and teaching assistants by giving them confidence of working with children with CP in an aquatic environment.

Days can be run through the week or at weekends. The sessions are divided into non-swimmers up to 25m and then swimmers from 25m upwards.

For further information about CP Sport's Swimming Programme, please contact Anna Lavan

Email:  
anna.lavan@cpsport.org  
Phone 0115 925 6442

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## Development Galas

Annual development galas are held to give young swimmers an opportunity to compete. During 2009, a development gala will be held at Leek in Staffordshire with a view to holding 3 galas across the country in 2010. The galas are a great opportunity to talent ID and filter swimmers through to regional or national programmes. CP Sport use this competition to highlight swimmers to take part in CP Swimming

Training Days which are held 3 times a year at Nottingham University Pool. There is a CP Sport Swimming National Championships held annually in Nottingham.

For further information about CP Sport's Swimming Programme, please contact Anna Lavan

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anna.lavan@cpsport.org

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## Calendar 2009 / 2010

Training Day—Nottingham Sunday 18th October 2009

Swimming Gala—Leek Sunday 1st November 2009

Swimming Development Day—Fenton Saturday 14th November 2009

Swimming Development Day—Sunderland 27th November 2009

Swimming Gala—Winchester Saturday 23rd January 2010

Swimming Development Day—Lancashire TBA February 2010

Swimming Development Day—Bushy Meads TBA Jan/Feb 2010

If you know of any school that may be interested in holding a swim day please contact:

anna.lavan@cpsport.org

## Courses

There are many aquatic courses run throughout the country for people who are interested in swimming teaching and coaching. The British Swimming website has all the information of courses available in your region on : [www.britishswimming.org](http://www.britishswimming.org)

Furthermore the ASA have CPD's (continuing professional development) appertaining to Disability Swimming specifically which are:

1. Including Disabled Swimmers - Yes or no?
2. Coaching disabled swimmers.
3. Working with children with educational difficulties.

If you are interested in attending any of these CPD's please contact your county swimming coordinators.

### Attention Parents/Guardians

Are there any parents/guardians who may be interested in becoming a timekeeper, CP Sport are willing to fund you through the course.

There are timekeeping courses throughout the country and we would find one nearest you. Let me know if you are interested on :

[anna.lavan@cpsport.org](mailto:anna.lavan@cpsport.org)

## Awards

This year's CP Sport Swimming Awards were presented at the National Swimming Championships and are as follows:

**Masters Cup** awarded to:

Sascha Kindred

**Young Sports Person Award** awarded to:

Henry Pickering (pictured with Sascha Kindred)

**Andrew Stubbs Award** awarded to:

Jan Langton

**Swimmer of the Year Award** awarded to: Nyree Lewis



*How do I go  
about  
accessing a  
swimming  
club?*

## Frequently Asked Questions

**Q. Is it better to join a disabled swimming club or mainstream swimming club?**

**A.** This is an individual choice. However when considering joining any club it is important to find out about the training available and whether or not the club can meet your needs and ability level.

**Q. What swimming competitions are open to the disabled swimmer?**

**A.** There are many competitions available to the disabled swimmer for different ability levels. Some examples of this are: school events, club competitions, disability specific events, regional and national open and disability competitions. Information on CP Sport forthcoming competitions can be found on the website [www.cpsport.org](http://www.cpsport.org). Check out British Swimming [www.britishswimming.org](http://www.britishswimming.org) and Disability Sports Events websites [www.disabilitysport.org.uk](http://www.disabilitysport.org.uk) for regional and national events.

**Q. How do I go about accessing a swimming club?**

**A.** Please contact the ASA county swimming co-coordinators which are to be found on the British swimming web-site.

## Fundraising Update

### Dates for your diary

#### Sunday 25th October

Bupa Great South Run

Portsmouth

#### Sunday 25th October

Worksop Half Marathon

& Fun Run, Notts

#### 4th & 5th Dec

Collection, Co-op

Wollaton, Nottingham

#### 7th March 2010

Rushcliffe 10km Run

Ruddington, Notts



There are many ways that you can help to raise money for C P Sport from signing up to one of our existing events or organising your own, to requesting a collection box for your home or office office.

Caroline and Rachael (the fundraising team) are always on hand to discuss your ideas! Please call us on 0115 9252620 or send an email to [rnewman@cpsport.org](mailto:rnewman@cpsport.org) or [cdolan@cpsport.org](mailto:cdolan@cpsport.org). We'd love to hear from you!



## Make a splash for CP Sport

15 brave swimmers took to the waters of Lake Windermere on 13th & 14th Sept to swim a mile for C P Sport.

Photos of the event are in the Fundraising Photo Gallery on our website, please go to [www.cpsport.org](http://www.cpsport.org).

The British Gas Great North Swim saw over 6,000 elite, club and charity swimmers take part over the 2 days with each 'wave' of swimmers wearing a different coloured swim hat—it was quite a spectacle!

Our very own C P Sport members William Holland-Leavens and Jeannie Darroch took part along with other charity supporters old and new. All our swimmers thoroughly enjoyed themselves with many already signing up for next year's event!

As a result of their fantastic efforts, we hope to raise over £4,000 from this fantastic event.

If you would like to find out about the event or sign up for next year's Great North Swim 2010 then please contact Rachael on: 0115 9252620

