



#BSSCStayAtHome Resources we have found ...

We want to keep engaged with all our swimmers through this time so use hashtag to show us your photos and videos #BSSCStayAtHome and tag us in on your social media channels.

Over the last two weeks we have been looking round various channels to spot resources that are being made freely available to help support swimmers and swimming families through this time. This list is not exhaustive, and we would like help to add and enhance with suggestions that you may have. In general, the Instagram material will be relevant and useful to swimmers whereas that on Twitter can keep parents up to date with what is happening.

Our default contact /virtual meeting place as a club is our **Private** Facebook page: BSSC Members Only

We will attempt to replicate the content shared here on our **Private** Instagram Account, with our Twitter feed and main Facebook page (Bishops Stortford Swimming Club) remaining public and open.

If you have found anything useful to you and your swimmers' journey, please send it in!

Clubs and Organisations

Although many clubs are dealing with the same financial and resource challenges that we are, some of the bigger organisations are making their resources available for free across a variety of channels.

These include:

British Swimming

Twitter/Facebook: @britishswimming

Web: <https://www.britishswimming.org/news/latest-swimming-news/>

Best updates on Facebook and Twitter. Lots of news articles. Recipes every Friday with #FuelMyFriday. Sign up for Monthly Deep End newsletter.

Swim England

Twitter/Facebook: @swim_england Instagram: swimengland web: www.swimming.org

YouTube channel: https://www.youtube.com/channel/UCbdK9FG_t6ENQRhds_NNtXQ/videos

Guidelines and resources, on resilience and fitness. Lots of famous faces. Resources for creating your own week by week training plan (probably more suited to coaches or clubs)

Guidance on land work at home:

<https://www.swimming.org/swimengland/criteria-land-work-home-coronavirus-outbreak/>

Swim England East Region

Twitter: @SEEastRegion web: <https://www.eastswimming.org/>

Not a lot of content online, but a series of podcasts have been created on anchor.fm

<https://anchor.fm/swim-england-east-region>

Mount Kelly Swimming

Twitter: @MountKellySwim Instagram: mk_swimming

Arena League winning school-based swim club operating a virtual training programme for its 150 swimmers which is freely available across twitter and Instagram.

Live interactive workout Wednesday 10am on Instagram.

City of Sheffield Swimming

Twitter @_TeamSteel Instagram: sheffieldswimsquad

Web: www.coss.co.uk

One of the top clubs nationally based at the Ponds Forge Swim Centre. Day by day home workout programme on Instagram. Good collection of resources via Twitter.

Team Ipswich

Twitter:@teamipswichswim Instagram:teamipswich

Lots of lighthearted stuff on Insta, plus some good demonstrations of core workout moves. Frequent updates from the world of swimming and sport.

Dingwall Amateur Swimming Club

Proof that there are some great resources pulled together on a shoestring, Dingwall Swimming Club in the highlands of Scotland has put together a page for virtual training with some great links to online resources!

<https://dingwallasc.com/virtual-training/>

Jazz Carlin

Twitter: @JazzCarlin @SwimwithJazz Instagram: jazzcarlin swimwithjazz

Web: www.swimwithjazz.co.uk

Olympic medal winning swimmer on verge of launching an online swimming training business 'Swim with Jazz'. Now offering access to some resources for free. Is running a stretch and conditioning session via Instagram at 1700 on Thursdays. Generally replies to comments.

Adam Peaty Race Clinics

Twitter: @APRaceClinics Insta: apraceclinics Web: www.apraceclinics/covdi19

Due to launch this summer as a day workshop for swimmers with a focus on breaststroke, APRC have made their core workshop pack available for free. Twitter now quiet but Instagram active.

Willmott Swim Skills

Twitter: @WillmottSwims Insta: willmottswimskills Web: www.willmottswimskills

Commonwealth champion Aimee Willmott's new venture into 'Swim Clinics, club visits and much more' is also offering live workouts on Instagram (currently Wednesday at 10am,) movement demonstrations and workouts. (Ed. Content seems easy to access and maybe a bit more down to earth than some of the other swimming stars, so although still Instagram based may be useful for a slightly younger age group.)

Twitter

- @DaveHemmingsGBR (coach at Loughborough National Centre British Swimming) – posting step by step pictures and analysis posts
- @kevinpickard88 (Swim East England Talent Officer) – posting swimming news and resources
- @swimherts pulling some news and useful weblinks together

Instagram

- Adam Peaty, James Guy, Hannah Miley, Tom Daley

Other resources

Pullbuoy – "Britain's leading independent swimming website" includes an excellent monthly podcast, the latest one post lockdown featuring Emma Collings-Barnes talking about winning Arena League and training in lockdown.

Roguemonkeypod – the Rogue Monkey Podcast, another highly recommended sports and guest focussed podcast that features swimmers

Swimswam – American website focussing on college swimming, fun Instagram feed

Propulsion Swimming Podcast – weekly news

Goswim.tv – training website that has different membership subscription options. The free one providing access to one swimminh video per week. For a limited time they have opened up all content for free.

Volunteer Training - Safeguarding

Some of the volunteer roles at our club galas require members to have undertaken a specialised Swim England Safeguarding course, typically a 3-hour instructor led classroom session. Swim England have just introduced an online version (it costs £25) and the Zoom webinars are filling up fast!

<https://www.swimming.org/swimengland/safeguarding-cpd-stronger-affiliation/>

Please consider supporting our club by attending one of these sessions. Here's the link to the Institute of Swimming course list:

<https://www.swimming.org/ios/search/free-text?filters%5BfreeText%5D=Safeguarding>

Volunteer Training – Swimming Judge Level 1

Why not make the most of your time whilst at home and take the steps needed to becoming an Official. A new regime has recently been introduced which makes training and qualifying as a swimming official more flexible and straightforward. You start by taking an online training module for Swimming Judge Level 1, which can be done in your own time at home. This includes all the information and help needed to understand the rules of swimming as well as practical video demonstrations.

This is then followed up by only a minimum of 15 hours practical experience at meets, where officials get signed off in the various elements, starting with timekeeping and continuing through the various strokes.

You will find below links to the two online elements all officials need to take prior to commencing practical experience.

[We believe the 11 month time limit for completion of the practical element once the online module is passed will be extended given the situation, so there is no need to delay on that score.]

- **Online J1 training** - there is a £20 fee for this training.
<https://www.eastswimming.org/new-judge-level-1-online-course-for-swimming-technical-officials/>
- **Contemporary issues** - this is through the Institute of Swimming and is free. This is the link to create an account and book the course.
<https://www.swimming.org/ios/course/494>

Please let Dominic Mason know once you have done the two online elements and thank you in advance!