



Competitive Start Award

The achievement of the standard of the Competitive Start Award is essential before swimmers are permitted to perform racing dives in competition. There are clear guidelines to assist teachers and coaches to train swimmers to achieve this standard gradually and safely and this progression should be logged carefully to ensure the standard of the swimmer is known at each stage.

Once a swimmer has achieved the standard they are eligible to purchase the ASA Competitive Start Award. However, there is no obligation upon them to do so and therefore it is essential the club retains a record of all swimmers who do achieve this standard. If you would find it helpful to retain the record of this achievement on the ASA database (thereby ensuring the information transfer with the swimmer should they change club) the club secretary should provide a written list of all such swimmers to the ASA Systems department who will add the information to the swimmers' records.

There have been cases whereby swimmers have suffered injury whilst performing racing dives and our insurers have requested written confirmation of the competence of the swimmer and any training undertaken. It is therefore essential club records are kept up to date regarding this matter.

SWIMMING TIMES (subscriptions)

The Swimming Times is the official magazine of the Amateur Swimming Association and the Institute of Swimming. The magazine is published monthly and contains reports and results of major championships and events, news, information, technical articles and many other features on the sports and personalities of Swimming, Disability Swimming, Masters Swimming, Open Water Swimming, Diving, Water Polo and Synchronised Swimming.

An annual subscription may start with any month (subject to availability). The subscription is for twelve months and notice of renewal is sent out with the twelfth issue.

UK INDIVIDUAL	£22.00 per annum
UK CLUB BULK	£17.50 per person per annum

(Please note: The club rate of £17.50 only applies to clubs ordering a minimum of 3 or more each month - all delivered to the same address)

To subscribe online go to www.britishswimming.org click on the News Centre tab and follow the links or call 01509 632230.

GetInTouch! renewals@swimming.org

01509 618727

Welcome to... ClubUpdate

Welcome to issue 4 of ClubUpdate, an occasional newsletter from the ASA Membership System Department.

Attached is your **Insurance certificate** and a new copy of your **Video/Photography Record Log** please start using this log immediately but do not throw away your old one you need to keep it!

If I or any other member of the team can be of help, please don't hesitate to get in touch.

Jackie Shields
Manager Membership Services



Letter from LEN to all Club Secretaries

The 100 pages, English language quarterly LEN Magazine (European Swimming Federation) is one of the most popular aquatic magazines in the world. The articles, previews, news contained are of top interest, written by the most recognized experts of the swimming world. We are sure this Magazine would be quite useful to the members of your club.

Therefore we suggest you to order the LEN Magazine either yearly subscriptions or the preferred copies. You can easily order and pay it online, by clicking on www.lenmagazine.com

For your kind information, the annual subscription is 50 EUR (including 4 issues of the LEN Magazine + 1 LEN Yearbook). One copy of the LEN Magazine costs 4 EUR, plus 3 EUR for the mailing, altogether 7 EUR.

If you wish to order more than 1 copy we suggest you to send us an e-mail or fax about it, because we can offer you a cheaper price for mailing (in this case you pay for the mailing cost ONCE for all the ordered copies).

Looking forward to your interest and order,

Best regards

Tamas Gyarfas
LEN Bureau Member, Editor in Chief
Tel: +36-1-251-0690, Fax: +36-1-363-3813
E-mail: lenmagazine@lenmagazine.com www.lenmagazine.com