

## South West Swim Monthly Update - June

Hi Athletes, I hope you are all well and enjoying this amazing weather we are having at the moment. It seems a lot has happened since our last update, but at the same time not a lot has happened either (I know, that sounds very strange).

Please see below for our comprehensive update for June. It's long as I want to provide you with as much information as possible upfront. Subsequent mini updates will follow as things progress for us through June, so keep an eye on our social media pages.

If I have missed anything you want to know about please let me know.

Session Credits, the money bit is important and so is first :)

- I will say once again, you're not going to be paying for what you are not receiving. We don't want you to lose out.
- Good news here as an update to our booking software allowed me to easily identify all of our squad swimmers who had valid session credits that were going to expire. This update just allowed me to spend a little time extending all of your session credits until December 20th 2020.  
So when we are finally allowed back in the pool to coach you should be able to log into the system and book, without the need to contact me.
- If we are not offering squads by that time (who knows what's going to happen) for any reason by then, we can cross that bridge when it comes to it. You still won't miss out if you have valid session passes.
- In reference to the above, if you receive any notifications saying your sessions are going to expire please contact me. I hope I captured everybody but there is a slight chance of an athlete's account being missed. If you let me know I can look into it and fix your account straight away.
- Our 1-2-1 sessions and Video analysis session credits are also going to be extended. I will be working through these soon, as it's a little more work to do. Again, if you are a 1-2-1 or Video customer and you receive an email saying your credit is expiring then please contact me so I can resolve your account. Again, you won't be losing that investment in your swimming, we are going to honour every single session. After all, the virus isn't your fault.

Open Water

- Firstly, Don't worry, your open water session will still be the very best and unrivalled experience available. You will have the same experienced coaching and the same after session development with access to the swim smooth guru. There will just be a little social distancing and additional process around it.
- I am working very hard to bring you open water coaching as soon as possible. I am in the final stages now and hope to have an update by the end of the week.
- This week we are testing lake processes and working on how we can align them with ours and our booking system. Thursday will see our first test 1-2-1 session at Lake86 where we will test our new coaching process, with some new technology and methods to boot.

- Initially we will only be taking 1-2-1 sessions, and this will remain in place for the foreseeable future.
- We will look at bringing group coaching and workshops back as and when PHE and the lake processes arise. At this moment in time group coaching is not the right thing to be doing.
- If you are booked onto a introduction session or a junior session i will be in contact soon with an interim update and offering options for you and your session. This will happen as soon as I know more details about our offerings, sorry for any delay.
- I am working with lake86 and lake32 processes and trying to align them with our own booking system, process, procedures, risk assessments and insurance.
- The current plan is for junior coaching to be available on a 1-2-1 basis only, age 13 plus and for swimmers with a county level time as a minimum. At the moment you must be a member of the lake as a junior swimmer, but we will update this as we work with our lake partners as needed in the future.
- Keep your eyes peeled on our facebook pages as this is a fastly evolving subject and we hope to be in the water with you ASAP.
- We have a priority contact list for our open water coaching services (which is huge). We will let athletes on this list know what we are offering and when first, at the same time as our squad swimmers. If you want to be added to this list please drop me an email at [jason@southwestswim.co.uk](mailto:jason@southwestswim.co.uk)

#### Endless Pool Coaching

- Currently it is not legal for us to open our endless pool for coaching. We are getting a number of requests for 1-2-1 and video analysis sessions. Sorry but we cannot open up just yet. Thanks for your understanding on this matter.
- The earliest date we will be potentially allowed to open is July 4th, the same time as gyms. HOWEVER this totally depends on the government statements and PHE guidelines at the time.
- I have invested in new technology for the poolhouse to bring you a socially distanced session with the same quality as before (or maybe even better).
- All of our processes and risk assessments for the endless pool will be written this week and next, and then tested and tweaked so we will be ready to open the endless pool as soon as we are legally allowed to, and as soon as we are ready to.
- Under no circumstances do we hire our pool to individuals, clubs or other coaches. This is our standard process so please do not ask as the answer will always be no.
- When we are open we are very willing to discuss practicalities in coached sessions for club swimmers, and clubs, on a 1-2-1 basis. Again this is one of our standard services and we usually coach club swimmers from all over the South West of England. Email me to discuss a potential partnership at [jason@southwestswim.co.uk](mailto:jason@southwestswim.co.uk), the same applies to Tri clubs.  
If we can help your swimmers get back into the water then we will be happy to help

#### Pool Squad Coaching

- The one area I can't tell you too much on at this moment in time, sorry
- Various statements and documents have been released by governing bodies. I would say to you to take these with a pinch of salt at the moment as nobody knows

what the landscape is going to look like when leisure centres are allowed to open up. It's great that these organisations are putting pressure on to re-open pools but be wary of dates and processes, as they may differ from one facility to another.

- When we are allowed to return to group coaching we are planning a couple of “back to pool” workshop sessions which will be heavily technique focused (front crawl). We will aim to have one session for Junior swimmers and one for Adult swimmers and these sessions will enable a refresh of technique to avoid injury problems after a long time out of the pool. There is also potential to run these sessions for Swim and Tri clubs (again a standard offering we provide). Email me for details.
- Our endurance swim event from June has been postponed. We hope to have a new date in October depending on restrictions and training time beforehand.

#### Retail

- Our retail side of things is still open for collection from North Swindon or delivery via royal mail. If you have a south west swim booking account then please order through the booking website or app, if it's a collection order. For all delivery orders and non South West Swim customers please order via the website at [www.southwestswim.co.uk](http://www.southwestswim.co.uk)
- At this moment in time we are not taking orders for wetsuits, or offering any fitting services. Sorry.

#### Providing content, interaction and General Notes

- We will continue to provide you with a FREE dryland band based exercise session plan each week. We also provide you with a swim session plan for those in tethered / endless pools, if you can use it then that's awesome! These session plans are free of charge, but with an optional Session donation fee if you wish. May I take the opportunity to thank you all for your support via this method, it means a lot.
- We started a social workout a few weeks ago. Join us on Thursdays at 7pm for some swim cord based fun and routines.
- I will continue to release different content to keep you engaged, improve knowledge and provide information. Check out the interview with Luke & Felix and Carolyn on the SWS social accounts, we will have a couple more interviews over the coming weeks. If you want to see anything different then please let me know and i will see what I can do.
- We have provided a live zoom swimming squad on Saturdays at 3pm. We may be continuing this into June depending on swimmer demand. Let me know if this would be of interest.
- Our Monday 11:30am virtual coffee morning has been a great success, however it's tailing off now as people return to work and / or enjoy the sunshine and get back to sporting activities. I will mail all our squad this week to see if there is a better time for this to be held.
- Our two Swim squad member Quiz nights have been great, our next one will be Saturday 13th June (if demand is there).
- As always we will follow all government guidelines and advice, and importantly we will only run sessions when WE are comfortable that we can provide you with our usual amazing experience, under the guidelines.

So that's it, for June so far, but things can change quite rapidly in terms of what we can and can't do.

Thanks for all the support, thanks for all the new enquiries about our pool squad sessions for when we return, and thanks for keeping me updated and occupied during lockdown.

I look forward to seeing you soon, in the lake or virtually on one of our meetups or sessions