



Swim & Save E-zine - December 2023



Seasons Greetings From STA's President

We hope you are all enjoying the holidays, having a well-earned break, and looking forward to a positive new year. It's been another busy year for STA, and in our annual end of year review, Ali Beckman, STA's President, shares some of her thoughts and highlights from the last 12 months.

[READ IN FULL HERE](#)

Here's looking forward to another positive year ahead for us all –
Happy New Year!



STAnd up for Swimming Wins Innovation of the Year Award

At the end of November, we were thrilled to win the prestigious 'Innovation of the Year' award for our STAnd Up for Swimming campaign at the 2023 Federation of Awarding Bodies (FAB) Awards.

On winning the award, **Dave Candler STA's CEO said:** "It [STAnd Up for Swimming] was a huge team effort, everyone pulled together to make it work; and now to be recognised by FAB and win the 2023 Innovation of the Year award is the icing on the cake – this award is for everyone who was involved."

[READ MORE HERE](#)



Shining a Light on Disability Swimming

On the 3rd of December for International Day of Disabled People, the Activity Alliance rightly called for disabled people to be prioritised as part of the government's commitment to transform activity levels.

For us, this reinforced why our **STARLIGHT charity campaign** is so important - a campaign we are 100% funding to help upskill teachers and qualify them as specialist disability swimming teachers for free.

It's important because equipping swimming teachers with the skills and knowledge needed to teach disabled swimmers of all differing abilities, creates more opportunities for disabled people to access swimming lessons and feel included – and benefit from all the inherent properties of water.

Crucially, our **STA Award in Aquatic Teaching – Disability Swimming qualification** also gives teachers the confidence to implement inclusive learn-to-swim strategies in both mainstream (reducing the cost of tuition) and specialist disability lessons.

STARLIGHT has only been going for a few months, and we are pleased to confirm that we have already run free 62 courses, which equates to 721 new swimming teachers becoming qualified. And there are several more free courses planned for the New Year. Let's continue to shine a light on disability swimming.



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**BRAND
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Meet our 2024 STA Brand Ambassadors

Meet our team of Brand Ambassadors for 2024, who from January will be using their experience and knowledge to offer assistance to new and existing members throughout the year.

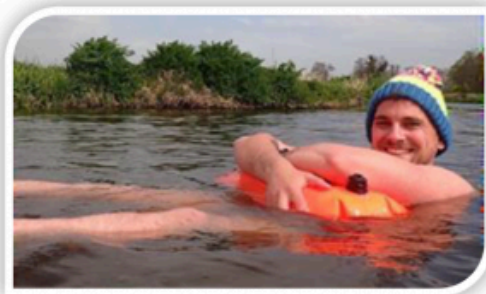
READ IN FULL HERE



New Year, New Webinar

Join us on the 25th of January for a free webinar with Emma Holden from the Swim Play Academy, who will be sharing her expertise on 'floatation in baby and preschool classes and beyond'. With floatation being a fundamental element of learning to swim safely, Emma will share various activities that promote, support, and make floatation fun for our young swimmers.

[READ MORE HERE](#)



Breaking Barriers – Transforming Lives

In our Breaking Barriers blog, we recently shared the inspiring story of how two STA open water swimmer coaches are transforming the lives of adults and teenagers with significant mental health, anxiety, and depression through the creation of The Wild Swim Project.

[READ MORE HERE](#)



And Finally ...

Please find here some key dates for your new 2024 diaries:

- February – **Swim to the Beat with the British Heart Foundation**
- 6th – 8th February – **SPATEX**
- 13th – 19th May – **International Learn to Swim Week**
- 12th – 13th June – **ELEVATE**
- Summer – Aquatics Excellence Awards – entries open for 2024
- 11th – 12th October – **STA National Conference**



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