



## Swim & Save E-zine - November 2023

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Connecting People



## Exclusive 2024 Conference Announcement

Following on from the announcement last month about next year's conference taking place at the Radisson Blu Hotel at East Midlands Airport

on Friday 11th – Saturday 12th October, we are excited to exclusively reveal in this month's eZine that our 2024 keynote speaker will be Greg Whyte OBE.

Greg is not only an Olympian in modern pentathlon, and a European and World Championship medallist, but he is also an expert in the field of sports and exercise science and is the preeminent authority on Exercise Physiology and Sports and Exercise Performance in the UK. He is probably better well-known publicly for his involvement in Comic Relief, and since 2006, he has applied his sports science work to assist various celebrities in completing some of the toughest challenges, including David Walliams, Davinia McCall, Gary Barlow, and John Bishop. The celebrity list is endless and this month for Children in Need you may have seen him help Vernon Kay with his ultra-marathon challenge.

We can promise an inspirational talk from Greg, and even inside stories from his many celebrity challenges. Keep an eye on all of our socials and communications for conference 2024 updates.

Greg is pictured here with STA's President Ali Beckman at the recent ukactive Awards.



## An Evolving Era for Baby & Pre-School Swimming

For National Baby Week (14-20 November) we released the findings from the 2023 baby swimming survey, the first one since the pandemic, and shared 5 insights into why the delivery and organisation of baby and pre-school swimming lessons has and continues to evolve for many swim school businesses.

[READ IN FULL HERE](#)

Alongside the survey, we also created a new downloadable Parents Guide to Baby and Pre-School Swimming, which can be [downloaded for free here](#).



## STA get DRENCHED in Water Polo

Following on from the 2023 national conference in October, we have teamed up with Drenched, the UK's first dedicated water polo school, to launch a new Water Polo CPD. The online CPD has been created to provide swimming teachers with a high-quality and affordable resource that will help facilitate the teaching of water polo activities in grassroots swimming programmes.

Matthew White, the Co-Founder of **Drenched Water Polo** is pictured with Helen Done, STA's Qualifications and Business Development Manager, at our conference in Leicester where Drenched presented a water polo session for delegates.

[READ MORE](#)



# Equality, Diversity and Inclusion

## How inclusive is your organisation?

Take part in ukactive's EDI self-assessment toolkit and get your score.



FUTURE FIT



More people  
More active  
More often

## Supporting ukactive's NEW Inclusion Self-Assessment Tool

As a Strategic Partner for ukactive's EDI work, we were proud to support the launch of their Equality, Diversity, and Inclusion (EDI) self-assessment tool on the 17th of November. This new research-gathering tool will not only play a significant part in helping individual organisations understand their own relationship with inclusion, but the results will also help shape future policies around inclusion, which is a really positive step forward for the physical activity sector.

[READ MORE](#)

[TAKE THE TEST HERE TO GET YOUR PERSONALISED SCORE](#)



## Webinar Replays

We hosted three webinars with three great speakers this month.

First up was Wayne Goldsmith who delivered a timely seminar on **"Keeping Teachers Happy - The Art of Talent Retention"**.

Next was a free webinar from The Well HQ's Baz Moffat who discussed the importance of female health, why this information is needed, and the benefits it has.

Then earlier today, Jo Wilson, the Founder of Aqua Sensory, shared her expertise in a free webinar about how to make early water experiences special. If you missed any of the free webinars, as an STA member you can watch them back via **STA Online**. (Jo's may take a couple of days to upload).



## And Finally ...

Join us in February 2024 and 'swim to the beat' in aid of the British Heart Foundation. Registration is live, and we are inviting all swim schools, clubs, leisure facilities, or individuals to get involved for Heart Month. All monies raised from the campaign will be used by BHF to fund vital scientific research that can save and improve the lives of people affected by heart and circulatory diseases.

The STA team will also be getting involved by kicking off the event once again at **SPATEX 2024**.

[READ MORE](#)



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The Swimming Teachers' Association Limited, registered office as above, is a company registered in England (No. 01272519) and a registered charity (No. 1051631 in England and Wales and SC041988 in Scotland) whose objective is: "The preservation of human life by the teaching of swimming, lifesaving and survival techniques."

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