

ASA East Region Email Addresses

To help us answer your queries effectively, and as quickly as possible, we have provided the list of key contacts for any enquiry you may have.

For any enquiries with regard to:-

Learning to Swim contact appropriate county contact given below

Swimming for fitness, fun or health contact appropriate county contact given below

Competitive swimming including championships: swimming@eastswimming.org

Disability swimming including championships: disability@eastswimming.org

Masters swimming including championships: masters@eastswimming.org

Diving including championships: diving@eastswimming.org

Open Water Swimming including championships: openwater@eastswimming.org

Synchronised Swimming including championships: synchro@eastswimming.org

Water Polo including championships: waterpolo@eastswimming.org

Clubs enquiring about affiliations, constitutions, insurance or fees contact:

membership@eastswimming.org

Coaches/teachers and volunteers enquiries about training courses and support visit education section of website or contact appropriate county contact given below

County contacts

Bedfordshire & Luton

lisa.simpson@swimming.org

Cambridgeshire & Peterborough

east@swimming.org

Essex, Southend & Thurrock

east@swimming.org

Hertfordshire

leanne.brace@swimming.org

Norfolk

east@swimming.org

Suffolk

phil.lown@swimming.org

For any enquiries with regard to the website or e-newsletters contact:

profficer@eastswimming.org

For any **other enquiries** contact east@swimming.org