

Youth Day 2024



What is the Youth Day?

This event aims to engage with young people, aged 13-25, in the West Midland Region; giving them the opportunity to learn, have fun, meet new people, and put forwards their thoughts about aquatics- all in one day!

The Youth Advisory Panel are involved in the organisation of the event, and we are excited to provide a day **for young people, led by young people.**

What does the day consist of?



1. Mental Health First Aid Course
2. Aquatic Taster Sessions (Pool-based)
3. Youth Panel Engagement Session

Mental Health First Aid Course

This 2-hour course will equip you with a greater understanding of Mental Health, and give you the skills and confidence to support those around you.

- Learn to spot the signals for when someone is struggling with their Mental Health. From subtle shifts in behaviour, to body language and mood changes, you will gain skills that can be used to support others.
- Sharpen your communication skills. Learn how to create a safe space for conversation by displaying empathy, understanding, and being an active listener.
- Build a mental health first aid tool kit. Learn about practical tools and resources to guide someone in distress towards professional help.
- Conquer your fears. This course will help to give you the confidence to go forwards and make a difference to yourself and others.

Aquatic Taster Session 🏊

Dive into a new sport- literally! These taster sessions will give you the opportunity to try out each Aquatic sport: Swimming, Water Polo, Diving, and Artistic Swimming.

You will spend these sessions under the guidance of our expert coaches. Learn the proper techniques for each activity and get a taste of what it's like to be an athlete in the water. Make a splash with new friends and challenge yourself to a new sport!

Youth Engagement Session 🗣️

Our Regional Youth Panel will be hosting an exciting youth engagement session that's all about aquatics in the West Midlands! This session is about bringing together young people from all over the area to share their thoughts, ideas, and opinions about everything related to aquatics, and help shape the future of aquatics in the Region.

With fun and interactive activities, and plenty of opportunities to connect with other young people who share a passion for aquatics, this session is sure to be an interesting and valuable experience for attendees.

Schedule of the Day:

9:15-9:25 Arrival

9:30-11:30 Classroom session (1 or 2)

11:45-2:30 Aquatics taster session

2:30-3:00 Break

3:00-5:00 Classroom session (1 or 2)

Attendees will be split into 2 groups, with each group alternating the Mental Health First Aid course and Youth Engagement Session either first or last in the day.



How to join us for the Youth Day:

1. Fill out the sign-up survey, here: <https://www.surveymonkey.com/r/WMRYD24>
 - The attendee will need to have a Swim England number
2. Make payment of **£30**, details found in the survey, or below:
 - BACS Transfer to:
 - Swim England West Midland Region Limited
 - Sort Code: 30-98-97 Account Number: 61638762
 - Please use the reference 'YDAY-', and the swimmers first initial and surname when paying by bank transfer. eg, Ryan Smith would be 'YDAY-R-SMITH'