
WASC NEWSLETTER

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Issue 174

JANUARY 2012

HAPPY NEW YEAR TO ALL WASC MEMBERS, FAMILIES AND FRIENDS

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CONGRATULATIONS

WASC AT THE OLYMPIC GAMES

Congratulations to the team of 9 swimmers and 2 adults who went to London for interview and assessment on Sunday 4 December and were successful in being selected to be one of the Young Game Makers teams working on poolside with Olympic swimmers during the Games in 2012.

Many thanks to Tricia and John Gilyead who set the process in motion by spending considerable time and effort into putting together the initial application.

The Team will be: Helena Blackett, Bradley Coleman, Joshua Fox, Andrew Gilyead, Katie Green, Jake Lucas, Lauren Spencer, Abbie Williams, Ryan Woods, Karen Blackett and John Gilyead – watch out for them behind the blocks on TV!

Young Game Makers Athlete Kit Team Member responsibilities include:

- Taking direction from the Athlete Kit Team Leader to ensure the field of play is fully prepared before each event and is maintained throughout
 - Carrying athlete kit baskets to and from the field of play on behalf of the athlete
 - Taking part in team meetings and briefings
 - Wearing the YGM uniform and maintaining a smart appearance at all times
 - Being an ambassador for London 2012
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MEMBERSHIP RENEWAL FOR ALL WASC MEMBERS

Annual membership renewal will take place on Mondays, 23rd and 30th January, and 6th February from 6.15 - 9 p.m. in the Meeting Room.

Any swimmer who has not renewed their membership by 9 p.m. on 6th February will be deemed to have left the Club.

A lot of parents leave renewing until the last week, so if you want to avoid a very long wait please renew in January. If anyone is waiting for payday, may we suggest you renew in January and have a word with the Secretary or Treasurer and we will present your cheque in February. This will save any problems if you discover you can't make it on the final night for some reason, and also save you standing in a very long queue.

SQUAD MOVES

How we decided who to move.

Starting with the oldest age group; the Performance Squad had 9 spaces. Six swimmers in the County Squad had qualifying times to move and the three oldest swimmers made up the nine swimmers to move.

The County Squad had 12 spaces. Only the youngest members of the Competitive Squad had qualifying times to move and after discussion with the parents it was decided that it would not be in the best interests of the swimmers to move them to a Squad that trains later at night, so the twelve oldest swimmers in the Competitive Squad were selected to move to County Squad.

The Competitive Squad had 15 spaces. Four of our youngest swimmers achieved qualifying times, but their Coaches felt they would benefit by staying in the Junior Squad doing some more advanced work before they move on. Eleven older swimmers had two or more qualifying times to move. The four oldest swimmers in the Junior Squad made up the number to move to Competitive Squad.

The Junior Squad had 23 spaces. Eleven of the Training Squad were selected to move to the Junior Squad. The remainder of the Training Squad have either only just joined or are still working on basic stroke technique in more than one stroke and so are better served by staying for a while longer.

Since the Junior Squad is not full, we hope to be able to continue for the time being allowing the Training Squad to train with the Junior Squad on a Monday night giving them more opportunity to improve stroke technique and stamina.

HOME FIXTURE SECRETARY

We are very pleased to welcome George Frosdick as our New Home Fixture Secretary.

CHRISTMAS PARTY - A BIG BIG THANK YOU

To all the volunteers who worked behind the scenes before the party and those who appeared like magic on poolside on the night, to be Team Managers, Aunts, Uncles and Time Keepers. To the happy band of people who put out all the props for the games and tidied them all away afterwards. To the people who provided nibbles for the helpers. To the swimming parent who gave a box of chocolates for the volunteers to enjoy as a thank you. To the swimmers who came along, had fun, tried to stick to the rules and showed real WASC team spirit. To the parents and children who took part in the "family event" – congratulations to John and Chloe Abbott who won by a whisker. Not sure if Santa gets a copy of our newsletter – but just in case – thank you to him popping in to see us at such a busy time.

CHANGE TO SUNDAY TRAINING TIMES AT WELLINGBOROUGH

We are very happy to tell you that we now have an extra 15 minutes of water time giving us a total of three hours on Sunday at Wellingborough from 5.0 pm to 8.0 pm. This means that the training time can now be split into one hour sessions instead of the 55 minutes we have had for such a long time.

The three sessions are now 5 – 6 pm, 6 to 7 pm and 7 to 8 pm.

All other arrangements – swimming in the small pool etc remain the same. If in any doubt, please turn up at the usual time, the worst that can happen is that a swimmer could be a few minutes early for training.

RAISE FUNDS EVERY DAY!

Please use the search engine at <http://wellingboroughasc.easysearch.org.uk> and shop on line through <http://www.easyfundraising.org.uk/wellingboroughasc> and raise money for WASC.

RESULTS

Sat 3 Dec – Geoff Moulder 200m Gala Boston – 6 PBs

1st Boston A 108, 2nd West Norfolk 91, =3rd WASC & Deepings 74, 5th Boston B 52

Sat 10 Dec National Arena League Rnd 3

1st Loughborough 157, 2nd WASC 133, 3rd Market Harborough 101, 4th Great Yarmouth 89
10 PBs

Sat 10 Dec - Leicester Autumn League Rnd 3

1st WASC 193, 2nd Shepshed 176, 3rd Melton Mowbray 159, 4th Kettering 152
11 PBs

PHOTOGRAPHY RULES FOR SPECTATORS AND SWIMMERS

Taking film or digital images is strictly prohibited at all times in the changing rooms and on the poolside.

At some galas, depending on promoters' and venue conditions, photos may be taken provided the registration book has been completed in advance.

USEFUL INFORMATION:

The use of **mobile phones** including the taking of photographic images is strictly prohibited in the changing rooms and on the poolside.

Child Protection Swimline 0808 100 4001 or Janice Flynn, WASC Welfare Officer

Drugs banned in sport which can include prescription and over the counter drugs and remedies:

http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/To_be_effective/WADA_Prohibited_List_2011_EN.pdf

Food for swimming: www.wasc.info/Nutrition.shtml

Asthma & the competitive swimmer:

<http://www.sportcentric.com/vmgmt/vfilemgmt/page/filedownload/1,8202,5157-51138-125076-0-file.00.pdf>

WASC SPONSORS

Isis Business Solutions, Accountants Tel: 0845 345 7785

KDK Business Consultancy Limited Tel: 01933 228091

Kiddi Caru Nurseries 0800 028 4500 www.kiddicar.com

WASC is run by volunteers and seeks support from parents, friends and local companies. Please contact our Secretary if you would like to join our volunteers or business sponsors.
