
WASC NEWSLETTER

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Issue 166

APRIL 2011

In this issue:

New Club Record
Championship Photos
WASC 50m Championships
6 pm & 6.45 pm Monday night
Wakey Wakey!
Questionnaires
Deepings Open Meet
Hand Paddles
Olympics
Results
Useful Information

CONGRATULATIONS

NEW CLUB RECORDS

Ellie Evans – Girls under 12 years 50m Butterfly 00:36.05

PHOTOS

The last day for ordering photos of the club championships in November and January will be Monday 18th April. Photos can be viewed on the WASC website or in the meeting room on the inside of the cupboard doors. Order forms can be downloaded from the website or collected from the swimming pool meeting room on a Monday night. Cost of photos is £0.50 for 6" X 4" size, £1.00 for 8" X 6" size. The group photos on the noticeboard can also be ordered.

WASC 50m CHAMPIONSHIPS MATTERS

This year the 50m Championships will be held on one day – Saturday 21st May. There will be an afternoon and evening session. With the skins competition at the end of the programme. Entry forms will be available shortly and must be returned by Thursday 28th April – late entries will not be accepted.

To be eligible to swim in the skins competition, you must take part in 50m events in all four strokes and achieve an official time.

Do try to stay for the skins competition. It is a great event which has swimmers on the poolside and spectators cheering, gasping, and groaning. You will witness some of the best swimming by all age groups from 12 years upwards. It will not be a late night, you will not regret it, and those taking part will appreciate your support.

All trophies for the May 50m Championships must be returned to the Club Room. Please ensure all trophies are engraved, clean and returned in good time.

Please note that the rules for all Club Championships will be run strictly to the WASC Club Championship rules. If you enter an event for which you do not have a qualifying time (achieved in

the last 12 months) you will forfeit your entry fee and will not be able to take part in the event. Time trials at Championships are not permitted.

All entry times must be achieved before the entry cut-off date.

Make sure you have achieved a time for all the events you wish to swim during the last 12 months. If you have not had the chance to swim an event ask your Coach to do a time trial for you. If you do ask your Coach for a time trial please allow plenty of time between your request and the cut-off date for entries. Time trials cannot always be included in the schedule because they may have an adverse effect on other swimmers' training.

It is the responsibility of every swimmer to ensure all their times are up to date i.e. achieved within the last 12 months

DOOR REGISTER at 6.00 p.m. and 6.45 p.m.

Following the recent squad changes, I am now desperate for helpers to do the door register on a Monday night. Can any parent of swimmers in the Junior or Competitive Squads do this on a once-a-month basis for three-quarters of an hour while your child trains? It is a simple task, ticking names off a list. Please contact me through the usual channels if you can help.

Many thanks to those parents whose swimmers were in the Junior and Competitive Squads for their help doing this job.
Jean Thomas, Secretary

WAKEY WAKEY !!

Why not start off your day with an invigorating swim.

Pre-school morning training is a great way to start the day, it gets your body & brain into gear and gives you some much needed additional water time.

There are sessions on Tuesdays & Thursdays, from 07.15 to 08.00, so set the alarm, throw back your sheets and come and join us.
Craig Brown

QUESTIONNAIRES

As part of our Swim 21 accreditation, the WASC committee compiles an action plan each year, so as to continually improve the performance of our swimmers and the overall operation of the club.

To help compile an action plan that has more relevance to its members, the club captains & vice captains have compiled questionnaires for the swimmers and parents/guardians.

Where possible, you will be asked to complete your questionnaire with one of the captains or vice captains and I hope that you will be able to give them your time, to help fill in these documents.

I would like to thank the Captains and Vice Captains on behalf of WASC, for all their efforts.
Craig Brown - Chairman

DEEPINGS OPEN MEET

We hope to take a sizeable group of Wellingborough swimmers to the Deepings Sprint Open Meet on Sunday 3rd July. Events are 50m of all 4 strokes, 100 IM and 100 Freestyle.

Because this meet is so popular and the organisers work on first come first accepted, our closing date for entries to your Coach will be Monday 18th April not the closing date on the Deepings entry form.

Swimmers should have received an email with an attachment which includes the entry form. If you do not have access to the internet and need a form, please ask your Coach who may have a few spare copies.

HAND PADDLES – FROM OUR GOGGLE SHOP

Hand Paddles are very useful for correcting stroke technique and for upper body strength. However, it is important to get the right paddles since they can put additional strain on the shoulders. The Coaches would like all swimmers to have hand paddles and recommend either Win finger paddles – these are especially good for younger swimmers (red ones only please), or for stronger swimmers small hand paddles that are not much bigger than the hand itself – Kiefer Erog Hand Paddles are a good starting paddle.

Please speak to your Coach if you have any questions about which paddles to purchase, and please put your name on your paddles so they can be returned to you if left on poolside.

The Goggle Shop have a small stock of paddles so just ask them please. Our Goggle shop cannot carry a large stock, but will always order items for you, saving you the cost of postage and packing.

OLYMPICS

With less than 500 days until the London Olympics, things are starting to get very exciting.

The WASC committee have agreed to make a block booking request for tickets, for the morning session on Saturday 28th July 2012.

This session includes men's & women's 400m IM, women's 100m fly, men's 400m freestyle, men's 100m breaststroke and women's 4 x 100m freestyle relay. These events will give our members the opportunity to see the world's best swimmers, performing every stroke, as well as seeing starts, turns & relays take overs of the highest quality.

The ticketing process, means we may get none or all of the 48 tickets we have requested, so if you are interested, please register with Craig Brown asap, as tickets will be distributed on a first come, first served basis.

Members will be charged the face value of the ticket, plus a fee for transport. Depending upon the number of tickets we receive, we will arrange a min-bus or coach, so we can all travel and arrive together.

Craig Brown

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/Sun 19/20 March – County Championship Relays

4 x 100m Medley Relay – Boys and Girls team both 3rd

4 x 100 Freestyle Relay – Girls team 5th, Boys team 6th

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

Useful information:

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

Drugs banned in sport: www.Didglobal.com

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

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.
