
WASC NEWSLETTER

web site: www.wasc.info/ Use the link on the home page to shop on line and raise funds for your Club.

Issue 173

DECEMBER 2011

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NEW CLUB RECORDS

Matthew Richmond

Under 12 years 200m Butterfly 2:59.09

Under 12 years 100m Butterfly 1:21.78

Under 12 years 1500m Freestyle 20:43.62

NEW CLUB CHAMPIONSHIP RECORDS

Girls 14/15 200 Freestyle - Sarah Willis 2.21.84

Boys under 11 years 200 Individual Medley – Matthew Richmond 3.01.14

Girls under 13 years 400 Individual Medley – Ellie Evans 6.04.76

Boys under 13 years 100 Backstroke – Matthew Spencer 1.07.63

Boys 10 to 11 years 100 Individual Medley – Matthew Richmond 1.25.06

Boys 14/15 years 100 Individual Medley – Jake Lucas 1.07.99

Boys 14/15 years 200 Breaststroke – Jake Lucas 2.53.58

Boys under 11 years 200 Freestyle – Matthew Richmond 2.29.86

Boys 12/13 years 200 Freestyle – Matthew Spencer 2.12.04

Boys 14/15 years 200 Freestyle – Jake Lucas 2.12.12

Boys under 13 years 400 Individual Medley – Matthew Spencer 05.20.51

Boys 12/13 years 200 Backstroke – Matthew Spencer 2.28.60

JEAN THOMAS - NEW NASA PRESIDENT

At the recent Northamptonshire Amateur Swimming Association AGM our Secretary, Jean Thomas, was elected President for the next two year period.

WASC CHRISTMAS HAMPER DRAW - Tickets £1

1st Prize – large hamper

2nd & 3rd prizes – smaller hamper

Draw will take place on Monday 12 December. Tickets were available during the Club Championships and will continue to be available from the Club Room on Monday evenings or from Teresa and Kevan Pack.

CHRISTMAS PARTY NIGHT

All swimming members are invited to join the Christmas Party on Monday 12 December from 6.30 pm to 8.00 pm. Fun races and we hope Father Christmas may pay us a visit – we've asked him, but you know how busy he is that close to Christmas so we'll have to see if he can make it.

Every child gets a "present" at the end, and all adult volunteers are invited to the meeting room for a festive nibble after the party – thank you WASC committee.

We want everyone to enjoy the evening, so do ask you all to stick to the rules and play the game. Please help us to make everyone winners of having a good time. Thank you for your support.

Training for County, Performance and Midland Squads from 8.30 pm to 10.00 pm.

TRAINING FEES

At the recent Annual General Meeting, it was agreed that there will be no change to the rates of Annual Subscriptions.

Renewal of subscriptions will be on Mondays, 23rd and 30th January, and 6th February.

The committee also proposed retaining the same training fees as this year. Although the ASA increased its charges to us, and there will no doubt be an increase in pool hire charges, we felt we should support our members in the current economic situation.

Development Squad fees will remain payable for the term in advance, and our lessons will also remain the same per lesson, again payable by the term.

COACH / TEACHER / POOLSIDE HELPER MEETING

The annual Teacher, Coach and poolside helpers meeting will be held this year in the meeting room at the Waendel Leisure Centre on Sunday 11 December from 3.00 pm to 5.00 p.m. If you work on the poolside or would like to work on the poolside, do come along for an informal meeting to discuss how we are doing and what we need to do in 2012.

WASC OFFICERS AND COMMITTEE FOR 2011/12

At the AGM the following officers and committee members were elected for the year 2011/2012

OFFICERS:

Chairperson	Craig Brown
Vice Chairperson	Karen Blakett
Secretary	Jean Thomas
Treasurer	Vicki Jessop
Fixture Secretary	Tony Froggatt

COMMITTEE:

Steve Gammon
Dale Evans
Tricia Gilyead
Kevan Pack
Jim Peto
Matthew Usher
Sheila Welch

CLUB CAPTAINS: Rhiannan Evans and Andrew Gilyead

VICE CAPTAINS: Lauren Spencer and Joshua Fox

LEVEL 2 – ASA SWIMMING TEACHER

Course running at Corby from 9.00 am to 5.00 pm every day on 20, 21, 22, 23, 24, 25, 26, 27, 28, 29 February and 1 March 2012. Anyone interested, please contact Ash our Education Officer, or email WASC.

CAN YOU USE A COMPUTER?

Karen our Home Fixture Secretary is unable to continue looking after this role and we are looking for someone to replace Karen to work with our League Fixture Secretary, Tony.

Nearly all of the information you need for this role is on computer and will be made available to you. The role is almost completely done from home in your own time and involves:

- Helping to compile the WASC gala fixtures with the Club Coach
- Issue, by email, invitations for our inter club galas and maintain the list of attendees and winners.
- Respond to invitations to galas from other clubs after discussion with the Club Coach
- Liaise with the League Fixture Secretary to arrange any coach transport needed for a friendly away gala.
- Working from a list supplied, arrange for officials for home trophy galas.
- Arrange for programmes to be photocopied for home trophy galas.

This is an important role that would suit someone who can fit administration tasks around their other commitments, but may be unable to be at the pool at the same time every week. Ideally suited would be the parent of a younger swimmer(s).

If you are interested and want to know more, any committee member will be pleased to see you or email WASC via our website.

TRAINING AT OUNDLE

The last Friday training at Oundle this year will be on Friday 2nd December. Training at Oundle will resume on Friday 6 January 2012.

RAFFLE PRIZES

If Santa should get it a bit wrong and you end up with something you do not want at Christmas, or you have too many chocolates and sweets and want to start the New Year “being good” – please bring your unwanted items in to the Club Room for use as Raffle Prizes at our galas. All contributions will be welcome. Thank you for your support.

WASC BREASTSTROKE STYLE COMPETITION AND DISTANCE CHAMPIONSHIPS

Entry forms for the Championships in January will be available shortly – please keep an eye on the WASC website. These Championships are for 400m, 800m and 1500m Freestyle events and 25m events for our younger swimmers.

The Breaststroke Style Competition will be held on the same day at the 1500m Freestyle event. Please note swimmers cannot enter both events, but must decide between the style competition and the 1500m Freestyle event.

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 29 Oct – Halloween gala at Corby – 9 PBs

1st WASC 136, 2nd Corby 127, 3rd Daventry 124, 4th Market Harborough 93

Sat 12 Nov - National Arena Swimming League Rnd 2 - 11 PBs

1st Wisbech 176, 2nd Loughborough 163, 3rd Lincoln Vulcans 143, 4th WASC 137, 5th Fenland Flyers 130

Sat 12 Nov - Leicester Autumn League Rnd 2 : - 15 PBs

1st Leicester Sharks C 243, 2nd Swadlincote B 225, 3rd WASC B 157, 4th Shepshed 154, 5th Market Harborough 142, 6th Oadby & Wigston 62

Sat 19 Nov – Club Championships

299 swims, 252 PBs

Sun 20 Nov – Club Championships

142 swims, 116 PBs

Sun 20 Nov – Masters & Seniors Inter-County gala at Corby

1st Warwickshire 521.5, 2nd Leicestershire 371, 3rd Derbyshire 305, 4th Northamptonshire 301.5, 5th Worcestershire 261.5, 6th Staffordshire 239, 7th Nottinghamshire 188.5

Sat 26 Nov – Club Championships

301 swims, 248 PBs

WASC CHAIRMAN'S REPORT 2011

INTRODUCTION

2011 was another very busy & eventful period for Wellingborough ASC and I hope to give you here the edited highlights of the year.

SOCIAL ACTIVITIES

Although WASC is a competitive club, it can't always be work, work, work, so during 2011 we have held some social events.

In March we held a barn dance at the Tithe Barn in Wellingborough, where over 100 WASC members and their families strutted their stuff on the dance floor, some more rhythmically than others.

In August we held a BBQ at Irchester Country Park, with over 60 attendees. Despite the swimmers coming from different schools and different age groups, they all played together and gave an excellent snap shot of what WASC is all about, team effort & camaraderie.

MASTERS

During 2011 our Masters squad continued to go from strength-to-strength. In fact the biggest challenge facing our Masters, seems to be that some of our water space is now becoming overcrowded, due to the sheer volume of swimmers.

Several members made the move from the main squads to Masters this year, including our former ladies captain Jessica Bland, and we hope this will be a continuing trend, as we use Masters training as an outlet for our older swimmers, as we seek to offer life-long participation in swimming.

In addition to the new recruits, we continue to see ex-members join Masters training during University holidays. We have even had a few main squad swimmers joining the Masters morning sessions this year, to get extra water time, including our men's captain.

During 2011, twenty-one WASC Masters have competed in a variety of events, including WASC team galas, WASC championships, winning numerous medals & pens and various open meets, including the Midland Masters. We also provided a large percentage of the County team for the inter-county & challenge galas, helping spread the WASC name throughout the land, and our Masters currently hold 18 short course & 3 long course regional records.

The Masters went international again this year, with their annual expedition to Guernsey, although I hear this was as much for the company, food and beverages as for the competition.

WASC Masters went au natural again this year, with 12 members attending open water training and several attending competitions at Box End and Bosworth. Open water is clearly a passion of our coach, although the Speedo wearing Mr Peto does give the "wimps in the wet suits" a hard time about their attire.

Many of our Masters have children in the club, or provide support to the club in various areas, including being part of our triathlon stewarding team. Including full Masters, regular University attendees and club volunteers who attend on a "pay-as-you-go" basis, our Masters numbers have increased from 45 to nearly 60 during 2011.

With 5 sessions & 5 hours of training offered each week, with growing numbers and some keen competitors, we should be rightly proud of our Masters section and I would like to add a personal note of thanks to Jim, for his tireless efforts in developing & promoting this squad.

SWIM 21

Kathryn continues her hard work co-ordinating our Swim 21 and making sure we maintain our accreditation for this important & nationally recognised quality mark.

As part of our 2012 re-accreditation, which we successfully achieved, we formulated an action or continuous improvement plan for WASC and I would like to share a few of the main aims:

~ Increasing fund raising

We will continue to work with and maintain our relationship with our current sponsors and look to increase sponsorship when the opportunity arises. We will also continue to receive commissions from on line shopping & photo sales through DE photography, thanks to Tony, and will continue to apply for grants when they are available.

While talking about fund raising, I would to say a very big thank you to the triathlon stewarding team, who, through our sponsors Just Racing, managed to raise an incredible amount for WASC during 2011. Hopefully we can do the same again next

year.

~ *Increased numbers of volunteers & training for our volunteers.*

We need increased volunteer support in a number of key areas, particularly on poolside for training & lessons and for gala officials. It is noticeable that we continue to rely on a very committed team of volunteers, but the work would be much easier, if it could be spread around a larger portion of our membership.

At times during 2011 we have struggled to cover our commitment to our lessons programme and this requires additional focus & resource. Our efforts in this area help feed the club with young swimmers and also generate a substantial amount of funding for WASC.

It is perhaps worth noting that we currently have no volunteer/workforce co-ordinator and this important role is critical, if we want to fulfil our actions.

~ *Better liaison with external organisations.*

We have already made a lot of efforts with this topic and currently have Sandra on the NASA swimming development committee, Ian Manning helping Kettering & NASA with their championships, Jean is the new NASA President, Marilyn is the NASA secretary and Jim is EMASA Masters secretary, with Jim & Denise attending regional Masters meetings.

In addition, we have also helped with schools galas and thanks largely to the efforts of Sandra, held our own inclusive galas, enabling members from the DC Leisure lessons and from the Flipper Club, to get some competitive experience.

~ *Increase swimmer development.*

This includes reinstating land training, which has been a noticeable omission from our 2011 programme, increasing the number of younger swimmers attending county championships, finding open meets suited to different levels of swimmer and offering different types of swimmer development i.e. celebrity swimmer workshops & lectures related to athlete development i.e. nutrition, competitive psychology, etc.

The committee have earmarked funding to improve swimmer development, but need a volunteer to investigate & co-ordinate this programme with the existing coaching team.

To support our Swim 21 work and to focus on the needs of our members, we also commissioned our Ladies Captain and her Vice Captain to conduct a questionnaire during 2011 and I would like to thank them for their efforts in compiling this document.

Kathryn continues to look for volunteers to help complete the tasks outlined in our action plan, to enable us to achieve our goals, I would personally like to thank her for all her efforts.

WEB SITE

The WASC website continues to be a fantastic source of information and a great advert for the club. If you need to know where we are swimming next week, or what we are doing next October, if you want to see the history of our club & our club records from 1970, or if you simply want to download the entry forms for the championships, the website is the place to go.

Our thanks go to Tony for all his efforts in maintaining, updating and developing the site throughout this year.

NEWSLETTER

Like the website, the newsletter continues to be an excellent source of information for our members. Apart from general swimming information regarding the club, it includes important messages & updates, notices for championships, special training, training times and vacancies, in fact it covers any relevant topic, from Swimming to Safety and Galas to the Goggle shop. The newsletter has now reached edition 172 and I would like to thank Sandra for all her efforts in sourcing material and for compiling this excellent document.

FINANCES

Two years ago the WASC committee issued a budget report, highlighting the severe deficit in our finances, which at the time threatened the very future of the club. I am happy to say that the actions taken by the committee at that time and the support given by all the membership to the changes we had to implement, now see the club in a strong financial position.

Whilst we cannot be complacent, as we never know what might be around the corner, we are confident we have addressed the major financial issues and we have a much better balance between our income and our outgoings.

I would like to thank all members of the committee and of the WASC membership for their support during the hard times and particularly to people like Brian, Jean and Vicki for their efforts in planning & restructuring our finances.

SWIMMERS

No report about WASC would be relevant, unless it mentioned the swimmers. Our swimmers are and will always be the most important part of the club and they are undoubtedly the life blood that keeps WASC moving.

2011 has been another busy year for swimming competitions, as we have expanded our programme, to include as many of our members as possible in team competitions, with many "A", "B", graded & junior galas. In these events the team has been successful winning all three rounds of the Leicester Winter league, the first round of the National League and also the Team Managers, Spring Fir and Welch trophy galas.

At the County championships we took an army of swimmers, who competed in nearly 300 events, many swimming long course for the first time, but achieving 100 PB's.

This year we have seen championship or club records broken by Jake Lucas, Sarah Willis, Gemma Cook, Matthew Spencer, Oliver Hart, Emma Froggatt, Andrew Gilyead, Ellie Evans and Matthew Richmond and the two Matthews, also qualified for and competed at the Midland championships.

It is difficult to quantify the immense efforts made by all our swimmers, however, to give you a small insight, it is interesting to note that in turn up & swim, development, league & trophy galas our swimmers managed 897 PB's, 8 dash nights a further 460 PB's and in the three WASC championships since the last AGM, there were 1,440 individual swims, with an incredible 1,124 PB's. This means our members managed nearly 2,500 PB's during 2011.

VOLUNTEERS

If the swimmers are the life blood of the club, then our volunteers are the undoubtedly the heart, which keeps the blood flowing. We have an impressive army of volunteers that make WASC the envy of many clubs, but we shouldn't be complacent and we are always looking for more helpers and volunteers to complete the massive array of tasks we need to fulfil.

Recently we lost one of our long term coaching team when Steve moved to the next phase of his life, getting engaged and following his fiancée to Leicester, we also lost one of our trophy stewarding team & goggle shop operator, as smiling Maggie moved to South Africa.

Now the issues with our finances seem to have been rectified, I believe the greatest threat to the long term future of WASC is without doubt, the number of volunteers we have and in 2012 we need efforts to recruit support, particularly from the parents of the younger swimmers, who we hope can offer support for many years to come.

I would like to say a very big thank you to ALL our volunteers, without whom the club would grind to an abrupt halt.

CONCLUSION

2012 sees WASC enter its 43rd year, yet the club is still moving forward and remains as fresh and buoyant as it always has been and I am looking forward to the challenges and achievements the next 12 months will bring.

Finally, I would like to thank every swimmer, coach, team manager, parent, official, volunteer and committee member, for making 2011 yet another successful & enjoyable year.

Craig Brown, Chairman

WASC WISH A MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL WASC MEMBERS, THEIR FAMILY AND FRIENDS OF WASC

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

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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.
