



Wellingborough Amateur Swimming Club

NEWSLETTER

Issue 169

JULY & AUGUST 2011

In this issue:

**Congratulations
Holiday Special
Help on Poolside
Summer Training
Club Questionnaire
CRB Checks
Squad Photos
For Masters Squad
Dates for your Diary
Results
Useful Information**

CONGRATULATIONS

TWO MATTHEWS AT MIDLANDS

Over the weekends of the 4/5 and 11/12th June Matthew Richmond and Matthew Spencer took part in Midland Region Age Group competitions at Coventry pool.

It was Matthew Richmond's first Midland event – he took part in six events, gained three PBs and was ranked 17th overall in his age group at the end of the competitions.

Matthew Spencer qualified for 8 events in his second year at Midlands. He achieved 7 PBs and was placed 5th in the final of both the 200 IM and 200 Freestyle events in his age group. He finished 7th overall in his age group.

HOLIDAY SPECIAL – while stocks last.

Our Goggle Shop has a number of pairs of wet suit shoes available – ideal for going in the sea or just walking on the sand. In various sizes – cost £2 per pair.

BBQ

We are holding a BBQ (weather permitting) for all members and their families at Irchester Country Park on Friday 15 July from 6.30 pm until it gets too dark. Park in the top car park (the bottom car park is closed from 6.00 pm) and walk down to the BBQ area near the visitor centre. Charcoal and BBQ will be provided, please bring your own food and drink.

HELP ON POOLSIDE - Thursdays, Fridays & Sundays

With work patterns changing and children growing up, some of our adult poolside helpers are no longer able to help at some sessions. We desperately need new adult helpers on the poolside for the County Squad on Thursday and Sunday evenings, and all squads on Friday night at Oundle. You do not have to be qualified and you would not be left on your own, but we do need adults to help relay the coach's instructions to the swimmers – it is hard to hear across a pool of water, especially with water in your ears!

If you are interested in helping every week, every other week, once a month, or would like to know more – we'd like to hear from you. It is fun and most people say they find it a great way to have a complete break from work. Please speak to Sandra anytime, or use our website to contact her using the contact page.

SUMMER TRAINING

JUNIOR, COMPETITIVE, COUNTY, PERFORMANCE, MIDLAND & MASTERS SQUADS

Last training at Oundle on Friday 9th July – training resumes on Friday 9th September.

MASTERS & SENIORS

Last training at Rushden on Sunday 17 July. Training continues at Waendel Leisure Centre – two lane pool share with the Competitive Squad from 5.55 pm to 6.50 pm. Training at Rushden resumes on Sunday 4th September.

PERFORMANCE & MIDLAND SQUADS – last training at Rushden on Sunday 17 July. Training continues at Waendel Leisure Centre – pool share with County Squad from 6.50 pm to 7.45 pm. Training at Rushden resumes on Sunday 4th September.

Please be sure you get out of the water on time so that the swimmers following you have their full 55 minutes. We have asked the pool management for an additional 15 minutes from 7.45 to 8.00 pm so every squad on a Sunday can have an hour and will let you know the outcome as soon as they respond.

CLUB QUESTIONNAIRE

Thanks to the Club Captains who between April and June this year have talked to over 80 parents and swimmers to find out what they want out of our Swimming club. Some of the things they found out were:

Most of you heard about WASC by word of mouth – *Keep on spreading the word!*

You'd like to see more work on starts, turns and finishes – *The Coaches are working on this one.*

You'd like earlier sessions – *unfortunately our times are pretty much set by the pools we use, but we'll keep trying for you.*

You like competition and would like more, especially for our less able swimmers. – *We'll look at this when we set the 2012 diary. Take advantage of the Turn Up & Swim on Saturday 3rd September.*

You seem pretty happy with our Championships.

Our strongest form of communication seems to be our website and email. Verbal, newsletters and notice board you rated as helpful.

Over half of you like our website, but would like it more widely advertised – *We'll see what we can do – your suggestions of where to advertise it would be welcomed.*

Swimmers would enjoy more social events, hoodies, tracksuits, t-shirts. And they love the friends they make at WASC. – *Join in the fun at the BBQ on Friday 15th July. We'll keep looking for new kit for you.*

If you have something to say about WASC do use the contact page on the website or our facebook to let us know your views and suggestions.

CRB CHECKS

For many of you your CRB check has expired and/or due for renewal. The ASA are now sending CRB forms directly to you, please read the instructions carefully and complete the form so I can check and send back promptly. I will be in the clubroom on dash night from 7.15 to do CRB forms and check evidence of identity. If you have not had a CRB check please see me and I will give you a form.

I understand that some of you hold several CRB checks and it can be really frustrating having to fill in another form, unfortunately these are no longer transferable. It is extremely important due to the nature of our sport that CRB's are in place for the protection of you and our swimmers.

Thank you for your cooperation, Janice, Welfare Officer

SQUAD PHOTOS

Available to view on the notice board. Photos can be ordered and paid for at the Goggle Shop on Monday nights 6.30 pm to 8.00 p.m.

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.

FOR OUR GROWING MASTERS SQUAD

Four top reasons to keep swimming as you get older ☺

The older you get the faster you were.

It is easier to swim than run.

Only equipment needed is goggles, costume and skin.

You can remember splits from 20 years ago, even when you can't remember what you had for breakfast.

DATES FOR YOUR DIARY

SUMMER TRAINING

WASC does not close during the summer holidays – all the core training times continue. Trainings at Rushden and Oundle stop for the summer period.

Key dates:

Fri 8 July – last training at Oundle until Friday 9 September

Sun 17 July – last training at Rushden until Sun 4 September

Wed 20 July – last training at Rushden for Midland Squad until Wednesday 7 September

Sun & Mon 28/29 August – Bank Holiday no training

RESULTS

Sat 4 June - MILTON KEYNES JUNIOR LEAGUE Rnd 1 - 12 PBs

1st Bicester Blufins 234, 2nd WASC 198, 3rd Modernians 188, 4th Newport Pagnell 184

Sun 5 June – MASTERS CHALLENGE GALA - Derby – 6 PBs

13 of our Masters swimmers took part in this County event. They had 40 swims between them.

1st Leicestershire 294, 2nd Derbyshire A 244, 3rd Nottinghamshire 218, 4th Northamptonshire 200, 5th Lincolnshire 117, 6th Derbyshire B 95

Sat 18 June – FASTWATER MEET – 14 PBs

1st Braunstone, 2nd Kettering, 3rd WASC, 4th Melton Mowbray, 5th Aylesbury, 6th Hinkley

WASC age group results: 11 & under age group Boys 5th, Girls 3rd, 13 & under Boys 3rd, Girls 3rd, 15 & under Boys 3rd, Girls 2nd, Open Men 4th, Open Ladies 4th

Sat 25 June – LEICESTER DIDDY LEAGUE FINAL – 9 PBs

1st Kettering 224.5, 2nd Leicester Penguins 185, 3rd Kimberley 173, 4th WASC 159.5, 5th Coventry 138, 6th Melton Mowbray 121

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 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

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.
