
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 168

JUNE 2011

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CONGRATULATIONS

NEW CHAMPIONSHIP RECORD HOLDERS

50 Back	Oliver Hart	9 & under
50 Back	Gemma Cook	10 to 11 years
50 Breast	Oliver Hart	9 & under
50 Fly	Emma Froggatt	12 to 13 years
50 Fly	Andrew Gilyead	14 to 15 years

and

King of Sprints	Andrew Gilyead	Performance Squad
Queen of Sprints	Kathryn Loveys	Master

Skins Winners	Matthew Spencer & Ellie Evans	12 & Under
	Thomas Pack & Olivia Yates	13 & 14
	George Cherry & Jess Bland	15 & over

SQUAD PHOTOS

The official Club Photographers will be taking Squad photos on Sunday 5th June for the Training Squad and Monday 6th June for all other Squads. Please bring your blue WASC shirt to wear for the photo.

TRIATHLON STEWARDS NEEDED

A massive thanks to Amy, Kathryn, Malcolm, Michelle, Lauren, Andy, Paula & Colin for their support at the Grendon triathlon on Sunday morning 8th May, earning some much needed funds for WASC.

We have now been asked to provide stewards for two further events:-

The all new Corby triathlon on Sunday 12th June

The Grendon triathlon on Sunday 26th June.

If you are able to assist with either of these events, it would be appreciated. Please use the contact page on our web site, or speak to Craig Brown if you are able to spare an hour or so on these dates.

BBQ

We are holding a BBQ (weather permitting) for all members and their families at Irchester Country Park on Friday 15 July. Park in the top car park and walk down to the BBQ area near the visitor centre. Charcoal and BBQ will be provided, please bring your own food and drink.

DIVING

We have all seen swimmers who enter the water straight as an arrow and with little splash. Unfortunately we have also seen many swimmers who make a big splash. This is often caused by the swimmer not springing off the block and giving themselves enough distance to get their feet up and in line with their bodies.

Skipping is a great way to improve every swimmer's ability to spring off the block. Try skipping on a regular basis and see how much it will improve your dives and your turns.

And for those of you who think skipping is boring – take a look at

<http://link.brightcove.com/services/player/bcpid1418565565?bctid=23207933001>

CAN YOU HELP WHEN YOUR CHILD IS SWIMMING?

We need some more timekeepers, especially from parents who have children in the Training & Junior Squads. Have a go any Dash night to find out what it involves. Just turn up on poolside or speak to Jean, our Secretary. If you think you could be a timekeeper, we'll arrange for you to work alongside qualified timekeepers at galas and become qualified yourself. We need 14 timekeepers for every gala. By having a lot of timekeepers we can share the work and not overburden a small band of willing volunteers. It beats sitting in the gallery – come and try it.

MESSAGE TO ALL AT WASC

A presentation was made to Maggie Houseman at our 50m Championships. For some years, Maggie has been a trophy steward, collecting in all the gala trophies and getting them ready for presentation at Championships, has run the Goggle Shop and arranged raffle prizes for many of our galas – all delightfully presented. Patrick, her son, has swum his way through the squads to the Performance Squad – we wish them both well as they set off to live in South Africa. Below is the message Maggie has sent to all at WASC.

I was very shocked to get the flowers and the great books.

I just want to say a big thank you to everyone at the club, we have enjoyed our time at Wellingborough and both Patrick and I have gained a lot out of it, not just the swimming but all the lovely people we have met over the years. There is so much work that goes into running the club by so many people so a big thank you to all of them.

We are off to make another chapter in our lives but will look back with fond memories of you all.

Thank you, Maggie and Patrick.xx

CHAMPIONSHIPS

It was good to see so many swimmers take part in the 50m Championships on Saturday 21st May. Running the two sessions on the same day seems to have been a popular change from our two day format. If you have suggestions as to how the experience can be improved, please use the web site contact page to let us have your feedback.

There were 428 swims in the Championships with 266 PBs and just 10 disqualifications. The Skins Competition produced another 121 good swims with 14 PBs. A really good result for everyone who took part.

A big thank you to those who sat in the spectators gallery for the duration of the galas – your support was really appreciated by the swimmers and those working on poolside. At the end of the night the rubbish left was at an all time low – a couple of empty bottles, one coffee cup and the remains of a box of grapes was all that had to be picked up. The gallery rubbish bins were filled to overflowing – thank you all very much.

Unfortunately, there was a lot more rubbish left on poolside than usual. Worst area – County Squad where we collected a whole supermarket bag full of bottles and sticky sweets. Next worst area was Performance, Midland and Masters – all left drink bottles, one or two food containers which should not have been on poolside at all and a large number of shirts, hats and goggles – school report for you would read “could do a lot better”! Congratulations to the Development, Training, Junior and Competitive Squad who left one bottle and a couple of sticky sweets – an example to all the older swimmers.

HELP NEEDED FOR THE LESSONS PROGRAMME

We are very lucky to have a great team of teachers who give lessons to young swimmers many of whom eventually join WASC as competitive swimmers. The lesson programme these teachers run helps to keep our competitive swimming programme at a very reasonable cost. However we do need some more teachers to keep the programme going.

We'd be glad to hear from anyone who can give a little time on Mondays or Sundays to help teach. Please speak to Jean, our Secretary, or contact us using the form on our website if you would like to know more. No prior experience needed.

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.

DATES FOR YOUR DIARY

WASC DATES TO NOTE

Sun 5 June – Squad Photo for Training Squad

Mon 6 June – Dash – Individual Medley and Squad Photo for all Monday squads.

Mon 4 July – Fly Dash

Fri 8 July – Last Friday training at Oundle until September

Fri 15 July – WASC BBQ at Irchester Country Park

Sun 17 July – Last Sunday Training at Rushden

Performance & Midland Squads - Sunday training continues with the County Squad at Wellingborough until Sunday 4th September

Masters Sunday training continues with Competitive Squad at Wellingborough until Sunday 4th September

RESULTS

Sat 8 May - SADIE MURRAY TROPHY GALA

1st Kettering 119, 2nd WASC 110, =3rd Corby & Rushden 106, 5th Spinney Hill 75, 6th Daventry 74

Fri 6 to Sun 8 May - MIDLAND MASTERS CHAMPIONSHIPS at Leamington Spa

7 swimmers - 2 x 1st place in age group; 4 x 2nd place; 6 x 3rd place

Sat 14 May – LEICESTER DIDDY LEAGUE Rnd 2 – 19 PBs

Congratulations to all the young swimmers, but especially those who were taking part in their first away gala.

1st Coventry 217, 2nd WASC 212, 3rd Loughborough 190, 4th Daventry 174, 5th Shepshed 143

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:

WASC is on Facebook: [Swimming Wasc](#)

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

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.
