
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 165

MARCH 2011

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CONGRATULATIONS

NEW CLUB RECORD

Ellie Evans – Girls under 12 years 1500m Freestyle 21:35.11

COUNTY FINALIST

Jess Bland – 100 Individual Medley

BARN DANCE

WASC will be holding a barn dance on Friday March 25th at the Tithe Barn in Wellingborough. The evening will include a live band & caller and a chip supper. All swimmers & parents are welcome and we hope to make this a fun event for all who attend. Ticket prices are £7.50 (adults) and £5.00 (Under 18's), but space is limited, so don't delay, purchase your ticket today from the Goggle Shop.

If you can not get to the Goggle Shop when it is Open, email the Club saying how many tickets of each price you require, using the "contact us" on our web site.

SPECIALLY FOR YOUNG and NEW WASC SWIMMERS

On Saturday 26th March we are running a Development Gala for our youngest and newest swimmers in the Development, Training and Junior Squads. Events are 25m in all four strokes and 4 x 25m Individual Medley. This is a great opportunity for our young swimmers to experience gala conditions without the pressure of a team event or Club Championships.

Entry forms are available from the Squad Coach and must be returned to the Squad Coach or our Secretary by Monday 7th March latest. Make sure you get your entry in as soon as possible so as to avoid disappointment.

Gala time 5.30 p.m. warm up. Finish time expected to be between 8.00 p.m. and 8.30 p.m. depending on the number of entries.

COUNTY CHAMPIONSHIPS

If you are unable to attend any of the County sessions that you have entered, you must phone the night before to withdraw from your events. If you are unable to do this, please contact Sandra as soon as you can on the day to ensure we can withdraw you from the competition. If you do not arrive, a lane is left empty and this can mean that extra heats have to be run.

The Italy T-shirt left at the Championships – it can be collected from the Club Room.

RACING?

For all galas – bring spare pairs of goggles – put your goggles and hat IN YOUR BAG when not in use AND DO THE BAG UP. Goggles and hats left lying on top of bags often fall off, get kicked to one side and generally disappear just when you go to pick them up for your race. Never come to a gala with only one pair of goggles – a broken pair can ruin your race. Be kind to yourself and think ahead – pack your bag with two of everything. At the gala, keep everything in your bag and your bag zipped up.

COURSES

Two courses are being held in March especially for WASC.

Sunday 6 March. – **Teaching Sculling**. If you work on poolside and would like to come along, let Sandra know as soon as possible please.

Monday 28th March – **Safeguarding Children**

Essential for everyone who works on poolside and has to be renewed every three years. If you have not booked a place and need to do the course or need to renew, contact Ash Gokani, our Education Secretary, or Sandra asap.

Please note, the Club Room will be closed on Monday 28th March for the Safeguarding Children course.

If there is a course you want to do – to help on poolside with training, or to officiate at galas, let Ash know and she will do her best to organise something for you. Email the Education Secretary using the contact page on the web site. We can only help you if we know what you want to do.

SQUAD MOVES

Some moves will be announced during April to fill the limited number of spaces available.

YOUR CLOTHES

Please take your belongings on poolside or put them in a locker. Do not leave anything in the cubicles in the changing rooms at any time.

LATE FOR TRAINING?

If you arrive late for training you miss an essential part of your swimming – the warm up. This is an important part because the pace enables the heart to start working harder and gets your muscles ready to work.

If you are late for a session, make sure you go immediately to your Coach when you get on poolside and tell them why you are late. It would be unreasonable to start the session again, so you will need to listen carefully to your Coach and do what they have told you at a warm up pace – which may mean you swimming at the back of the lane when you are more often at the front.

If you are always likely to be late because of some other commitment prior to swimming, let the Coach know, so they can plan for your late arrival whenever possible.

RUSHDEN TRAINING SUNDAY 20 MARCH

Please note there will be no training at Rushden on Sunday 20th March which is the last day of the County Championships at Corby. Masters, Midland and Performance Squad swimmers are invited to join the County Squad Wellingborough that night.

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

TRAINING

Sunday 20 March – No training at Rushden – Masters, Midland & Performance squads at Wellingborough.

Friday 25 March – No training at Oundle – Go to the Barn Dance instead!

Friday 22 April, Sunday 23 April and Monday 24 April – Easter – No Training

Friday 29 April – No training at Oundle

GALA DATES

Sat 26th March – Development Gala for all swimmers in the Development, Training & Junior Squads entry in advance.

WASC EVENTS

Note: Dash for Training & Development Squads will be notified direct to Squads.

Mon 7th March – Backstroke Dash

Mon 4th April – Breaststroke Dash

Friday 25 March – Barn Dance – tickets from Goggle Shop

COUNTY EVENTS

Sat/Sun 19/20 March – County Championships at Corby

RESULTS

Sat 5 Feb – TURN UP & SWIM – 236 swims, 122 PBs

Sat 12 Feb - LEICESTER WINTER LEAGUE RND 2 - 36 PBs

1st WASC A 223, 2nd Kettering B 173, 3rd WASC B 156, 4th Leicester Neptunes B 89, 5th Market Harborough B 80

Sat/Sun 19/20 Feb – COUNTY CHAMPIONSHIPS, 119 swims, 62 PBs

NEW TO COUNTY CHAMPIONSHIPS?

GUIDE TO - BRITISH AGE GROUP CATEGORIES (BAGCATS)

This brief guide is intended as basic introduction for both swimmers and parents into the world of British Age Group Categories (known as BAGCATS).

At County level BAGCATS applies to

Boys aged 9 – 14 yrs.

Girls aged 9 – 13 yrs

At the Northamptonshire County Championships there are only BAGCAT awards; no trophies are awarded for individual events for boys aged 9 to 14 years and girls aged 9 to 13 years.

BAGCATS

Is an accumulative points system which culminates with the overall placings and ranking at the end of a Championship. At Northamptonshire County Championships awards are usually presented to the top 6 swimmers in each age and gender category.

The points system works by awarding points for the time achieved. The faster you swim, the more points you are awarded. Sliding scales are used, depending on your age and gender.

Ideally, you need to compete in at least one event in each Category, to achieve good points. There are normally four or five Categories that count towards overall BAGCATS points. If you swim in more than one event in a Category, only your best points score is counted.

The Categories are:

Sprint	50 m Butterfly, Backstroke, Breaststroke, Freestyle events
100s	100 m Butterfly, Backstroke, Breaststroke, Freestyle events
Form	200 m Butterfly, Backstroke, Breaststroke events
Distance	200 m to 1500 m Freestyle events
IM	100m, 200m, 400m Individual Medley events

The 200m Freestyle is always a Distance event, not a Form stroke.

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

Useful information:

Education Secretary - Ash Gokani, email: using the contact page on the web site

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/vmngmt/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.
