



**Wellingborough Amateur Swimming Club**

# NEWSLETTER

**Issue 172**

**NOVEMBER 2011**

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## **WASC AGM - TUESDAY 29 NOVEMBER 2011 AT 7.30 p.m.**

The Club's Annual General Meeting will be held on Tuesday, 29th November at The Old Grammarians, Oxford Street, Wellingborough, commencing at 7.30 p.m.

We hope you will come along and hear how the Club has been doing over the last twelve months, and our plans for the future.

Our constitution states that anyone wishing to stand for the committee must submit their nomination form to me 21 days prior to the meeting, and any items for 'Any Other Business' 7 days before.

We will be having our usual question and answer session after the meeting, followed by a sausage and chip supper. If you would like to stand for the committee, please see me for a Nomination Form.

*Jean Thomas, Secretary*

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## **THANK YOU**

Steve Gollings, one of our County Squad coaches, will be leaving us at the beginning of November as he is moving to Leicester. Steve started coaching in 2005 and took ASA qualifications to become Coach of the Competitive Squad and later the County Squad. It was Steve who helped to form the Midland Squad and found additional water time for them at both Oundle and Rushden which has since been opened to benefit more swimmers. Steve also organised the very successful WASC training camp in Italy in 2009.

Steve's ideas and enthusiasm have been a great benefit to WASC over his years with us and we will miss him. We wish him happiness and success for the future and thank him for all his has done for WASC.

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## **CLUB CHAMPIONSHIPS**

Programme and entry form are available on the web site to download. Closing date Monday 7<sup>th</sup> November – late entries will not be accepted.

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## **TRAINING TIP**

**DO:** Streamline off the wall every single time in training.

**RESULT:** Less resistance means travel further; fewer strokes per length means less tired; less tired means **FASTER** swims!

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## **OPEN MEET MANAGER**

Marilyn Richmond has very kindly agreed to be our Open Meet Manager. From now on, if anyone wants to do an open meet, please speak to Marilyn or email her via the contact page on our web site.

Marilyn, will do all the paperwork for open meets we attend as a club and ensure that if a number of individual swimmers are wanting to do the same meet, they are entered as one club and all know who else is attending.

Northampton Swimming Club Winter Festival Level 1 Open Meet – 16/17/18 December 2011.  
Closing date for entries to Marilyn 21 November latest please. (Qualifying Times required.)

Level 1 meets are intended to qualify for National & Regional Championships 50m pools only  
Level 2 meets are also to qualify for National & Regional Championships – 25m pools only  
Level 3 meets are intended to qualify for Regional Championships – 50m or 25m pools

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## **DEVELOPMENT EVENINGS**

A big thank you to Ian Manning who organized the two Development Evenings held recently, and to all the Coaches, swimmers and parents who gave up their Saturday night to help and support the evenings in many different ways.

These evenings are a great help to the swimmers and are only possible because of our fantastic volunteers. If you would like to join the team, make yourself known to one of the coaches or pop into the Club Room – the more volunteers we have the more help we can give our swimmers.

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## **GOGGLES RECYCLE**

Before you throw those broken and old goggles in the bin, please check if they have any useful parts left – clips or straps. If they have, please take them along to our Goggle Shop so they can use the bits (not the goggle itself) to mend other swimmers favourite goggles. If we all take in our old goggles, when you next have a clip break, you just might find you can get the bit for a few pence rather than have to pay out for a completely new pair of goggles. Please help us to help you.

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## **MEET TOP OLYMPIC ATHLETES AT WAENDEL LEISURE CENTRE**

On Sunday 13<sup>th</sup> November Olympic Bronze medalist, European & Commonwealth medalist Steve Parry will be hosting a Zoggs Oceans of Fun Day at our home pool. Joining Steve will be Jo Jackson, Olympic Bronze medalist and three times World Champion medalist, and Fran Leighton, Commonwealth Bronze medalist and current GB women's water polo captain.

The athletes will be introduced at the beginning of the event and the children (and their families) will have the opportunity to meet the Olympians outside of the pool for autographs, photos and the showing of Olympic and Commonwealth medals.

The event will offer skills and games across different aquatic disciplines – Water Polo, Diving, Speed Swimming and Rookie Lifeguard with every participant getting the chance to try each of the sports.

Each child will have the chance to compete in a mini water polo tournament and race against an Olympian. They will receive a Zoggs hat and a medal at the end of the event.

Swimmers aged 7 to 10 years are invited to attend the 9.00 am to 12.00 noon session  
Swimmers aged 11 to 14 years are invited to attend the 1.00 pm to 4.00 pm session.  
Children who are not WASC members can also take part provided they can swim 25m

For a free place at this event, a parent needs to go to Waendel reception and complete a form.

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### **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.

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### **DATES FOR YOUR DIARY ....**

### **WASC CHAMPIONSHIP ENTRIES CLOSE MONDAY 7 NOVEMBER**

#### **TRAINING INFORMATION**

Friday 18 and 25 November - No training at Oundle

Sunday 20 November – no training at Wellingborough or Rushden (Club Championships)

Friday 16, 23 & 30 December – No training at Oundle

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### **RESULTS**

Sat 1 Oct – Autumn Team Managers Trophy Gala – 18 PBs

1<sup>st</sup> WASC 140, 2<sup>nd</sup> Linslade 135, 3<sup>rd</sup> Witney 132, 4<sup>th</sup> Boston 124, 5<sup>th</sup> Godmanchester 104

Sat 8 Oct - National Arena League Rnd 1 – 15 PBs

1st WASC 187, 2nd Great Yarmouth 170, 3rd Gainsborough 149, 4th Corby 137, 5th Thetford 101

Sat 8 Oct - Leicester Autumn League Rnd 1 15 PBs

1st Leicester Penguins C 271, 2nd Swadlincote B 208, 3rd Leicester Penguins D 171, 4th WASC 152, 5th Loughborough B 121, 6th Knighton Fields 74

Sun 16 Oct – Deepings Open Meet

22 WASC Swimmers attended. 71 swims and 59 PBs.

Best Visiting Club competition: 1<sup>st</sup> Lincoln Vulcans 220, 2<sup>nd</sup> WASC 185, 3<sup>rd</sup> Corby 155

Medals were won in all age groups.

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## 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.

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### 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](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](http://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>

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### WASC SPONSORS

Isis Business Solutions, Accountants Tel: 0845 345 7785

KDK Business Consultancy Limited Tel: 01933 228091

Kiddi Caru Nurseries 0800 028 4500 [www.kiddicar.com](http://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.

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