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# WASC NEWSLETTER

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

**Issue 171**

**OCTOBER 2011**

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## **TWITTER**

WASC information can now also be received via Twitter (@Wascswimming); just follow the link from the Home page on the website. If we can get enough "followers" to make this an effective method of communication we can send out regular updates for galas and Club Championships etc.

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## **CLUB CHAMPIONSHIPS – AFTERNOONS & EVENINGS**

Club Championships this year will be held over three days; an afternoon and evening session on Saturday 19 November, an evening session on Sunday 20<sup>th</sup> November and an afternoon and evening session again on Saturday 26 November. Afternoon sessions are likely to have a 2.00 pm warm up. Evening sessions should finish about 8.30 pm Further information about the programme and times for registration will be available shortly. Please watch the notice board / web site / Twitter for more information.

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## **RAFFLE PRIZES**

Many thanks to Teresa Pack who will has volunteered to take charge of raffle prizes for our galas. If you have anything to contribute, please give to Teresa when you see her, or Jean in the Club Room on a Monday night. Your contributions are greatly appreciated – thank you to those people who have provided prizes in the past.

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## **SUN, SPORT & SPONSORSHIP**

Over the past 18 months, a small team of WASC volunteers have been attending local triathlons, to support our sponsors, "Just Racing UK". To date, the efforts of these few individuals, has raised £1,900 in sponsorship for WASC.

A typical event involves an early start, as we arrive at 07.00-07.15 for our briefing. We then have time for a breakfast roll and cup of tea, before going to our locations. We have had the opportunity to steward all areas, swim, transition, cycling & running, so each event is different and interesting. Our task is to give simple instructions to the competitors and to give them a clap and some encouragement.

Those that attend thoroughly enjoy the events, but we continually rely on a very small team and it would be better if we could spread the workload over more of our members. So if you can spare a Sunday morning, would like some sun & fresh air and fancy seeing some elite athletes compete in an exciting and well organised event, please place your name on the triathlon volunteers list.

For more details, please speak to Jean or Craig.

*Craig Brown*

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## **WASC ITALIAN TRAINING CAMP 2012**

In October 2012 Wellingborough Swimming Club will be returning to Lignano in Italy for a one week training Camp.

The camp will provide an excellent opportunity for swimmers to improve skills and stamina in a focused training environment. Lignano is a purpose built-facility with an Olympic standard 50m pool, accommodation and restaurants all on a self-contained and enclosed site that provides a great and safe environment for a training camp.

Each day will include two 2 hour pool sessions, fitness and team activities. The proposed dates are the 26 October to the 1 November 2012.

The camp in 2009 was a great experience for all those who attended. If anyone wants to know more about the week feel free to speak to swimmers or coaches who attended the 2009 camp.

We expect to take 30 to 36 swimmers who will be accompanied by at least seven coaches and helpers. The camp is open to WASC swimmers of 10 years or older.

We anticipate the cost per swimmer will be approximately £600, which includes all training, travel, accommodation and full board. Initial deposits will be sought in October 2011.

If you are interested in attending the camp can you please register your interest by email to [wascswimming@hotmail.com](mailto:wascswimming@hotmail.com) If we have to use "first come first served" the date and time of your email will be our guide.

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## **SWIMMERS NEED ENERGY**

But where do they get it from? Why do some have more than others? Could the answer be in what they eat?

The main source of your energy comes from carbohydrates. There are three types: Fibrous – the longest lasting type; complex – will last you a while; simple – the least good to you; often giving you a quick burst of energy and then a sharp drop in energy.

So where do you find these wonder foods?

Fibrous carbohydrates are found in vegetables – most of them, in fact. Peas, carrots, broccoli, cauliflower, cabbage, beans etc.

Complex – are the ones we see most people eating at swimming galas – probably in far too great a quantity! They are found in pasta, rice, noodles, bread, oats, and some breakfast cereals.

Simple – they are the ones you love the best. Sweets, biscuits, cakes, chocolate, jelly, ice cream, jam – basically sugar.

And then to look after your muscles, you need to stock up on protein. Protein is what helps to build and repair your muscles; found in eggs, cheese, milk, fish, shellfish, chicken, lean mince, nuts, peanut butter and soya.

So help yourself to train well and feel good – indulge in some fibrous and complex carbohydrates and protein – yummy!

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## **TURN UP & SWIM**

It was good to see so many young swimmers at the Turn Up & Swim at the beginning of September and there were some really good swims with 132 personal best times. But it was very disappointing to see 16 disqualifications all for things that can be avoided with a little thought. Six DQs were for one hand touch on Fly or Breast, four were for backstroke turning over too soon and kicking, gliding or using Frontcrawl arm pulls to reach the wall, three were for missing the wall on back or Frontcrawl turns, one stood up at the turn to look around, one forgot what they were doing and started another stroke after the turn, and one did a false start.

So out of 16 disqualifications 15 were for poor turns. Please swimmers, practise in training correct turns at all times so that we do not have a repeat of these disqualifications at the Club Championships. Make it a rule, never to do a sloppy turn in training and you will come away from your next gala with a time instead of a DQ.

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## **PLEASE ASK AT THE GOGGLE SHOP**

### **PRE-OWNED FLIPPERS**

If your child has grown out of their flippers and you don't know what to do with them, please give them in at the goggle shop on a Monday evening. Although we are not able to give you anything for them, we can sell them on at a reduced rate to other swimmers and the money raised will go towards Club resources.

We currently have a few pairs of pre-owned flippers in the following sizes:

1 pair - 30-33 (11-13) – Yellow - £5.00

3 pairs - 34-35 (1-3) - Orange - £5.00

1 pair - 36-37 (3-5) - Blue - £5.00

1 pair - 38-39 - (5-7) - Orange/black - £6.00

1 pair - 40-41 - (7-9) - Blue/Yellow - £6.00

1 pair - 42-43 - (9-11) - Green/black - £6.00

1 pair - 44-45 - (11-13) - Blue/Black - £7.00

### **PRE- OWNED COSTUMES**

We have been given 5 pre-used but very good condition Costumes.

They are all girls/ladies size 32:

4 Speedo costumes of various designs £2.00

One other costume (back to school) £1.00

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## **ASA NEWS**

After a successful first year the ASA has launched the second stage of the Young Leaders Training programme that will run from September 2011 up to and past London 2012. The vision for Inspiring Young volunteers for The Games is to inspire a generation of swimmers and young people to volunteer and help them to develop the skill sets and experience required for volunteer roles at major events. Volunteers between 15-25 years old will be able to train in the following opportunities:

- ASA Team Manager

- British Swimming J1
- ASA Young Aquatic Organiser Award

Each club is asked to have at least one young volunteer participate in this programme by completing the expression of interest form.

**For further information and to download an expression of interest form visit:**

<http://bit.ly/InspireEM>

**Closing date:** 30th September 2011 – but if you are interested, send the form in anyway, there are often not enough applicants and late entries may be accepted.

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### **DEVELOPMENT GALA**

A big thank you to everyone, officials, parents, older swimmers who turned out on Saturday 24<sup>th</sup> September to help at the Development Gala. It was great to see so many older swimmers on poolside, helping swimmers, recording results and providing drinks for thirsty officials.

7 Competitive Squad, 16 Junior Squad, 10 Training Squad, 8 Development Squad and 10 swimmers from Waendel Leisure Centre lessons took part in the gala. Of the WASC times, 117 were PBs of which 35 were first time swims. Well done to you all.

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### **HALF TERM HELP NEEDED**

As usual we are running a Training Camp at Scott Bader every afternoon of the October half term for some of our youngest swimmers. We need some older swimmers to help on poolside and give demonstrations every afternoon. If you are interested in helping, please see Sandra.

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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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### **RESULTS**

Sat 3<sup>rd</sup> Sept – Turn Up & Swim  
240 swims, 132 PBs and 16 DQs

Sat 10 Sept – Milton Keynes Junior League – final round – 12 PBs  
=1<sup>st</sup> Brompton and Luton both with 222 points, 3<sup>rd</sup> Bicester Bluefins 209, 4<sup>th</sup> Ealing B 172, 5<sup>th</sup> WASC 139

Sat 17 Sept – Welch Trophy Gala – 16 PBs  
1st Wellingborough 168, 2nd Newport Pagnell 149, 3rd Kettering 141, 4th Modernians 111

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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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