
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 170

SEPTEMBER 2011

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RAFFLE PRIZES

For some time now Maggie Houseman has been organising the Raffle Prizes for our home galas, but she is unable to carry on doing this from South Africa so we are looking for someone or some people to take on this role. It involves

1. collecting any prizes donated from the Club Room cupboard on a Monday night
2. shopping for any additional prizes needed (budget provided and money spent refunded)
3. ensuring four or five prizes are in the cupboard before the Saturday of the gala.

So if you like shopping this is ideal for you and can be done in your own time. You will get an email from our Gala Secretaries to jog your memory when galas are coming up. Please can we have a volunteer or two for this small task which makes such a difference to our fund raising efforts. Please speak to Jean, our Secretary, Karen Cook or Tony Froggat, Gala Secretaries, or Sandra.

And even if you don't feel able to volunteer we'd really appreciate any unwanted gifts or "bought by mistake" items for our raffle prizes. Just take things along to the club room on a Monday night and give them to our Secretary..

SATURDAY 3 SEPTEMBER 2011

TURN UP AND SWIM NIGHT

ALL SQUADS

Warm Up 5.30 p.m.

Events 6.00 p.m. to 8.30 p.m.

PROGRAMME OF EVENTS:

Events may have to be cancelled to fit the time available.

Event 1	100 Individual Medley	All Squads
Event 2	200 Back or Fly 50 Fly or 200 Back	Competitive to Masters Squads Development, Training & Junior Squads
Event 3	50 Back	Development, Training & Junior Squads

Event 4	200 Breast or Frontcrawl 50 Breast or 200 Frontcrawl	Junior to Masters Squads Development & Training Squads
Event 5	50 Freestyle	All Squads
Event 6	200 Individual Medley	All Squads - Time permitting

BOYS & GIRLS MAY SWIM IN THE SAME HEATS

Times over 12 months old cannot be used for entry into Club Championships. Use the Turn up & Swim night to keep your times up to date. There is a Junior 200m away gala in November. Make sure your times are up to date for the Team Managers to select a team.

SPECTATORS £2.00 ENTRANCE FEE

PLEASE SUPPORT THE RAFFLE

DEEPINGS 200m OPEN MEET 2011 entries through WASC close Sunday 4th September
on
SUNDAY 16TH OCTOBER 2011
at
DEEPINGS LEISURE CENTRE, DEEPING ST JAMES PE6 8NF (own transport to and from gala)

ENTRY FEE £4.25 per event

EVENTS 200m Freestyle, Backstroke, Breaststroke, Butterfly and IM

All events will be heat declared winners

AGES 9 , 10, 11, 12, 13, 14, 15/over. Age as at 16th October 2011

SESSIONS

1st session will commence at 9.30am. Warm up: 8.30am

2nd session will commence at approx 1.30pm Warm up: approx 12.45pm

3rd session will commence at approx 5.30pm Warm up: approx 4.45pm

ENTRY CARDS All cards to be posted no later than 45minutes before the start of each session.

We hope to have a big team on poolside of swimmers who are 9 years or older at 16th October. This is a good opportunity for swimmers who have little experience of swimming 200m as a race to gain experience before the Club Championships and for those with experience to gain an up to date time in advance of our Championships.

As this is a popular meet and entries are accepted by Deepings on first come basis, **OUR CLOSING DATE WILL BE Sunday 4th SEPTEMBER** to give our swimmers the best chance of getting into all the events they want to do. Please give your entry form and cheque to Sandra, or our Secretary Jean.

Entry pack can be downloaded from Deepings web site: www.deepingscc.co.uk

No late entries will be accepted.

CLOSING DATE FOR ENTRIES via WASC Sunday 4th September 2011 – CHEQUES PAYABLE TO “WASC”.

WASC SUMMER BBQ (thank you Sam for this report)

We arrived at Irchester County Park early, but the Gilyead family was already there, lighting the BBQ ready for cooking.

Some of the food looked really good, but my dad isn't a very good cook, so I only had one burger.

We started to play with a rugby ball and a football. A lot of us went in the play area.

When everyone had arrived, the older swimmers set up a game of rounders. You could see there is a real competitive spirit at WASC, although some of the dads did try and cheat.

The weather was a bit cloudy and some of the parents said it was a bit cold, but we were hot running around.

Jim counted and there were more than 60 WASC people at the park.

I would like to say thank you to Mr. & Mrs. Gilyead for arranging the evening and it was much better than training. I can't wait until next year.

Sam Brown

TRAINING TIP

When your goggles fill up with water half way down a length in training, don't stop to sort it out; carry on to the end of the length or the end of the distance you are swimming. Why? Because when it happens in a race – and it will – you will be prepared for how to deal with it. Train to win.

FUND RAISING – WHAT YOU CAN AND DO DO

Please use the search engine at <http://wellingboroughasc.easysearch.org.uk> and shop on line through <http://www.easyfundraising.org.uk/wellingboroughasc> to raise money for WASC.

Snapshot for Wellingborough Amateur Swimming Club fundraising through easyfundraising.org.uk

Total raised by Wellingborough Amateur Swimming Club April - June 2011: £16.02

Total raised for Wellingborough Amateur Swimming Club to date: £117.12

Total number of supporters: 20

Let's see if we can double the number of people buying on line via easyfundraising – it is easy and costs you nothing – please help by becoming a supporter.

RESULTS

2011 LEICESTER DIDDY LEAGUE - final league points after all three rounds:

1st Kettering 39, 2nd Leicester Penguins "B" 37, 3rd Kimberley 34, 4th Wellingborough 31, 5th Coventry 30, 6th Melton Mowbray "A" 29, 7th Loughborough 18, 8th Leicester Neptune 18, 9th Swadlincote 17, 10th Solihull "B" 15, 11th Nuneaton & Bedworth "B" 15, 12th Daventry 15, 13th Corby 15, 14th Leicester Penguins "C" 15, 15th Burton 14, 16th Braunstone "B" 13, 17th Shepshed 9, 18th Hinckley "Red" 8, 19th Melton Mowbray "B" 7, 20th Coalville "B" 5, 21st Oadby & Wigston 4

Sat 2 July – Milton Keynes League Rnd 2 – 9 PBs

1st Bicester Bluefins 218, 2nd Ealing B 195, 3rd WASC 189, 4th Fitwick Dolphins 178, 5th Modernians 123

Sun 3 July – Deepings Sprint Open Meet – 178 swims, 86 PBs.

Medals won by:

9 and under age group:

James Willis, 3rd 50 Free & 50 Breast

10 year age group:

Oliver Hart, 3rd 50 Back, 50 Fly, 100 IM & 100 Free

11 year age group:

Gemma Cook, 1st 50 Free, 50 Fly, 100 IM & 100 Free, 3rd 50 Breast,

12 year age group:

Ellie Evans, 3rd 50 Free

Rebecca Willis, 3rd 50 Back

13 year age group:

Emma Froggatt, 2nd 50 Breast, 3rd 50 Fly

Matthew Spencer, 2nd 100 Free, 3rd 50 Breast & 100 IM

14 year age group:

Olivia Yates, 1st 50 Breast & 100 IM, 2nd 50 Back, 3rd 50 Free

Sat/Sun 9/10 July – Northampton Summer Festival Open Meet

7 WASC swimmers took part. 23 swims. 9 PBs

Sat 9 July – Spring Fir Trophy Gala – 18 PBs

1st WASC A 218, 2nd Witney 217, 3rd Modernians 208, 4th Melton Mowbray 199, 5th WASC B 142

Sat 16 July – County Presentation Gala – 18 PBs

1st Northampton 257, 2nd Kettering 210, 3rd Rushden 157, 4th Corby 136, 5th WASC 135, 6th Daventry 90

Sat/Sun 16/17 July – Masters Open Meet

22 swims, 2 relays, 7 1st places, 12 2nd places and 1 3rd place

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.
