

# NEWSLETTER



## Chapelton & District Amateur Swimming Club

Affiliated to ASA, NECSSA, YSA, S&D ASA, RLSS

Edition 13 May 2010

### Poolside helpers!

We have always offered our thanks to parents who have been helping on the poolside, and behind the scenes (the likes of Marina, Tracy and Earl. New faces on poolside include Ellie's mum and Linda's mum and a, big thanks goes to them. It is also good to again note the contribution made by our team managers who ensure the smooth running of BML and home galas and organise the swimmers so efficiently – thanks to John Potts and Tracy Lever.

But a special note of gratitude in this edition goes to the experienced and skilled swimmers who have given their time and enthusiastic coaching on poolside in recent months. Thanks to you, Nicole, Lynne, Charlotte, Vanessa, Tom, Ben, Lee, Bruce and Chantelle.

Many Thanks for your Help and Support 😊

NB Poolside Helpers meeting – Monday 13<sup>th</sup> June @ 6:15pm (probably in Club Gym).

## Hot off the blocks

This edition emerges just after another exciting, and winning, round of the BML season. This time our team travelled to Scunthorpe. It was a truly exhilarating event that saw a fantastic team spirit with everyone putting in everything they'd got. We won the day by a huge margin of points and all returned home tired but happy. Look out for the results on the website and the noticeboard. Reports from other galas this year are listed below.



# Dolphins at the races

- ❖ A strong team of twelve swimmers entered the Barnsley Annual Xmas Sprints in December at Ponds Forge. We were rewarded with 3 first places (Lee Horsley freestyle, Laurie Monaghan backstroke and Tom Allen in individual medley) and several more in the top three (Ilia Zaiats, Laurie M and, a great swim from one of our younger swimmers, Joshua Page in the breaststroke). All in all a great experience for the swimmers who amassed 14 personal bests (PBs) and some qualifying times for Yorkshire championships and one for the NE regionals. Look out for this competition later this year and get your entries in!
- ❖ A relatively small number (8) decided to enter the Sheffield and District competition in February, but they excelled with an incredible 10 first places, 5 second places and 5 thirds. There were a bundle of Yorkshire times and PBs, opportunities to get valuable experience at longer distances (200 and 400ms) and a good experience for some young swimmers, Colby W and Linda L.
- ❖ Teaching group assessments in February saw promotion to intermediate for Chloe Kime, Lily Walker and Maddy Price. And moving up to Junior squad were Ben Grayson, Sophie Stocks and Jodie Wincott – congratulations to all of them!
- ❖ The Interhouse Gala in February saw a full set of five PBs from young upcoming star Jack Anderson. Thwarted from a similar full set by having one event disqualified, were the impressive Jessica Addy, Ben Grayson, and Hannah Shaw. Also impressing with their rapid improvement were Brandon O'Connell, Lettie Pashley and Josh Margerrison. A few made the equivalent of Yorkshire times, with two going to Ilia Z.
- ❖ In March came the Yorkshire Championships at Ponds Forge and we had an impressive set of results with Laurie M making two finals and Tom A and Vanessa G making one each, And what an experience for Joshua Page who swam in the breaststroke at county level, coping well with a long tense wait to take on top class opposition and, like Ilia Z, making a PB.
- ❖ The March Interhouse Gala saw Billy Chapman and Lewis Haddon breaking their PBs in most impressive form, with other great swims from many others, including Ilia Z, Maddy Price and Alicia Lakin.
- ❖ March also saw CASC take an early lead in the BML league – with many points added to our total by the amazing swims of Megan Hobson and Jack Anderson, who won all of their four individual events and contributed as members of winning medley teams. Reflecting his rapid rise 'through the ranks', Brandon O'C won his fly and freestyle events – setting Yorkshire times in the process – congratulations there. But this was a full team performance, reflected by a great team spirit and loud support and there were many other first places. Very exciting.
- ❖ In round two of the BMLs in April (Knottingley) the same crew performed with great credit again, this time joined by Molly Walker recording PBs for the team. We were pipped by Scunthorpe but retain the lead overall.



- ❖ The annual Stocksbridge Sprints attracts a huge number of swimmers, including some of the best in the region. A good number of our swimmers took on this challenge and a great time was had by all, despite it becoming a marathon of a day! First places were taken by Ilia Z and Tom A along with many other PB swimmers impressing and making finals (Josh M making exceptional ground). Most entertaining was Joshua P's manoeuvre in the breast which sadly resulted in disqualification when he was more or less heading the field. Equally unfortunate was Colby W who swam so well but made small disqualifying mistakes – better days will come. Congratulations to all.
- ❖ The April Interhouse Gala saw the 'usual suspects' doing well, but it was the upcoming swimmers who stole the show with Maddison Slythe, Joey O'Connell, Joshua Page and Finn Campbell making a charge with many PBs, along with Alec Baldwin. Perhaps most worthy of mention were the massive lists of PBs set by Hollie Roberts and, topping all, Jodie Wincott.
- ❖ April was the date for our first 'home' invitation gala, the LJ Timber gala. For those unfamiliar with the rules (particularly that which denies points for winners who break the speed limit!) it was a big blow to hear that CASC did not win the event – having won so many races! Nevertheless, the performances were magnificent. There were too many first places to list here, but we shouldn't miss the chance to welcome back to the club Ben Hale who took two first places for us.
- ❖ Nearly finished a long list of results and we are proud to have had two swimmers in the North East Regional Championships, swimming alongside (in the same competition) some of Britain's Olympic hopefuls and existing national and Commonwealth competitors. Tom Allen swept through the heats to gain a place in the final of the 50m fly, coming in 10<sup>th</sup>. Laurie Monaghan swam in the Junior (14s & 15s) category at 50m backstroke, missing a PB in what is a strangely tense and competitive landscape, but excelling at 50m freestyle with a time under 30 seconds in the 50m pool. Well done those two – hopefully to be followed by others from the club in future years.
- ❖ And, last but not least, the Chapeltown Masters shine at Yorkshire Masters. Three swimmers of the older variety (Masters at their game) successfully represented Chapeltown in the Yorkshire Masters on Sat 14<sup>th</sup> May at Scarborough. Vanessa Grayson showed she is still the Breaststroke Queen in her first year as a true Master, by winning both the 50m and the 100m Breaststroke in the 25-29 age group. She also picked up a silver in the 100m Free. Lee Horsley won the 200 Free in the Senior Age Group (19-24), and finished in the top ten in the 50m Breaststroke, 50m Fly, 50m Free and 100m Free. His 100m Free swim was a great example of how to negative split a race (i.e. swim the last half of the race, faster than the first half). Lynne Dawson secured a silver in the 100m Back and bronzes in the 50m Back and 200 Free, despite being the oldest in the 40-44 age group. She also finished in the top five for the 50m and 100m Free. However, the star result of the day was that Chapeltown Mixed Relay (2 female, and 2 male) won the 100+ Medley Relay J – without even getting wet! At least that's what the initial results said, until someone realised a mistake had been made, since we didn't have enough (eligible) swimmers to actual put a team in. The revised results were truthful but not as exciting. A good day out for all at Scarborough – some good swims and pointers for improvements, and the enjoyment meeting old (and so not) friends again.

The Masters motto holds true – Fitness, Friendship and Fun!

- ❖ *Congratulations again to Ilia for being awarded the Outstanding Swimmer trophy at the club presentation night in January, he has continued to impress through the competitions during the year to date – keep it up Ilia.*



## Upcoming galas

Date	Event	Entries closing date	Notes
<b>3 July</b>	Barnsley Summer Sizzler (Ponds Forge 50m 'long course' pool)	Entries are in (open to all)	
<b>4 July</b>	Assessments for Teaching and Intermediate squads		1930 start
<b>14 July</b>	Interhouse Gala	All swimmers can, and should, swim	1930 start
<b>27 August</b>	Sheffield City Sprint Meet (Ponds Forge)	Open to all Closing Date: 22 <sup>nd</sup> July	50m swims all four strokes + 100m I.M.. See noticeboard for details. Completed forms and entry fees to Claire / Club Shop
<b>18 September</b>	COSSS Teaspoon Meet (Ponds Forge 50m 'long course'; pool)	Open to all Closing Date: 22 <sup>nd</sup> July	50m swims all four strokes + Relays. See noticeboard for details. Completed forms and entry fees to Claire / Club Shop
<b>24 September</b>	BML (final round) Chapeltown	Team to be posted on noticeboard	
<b>Sept/Oct</b>	Golden Jubilee	Look out for details of this	
<b>6 November</b>	BML Individual Championships	Individual Event, Further details to be posted	The final event of the BML year.



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## Some updated club policies

### EARLY FINISHING POLICY

Although swimmers should be training for the full allocated time for their squads (i.e. 90mins or 2 hours dependent on the squad), the Club recognises that at times, swimmers may not be able to complete a full training session. Reasons for this will include (but not be limited to):

- Medical / Injury
- Educational priorities
- Family priorities
- Work Commitments

If a swimmer does not wish to train for the full allocated time, they will be allowed to leave the session early providing the following conditions are met:

- The swimmer informs their coach at the start of the session that they will be leaving the session after a minimum of 1 hour.
- For swimmers under the age of 16, a parent should also confirm this at the beginning of the session.
- For swimmers under the age of 16, if a parent is not available for this confirmation at the beginning of the session, the swimmer **MUST** return to poolside after getting changed, until their parent(s) return to pick them up.
- If a swimmer is physically unable to complete a session (due to medical/injury reasons), they **MUST** inform their coach before they leave poolside.
- For swimmers under the age of 16, if a parent is not in attendance when the medical/injury incident occurs, the swimmer **MUST** return to poolside after getting changed, until their parent(s) return to pick them up.

### CATEGORY 3 MEMBERS SWIMMING POLICY

Any Category 3 member of the Club, (i.e. poolside helper, committee members, etc.), are permitted to swim during Club sessions, subject to the following conditions:

- There is a spare lane available, i.e. the lanes are not required by Category 1 or Category 2 members (full swimming members)
- This benefit of Category 3 membership may be rescinded at any time by the Committee, if deemed necessary for reasons such as Child Welfare and/or financial reasons.

It should be noted that there is no guarantee that this facility will be available on a regular basis to Category 3 members, and availability of a spare lane(s) will be determined by the senior Coach on the night.

### PARENTS/GUARDIANS SWIMMING POLICY

If any parent/guardian(s), who are not Category 3 members, wish to swim during Club sessions, they will be allowed to do so, subject to the following conditions:

- There is a spare lane available, i.e. the lanes are not required by Category 1 or Category 2 members (full swimming members).
- They have paid the annual membership fee (in advance of the session to the Treasurer), and hence become Category 1 or Category 2 members, but are not allocated a squad.
- They have paid for a valid Swim Card, which will not have an expiry date. This Swim Card **MUST** be presented to the senior Coach on the night for signing off the session, prior to entering the water.
- A parent/guardian will not be allowed to swim if any child (under the age 16), for whom they are responsible for, who has completed their own session will be left unsupervised

It should be noted that there is no guarantee that this facility will be available on a regular basis to parent/guardian members, and availability of a spare lane(s) will be determined by the senior Coach on the night.



## The long, hard road to Edinburgh...

Our star running parent (and Treasurer), Claire Chapman has raised money for the club by taking on the Edinburgh Marathon. Great stuff Claire! And on the fund raising front, the last Rags R Us collection raised a solid £110 – watch out for the next collection on the noticeboard.

### A BIG WELCOME TO OUR NEW SWIMMERS...

Katie Hancox,  
Emily Hancox,  
Emily Oliver,  
Maddison Stythe  
Nathan Knowles.

Enjoy your training and welcome to the team.

#### Club fees – please note

Water Fees are now £26 per month for one swimmer – check with Claire for new sliding scale for siblings. Can people please update their standing orders accordingly. Any swimmer not up-to-date with their water fees will not be eligible to swim in the Club Champs in November.

#### This year's summer break

The summer break will this year be from 23 July to 7 August (inclusive). There will be no training during that period.

Thanks to all swimmers and supporters for completing survey forms about the club. These are now being analysed and will inform future planning. At first glance, the returns were very positive.

#### Car Boot Collection

We are planning to attend a Car Boot Sale (or two) over the summer to help raise funds for the Club. But we need things to sell. Any unwanted bric-a-brac, kitchen pots/utensils/dishes, books, videos, DVDs, toys etc all welcomed. If you have anything donations, please bring them down to the Club on Mondays/Thursdays, say goodbye to the items and hand to a Committee Member (Lynne, Claire).



# Fundraising Events

We have come up with a few ways of raising those essential funds that keep our club going. Amongst funding grants being applied for we are looking to hopefully have a few days of bag packing at selected supermarkets. We are also going to have a stall at the Chapeltown Park Gala day on **9th July from 11am**. And..... Holding regular car boot sales in the future.

## HOW YOU CAN SUPPORT YOUR CLUB?

By donating anything which you no longer require! We need anything to sell at Car Boot Sales and also we need donations towards a TOMBOLO we are hopefully going to hold on the Gala day.

*Please bring any donation any night and hand to a member of the committee.*

