

JIM PETO NAMED CHERRIMAN AWARD WINNER



The Cherriman Award is presented to the person or organisation that has done the most to promote and foster the cause of Masters swimming in Great Britain. This year the award has gone to the joint nomination of Clive Smith and Jim Peto.

This dynamic duo have recently retired from the East Midlands Masters Committee after putting in many years hard work for Masters swimmers in the region.

Jim has been the chair of the Regional Masters committee for many years and is now the Northamptonshire Masters representative. He has run the formal side of the committee with great efficiency to make sure everything happens as it should. He has also represented the region at national level, and personally undertaken a lot of the work the region is responsible for. This includes the regional development day, assisting the successful running of the Midlands Masters Championships and the inception of the East Midlands Challenge Gala.



TIMEKEEPERS' COURSE

We will be holding a timekeepers' course during the Club Championships on Saturday, 30th June. The theory part will be during the afternoon, with the practical test during the evening session. Successful completion of this course will achieve Swim England Timekeeper qualification. Places are limited so please register your interest with either our Secretary or Mike Roach as soon as possible. All costs will be borne by WASC. Remember without volunteers' help, there is no club!

Those working towards the Judge 1 qualification are reminded to bring the workbook to the Championships when you can get a box ticked for each session.

CAMBRIDGE OPEN MEET

Reminder for all those attending the Cambridge Open Meet - 15th July 2018

Pick up - Redwell Leisure Centre, Wellingborough

Travelling to - Parkside Pool and Gym, Gonville Place, Cambridge, CB1 1LY (01223 446100)

Coach will leave Redwell at 8.15 am, please be there from 8.00 am

Small bags only and no chairs pool side

TIMETABLE CHANGES AND SUMMER SCHEDULE

Due to the open meet on 15th July there will be no training at Splash to allow cover at WLC.

Training squad will join EJ 1700-1830

Performance and Masters will join ES 1830-2000.

As we are not attending the open meet on Saturday, Oundle training will take place on Friday 13th July

Attached also is the **summer schedule** which starts from 22nd July please check carefully for any changes to your squad's normal training times and places.

WASC AT BRITISH BLIND GALA



Imogen Dodds took part in the British Blind Sport National Youth Swimming Gala on 5th May 2018 at the Tudor Grange Leisure Centre, Solihull. This is not officially a para-sport/ASA event, but is essentially run just like other Galas with official times and starts etc. This gala is seen as the biggest event for blind and Visually Impaired junior swimmers and is an annual event.

Results:-

U10 25m Breast - Gold
U10 25m Free - Gold
U10 25m Back - Gold
U11 25M Fly - Gold
Open 50M Breast- Silver

Imi swam 3 P.B's

CLUB CHAMPS

There will be a cake sale and fun activities during the club champs on the 30th June to help fundraise for the backstroke start devices that the club would like to buy. If you are able to donate cakes please bring them on the day and any donations of bags of sweets for prizes would be much appreciated. Please drop these off in the club room on Mondays or give them to Claire James any time!

There will also be a swimshop selling costumes and all swimming accessories.

Could everyone who has a trophy for this gala please return them to the club room or to Sara Phillips by 25th June at the latest. A list is attached for you to check.

REGIONALS 2018

From Spain to taper time, the WASC swimmers were primed and ready for the first weekend of Regionals in Sheffield, 14th – 15th April 2018, for the 14 years and over youth swimmers.

WASC have always had a strong contingent of breaststrokes and in the 100m breast, Aaron Flynn swam a time of 66.43, Ross Balderson 1:12.55, Ben Bayes 1:24.26, with Aaron clocking the same time and placing 5th in the final. The 16 and overs had great swims in the 100 fly all in PB times; Harry Andrew 61.60, Luke Phillips 61.95 and Aaron Flynn 59.74. Luke had an extremely tight race in the final, narrowly missing medals placing 4th but swimming a superb PB 61.50. Both Luke and Harry await to hear if they have qualified for English Nationals in that event. Harry managed an unbelievable turn around in his 200 back from the heats, dropping from 2:20.01 to 2:14.53, and claiming a silver medal.

In the past, WASC have taken a male dominated team to Regionals (2016 = 15 male, 1 female) so to have a 4 x 100 girls 14 – 16 year medley relay team represent the club and place 12th was extremely satisfying. Fresh from the training camp, Caitlin Kelley led off in a new club record time and huge PB 1:12.80, Emily Burton swam well in the breast 1:24.18, Freya Batkin held the place in the 100 fly 1:15.02, and Imogen King swam a strong last 100 free 64.61, clocking 4:56.61. The boys 14 – 16 years 4 x 100 freestyle team placed 10th with great swims from Harry Andrew 56.21, Marcus King back on form 60.77, Max Balderson 64.12, and Luke Phillips 58.60 in a final time of 3:59.69. With the summer closure last year, we lost a whole swathe of senior swimmers, and for the first time were not able to field an open men's team. However, with such strong performances from Luke, Harry and Marcus who age up next year, we will be back!!

The momentum carried forward into Day 2 with Caitlin winning her heat of the 100 breast 1:23.49, qualifying for the final where she swam a PB 1:23.32. Harry and Aaron started their day with 200 IM, both swimming faster than Counties 2:19.10, and 2:12.52 respectively. Harry was also then in the 100 back, swimming a time of 62.84 in the heats, and then only 0.09 off his best, and with a superb touch in the final, to clinch another silver medal in a time of 62.22. Luke swam his favoured stroke, butterfly, but over 200m which is very gruelling long course in a time of 2:31.43. Swimming multiple events, Harry has been working hard on his freestyle in training, and this hard work paid off clocking 56.73 in the heats of the 100 free and 56.40 in the final, a new PB time and placing 4th, just outside the medals. In the final of the 200 breast, Aaron found his form, racing a superb back end to a time of 2:23.59, just 0.01 off his best.

WASC were represented in the 14-16 years boys medley team by Harry Andrew 62.54, Max Balderson 1:18.44, Luke Phillips 62.14 and Marcus King 59.58, placing 10th again in a time of 4:22.66. And the



girls smashed their entry time taken from their County swims, in the 4 x 100 free, with Caitlin leading off and clocking a massive PB 64.12, Emily strong in 65.81, Freya 68.44 and Imogen 65.56, in a final time of 4:23.93. Weekend 2 was held at Corby International Pool, 28th and 29th April, WASC was represented by Ozzie Mills in the 13 years age group and Emilia Cieszczyk being only 11 years old in the 11/12 year age group. Ozzie swam an excellent 50 back, in a PB time of 35.17, and was just off his PBs in the 50 free 30.72, and 100 back 1:18.73. Emilia swam 2 awesome PBs, which saw her soar up the rankings. 50 back 36.22 and 100 free 1:10.47. Well done to both juniors!

The 3rd weekend of racing was May 7th, bank holiday for most, but a scorching hot day back at Ponds Forge for the sprinters. Continuing with the strength in the breaststroke, Ben swam 36.66, Luke 35.03 PB, Harry 35.15, Ross Balderson 31.55, Max Balderson 35.72, and Aaron Flynn 30.76 which was a PB and a new club record. Ross and Aaron qualified for the finals with Aaron placing 4th 30.88 and Ross 8th 31.56, showing great



consistency by both men in the challenging 17 and over age group. Having struggled with injury since the first weekend, Caitlin was up in the 50 back clocking 34.70, and 50 breast 39.07, and 50 free 29.78. Imogen swam a phenomenal 50 free, clocking 29.58, and winning her heat. Unfortunately Imogen was ever so slightly ahead of the gun and was DQ'd but should be confident in knowing that 28 short course is in there, just work on reactions not anticipating the start. In the 50 free, veteran Adam Hughes swam a lifetime best, knocking a massive 0.3 off his PB to clock 26.61, Harry Andrew 26.77, Aaron Flynn 25.08, and Ross Balderson 26.86. Harry made the final, and knocked 0.34 from his heat swim, in a time of 26.43.

The ultimate session of the day followed a long break for the distance events, and despite the draining heat, the swimmers stepped up, with Luke clocking a PB in the 50 fly 27.92, Aaron also a PB and new club record 26.67 and Harry 28.51. All 3 made the finals with Luke narrowly missing the medals in 4th 27.99, Aaron 6th 26.70 and Harry 5th 28.23. In the 50 back, Harry and Luke both made finals placing 4th and 9th in times of 29.24 and 30.64 respectively.

Despite a drop in numbers from 2017, the strength of the swimmers representing WASC at Regional level and above is progressing well. Aaron, Luke and Harry are all potentially National level swimmers, with the selection publicised 8th June. The swimmers who are at Regional level show dedication, commitment and work hard on their weaknesses to improve for marginal gains. They are a credit to themselves and the club. Keep up the hard work!!

NOVA CENTURION MEET, 19TH – 20TH MAY 2018, HARVEY HADDON CENTRE, NOTTINGHAM

As a final Level 1 meet for the season, 3 WASC swimmers were competing at the level 1 meet in Nottingham. For Emily Burton and Aimee King, this was the end of season meet having just missed out on qualifying for the Regionals. Emily has been struggling with a long term knee injury, which was evident in the breaststroke, where she swam 1:26.39 in the 100m. The 100m back was a solid PB 1:17.57 and the 50 free was unfortunately, right at the end of an intolerably hot day poolside, so was a little off her best 31.39. Aimee King swam an awesome 50 free, knocking a whole second off her PB 32.85, and 45.04 in the 50 breast. Luke Phillips raced his favoured events, winning the 50 fly in a time of 28.20, and racing the 100 fly in a time of 62.94.

WHOOPIING COUGH

We have had several cases of whooping cough in the club, if you or your swimmer do have a persistent, bad cough this may be worth exploring as an explanation with your GP

LIFEGUARD COURSE

A lifeguard course leading to a National Pool Lifeguard Qualification is running at Oundle pool in August, please see the attached details.

CLUB RECORDS

The following club records were ratified by the committee on the 15th May 2018

Harry Andrew	u/16	Long course	50m	Backstroke	00.29.19	Corby	24.03.18	
	Open	Long course	50m	Backstroke	00.29.19	Corby	24.03.18	
	u/16	Long course	100m	Breaststroke	01.15.45	Corby	24.03.18	
	u/16	Long course	100m	Butterfly	01.02.65	Corby	25.03.18	
	u/16	Long course	100m	Freestyle	00.56.63	Corby	25.03.18	
Caitlin Kelley	u/16	Long course	200m	I.M.	02.42.63	Corby	24.02.18	Heats
	Open	Long course	200m	I.M.	02.42.63	Corby	24.03.18	Heats
	Open	Long course	200m	I.M.	02.42.57	Corby	24.03.18	Finals
	u/16	Long course	200m	I.M.	02.42.57	Corby	24.03.18	Finals
Lauren Kelley	u/12	Long course	200m	Breaststroke	03.35.22	Corby	25.03.18	
Caitlin Kelley	u/16	Long course	100m	Freestyle	01.04.12	Sheffield	15.04.18	First leg of relay
	Open	Long course	100m	Freestyle	01.04.12	Sheffield	15.04.18	First leg of relay
	u/16	Long course	100m	Backstroke	01.12.80	Sheffield	14.04.18	First leg of relay
	Open	Long course	100m	Backstroke	01.12.80	Sheffield	14.04.18	First leg of relay
Girls	u/16	Long course	4x100m	Medley Relay	04.56.61	Sheffield	14.04.18	Caitlin, Emily, Freya and Imogen
Ladies	Open	Long course	4x100m	Medley Relay	04.56.61	Sheffield	14.04.18	Caitlin, Emily, Freya and Imogen
Girls	u/16	Long course	4x100m	Freestyle Relay	04.23.92	Sheffield	15.04.18	Caitlin, Emily, Freya and Imogen
Caitlin Kelley	Open	Long course	100m	Breaststroke	01.23.49	Sheffield	15.04.18	Heats
	Open	Long course	100m	Breaststroke	01.23.32	Sheffield	15.04.18	Finals
Aaron Flynn	Open	Long course	100m	Breaststroke	01.06.43	Sheffield	14.04.18	
	Open	Long course	50m	Breaststroke	00.30.76	Sheffield	07.05.18	
	Open	Long course	50m	Butterfly	00.26.67	Sheffield	07.05.18	
Emilia Cieszczyk	u/12	Long course	100m	Freestyle	01.10.47	Corby	28.04.18	
	u/12	Long course	50m	Backstroke	00.36.22	Corby	29.04.18	

SAFEGUARDING SWIMMERS



WASC Welfare Officer
Andy Burton

WASC takes its responsibility to safeguard swimmers seriously. Any concerns about the welfare or safety of a WASC member should be raised with the welfare officer in person or by email at safeguarding@wasc.info. Any concerns about the safety or security of the facilities WASC hires should be raised immediately with the centre staff and then the coaches and the welfare officer.

Additionally, Swim Line is a confidential telephone service for anyone who is involved in swimming who thinks that a child may be at risk. It can be used by swimmers, helpers, parents – anyone who is concerned about the welfare of a swimmer. Swim Line is run with the assistance of the NSPCC Child Protection Help Line. The freephone number is 0808 100 4001.

Raise funds for WASC everyday!

Please use this search engine and shop online through Easyfundraising.

Rules for all Spectators and Swimmers

The use of MOBILE PHONES including the taking of photographic images is strictly prohibited in the changing rooms and on the poolside. At some galas, depending on promoters' and venue conditions, film or digital images may be taken provided the registration book at the entrance has been completed in advance.

Useful Links and Information

WASC Head Coach: Karen - 07966 591700 / Secretary: Jean – 01933 226649

[WASC Website](#)

[Swimming with ASTHMA](#)

[The problem with VERRUCAS](#)

[Taking care of your SKIN](#)

[FOOD for swimming](#)

Child Protection

Swimline 0808 100 4001

Child Protection information and guidance about clubs' and members' responsibility towards Children and young people in the sport.

Signposting Help Desk - email signposting@swimming.org

NSPCC Adult Helpline - Tel: 0808 800 5000

Child Line: Tel: 0800 1111

CYBER BULLYING & online safety: Kidscape / ANTI-BULLYING helpline for parents 08451 205 204

DRUGS banned in sport which can include prescription and over the counter drugs and remedies.

WASC Sponsors

Impact Recruitment Services - Tel: 01604 239555

Just Racing UK - Tel: 01933 353 216

KDK Business Consultancy Limited - Tel: 01933 228091

Wrightsons Limited - Tel: 01933 383838

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.

ASSOCIATES



AQUALIGHT