

## HEAD COACH

The WASC committee are pleased to announce the appointment of Craig Mills to the position of Head Coach, commencing 1st September 2018.

Craig has had a very long history with WASC, competed with the club as a swimmer from the mid-1980s.

Since returning to the club with his family, he has performed many roles including squad coach, "A" team manager, occasional Masters swimmer (competing at the European Masters) and committee member, as well as his recent period as acting Head Coach during the first few months of Karen Ross's maternity leave.

We hope that you will join all of us in wishing Craig the very best in this important and very demanding role.

The photo to the right shows our new Head Coach with our Chairman (Craig Brown) and long-time WASC member Stuart Gannon being presented their awards for the men's open 1500m at the 1987 club championships.



## BRITISH SUMMER CHAMPIONSHIPS

Congratulations to Harry Andrew and Aaron Flynn

Harry competed at the British summer Champs Coming 19th in the 200m backstroke . Then both Harry and Aaron competed at the Swim England Summer Champs

Harry in the 50 and 100 backstroke finishing in 14th (29.15) in the 50 and 12th (1.02.22 ) in the 100

Aaron swam in the 100 and 200 breaststroke. In the 100 he swam (1.07.98 )coming 16th then in the 200 (2.27.22) finishing in 10th.

## WASC AT TRIATHLON EUROPEAN YOUTH CHAMPS

Fynn Batkin was selected to represent Great Britain at the European Youth Championships after finishing 2nd in the qualification race at Helton at the end of July

The Championships took place from 29th August to 2nd September in Loutraki Greece. The format meant he would have to race a semi-final on Thursday and finish in the top 9 to qualify for the final. He comfortably finished in 4th place



In the final on Saturday Fynn finished in an impressive 7th place and in doing so, as the second highest placed GB triathlete, earned himself a place in the GB mixed relay team on the Sunday. Although due to dangerous bike conditions which meant the format was changed to an Aquathlon Fynn and his team mates brought home the gold medal



## FORMER WASC MEMBER AT WORLD PARA CHAMPS

Congratulations to Maisie Summers-Newton a former WASC member who competed at the World Para Swimming Allianz European Championships 13th -19th August 2018

Ex WASC swimmer Maisie won 3 golds in the 200 IM, 100 breaststroke and the women's 400m medley relay and bronze in the 400m freestyle.

Even more impressive was the fact that she set new world records in the 200 IM (2:59:60) and the 100 Breaststroke (1:33:63)

Well done Maisie and to all her family, Jacquie Marshall and the coaching team at Northampton S.C.



## MASTERS NEWS

While other squads took a well-earned Summer break, Masters remained active both in training and competition. The glorious weather encouraged the the triathletes and open water swimmers among us. Paradoxically though, the weather caused the cancellation of the Midland Open Water Championships due to the onset of blue algae etc. The National Masters O/W Championships were also affected by a solitary spell of bad weather.

Mark Moriarty has competed in triathlons at Bedford, St Neots and London and goes from strength to strength with each outing. Recently re-joining the club as a Master, Gary Mills competed in a 4K swim at Rutland Water in August. Tom Mutlow and Martine Crofts have also taken part in open water relay events.

Whilst on holiday in the Greek islands, Helen Fraser and young son Zak took part in a 1K sea race. I'm not saying who came first but both received commemorative participation certificates. Louisa Bellamy has done several events at Box End Lakes including a straight 3.8K swim race and two Aquathlons (a mixture of swimming and running). As a result of being highly placed in these events Louisa has been invited to take part in the World Aquathlon Championships in Spain next year. At the time of writing, Louisa is at the European Masters Championships in Slovenia to swim a 3K open water race in Lake Bled; results awaited. Several others have enjoyed so-called 'wild swimming' in local waters (deliberately unspecified!) during the fine weather. Whilst there are undoubted liberating and health benefits that can accrue from swimming in cold water, this is not an activity that can be undertaken lightly and sensible precautions must be taken e.g. never swim alone. Information on this activity can be gleaned from the Outdoor Swimming Society's and other websites.



Other news: It was lovely to see former WASC member Marie Chinnek (nee Dunkley) training with us during the Summer while over here from Perth WA and visiting relatives in the old country. Hannah Brown spent her Summer as a swim teacher for Camp America in upper New York state. We extend a warm welcome to new recruit US Master Meghan Giffin who has a career spell over this side of 'the pond'.

As Summer comes to an end thoughts and plans for pool competition should be coming to the fore. Several Masters/Seniors will be competing in the up-coming mainstream County Championships. There are plenty of competitive opportunities for Masters with, perhaps, the aim of swimming the National Masters Championships at Sheffield in October. Also, county team manager Amy Kelly will be inviting people to put their names forward for the ASA Inter-County Competition in November.

Enjoy your swimming.

- Jim Peto



## IAN MANNING IS 60!

Long-time WASC member Ian Manning hit the ripe old age of 60 during the Summer closure.

Ian has supported the club for over 15 years, in various roles including managing our club championships, squad coach, acting Head Coach (during Sandra Starkey's illness), committee member and "A" team manager, as well as important roles for the County organisation such as managing the County championships and member of the County Executive, and he was also given the honour of County President.

We would all like to wish Ian a very happy birthday and look forward to the 15 years of working with him.

The photos show Ian while helping at one of our trips to Italy. These show Ian in his element coaching the swimmers and also having some well earned R&R with the rest of the Italy support team.



## CAN YOU HELP?

A plea to parents of swimmers in the Training and Dev.2 squads.

Following the recent squad changes, I am again appealing for help to do the door register on a Monday night for an hour from 5.45pm on a rota basis. If you are able to assist, please contact me a.s.a.p. on [secretary@wasc.info](mailto:secretary@wasc.info).

## DATES FOR YOUR DIARY

- Sandra Starkey Memorial Gala 22/9/18 Warm up at 5.30pm for 6.00pm start
- Development Gala 29/9/18 - Warm TBC
- December Dash - 3rd December - CANCELLED due to Club Champs - Distance 1st/2nd Dec

**Always looking for officials, if anybody wants to help please email Tina direct on [fixturesec2@hotmail.com](mailto:fixturesec2@hotmail.com)**

# CLUB RECORDS

The following club records were ratified at the committee meeting on 17th July 2018

Aaron Flynn	Open	Short course	200m	Butterfly	02.13.34	Rugby	26.05.18	
Men's Relay	Open	Short course	4x50m	Freestyle	01.41.08	Wellingborough	09.06.18	Harry, Ross, Luke, Aaron
Men's Relay	Open	Short course	4x50m	Medley	01.49.90	Wellingborough	09.06.18	Harry, Ross, Luke, Aaron
Aaron Flynn	Open	Short course	50m	Butterfly	00.26.71	Wellingborough	30.06.18	
Men's Relay	Open	Short course	4x25m	Freestyle	00.47.19	Wellingborough	30.06.18	Aaron, Harry Luke, Ross
Men's Relay	Open	Short course	4x25m	Medley	00.52.05	Wellingborough	30.06.18	Harry, Ross, Luke, Aaron
Harry Andrew	Open	Short course	100m	Backstroke	00.59.74	Corby	23.06.18	

## 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](mailto: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](mailto: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**