

## CLUB CHAMPIONSHIPS

All junior members 11 yrs and under (age at 31st December 2019) should make every effort to enter the Club Championships. Everyone else should remember it's just 4 lengths of fly!

If there is anyone who has not before and would like to get involved with the running of this event we have many roles to fill please contact me and I will get you involved

Thank you and good luck, Craig



**WELLINGBOROUGH A.S.C.**



### 2019 25M/400M I.M. CHAMPS

All entries to be submitted by **11.59pm on Monday 4<sup>th</sup> March 2019** (late entries will not be accepted).

On Monday 11<sup>th</sup> February, you will all receive an email from Swim Club Manager with a link and details of how to enter our 25m/400m I.M. Championships which are to be held at Waendel on Saturday 16<sup>th</sup> March. You may want to add 'noreply@swimclubmanager.co.uk' to your email addresses to stop it from dropping into your junk folder. Entries and Payments for the Club Championships are now all online so please ensure the correct payment is made at time of entering. Payments to be made to (at time of entry) to the WASC Open Meet & Championships Account **ONLY**:- **77-21-01 70044760**. Please use the following Reference – CHAMPS followed by your Swimmers Initial & 1<sup>st</sup> 3 Initials of Surname (LPHI). **Example for Luke Phillips – CHAMPS LPHI.**

Any queries, please email [Championships@wasc.info](mailto:Championships@wasc.info).

**Entries charged at £3.00 per event.**

<b>SESSION 1 – SATURDAY 16<sup>TH</sup> MARCH 2019</b>		
<b>Registration – 4.00pm to 4.15pm</b>	<b>Warm Up – 4.30pm to 5.00pm</b>	<b>Competition Starts – 5.00pm</b>
<b>PLEASE NOTE - 25m Events are for 11 yrs &amp; Under only (age at 31<sup>st</sup> Dec) – see table below</b>		
Event 101 - Girls 25m Butterfly	Event 102 – Boys 25m Backstroke	
Event 103 – Ladies & Girls 400m Individual Medley	Event 104 – Boys 25m Breaststroke	
Event 105 - Girls 25m Freestyle		
<b>PRESENTATIONS</b>		
Event 106 – Boys 25m Butterfly	Event 107 – Girls 25m Backstroke	
Event 108 - Mens & Boys 400m Individual Medley	Event 109 – Girls 25m Breaststroke	
Event 110 – Boys 25m Freestyle		
<b>PRESENTATIONS</b>		

All entries to be submitted online via Swim Club Manager by **11.59pm on Monday 4<sup>th</sup> March 2019** (late entries will not be accepted).

**FOR YOUR INFORMATION - Awards will be awarded as follows (AGE AS AT 31<sup>ST</sup> DECEMBER 2019).**

Event	9 & Under	10 & 11 yrs	13 & Under	14 & Over	Event
25m – All Strokes	✓	✓			25m – All Strokes
400m I.M.			✓	✓	400m I.M.

On the day of competition, report to the appropriate registration table. Registration times are listed above – you will be asked to confirm the events you have entered. **LATE ARRIVALS WILL NOT BE ABLE TO COMPETE.**

## WASC A & B TEAMS

WASC A and B teams competed in the 1st round of the Leicester Winter league on the 5th January.

With the B team being promoted from division 2 last year it meant that both teams would be swimming against each other at Weandel.

Firstly I'm pleased to say that with 32 events in the programme it was the 1st time that I can remember as a team manager where we had two full teams with different swimmers for every event (headache time poolside!) and I would just like to add that it has always and continues to be the policy of Wellingborough Swimming Club to give as many children the opportunity to compete as possible.

On the night:

Daventry A	218
Melton A	216
WASC A	209
Market Harborough	175
Kettering A	148
WASC B	84

Great swimming from both teams and a great evening had by all!

## DEVELOPMENT GALA 2nd FEBRUARY

Well done to everyone who helped from all our squads and to parents and officials for helping run what has always been a successful evening. The aim is always to give our youngest swimmers a taste of competition and to give them the confidence to enjoy their swimming.

In total 75 swimmers (47 WASC, 14 Rushden, 14 Daventry) competed in 304 swims.

Thank you everyone

## COUNTY CHAMPIONSHIPS

Well done to everyone who competed at this year's County Long Course Championships.

It is always a challenge stepping up to compete in a long course pool and also being at a meet for long periods waiting about.

For those that were there for the 1st time it can be quite daunting well done to; Chris Pablo, Aaliyah Beetson, Ollie Hartsema, Oliver Chapman, Bethany Hughes, Imogen Dodds, Aaron McNicholas and Ronnie Booker.

These Championships are always about competing against the other clubs within the county and WASC accumulated 38 medals of which 13 were Gold. Well done to Emilia Cieszczyk, Imogen Dodds, Yogi Pateman, Aaron Flynn, Loic Wrightson and Ross Balderson sharing those 13 golds between them.

These champs also give swimmers the opportunity to achieve regional qualifying times which as the next level of competition is a massive achievement for those that succeed. WASC has now 15 swimmers that have achieved this benchmark; Emilia Cieszczyk, Loic Wrightson, Ozzie Mills, Kyle Harlick, Imogen King, Emily Burton, Marcus King, Luke Phillips, Harry Andrew, Max Balderson, Ross Balderson, Matthew McNicholas, Aaron Flynn, Caitlin Kelley and Ben Bayes.

I would like to express my thanks to all the parents who volunteered to man the door and deliver drinks and to the team on poolside for looking after all the swimmers.

### Craig Mills



Emilia, Winnie, Imogen and Amelia



'Silly Hat' Challenge 48 relay squads



Long weekend at Champs



Ross Balderson receiving the Senior Breaststroke trophy



Not well done for forgetting Big well done for naming It got returned...



## FUNDRAISING

The following amounts were raised through several fundraising activities over the Christmas period:

Tombola at Weston Favell - £347.00

Tombola at WASC Christmas Party - £93.00

Christmas Sale - £213.60

Adam Peaty Signed WASC Hat - £25.00 (Auction won by Thomas James)

Adam Peaty Signed Arena Hat - £102.00 (Raffle won by Sarah Faulkner)

**Total raised:- £780.60**

We also raised £47.50 from the cake sale at the Development Gala

Thank you to all who supported! Here's to raising lots more in 2019!



## CHAMPIONSHIP RECORDS

The following were new Championship Records set in November/December:-

Girls 14/15 yrs 100m Freestyle - Imogen King - 1:03.50

Mens 16 yrs/Over 200m Backstroke - Harry Andrew - 2:11.06

Girls 11yrs/Under 200m IM - Emilia Cieszczyk - 2:47.43

Mens 16 yrs/Over 200m Freestyle - Harry Andrew - 1:59.55

Boys 11yrs/Under 200m Breaststroke - Loic Wrightson - 3:24.55

Mens 16 yrs/Over 100m Backstroke - Harry Andrew - 1:01.25

Girls 11yrs/Under 200m Freestyle - Emilia Cieszczyk - 2:27.47

Girls 14/15 yrs 200m Freestyle - Caitlin Kelley - 2:19.28

Girls 11yrs/Under 200m Backstroke - Emilia Cieszczyk - 2:39.74

Girls 14/15 yrs 200m Backstroke - Caitlin Kelley - 2:37.89

## 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: Craig - 07539 130929 / 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

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**