

## IMOGEN DODDS

On 2-3 March Imogen competed at the **National Junior Para Swimming Championships** held at the Liverpool Aquatics Centre. Imogen competed in 5 events over the two days with great success. Not only did she PB in all the events she took part in but she also took home 5 golds!

100 Freestyle 1:39.43  
200IM 3:56:15  
100 Breaststroke 2:05:08  
100 Backstroke 1:48:25  
100 Fly 1:55:01

Well done also to Amber Haycock of Rushden and also Eliza Humphrey, Scarlett Humphrey, Bruce Dee and Nima Ghavami from Northampton swimming club all representing Northants swimming at this event



# A AND B TEAMS

WASC had both teams swimming on the 2nd March with mixed results

WASC A hosted the the second round at Weandel coming 2nd on the night to Daventry This secured the team's place in the final on the 30th March at Braunstone.

Big well done to all those that competed

WASC B travelled to Hinckley where they came in last. This has been a challenging league for our B team after gaining promotion last year and although they are sitting last in the league table they still stand a chance of remaining in Division 1

They will travel to Melton Mowbray for the last round with everything to swim for.

Good luck to everyone that is selected to swim in the next round.

## Leicester District Swimming League

WINTER 2019

### DIVISION ONE

Table	Round 1		Round 2		Total		Round 2 Results	Round 3 Draw - 30th Mar FINAL - Braunstone
	Gala	League	Gala	League	Gala	League		
1. Braunstone "A"	275	6	283	6	558	12	<b>Braunstone</b>	1. Burton
2. Daventry "A"	218	6	250	6	468	12	Braunstone "A"	2. Rushden "A"
3. Hinckley "A"	210	5	265	6	475	11	Rushden "A"	3. Hinckley "A"
4. Coalville "A"	234	6	226	5	460	11	Leicester Neptune "A"	4. <b>Braunstone "A"</b>
5. Rushden "A"	204	4	227	5	431	9	Melton Mowbray "A"	5. Daventry "A"
6. Wellingborough "A"	209	4	218	5	427	9	Hinckley "B"	6. Coalville "A"
7. Burton	197	5	190	4	387	9	Long Eaton	7. Wellingborough "A"
8. Melton Mowbray "A"	216	5	182	3	398	8		8. Melton Mowbray "A"
9. Leicester Penguins	181	4	207	4	388	8	<b>Hinckley</b>	
10. Leicester Neptune "A"	180	3	192	4	372	7	Hinckley "A"	
11. Market Harborough "A"	175	3	164	3	339	6	Coalville "A"	<b>Market Harborough</b>
12. Braunstone "B"	173	3	164	3	337	6	Burton	1. <b>Market Harborough "A"</b>
13. Kettering "A"	148	2	128	2	276	4	Market Harborough "A"	2. Leicester Penguins
14. Hinckley "B"	157	2	107	2	264	4	Kettering "A"	3. Leicester Neptune "A"
15. Nene Valley	115	2	107	2	222	4	Wellingborough "B"	4. Braunstone "B"
16. Melton Mowbray "B"	70	1	106	1	176	2		5. Kettering "A"
17. Long Eaton	104	1	64	1	168	2	<b>Wellingborough</b>	
18. Wellingborough "B"	84	1	77	1	161	2	Daventry "A"	<b>Melton Mowbray</b>
							Wellingborough "A"	1. Hinckley "B"
							Leicester Penguins	2. Nene Valley
							Braunstone "B"	3. <b>Melton Mowbray "B"</b>
							Nene Valley	4. Long Eaton
							Melton Mowbray "B"	5. Wellingborough "B"

All Round 3 galas are 6pm warm-up for 6.30pm start unless otherwise stated

# LEICESTER AGE GROUP MEET 8<sup>TH</sup>, 9<sup>TH</sup>, 10<sup>TH</sup> MARCH

Well done to all those who competed at the City of Leicester Open Meet. WASC took over 60 swimmers during the 3 days of competition with the majority of swimmers setting new PBs in their chosen events

## Parents

It is important to remember a few golden rules when entering these open meets:

1. These are long weekends for you and your swimmer - look at the schedule and pick your events carefully. It is hard for swimmers to swim back to back events and compete at their best
2. Food and Drink. It is important that your swimmer has enough refreshment on poolside and that they understand when to refuel before and after swims
3. Open Meets are not the same as club events and you must be in attendance at all times. It is unfair to expect the club's volunteers to take responsibility for your swimmers during the event's break periods

## 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**