



Thank you Craig!

A massive 'thank you' to Craig Mills who is now stepping back from coaching (although we have still seen him on poolside recently - you just can't keep him away)!

Thank you Craig for all your hard work.



COUNTY CHAMPIONSHIPS

Medals and PBs galore over the 4 weekends at the County Championships. The medal winners were:

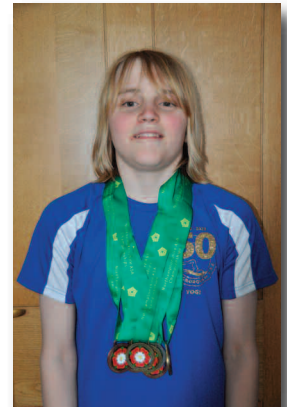
Yogi Pateman	4 gold, 1 silver, 2 bronze
Emily Burton	2 silver
Aaron Flynn	2 silver
Ross Balderson	1 silver, 1 bronze
Luke Phillips	1 silver
Harry Falkner	1 silver
Loic Wrightson	3 bronze
Noah Wrightson	2 bronze
Imogen King	1 bronze
Holly Moultrie	1 bronze
Connor Allen	1 bronze



Imogen Dodds also won several medals in her category PBing all the way!

WASC won relay silver in the open 400m Medley (Aaron Flynn, Harry Andrew, Luke Phillips and Ross Balderson) and the same team won bronze in the 400m Freestyle relay. Chris Pablo, Bethany Hughes, Yogi Pateman and Olivia James claimed bronze in the mixed 10/12 years 400m Medley relay. Bronze medals also came to the men's open 200m Medley (Luke Phillips, Ross Balderson, Aaron Flynn and Max Balderson) and Women's 400m Freestyle (Isobel Young, Imogen King, Caitlin Kelley and Emily Burton).

Well done to all swimmers who took part with loads of great swims, PBs, finals and medals!



DEVELOPMENT GALA

Don't forget to get your entries in for the Development Gala on 14th March. Entries need to be in via the Swim Club Manager link that should have been emailed to you by Monday 9th March. This is a great gala for younger swimmers to try out racing for the first time or to gain valuable experience for the future. Any questions contact matthew@wasc.info.

For all of you who are too old to enter, please contact Matthew or fixtues@wasc.info and confirm how you will be helping on the night! We need helpers on the door, drinks, marshalling, end of lanes etc.

Parents/ Officials: please can you spare some time to help out, timekeep and officate for this gala - please contact fixtures@wasc.info.

Thank you all in advance!

SWIM ENGLAND SURVEY



Swim England's Value of Swimming research celebrated how swimming has the power to help people live longer, healthier, happier lives.

Following on from this, the next step is to understand how being part of a club, across any discipline, helps contribute to these factors.

The aim is to look at how this affects individuals, communities and wider society.

Similarly to the Value of Swimming report, the key indicators are:

- Physical wellbeing
- Mental wellbeing
- Individual development
- Social and community development
- Economic development.

To help with this research, two surveys have been created, one for those aged **16 and over** and a separate survey for those **under 16**.

We would encourage all Swim England members to complete the relevant survey to help the national governing body gain more understanding around the social value of being in a club.

Swim England members will be offered the opportunity to enter into a prize draw to win two tickets for the British Swimming Championships (14 - 19 April 2020) and two £20 love2shop vouchers.

By completing this survey, you will also help your club enter a prize draw to win £100 of Institute of Swimming vouchers.

SWIM MARK

In order for us to complete our Swim Mark accreditation, please could all coaches and teachers who have been DBS checked bring their safeguarding certificates to Andy Burton or Sarah Falkner.



GENTLE REMINDER

Please can swimmers not give their wet net bags to parents/carers in the seating area. The floor in this area becomes extremely slippery when even slightly wet and we would like to avoid all possible accidents! Thank you in advance.

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: 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

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