



New Club Captains and Vice Captains

Congratulations to our new Captains and Vice Captains
(pictured above with Craig Brown)

Mens Captain – Ross Balderson

Mens Vice Captain – James Willis

Ladies Captain – Sophie Lawson

Ladies Vice Captain – Katherine Molloy

Chairmans Award

During the club championships on Saturday 25th of November, our club Chairperson “Craig Brown” presented the 2017 “Chairman’s Award”. This award recognises an individual who has made a massive contribution to WASC, often over a long period of time and this year’s recipient was “Michael Roach”.

Mike has been a member and supporter of WASC for over 25 years, initially offering to assist when his children Victoria and Martyn became members. Like many keen supporters, Mike soon became immersed in the club and during the past quarter of a century, he has assisted our teaching & coaching team, raised hundreds of pounds for the club at various fundraising events, has been an official at every level of the sport and is the clubs senior Referee, he is the longest ever serving Chairman of WASC and for the past 3 years has been club President. He now has grandchildren swimming at WASC and so it seems another chapter of Mike’s support for the club has just begun. The club owes Mike a great debt of gratitude for all his efforts over a considerable career and he is a worthy winner of this prestigious award.



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Newsletter

The Newsletter has been a fantastic source of information for all WASC members since it was started in 1996. This is edition 241 and in all that time, we have had only two people compile and edit the Newsletter, Sandra Starkey and Teresa Pack.

It is with great regret that Teresa has decided to leave her role and this will be her last edition. Teresa and her husband Kevan, have been great supporters of WASC during the past decade and between them have held roles as Newsletter editor, committee members, gala official, team manager, fixtures secretary, triathlon stewards and have supported our galas by running the entrance, raffle and refreshments. We would like to say a massive “THANK YOU” to Teresa for all her efforts with the Newsletter and in supporting the club over many years.

We are keen to see the Newsletter continue, to maintain the excellent lines of communication with our members, so if there are any budding writers & editors within our membership, we would love to hear from you. Please contact Jean Thomas or Craig Brown for details.

*Craig Brown,
WASC Chairman*

Christmas Party, 18th December

All swimmers from Development 1 Squad to Masters are invited to our Christmas Fun Gala on Monday, 18th December.

December commencing at 6.30p.m. There is also a family race for parents to swim with their children for a very prestigious cup. It will last about two hours and there will be a can of pop and crisps for each swimmer.

Badge Table

Good news! We are reinstating the badge table from Monday, 4th December. It will be in the foyer from 7 p.m on the first Monday of each month.

For newer parents, swimmers can claim Bronze, Silver, Gold or Platinum badges. To achieve these, the swimmer must have completed the distance correctly under ASA laws and in the time stated on page 49 of the handbook. These swims can be from dash nights, Club Championships or while representing WASC at galas or Open Meets.

Swimshop

The last Swimshop before Christmas is Monday, 11th December. It will be your last chance to stock up on hats, goggles, Christmas presents. It will re-open on Monday, 8th January.

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.

Regional Qualifying Times

Here is the link to the Regional Qualifying Times:-

http://www.asaem.org.uk/Events/RegionalW12018/Documents/EMC_2018_QT.pdf

Chairmans Report from the AGM

Please click on this [link](#) to read the Chairmans report from this weeks AGM.

Dash Nights are returning in 2018

Dashes are returning in 2018 - 8th January, 5th February and 5th March are the first 3 dates. They will be run during the normal Monday evening training sessions. If you can help with timekeeping then please contact Tina Goodwin.

Midland Winter Long Course Champs at Nottingham, 4th to 5th November 2017

The Midland Winter Long Course Champs were held at the Harvey Hadden centre in Nottingham 4th to 5th November 2017. With the times being adjusted by around 0.6 per 50m, to allow swim down during the sessions, WASC numbers were depleted compared to previous years. The meet itself was also long course instead of short course, to prepare swimmers for winter nationals and Commonwealth Games trials early next year.

The most exciting events were right at the end of each day. On the Saturday the boys nailed the 4x100 medley relay, placing 4th in the whole east and west region, and beating giants Nova. Harry led off 63.38, Aaron 68.37, Luke Phillips 62.49 and Ross Balderson (58.51) stormed his first 50 to hold on, 4:12.75, breaking the club record at the same time. Day 2 was another record breaking swim in the 4x100 free in a new club record time of 3:49.38. Aaron led off 55.26, then two solid middle swims with Ross 58.66, Oli 58.50 and an amazing take over by Harry where he clocked 57.04.

Harry took bronze in both the 100 and 200 back. Aaron Flynn made the final of the 100 breast, placing 5th but a little off his best time which he set the previous weekend at the GB Masters Championships. Oli Martin swam a great 100 fly in a PB time of 62.27. Ross won his heat in the 50 breast 32.26, knocking 0.5 off his PB. Luke again broke his own club record in the 50 fly, setting a new time of 28.11.

Karen Ross
Head Coach WASC



2018 Registration Fees

Following the recent Annual General Meeting, I can confirm that the 2018 registration fees will be £45 for those swimmers born in 2009 or later, and £46 for those born 2008 or earlier. We will keep the family discounts as now.

Registration will take place on Mondays, 22nd and 29th January and 5th February from 6.15 to 9 p.m. We can accept payment by cash or cheque only. Please speak to me if you wish to avoid the long queue on the last evening, but would prefer to defer the payment until February, and we will hold your cheque over.

It will be assumed that any swimmer who has not renewed their membership or contacted me by 9 p.m. on 5th February no longer wishes to remain a member of the Club, and their name will be removed from the database.

At this time, you will be given a new mandate for the 2018 training fees. The new monthly rates agreed are:

Excel Senior and Junior Squads - £42.31

Performance Squad - £38.22

Training Squad - £40.95

Development 1 Squad - £16.38

Development 2, Seniors and Masters Squads - £27.29

These will come into effect from 1st March 2018.

Jean Thomas, WASC Secretary

Volunteers

We are very proud that WASC has been operated by volunteers during its entire 47 year history and we appreciate all the time and effort given by our army of willing volunteers. However, we cannot be complacent and we are always looking for more helpers and volunteers to complete the massive array of tasks we need to fulfil. I have noticed during my time as Chairman that certain volunteers have multiple jobs and the workload would be much easier, if it could be spread around a larger portion of our membership.

One area where we are particularly short of resources is for gala officials and at times during 2017 we have struggled to cover galas, often having to rely on assistance from non-WASC or ex-WASC officials to stage our events. During 2018 it would be nice to see the club become more self-sufficient in this area and we are always willing to provide the necessary training and mentoring required. If you have children in the club, who attend club team galas or championships and you can physically hold a stop watch, then please consider offering some of your time to become one of our officials.

We do have some fairly important if not essential roles that are currently vacant, including newsletter editor, education officer, workforce co-ordinator and Vice Chairperson.

Masters News

Sorry for missing last month's edition, now for some catch-up. Aside from his performances in main-stream swimming events, Aaron Flynn took part in the National Masters Championships at Sheffield in October campaigning 8 events. His bald stats in the 25-29 yrs age-group as follows:-

Event	Position	Time
200 Free	4th	1:59.72
100 I.M.	2nd	1:00.05
200 Br/S	2nd	2:19.53
50 Free	11 th	0:24.89
100 Br/S	3rd	1:05.14
200 I.M.	1st	2:09.17
100 Free	4th	0:53.18
50 Br/S	6th	0:30.24

A very creditable performance all-round.

On 12th November 5 ASC swimmers represented Northants in the ASA Masters Inter-County Competition in the Midland round at Rugby. Despite a much depleted team, there were some very good swims with most competing in all 4 events and some having to 'swim down' a 10 year group. Thanks to team manager Amy Kelley for pulling out the stops to ensure that 'empty blocks' were minimised. Although finishing 6th out of the 7 Midland counties there was a good team spirit and all enjoyed the 50 metre 'splash 'n dash' 50 metre format event. At the time of writing, a consolidated national result is yet awaited. WASC Masters competing: Hannah Brown, Caroline Wrightson, Amy Kelley, Olivia Hulley, Aaron Flynn and DanO'Shea. Oli Coleman efficiently contributed to the event acting as Recorder, with preparation both before and on the day. Thanks also to Jean and Paula Thomas for officiating. Paula has recently become an accredited referee.

The following represent Regional Masters records held by WASC. These can be found on the EMASA website.(N.B. Under the Region's rules Masters and Seniors can claim records in mainstream swimming events as well as Masters events. Details for claims are also to be found on the Region's website). EMASA Masters Records held by WASC:-

- 10 Mens individual SC records held by WASC (as at 31/10/17)
- 5 Ladies individual SC records held by WASC (as at 31/10/17)
- 8 Mens individual LC records held by WASC (as at 29/8/17}
- 1 Mens Relay SC records held by WASC (as at 31/10/17)
- 4 Mens Relay LC records held by WASC (as at 22/6/17)

Training: Although Tuesday and Thursday training is well attended it would be nice to see our other training slots filling up a bit more. Whether or not one is competition minded, remember, health benefits accrue from regular training. In addition to Hannah Brown, Lotte Bryan and Victoria Gammon, welcome to new Masters Helen Davies and Victoria Roach. Ways to accommodate some local Triathletes are being investigated.

A Merry Christmas and Happy new Year to all from the Masters.

Jim Peto, Masters Coach

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

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.

On behalf of the WASC Committee,
we wish you all a very merry
Christmas and a happy new year!

