



Northamptonshire County Sprints

The Northamptonshire County sprints were once again held at the Queen's Diamond Jubilee Pool in Rugby. With Waendel having been shut all summer, and swimmers pool time reduced, this was always going to be a challenging meet for WASC at the start of the 2017/2018 season. With around half the usual number of entrants, WASC had about 50 swimmers competing across all 4 x 50s, 100 IM and relays.

The start of the session began with the WASC blue army lined up at the end of the pool to cheer on the relay swimmers. Both the 13&u and open girls teams won bronze in the free relays. Both teams stormed their lead off legs with Freya Batkin clocking 30.26, leading off Imogen King, Jess Lines and Nikita Downing Coles, then Caitlin Kelley recording a stonking 28.58, followed by Emily Burton, Hannah Brown and Rhianne Morin, who all swim exceptionally well. The 13&u boys were unfortunately disqualified for a faulty take over, but had comfortably secured silver otherwise. The open boys were only a few short strokes behind NSC, with another great lead off leg from Harry Andrew 28.72 in the medley, followed by Aaron Flynn, Ashley Thomasson and Ross Balderson.

In the individuals, the score board rather frustratingly only showed the top 4 swimmers. Whilst there were not hoards of PBs, there were some notable swims including Megan Bayes in the 100 IM who has been really working on her technique, which paid off with a 1.5second PB. 3rd place went to Caitlin Kelley in the same event (1:11.86) who showed fantastic turn and underwater skills. In the boys 50 breast, Loic Wrightson was the top 10 year old boy (48.48), Ozzie Mills was 2nd in the 12 years (39.85), and Ben 3rd in the 13 years (38.41). Harry was 2nd in the 14/15 years (33.56) and Aaron was 2nd overall (30.79). In the girls 50fly Freya won the 12/13 years (32.72), Aimee King was strong off

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the blocks (38.09) and Caitlin was 3rd in the 14 years (32.19). The boys 50 back, Harry Andrew was 2nd (29.59) and Luke Phillips was 3rd (30.55) in the 14/15 years. The final event of the 1st session was 50 free, with good racing from the girls!

The second session again kicked off with a great set of relays. The 13&u boys laid claim to their silver this time, with a strong lead off from Sachin Thethy 29.61, followed by Ozzie Mills, Kyle Harlick, and Ben Bayes. The girls 13&u (Imogen King, Aimee King, Freya Batkin, Jess Lines) and open (Hannah Brown, Emily Burton, Caitlin Kelley, Rhianne Morin) were both 4th in the medley relays. The open boys were strong and placed 2nd (Aaron Flynn, Oliver Martin, Ross Balderson, Ashley Thomasson) with a B team also 6th (Marcus King, Luke Phillips, Max Balderson, Harry Andrew).

Then on to the men's 100 IM where Harry (63.84) and Aaron (60.07) were 2nd in their age groups. In the girls 50 breast, Harmony stormed her heat to win convincingly (45.34). Come-back-kid Alice Gammon claimed a bronze medal in the open, with Caitlin taking silver in the 14/15 years.

The men's 50 fly was next with Kyle Harlick winning his heat in a PB time of 34.53, and medals from Luke Phillips (28.29) who was 3rd in the 14/15 years, and Aaron Flynn (27.25) who was 2nd in the open. Emilia Cieszczyk won the 50 back (38.91), an event she excels in and the final event of the day was the men's 50 free, where Aaron snatched another silver (25.16).

The day was a little challenging with the score board issues, but overall the team camaraderie was strong. We have clearly been working the skills around the walls, because we looked strong there, but we are lacking in pace, which is understandable given the difficulties of the closure in people attending the same number of sessions. It's good to dust off the racing jammers and get into race mode, and that was the start of the season. Use that as a benchmark for the rest of the year! Go WASC go!!!

Saturday Morning Training

Please note that Saturday mornings are available for all squad levels 06:15-07:45am at the Waendel Leisure Centre.

WASC Annual General Meeting

The 2017 AGM of the club will be held on Tuesday, 28th November at the Old Grammarians in Oxford Street commencing at 7.30 p.m. Parents are invited to come along to hear how the Club is doing, especially with the setback of the recent closure of the pool. There will be a sausage and chip supper to follow.

Anyone wishing to join the committee must complete a nomination form (available from the Secretary) and return it to the Clubroom by 13th November, and any matters for discussion under 'Any Other Business' must be submitted in writing or by e-mail to the Secretary by 21st November.

Congratulations to the following swimmers who have broken club records

Caitlin Kelley, Girls under 16 and Ladies Open short course 50m Freestyle in a time of 00.28.58 at the County Championships at Rugby.

Luke Phillips, Boys under 16 short course 50m Butterfly in a time of 00.28.10 at Ipswich Open Meet.

Harry Andrew, Boys under 16 and Men's Open 100m short course Backstroke in a time of 01.00.75 at the National Team event at Sheffield.

Aaron Flynn, Men's Open short course 100m Breaststroke in a time of 01.06.49 in Round 1 of the Arena League held recently at Newmarket.

Door helpers required for Mondays

Can anyone help run the door on a Monday night please as we are short of helpers. The times we need covering are 5:45 – 6:45 and 6:45 – 8:00. If you can help please see Jean Thomas or Tina Goodwin.

Open Meets

It has come to my, and the Committee's attention, that some people are entering open meets outside of the WASC calendar. We don't feel it is necessary for anyone to do more than what we provide outside of the calendar. We enter around 4 open meets a year, Club Champs, County Champs, 6 Team Galas, Invitational galas, Regionals for those that qualify, 6 Diddy leagues for our juniors and this prepares us for those who go on to Nationals. When looking at the calendar, there aren't that many free weekends!

Just so parents are aware, WASC set the schedule and programme around the main events to make sure swimmers are at their best when they are at the main meets; namely those that allow swimmers to qualify for the next level of swimming. Over loading with competition means missing training, and we don't have that much water time as it is.

The Committee also have a concern that swimmers entering meets without the club as a whole, do so without a coach poolside, and swimmers are then unsupervised at open meets. Doing so under the WASC banner is not part of the safeguarding protocol adopted by WASC, and therefore not encouraged. If you have any questions regarding the calendar, then please talk to Karen Ross or Craig Mills, who will be happy to advise.

Karen Ross, Head Coach WASC

Oundle Pool Update

The new Sports Centre is set to open in the academic year of 2019 with building works commencing in spring 2018. Clearly exact timings will need to remain flexible but the focus remains on continuity of facilities throughout the project. The old swimming pool, for example, will remain in use until the new one is fully functional. The existing Sports Centre will remain permanently, but its use adapted to focus almost solely on School sporting requirements. The investment for long-term development of sport for the benefit of pupils, with the creation of the new Sports Centre, allows for the opportunity to provide these benefits to the local community and the School is committed to creating a commercial programme that will broaden access to both sporting and leisure opportunity

Oundle Pool Update..... Continued

for the local community. The new multi-purpose sports centre will include an 8 court hall and retractable bleacher seating, a 70 station air conditioned fitness suite, a dedicated dance studio, further multipurpose studios, hospitality provision, and of course a 50m length swimming pool divisible into two pools with a submersible boom and floating floor. There will be increased car parking and dedicated coach drop off areas. We are very excited about the project and all it will offer Oundle School and the community. Plans and a computer generated fly-thru are currently on display at the swimming pool. If you have any queries about the project please contact Susie Raby sraby@oundleschool.org.uk or ask one of the pool team next time you visit.

Changes to Training

Oundle

No training at Oundle 17th Nov, 24th Nov, 1st December

Last session at Oundle is 8th December

For Excel Junior, Excel Senior and those in Performance and Masters who will be competing at County Champs, we have 2 sessions at Oundle over the Christmas period.

Wednesday 27th December 2.30 - 4.30pm and Friday 29th December 1 - 3pm

Splash

3rd Dec: WLC (none at Splash), 5-6pm EJ/ Training Squad, 6-7pm Performance/ Masters, 7-8pm ES

No training at Splash 10th December owing to Rushden Club champs.

Last session will be Sunday 17th December

Scott Bader

Last session will be Thursday 14th December

WLC

Christmas party Monday 18th December - all squads!

Last session will be Thursday 21st December.

All training will resume Tuesday 2nd January 2018.

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.