



Pool Closure

The lengthy pool refurbishment works are now at an end and we will recommence our training at the Waendel Leisure Centre during the week commencing 4th September.

We would like to thank the team that worked hard finding water time and compiling revised training programmes for our swimmers, and we would like to give a massive “THANK YOU” to our coaching & teaching teams for their efforts during this difficult period.

The WASC finance sub-committee will be reviewing the costs of the pool closure to the club and we aim to highlight this as an individual item within the 2016/17 budget report.

We hope that you all took the opportunity to continue your training, to maintain your fitness levels and competitive sharpness, and to swim at different facilities around the County.

Thank you to all our membership for your continued support and to our army of volunteers for all their hours of hard work.

Craig Brown,
WASC Chairman

**Please read the important information from the
Waendel Leisure Centre on the following page**

Important Information from the Waendel Leisure Centre

WASC have received the following information from the WLC:-

We are looking forward to welcoming WASC back to the centre on Monday. I am sure you and the club will really appreciate the new changing rooms and facilities.

We are really proud of the upgraded changing rooms and want to keep them looking fantastic. To ensure this happens we are introducing an overshoe/no-shoe policy. Please can you make all WASC members, coaches and parents aware that before entering the changing rooms they will need to before entering the changing rooms either:

- Remove shoes
- Put blue over shoes on top of their shoes
- Change to poolside flip flops or sliders

I am sure you have been to centres that already have the above policy in place and have seen how effective it is in keeping the facilities clean, safe and welcoming.

Thank you in advance for your assistance.

WASC Water Sports Day Cancelled, 3rd September

It is with huge regret we have had to cancel the WASC water sports day at the Wake Park which was due to take place this Sunday.

Unfortunately Wake Park were unable to offer the stand up paddle boards and inflatables which we were promised and really felt we were not able to provide the full day out as promised. Wake Park have agreed to refund everyone in full and Anita & Richard will be organising this.

This decision was not taken lightly and we apologise for any disappointment.

Masters News

Here we are at the end of August and we have been blessed with several hot days over the bank holiday. The weather leading up to the Midland Open Water Championships on 2nd July was a bit 'iffy' resulting in lower than usual water temperatures. I turned up at Bosworth not knowing whether I would be able to compete as I am a confirmed hardcore skin swimmer. I do not have a wet-suit and neither do I want one. Fortunately the water temperature was declared to be 18°C, right on the lower limit of the 'optional' zone and thus I was able to swim. Before the 'off' it was nice to meet up with Freya Batkin and Grace Hughes as representing the younger generation and whose 1.5K swims were reported in the last edition of the Newsletter. I had a stately swim (slow but stylish) round the 3K course. Exiting the water I hurriedly got changed, neglected to collect my silver medal and hot-footed it to Alfreton, Derbyshire, to take part in the regional Masters Inter-County Challenge Gala. Arriving some 20 minutes after the start of the gala I missed my scheduled 50m Fly swim (Oh what a shame!) and was slotted in to the 50m Backstroke event. The least said about that the better. It was nice meeting up with the other members of the Northants team and although we came last, manager Amy Kelly worked wonders with a much depleted team. A thoroughly enjoyable meet with Nottinghamshire as the clear winners. WASC swimmers representing the county were:- Paula Thomas, Amy Kelly, Ashley Thomasson, Aaron Flynn, Hannah Brown, Michal Cieszczyk, Olivia Hulley, Jim Peto and with Jean Thomas officiating.

On the 22nd July Mick Coleman swam in the 50m Freestyle event at the Rushmoor Royals LC Masters Meet at Aldershot. He came 4th in his age group in a creditable time of 28.71s. Incidentally, the head coach of Rushmoor Royals is WASC 'old boy' Sean Bailey.

On 30th July yours truly took himself off to compete in the national Masters Open Water Championships at Rother Valley, again not knowing whether I would get a swim due to the new FINA rules. It transpired that the water temperature was 18.4°C and so I duly lined up on the pontoon (dive start) with a large majority of 'wet-suits'. There were a few other un-reconstructed, trunks- wearing old fogies including one Mike Read, a very

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Masters News..... Continued

amiable gent, who has swum the Channel on numerous occasions. Half way round the 3K course it rained for about 10 minutes but I was completely unaware of the fact. Missed out on a podium place by coming fourth, but what the heck, I had an enjoyable swim and met up with swimmers from Daventry and Northampton. My thanks to my support crew, Mrs Thomas.

Forgetting that he's a Master, Aaron Flynn goes on his record breaking way and competed in the 'mainstream' SE National Summer Meet at Sheffield, 2-6 August. He competed in the 100m and 200m Breastroke events and the 200 I.M. He achieved P.B's in the 200m events, missing a podium place in the 200m Breastroke by a mere 0.2s. Well done Aaron.

During August the Masters World Championships followed hard on the heels of the the mainstream Worlds in Budapest. Whilst nobody from Wellingborough attended the Masters Championships it was pleasing to see former WASC swimmer Katherine Loveys (now City of Cambridge) and Northampton's Karen Key gaining golds in the 50m Breastroke and a clutch of medals in their other events. Katherine also took a British record with her Breastroke swim.

Regional records:

As of 18/9/17 WASC hold 17 individual (SC) records: Men, 8 and Women, 9.

As of 18/5/17 WASC hold 1 Mens (SC) relay record.

As of 29/8/17 WASC hold 8 individual (LC) records: Men, 8 and Women, 0

As of 22/7/17 WASC hold 1 Mixed (LC) record

Future events:

Leicestershire are holding their inaugural Open Masters event at Braunstone, 24 Sept. Entries close 7th September.

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Masters News..... *Continued*

The SE Masters National Championships will be held at Sheffield, 27 – 29 October. This year sees the introduction of QT's, primarily as a consequence of the increasing popularity of the event. Further details on this and the entry documentation can be found on the Masters Hub of the Swim England website.

As we look forward to returning to our refurbished pool it's nice to report the Summer marriages of Laura Witney, Dan O'Shea and former members Lorraine Dobbins to Tom Longfellow. Our congratulations and best wishes go to all.

Enjoy your swimming.

Jim Peto

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.