



## DASH NIGHTS

Dash Nights run on the first Monday of the month and are a great opportunity for swimmers to gain race experience and times. These times are used to by Team Managers to select swimmers for League Galas and other team events.

If you are at the pool on Dash nights please can you offer your services to Tina ([fixturessec2@hotmail.com](mailto:fixturessec2@hotmail.com)). If you can hold a stopwatch then you are qualified!

Upcoming Dash Nights: 5th February, 5th March

# FROM THE CHAIRMAN

## SENIORS TO MASTERS

If you are a WASC swimmer born 2001 or earlier, who is not already in Masters, we would like to extend an invitation for you to train with our Masters squad. This additional training will be free of charge and will give you the opportunity to swim with a different squad and experience different skills & training methods. Most Masters competitions now include a SENIORS age group for 18-24 year olds, and we are always looking to promote WASC at these events with relay teams, which you would be eligible for and welcome to attend.

We want to make WASC available to swimmers of any age and over the years we have worked hard to promote and expand our Masters squad. We now have 6 sessions and 6½ hours of training each week and it would be great to see some of our younger members join us in the pool.

## VACANCIES

WASC has the following vacancies that need to be filled, to enable us to fulfil key activities within the organisation.

### **Assistant Treasurer:**

Our current Treasurer “Lumi Ghiorghita” has supported the club for many years and has decided to resign her position at the AGM in November 2018. We require an assistant to work with Lumi and to learn the role under Lumi’s guidance, with a view to taking on the full Treasurers role following the AGM. As this is a critical and busy role, we would consider a job share, to spread the workload and to provide cover during holiday periods.

### **Assistant Welfare Officer:**

WASC currently have a Welfare Officer “Andy Burton”, however, we would like a support person, preferably female, to work with Andy. Andy has a great deal of experience regarding Welfare matters and would provide full support for the role. Thankfully WASC does not encounter too many Welfare issues, but it is always good to be vigilant and prepared, so any help would be a great support to the WASC team. This role would particularly suit someone who already has a Welfare role at a school or place of work.

### **Vice Chairperson:**

This role would be a committee position and would involve some Management activities. WASC always strives to have succession planning within all roles and to be missing this important role on our Management committee is something we would like to resolve as quickly as possible.

### **Swim Mark Co-ordinator:**

Several years ago, WASC was very proud to achieve its accreditation to Swim Mark (then Swim 21), which is a quality mark recognised throughout the swimming and sports community. However, this accreditation and the policies & procedures that lay at its foundation, need to be reviewed and updated periodically and this is currently completed by our Head Coach and Chairperson. We would like to have a co-ordinator for this role and this would be suited to someone who has a QA position within their work place, or who can work methodically. The role is not an intense role and can be fitted in to suit the person in the position.

## WASC VISIT MARU

Following our request for donations for our Annual Tombola, the Opro Group (Maru Swimwear) were eager to help out again. They supplied a number of swim hats that we decided to sell on a Monday nights at our 'Christmas Sales'. In return, they ask for a group of swimmers with a preferable age range of 13-20 with a mixture of both boys and girls to go to the Maru premises in Hemel Hempstead and give them feedback on their latest designs. WASC swimmers gave the most honest feedback - some good, some bad!

We are hoping to maintain this relationship with Maru to encourage more donations and closer ties in the future.



## RENEWAL OF MEMBERSHIPS

A big thank you to those who have already renewed their WASC membership, but for those of you who still have to do this, this a reminder that this must be done by 9pm on this coming Monday, 5th February. This applies to every swimmer in the Club.

## COUNTY AWARDS

Congratulations to Harry Andrew for receiving his County colours, and Sachin Thethy for receiving his County flash whilst at WASC.

## CLUB RECORDS

The club records below were ratified by the committee at its recent meeting on 16th January 2018

Luke Phillips	u16	Long course	50m	Butterfly	00.28.13	Nottingham	22.10.17	
Aaron Flynn	Open	Short course	200m	Freestyle	01.59.72	Sheffield	27.10.17	
Aaron Flynn	Open	Short course	100m	Freestyle	00.53.18	Sheffield	29.10.17	
Aaron Flynn	Open	Short course	200m	Breaststroke	02.19.53	Sheffield	27.10.17	
Aaron Flynn	Open	Short course	100m	Breaststroke	01.05.14	Sheffield	28.10.17	
Aaron Flynn	Open	Short course	50m	Breaststroke	00.30.24	Sheffield	29.10.17	
Aaron Flynn	Open	Short course	200m	I.M.	02.09.17	Sheffield	29.10.17	
Emilia Cieszczyk	u12	Long course	100m	Freestyle	01.15.81	Lublin	28.10.17	
Luke Phillips	u16	Long course	50m	Butterfly	00.28.11	Nottingham	05.11.17	
Aaron Flynn	Open	Short course	100m	Butterfly	00.58.47	Wellingborough	18.11.17	
Luke Phillips	u16	Short course	100m	Butterfly	01.01.03	Wellingborough	18.11.17	
Boys	u16	Short course	4x100m	Medley Relay	04.27.28	Wellingborough	18.11.17	Harry, Max, Luke, Marcus
Girls	u16	Short course	4x50m	Medley Relay	02.13.56	Wellingborough	18.11.17	Caitlin, Alice, Freya, Emily
Boys	u16	Short course	4x50m	Medley Relay	01.57.57	Wellingborough	18.11.17	Harry, Max, Luke, Marcus
Boys	U16	Short course	4x100m	Freestyle Relay	04.02.54	Wellingborough	25.11.17	Luke, Harry Callum, Marcus
Girls	u16	Short course	4x100m	Freestyle Relay	04.21.75	Wellingborough	25.11.17	Freya, Emily, Imogen, Caitlin
Girls	u16	Short course	4x25m	Freestyle Relay	00.54.93	Wellingborough	25.11.17	Emily, Caitlin Imogen, Alice
Boys	u16	Short course	4x25m	Freestyle Relay	00.50.16	Wellingborough	25.11.17	Luke, Harry Callum, Marcus
Aaron Flynn	Open	Long course	200m	Breaststroke	02.23.58	Sheffield	13.12.17	
Aaron Flynn	Open	Short course	100m	I.M.	00.59.69	Braunstone	16.12.17	
Aaron Flynn	Open	Short course	50m	Butterfly	00.26.86	Braunstone	16.12.17	
Aaron Flynn	Open	Short course	100m	I.M.	00.59.33	Braunstone	06.01.18	

## 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: 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](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

Just Racing UK - Tel: 01933 353 216

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.**