



## Dolphin Times



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January 2016

### **New Beginnings**

This term has seen the club enter an exciting new era. As you are no doubt aware our head coach, Becky Minihan, left the club in September and we all wish her the very best for the future. In the interim before appointing a new head coach, we had our coaching team working hard to ensure training schedules and Galas were not affected. SASC is delighted to inform you that Tom Pope has now been appointed the Head Coach. Although Tom will not be able to start with us full time until the beginning of July, he has already been playing a significant role in organising the Easter Camp. In addition, he will be available to support the coaching team at various times before taking up his position on a full time basis. In addition, Misha Murtagh has been appointed as the new Development Coach and Aqua Sport Coach, and Javier Molina Marti has also been appointed as the Aqua Sport Coach.

### **Message from the New Head Coach**

Two of the most important things about me in my role as Head Coach are my love of swimming, and that I really enjoy helping people to improve. I am eagerly anticipating coaching at Stretford because I know there is bags of potential in our club. Over the next six months it would be fantastic to hear about lots of Stretford swimmers entering Pointscore, individual galas and competing at our team competitions. I will be keeping a close eye on the results.

One of the things I've found most important throughout my swimming career is competing in the right way. Whenever you are preparing for a competition there are a few things you should do to give you the best chance of swimming to the best of your ability. Eating good food helps, as does a good warm up and keeping wrapped up warm before your race. Swimming down can also reduce the aching in your muscles if you have multiple events at the same competition. Doing these little things the right way can have a major effect on how you perform. Make sure you put in every last bit of effort and you will see the rewards.

Tom Pope

Head Coach

## National Lottery Sport England Grant

SASC has been successful in bidding to National Lottery Sport England for a grant of nearly £10,000. The money is to be spent on extra coaching, pool hire and off site aqua fun activities such as diving, open water swimming and paddle boarding for our older swimmers (12+) and to help us create a Junior Masters at the club, where teenagers can swim for fun and fitness as well as compete. In addition there is money to double our adult coaching sessions and start a possible Adult Masters section. There is also money put aside for an underwater camera to help swimmers further develop their technique. If the aqua sports programme goes well, we can expand it to include younger swimmers too, so watch this space!

Misha and Javier have been appointed to lead on the project, however we are really keen to involve as many parents and swimmers in this exciting new project so please feel free to get in touch with your ideas, suggestions or offers of help to Jo Moores at [jomoores1@ntlworld.com](mailto:jomoores1@ntlworld.com) or 07709 284 445 or ask at the desk for more information.

Finally, a massive thank you to Jo for the time and commitment provided to win this bid with National Lottery Sport England.

## Club Championship News

The Annual Club Championships took place over the first weekend in December 2015. A big thank you to all previous trophy winners who returned their trophies cleaned/polished in preparation for the Club Championships. It was a record breaking success with eight Club records broken. Swimmers achieved a fantastic 117 personal best times from a total of 223 swims. Well done to all our swimmers!

The eight records broken were Jake Christon in the 9 year old boys 25 metre Backstroke (00.18.87) and 8/9 year old boys 50 metre Freestyle (00.34.35). Reuben Rowbotham-Keating in the 10/11 year old boys 50 metre Backstroke (00.36.08) and the 12 and under boys 400 metre Freestyle (05.18.60). Alana Hedges in the 15/16 year old girls 400 metre Freestyle (04.40.51). Jared Armstrong in the 15/16 year old boys 400 metre Freestyle (04.16.76) and the Men's 100 metre Freestyle (00.54.85) and Tom Pope in the Men's 100 metre Breaststroke (01.08.04).

Thank you to all the coaches for your hard work with the swimmers. Also, thank you to all the swimmers and volunteers who participated and helped during the Club Championships, without you it would not have been a success!

A photo CDs of Club Champs will again be available. Please order at the club desk. They include pictures of the swimmers from all three evenings. A bargain at £3.50.

## Club Membership/Swimming Instruction Fees

It is that time of the year again when we need to ask for *membership renewal*. The committee members have worked really hard to keep the cost of membership exactly the same as last year at £30. This was quite a feat given our pool hire charges have increased by £5000 this year (and are set to increase by this amount again next year - all help with fundraising much appreciated). To help SASC with our finances it would be really useful if you could:

- renew promptly (forms have been sent via email, and are also available from the front desk)
- consider moving over to a standing order for your monthly instruction fees if you are still paying cash (it's cheaper and more efficient for the club and its volunteers to manage)
- check you are paying the right monthly amount, see below, which depends on the number of swims per week

1 swim per week = standing order £15 per month  
2 swims per week = standing order £30 per month  
3 swims per week = standing order £43 per month  
4 swims per week = standing order £50 per month  
5 swims per week = standing order £55 per month  
6+ swims per week = standing order £60 per month

For more than one family member swimming, the total number of swims per week can be combined.

Swimmers looking to compete in registered individual galas or to be considered for selection in the team National Arena Swim League, must register as ASA Category 2 (as must water polo members). For general swimming and other team events, such as Central Lancashire, ASA Category 1 membership is sufficient.

The membership payment is for club membership plus the ASA fees as follows:

Club membership £30 plus ASA category 1 £14.50 Total £44.50

Club membership £30 plus ASA category 2 £31.30. Total £61.30

All members should have received their request letter regarding membership renewal by now. If not, please inform one of the volunteers at the club membership desk as soon as possible. All membership renew forms should be completed and returned ideally by the end of January.

Email is the general form of communication that SASC uses to share information with members/parents so please ensure you provide an email address that is accessed frequently.

If you are not intending to renew your membership, please can you inform the club by sending a brief email to [stretfordasc@yahoo.co.uk](mailto:stretfordasc@yahoo.co.uk)

## **Annual Easter Training Camp**

Due to the term dates for Rossall School we were unable to run the usual Easter training camp this year, however, due to some hard work from various committee members we found a suitable alternative venue, Oakham School (Leicestershire). The school has fantastic facilities and comes highly recommended by a number of people. The camp will run 4 to 8 April 2016.

As someone who has attended the last twelve swim camps, I know how much fun the swimmers have and this year will be no exception - it will be hard work but that will not stop anyone from having a great time! I will be coaching on poolside while we are there and I am aiming to get to know as many swimmers as possible before I start coaching full-time in July.

The camp is run on an invitation basis for which the coaching staff look at attendance, attitude, commitment and ability to fully take part in the training at camp. Invitations have already been sent out but if you are working hard in training then there is a chance that you could be added to the list at a later date.

If you do intend on attending swim camp it is essential that you keep up or even improve your attendance at training from now until Easter. The more sessions you can do, the more prepared you will be for the training at camp.

In terms of the other activities, there are usually some good team sports played, such as basketball, football, 'kwik cricket' and rounders. People get the chance to show off their skills, or to try things for the first time.

One thing everybody looks forward to at camp is the Gala. It is historically one of the closest and most exciting galas of the year. There may be some slight changes this year in order to fit in with the new venue but these will only add to the excitement!

If you have any questions, please do not hesitate to ask the volunteers on the club desk, they will direct your query to the appropriate person if it is something they cannot address. There will be a meeting for all parents of those members attend the camp in March, further details will follow, so please keep checking the notice board. Places on the camp will be offered on a first come first place basis, so please get your deposit in as soon as possible. Also all swimmers attending the camp will need to have renewed their club membership so make sure you do that if you wish to attend.

Tom Pope

## **Back Packing Fundraising Events**

SASC intend to subsidise camp with funds raised from bag packing events and all swimmers going to camp are expected to help with these. Dates to be arranged soon.

## **The Doug Francis Fund**

Stretford ASC has a small fund which can offer some help to members of the club in case of financial difficulties. The fund can be used to support a member's progress in swimming or water polo. Examples of awards made by the fund trustees include help with cost of swimming fees, membership, open gala entry fees and annual training camp fees. Should anyone wish to apply please contact the Treasurer, Margaret Wells (e-mail [treasurer@stretfordasc.org.uk](mailto:treasurer@stretfordasc.org.uk) or hand in a letter addressed to the treasurer at the club desk). All applications are treated in the strictest confidence.

## **Easyfundraising**

Stretford ASC has signed up for free fundraising to help support the club. All you need to do is use the link when shopping online. Lots of retailers e.g. Amazon, John Lewis, Argos, Debenhams and numerous others have signed up to make donations to good causes, so the club receives rewards when you shop, at no cost to yourself. Over the last few years we have raised over £500 and we can keep raising more if people sign up and use the site. Go online and look up [easyfundraising.org.uk](http://easyfundraising.org.uk) then look up Stretford Amateur Swimming Club in good causes.

Every little we raise helps to fund the club. Thank you.

## **.Pointscore Events**

The Pointscore dates are: 7<sup>th</sup> February, 13<sup>th</sup> March, 24<sup>th</sup> April and 12<sup>th</sup> June. Warm up will be at 5:30pm as usual and there will be no intermediate or main group swims those nights. Entry forms will be available on the club desk and also sent out via email.

For those of you, who do not do Pointscore or feel they cannot for whatever reason, please speak to your coach to see if you should attend. General rule of thumb, if you swim lengths and have an okay stroke then you should be entering.

Don't forget this is the place to beat your current personal best time (PB) and to make our coaches aware of how fast you are! Your times are entered each time you swim at Pointscore into the database and we can see who is the fastest and should be picked for our team galas. Everyone generally swims faster if they are in a 'gala type' environment, and there is no better option but to have a go at our Pointscore event.

Remember – if you don't enter we don't necessarily know how fast you can be!

## **Stretford ASC Gala Program**

Stretford ASC is affiliated with numerous associations that hold Galas throughout the year. Members selected to compete will be informed separately. If you are selected, and you are available, we always hope you will accept the invitation to represent your club. If there is some reason why you do not wish to swim in competitions please let the swim coaches know and they will not select you in the first instance.

## **Parents and carers, YOUR club needs YOU!!!**

We are always looking for volunteers at the poolside at Pointscore and other Galas and on the front desk, so if you are interested in contributing to the ongoing success of the club please contact any member of the Club Committee, or speak to staff on the front desk on a Sunday, Tuesday or Friday.

## **Swim Shop**

We have a Swim Shop, which sells special Club equipment for your convenience and benefit. You can buy or order items at the club desk. We currently stock swimsuits, trunks, caps, T-shirts, hoodies, sports bags, all with our own special logo, together with goggles, floats, bottles etc.