



Dolphin Times



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May 2016

Club Successes

Since the last edition of Dolphin Times, the club has experienced several achievements by our swimmers, with some of them representing Stretford ASC at the Lancashire County Swimming Championships and the ASA North West Region (Summer) Championships.

Lancashire County Swimming Championships

The Lancashire Counties took place in January 2016. There were some fantastic swims and outstanding performances, demonstrating the talent of swimmers at Stretford ASC.

Finalist swimmers and medal winners were:

Reuben Rowbotham-Keating

Gold medallist in the Mens 10/11 Yrs 100m Breaststroke, 100m Backstroke, 100m Butterfly, 50m Butterfly and 50m Breaststroke.

Silver medallist in the Mens 10/11 Yrs 100m Freestyle and 50m Breaststroke

Bronze medallist in the Mens 10/11 Yrs 50m Freestyle.

Chiara Tommasello

Silver medallist in the Womens 12 Yrs 100m Breaststroke and 50m Breaststroke

Alfie Marrs

5th place in the Mens 14 Yrs 50m Freestyle

7th place in the Mens 14 Yrs 50m Breaststroke.

Congratulations to the above swimmers, and all other swimmers who completed - Jared Armstrong, Alana Hedges, Erin Hoyland, Nell Marrs, and Luca Tommasello.

Greater Manchester Age Groups Meet

The Greater Manchester Age Groups Meet is an opportunity for Stretford ASC swimmers to enter a competition as **an individual!** In March 2016 nine members of Stretford ASC took part in the meet.

Stretford ASC finalist swimmers were:

Alana Hedges

Girls 15 Yrs/Over 200m IM - 1st place

Girls 15 Yrs/Over 100m Backstroke - 7th place.

Alfie Marrs

Boys 14 Yrs 50m Breaststroke - 1st place

Boys 14 Yrs 100m Breaststroke - 4th place

Boys 14 Yrs 100m Butterfly - 6th place.

Nell Marrs

Girls 12 Yrs 200m Freestyle - 7th place

Girls 12 Yrs 50m Butterfly - 4th place

Girls 12 Yrs 200m Butterfly - 5th place.

Reuben Rowbotham Keating

Boys 11 Yrs 200m IM - 1st place

Boys 11 Yrs 200m Breaststroke - 1st place

Boys 11 Yrs 50m Backstroke - 1st place

Boys 11 Yrs 100m Butterfly - 1st place

Boys 11 Yrs 200m Butterfly - 1st place

Boys 11 Yrs 50m Freestyle - 2nd place

Boys 11 Yrs 100m Freestyle - 2nd place.

Chiara Tommasello

Girls 12 Yrs 50m Freestyle - 1st place

Girls 12 Yrs 50m Butterfly - 1st place

Girls 12 Yrs 100m Breaststroke - 1st place

Girls 12 Yrs 100m Backstroke - 4th place

Girls 12 Yrs 200m IM - 5th place

Girls 12 Yrs 200m Freestyle - 8th place.

Luca Tommasello

Boys 14 Yrs 50m Breaststroke - 5th place.

Other Stretford ASC swimmers were - Erin Hoyland, Ellie Jeffs and Lucy McLaughlin.

ASA North West Region (Summer 2016) Championships.

The 2016 Regional Summer Championships are currently taking place. The final session takes place on Sunday 29th May. Several Stretford ASC swimmers achieved the qualifying times and will be taking part – Jared Armstrong, Alana Hedges, Erin Hoyland, Alfie Marrs, Nell Marrs, Reuben Rowbotham-Keating, Chiara Tommasello and Luca Tommasello.

Results for Stretford ASC swimmers will be available on the club website once all sessions have taken place.

City of Salford Summer Spectacular Open Gala

Message from your Head Coach

As a club I want us to compete at Galas throughout the year. Team Galas, Open Meets, Pointscore. All of these are good race practice and they give coaches and swimmers a chance to see how far people have progressed. With this in mind I would like to invite swimmers to represent Stretford ASC at the City of Salford Summer Spectacular Open Meet. The dates are Saturday 16th and Sunday 17th July. I will be there myself and hopefully we will have a large team of swimmers there to support each other and build on our fantastic team spirit!

Entry forms will be available at the club desk, on the website or from coaches and need to be back with payment ASAP – **Sunday 29th May at the latest!**

If anyone has any questions, please feel free to get in touch – tompope@btinternet.com or 07895268043

Club Membership

At this point of the year, your annual membership should have been renewed by now. A gentle reminder that you will not be insured to swim in the pool until your 2016 membership and ASA fees have been paid.

Stretford ASC Swimming Timetable

DAY	GROUP / LEVEL	TIME	VENUE
SUNDAY	Mini-Dolphins	4.30-5.30pm	Stretford Sports
	Junior Development	4.30-5.30pm	Village Chester Centre
	Intermediate	5.30-6.30pm	
	Youth Development and Performance Squad	6.30-8.00pm	
TUESDAY	Junior Development	6.30-7.15pm	Stretford Sports
	Intermediate		Village Chester Centre
	Youth Development and Performance Squad	7.15-8.30pm	
THURSDAY	Intermediate	6.30-7.30pm	Manchester Grammar
	Youth Development and Performance Squad	6.30-8.30pm	School
	Adult Stroke Development and Adult Social Swim	9.00 -10.00pm	Stretford Sports Village Chester Centre
FRIDAY	Junior Development	6.30-7.30pm	Stretford Sports
	Intermediate		Village Chester Centre
	Youth Development and Performance Squad	6.30-8.30pm	
SATURDAY	Intermediate	8.00-9.00am	Stretford Sports
	Youth Development and Performance Squad		Village Chester Centre
SATURDAY	Junior Masters (aged 12+)	3.30-5.00pm	Stretford Sports Village Chester Centre

Stretford ASC Water Polo Timetable

DAY	GROUP / LEVEL	TIME	VENUE
SUNDAY	Junior Advanced	7.30-9.30pm	Stretford Sports Village Chester Centre
TUESDAY	Senior Men's Squad	8.30-10.00pm	Stretford Sports Village Chester Centre
SATURDAY	Junior Beginners	5.00-6.30pm	Stretford Sports Village Chester Centre

Oakham Swim Camp 2016

My week at camp this year turned out to be one of the best weeks of my life. I really enjoyed getting to know all of the swimmers who went, both in and out of the pool. Having been to camp for at least the last ten years I think this was the hardest one in terms of swimming and land training combined. All the swimmers rose to the challenge and did themselves proud. The amount of effort I saw all week was epic and we all came together as a club - the team spirit was infectious and it was fantastic to see. I want to give a special mention to some of our youngest swimmers who dealt with being away from home brilliantly.

Having two different teams of swimmers with a 'house points' style competition through the week gave activities a competitive edge and also gave the staff team an opportunity to recognise the hard work and effort put in by everyone. The captains did a great job in picking the teams for the gala and we had an exciting competition with a cameo appearance from the whole staff team!

I also want to give a big thank you to the volunteers who ran the gala.

All in all the whole camp ran very smoothly thanks to the efforts of the staff team and swimmers alike and I am eagerly looking forward to Swim Camp 2017.

Tom Pope
Head Coach

Aimee Wallwork's Oakham Swim Camp Review

"Here is a review of how I felt and my enjoyment of camp. As we arrived at Oakham I felt I would really enjoy it and I was right, I did. I knew what was what, I shared a room with Sadie and Eve, who really encouraged me to try and attempt activities in gym. Knowing that my mum was alright by text and phone calls I really enjoyed it this year. I would really recommend going to camp."

Tesco Back Packing Fundraising Event – Sunday 24th April

Many thanks to everyone who turned up to help bag packing at Tesco. It was a great fundraising effort raising a fantastic **£458.19** for your club.

A massive thank you to Gill Ramsey for organising the bag pack, and for being there for the duration of the bag pack event.

Events like this are invaluable in helping Stretford ASC purchase new equipment and in keeping costs down, benefiting everyone.

Please watch out for the next event – a little bit of everyone's time makes a massive difference to your club.

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 then look up Stretford Amateur Swimming Club in good causes.

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

Phil Hoyland's English Channel Swim, 23rd July 2016

Phil is one of our coaches at Stretford ASC, teaching the 4:30pm and 5:30pm group on Sundays and supporting the coaching at Manchester Grammar School on Thursdays. He has been a competitive swimmer himself and in the last few years has won the dad's race at the Club Championships.

He has decided to swim to France this summer in memory of his dad, who sadly died from Dementia a couple of years ago. His dad had been involved in swimming for many years and was President of Somerset ASA when Phil was a swimmer at his club in Weston super Mare.

He has been training hard for the last 2 years. The swim is 21 miles in a straight line but due to tides swimmers often end up swimming closer to 35 kilometres. The average time to cross is 12 hours. The water temperature will be about 15^oC in July and of course there are also jellyfish. Its considered one of the hardest marathon swims in the world.

Phil has decided to use the swim to raise money for Dementia UK. You could support him with a donation through his Just Giving page. www.justgiving.com/fundraising/Phil-Hoyland

Summer Swimming Sessions

In previous years Stretford ASC swim sessions finished in July for the summer holidays, and recommenced in September. You will be pleased to hear this summer the plan is to keep a reduced programme of swimming going, instead of having a long summer break. Details to follow.

Pointscore Events

The final Pointscore before summer will be held on 12th 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, and hoodies, all with our own special logo, together with goggles, floats, bottles etc.