

Copeland Amateur Swimming Club Newsletter

Issue 1 January 2011

Copeland ASC Committee

- Chair: Liz Bailey
- Vice Chair: Linda Stamper
- Secretary: Denise Whelan
- Treasurer: Sue Richardson
- Fundraising: Joanne Birkett
- Club Gear: Julie Southward
- Head Coach: Alan Burns
- Senior Coach/Manager: Julie Walley
- Diddy Team Manager: Kim Graham
- LTS: Neil Ross / Sophie Whelan
- Website: Paul Messenger
- Publicity: Mark Southward
- Swim21: Matthew Hinde
- Welfare: Karen Carr
- Memberships: Dave Martin
- Records of Achievement: Paul Messenger
- Galas: Keith Chisholm / John Freestone
- Trophies: Marie Carheart

Poolside helpers & Gala Officials Required

Copeland ASC is a registered charity & relies solely on volunteers in order to function. Volunteers are simply the parents & guardians of the swimmers themselves. Some have extensive teaching & coaching knowledge and experience and others very little.

Training and development of poolside helpers and gala officials (timekeepers, turn judges, etc.) is provided by the club and Cumbria ASA officials periodically throughout the year. If you can give some of your time to help on poolside and/or train as a gala official (it's not as daunting as it may first seem, as adequate mentoring and training is provided and you can take your time to complete the training), please approach any of the committee or poolside coaching staff and put yourself forward. It can be very rewarding to assist young people reach both their potential and their goals.

Squad Sessions & Attendance

Squad training sessions are very important to the progression of the swimmers in those squads. Swimmers in all squads are strongly encouraged to attend all of their allotted sessions, or those sessions agreed with your coach, as appropriate. A list of current squad sessions can be seen on page 3. If you are unable to attend, please let someone know, if possible.

During 2011, the club intends to re-introduce a record of attendance for all squads as well as the Learn to Swim in order to measure the progress of individuals and to ensure that they are working towards their own personal goals.

Copeland ASC is 25 Years Old

Copeland ASC was formed 25 years ago in 1986 by the joining of the Egremont swimming club with the Whitehaven swimming club, which coincided with the opening of Copeland swimming pool. In 2005 Copeland ASC became a Charitable trust with a duty to promote community participation in healthy recreation in the form of swimming. The club relies entirely on the support of a team of **volunteers**, without whom the club would not be able to function effectively.

As a celebration of the 25th anniversary, the club has organized a level 2 licensed gala to be held on 15th January 2010 at Copeland Pool. There are qualifying times but no upper limit times for this gala. This gala will give swimmers the opportunity to achieve National qualifying times.

Good luck to all those who have entered & have an enjoyable day.

Cumbria Diddy League

The Cumbria Diddy League season is almost upon us again, beginning with a friendly gala here at Copeland pool on 5 February.

Last Year's team managed to win the 'B' final which put them into the Grand Final in October, where they managed a respectable 5th position.

The club has many promising young swimmers in the Learn to Swim and Main squads, which makes for a bright future. We would encourage all these swimmers to set themselves a goal to make the team. It may be hard work getting there, but Diddy Galas are for swimmers aged 9 to 11, are great fun, build team spirit and give each swimmer a feeling of achievement.

If you are a swimmer looking to make the Diddy team or a parent with children in the early stages of their swimming career (even if a little young for Diddy League right now,, why not come along, cheer the Copeland team on and soak up the atmosphere?

Some dates for your diary:

Copeland Anniversary Gala (Copeland):	15 January
Copeland Annual club gala	16 January
Friendly Diddy Gala (Copeland)	5 February
Cumbria Age Group Relay & Distance (Carlisle)	26 February
Cumbria Age Groups (Copeland)	19 & 20 March
Cumbria Age Groups (Kendal)	26 & 27 March
Diddy League Round 1 (Workington)	9 April
Griffin Gala (Copeland)	7 May
Diddy League Round 2 (Venue tba)	14 May
NW Regional Age Groups (Manchester Aquatics Centre)	4,5,11 & 12 June
Copeland Graded Gala (Copeland)	18 June
Diddy League Round 3 (Venue tba)	25 June
National Age Groups & Youth Championships (Sheffield)	21-31 July
Sprint League (venue tba)	25 September
Diddy Grand Final (venue tba)	2 October
National Arena League Round 1 (venue tba)	8 October
National Arena League Round 2 (venue tba)	12 November
NW Regional Winter Championships (venue tba)	3 & 4 December
National Arena League Round 3 (venue tba)	10 December



The club is working towards Swim21 accreditation which is standard expected by the ASA. It is worth mentioning here that we consider that Copeland ASC operates to the required standards but simply hasn't put together the required accreditation pack to demonstrate this. Matthew Hinde, who recently celebrated his 40th birthday in case anyone doesn't know, is leading and generating a lot of this work and has already drafted a master document which has been submitted to committee for approval. Once ready, this will result in an information pack being available for both swimmer and parents' personal reference. Topics covered include, but are not limited to, How to join the club, Coaches & Team Management, Squad information, structure & progression, Galas & competitive swimming and a code of conduct that applies to swimmers, parents, managers and officials. There is still a significant amount of work to complete to achieve this accreditation, but it will continue and as a reminder to club members sections of the handbook will be included in the monthly newsletters.

Swim21 Accreditation

Editor's Note

We would like to welcome everyone back after the Christmas break and wish you all a happy and successful 2011. The Club would like to recognise personal swimming achievements throughout the club this year by publishing them in the newsletter. So keep up the good work as your coaches will be watching and noting your progression. Hopefully your name will be appearing in a newsletter soon!

Behaviour standards

Behaviour standards within Copeland ASC are generally good, so please don't be too concerned. It is simply a good opportunity at the start of a new year that has a full training and gala programme, to outline the standards of behaviour required within the club, so that everyone understands them and we won't need to waste valuable swimming time dealing with such issues later on. The points made reflect those appearing in the club Ethics Manual (required under Swim21 accreditation) when it is published.

Behaviour and Personal Conduct must be exemplary at all times and reflect favourably on the squad, club and the sport. Language in public or relevant group situations must always be appropriate and socially acceptable.

Bullying – will NOT be tolerated!!

Bullying takes many forms, some of which some younger people may not consider to be bullying. The following are what is considered by both the club and the ASA to constitute Bullying:

Emotional Bullying – including being unfriendly, sending hurtful text messages, tormenting (e.g. hiding goggles, floats, etc., using threatening gestures).

Physical Bullying – including pushing, kicking, hitting, punching or any use of physical strength, including grabbing/pulling feet or legs when wanting to pass in swimming lanes.

Racist Bullying – including racial taunts, graffiti, gestures.

Sexual Bullying – including unwanted physical contact or sexually abusive comments

Homophobic Bullying - in any way because of, or focusing on the issues of sexuality

Verbal Bullying – including name-calling, sarcasm, spreading rumours, teasing.

It's every swimmer's duty to report any incidents of this nature to the Coach, Welfare Officer or their parents, so that it can be investigated.

Remember, this is a swimming club. The only thing you need to concentrate on when attending any Copeland ASC swimming session or event, is the swimming itself. I'm sure we are unlikely to have to deal with any behavioural issues at Copeland ASC, but it does only seem fair to point out that there is a disciplinary procedure. Let's not go there and instead enjoy an exiting and successful year in the pool in a friendly atmosphere with good team spirit and encouragement of all team & squad members.

Main Squad Session Times

Day	Time	Squad	Pool	A	B	C	D	S
Tue	06:30 to 07:30	All	Copeland	1	1	1	1	1
	17:30 to 18:30	C, D	Wyndham			1	1	
	18:30 to 20:30	A, B	Wyndham	2	2			
Wed	19:30 to 21:30	A, B, S	Copeland	2	2			2
Thur	06:30 to 07:30	All	Copeland	1	1	1	1	1
	17:00 to 19:00	A, B, S	Wyndham	2	2			2
	20:00 to 21:00	C, D	Copeland			1	1	
Fri	17:30 to 18:30	C, D	Wyndham			1	1	
Sat	07:00 to 09:00	A, S	Copeland	2				2
	15:00 to 16:00	C, D	Copeland			1	1	
	16:00 to 17:30	A, B, S	Copeland	1.5	1.5			1.5
Sun	15:00 to 17:30	A, B, S	Copeland	2.5	2.5			2.5

To enable us to progress more younger swimmers through to the squads from the 3rd February no lanes will be made available to A and B A squads on a Thursday night 8.00pm to 9.00pm at Copeland. This session is only available to C and D Squads. A, B train at Wyndham On Tuesdays & Thursdays, as shown above.

If you have nay questions, please speak to Head Coach Alan Burns.

Coaches Column

A feature we would like to offer in these news letters throughout the year, is the Coaches Column. This is an opportunity for any of the Coaches to submit tips or training advice, through the Head Coach, for inclusion & for the benefit of the club's swimmers. It is hoped that all swimmers will read this column and take away a learning point to progress.

You can always discuss any swimming issues with the coaches at regular training sessions, including anything you read here.

As a start, this month we will simply cover what each squad swimmer should arrive on poolside with.

Each squad swimmer should arrive on poolside ready to start the programme without delay (this includes having been to the bathroom)! Swimming hats should be on and goggles correctly adjusted & already on the head, ready to lower into position quickly. Swimmers should be at the lane they normally swim in, quietly awaiting instruction from the coaches. They will be moved to other lanes by coaches if necessary. Finally they should have a drink and their poolside kit bag, containing the following:

- Kickboard (frequently used).
- Pullbuoy (frequently used).
- Flippers (more frequently used in D & C squads, but required by all squads).
- Hand Paddles (Medium) (more frequently used by A, B & Senior squads).

The kickboard and pullbuoy should be taken out of the bag and laid at the head of the lane ready for use during each session as they are frequently used and this avoids delays.

We cannot stress enough, the importance of having a drink with you on poolside. Pool halls are almost always hot and humid and swimmers put a lot of physical effort into their training programme, which does make them sweat (you simply don't see it because the body is wet with the pool water). These conditions make dehydration a very real possibility for swimmers. Therefore, you should have a non-fizzy drink (dilute juices, water or electrolytic sports drinks are all fine) and sip it regularly during rest periods. If you wait until you feel thirsty, you will already be mildly dehydrated. Dehydration may make you feel more tired and lethargic or even a little unwell. This will make your training session much more difficult to cope with. Please make your parents aware just how important a drink is for you on poolside and ensure you always have enough drinks with you.

Land Training

Please note that Land Training is now on Mondays at the new time of 18:30 to 19:30 at St Bees School Gym and should be attended by A, B & B/C squad swimmers.