



Issue 3 March 2011



## Copeland Amateur Swimming Club Newsletter



### 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: Julie Walley
- Managers: Julie Walley, Liz Bailey
- Diddy Team Managers: Kim Graham, Linda Stamper
- LTS: Neil Ross
- 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
- Gala Entries: Paul Messenger
- Trophies: Marie Carhart

### Club Captains 2011

In order to give the swimmers of Copeland ASC a voice at the club committee and to meet one of the Swim 21 accreditation requirements, the swimmers of Copeland ASC have held an election to elect a Boys and a Girls Captain for 2011. The winners of the election were Scott Bailey and Courtney Mossop. The club congratulates Scott and Courtney on their election and wishes them well for the coming year. Courtney & Scott are pictured top left.

### Swimmers Log Books

Can we please remind all swimmers aged 8 years and over, who have not already completed the initial entries in their log books to do so and to return the log book to one of the coaches. Alan will then take a look at your entries and arrange a chat at one of your sessions and sign it off.

### Cumbria Age Groups' Team & Distance Events

On Saturday 26 February, Copeland swimmers took part in the Cumbria Age Groups' Team & Distance events at Carlisle. Some are pictured top right.

Excellent performances resulted in the following being achieved:

2<sup>nd</sup> Place 9/10 Yr old girls 200m Medley Relay Team: Ellie Southward, Alex Messenger, Charlotte Stamper, Amy Cowan (County Badges)

2<sup>nd</sup> Place 9/10 Yr old girls 200m Freestyle Relay Team: Ellie Southward, Alex Messenger, Charlotte Stamper, Abbie Johnstone. (County Badges)

3<sup>rd</sup> Place 9/10 Yr old Boys 200m Freestyle team: Isaac Hinde, Jack Kellett, Adam Metcalf, Oscar Craig. (County Badges)

3<sup>rd</sup> Place 13/14 Yr old Girls Freestyle Relay Team: Becky Walley, Lauren Graham, Alex Graham, Rebecca Telford. (County Badges)

3<sup>rd</sup> Place 13/14 Yr old Girls 200m Medley Relay Team: Becky Walley, Lauren Graham, Alex Graham, Rebecca Telford. (County Badges)

2<sup>nd</sup> Place Womens 16 yrs & under 200m Medley Relay Team: Becky Walley, Grace Newlands, Lauren Graham, Shannon Mossop. (County Badges & Medals)

2<sup>nd</sup> Place Womens 16 yrs & under 200m Freestyle Relay Team: Becky Walley, Grace Newlands, Lauren Graham, Shannon Mossop. (County Badges & Medals)

### Coaches Column

This information has already appeared in the January Newsletter, however we didn't manage to get a copy to everyone, so we have taken the opportunity to repeat this message again for March. All main squad members should have their kit bags by the end of April please.

Each squad swimmer should arrive on poolside ready to start the programme without delay (this includes having been to the bathroom)! Girls swimming hats should be on and everyone's goggles correctly adjusted 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.

*Alan Burns*  
Head Coach

## Direct Debit Changes

Can we remind parents whose children have moved squads/increased pool hours & need to change their direct debits, to do so please?

## Diddy League Swimmers

Can all Diddy League swimmers who have been asked to complete 'Availability' and 'Medical Consent' forms please return them as soon as possible please. We need these forms in order for you to be able to swim in Diddy events.

## Copeland ASC Volunteers

Copeland Amateur Swimming Club is run as a registered charity (NO. 1103769) by volunteers. Those volunteers, include Senior Coaches, Team Managers and Poolside Helpers as well as the mostly unseen volunteers such as Gala Organisers, Gala Officials, Club Secretary, Treasurer, Membership Coordinator, Welfare Coordinator and Fundraising Coordinator. There are also those who organise and maintain the club website and who are working diligently towards the club gaining the Club Mark Swim 21 accreditation.

There are an awful lot of roles to be filled & undertaken and the volunteers the club relies upon are all parents of the swimmers. We all start off with little knowledge of how to run a swimming club or how to fill many of the roles necessary to run it, but with the help of others with more training and experience, we learn and get to grips with things. The club can always use more help and we would urge you to come forward and offer whatever help you can. Full support and training will be provided where necessary, and it gives you an opportunity to be involved in the swimming progression of your child/children. It can be very rewarding to know that you have helped them in reaching their goals and aspirations. To offer your help simply speak to Denise Whelan (Club Secretary) or any of the club members at any routine training session.

We have recently been able to gain the assistance of a number of poolside helpers who, with the assistance of the Head and Senior Coaches are able to assist at squad training sessions. Many of the poolside helpers are also fulfilling other roles within the club and are training to be gala officials, but there is only so much a few individuals can achieve and maintain. Additional help is always needed.

Galas held at Copeland pool generate a significant part of the club's annual income, however, we have fewer gala officials now than we have had for some years and we need to address this situation in order to be able to safeguard this source of income. We currently have a small number of parents going through the 'Judge 1' qualification to become Timekeepers and Turn Judges, and one parent going through the Judge 2 qualification, all roles essential to the running of a gala. Some of these people will be going on to train for other gala official roles to strengthen Copeland ASC's ability to stage galas which means that we need to train other parents in the 'Judge 1' roles of Timekeepers and Turn Judges as soon as we can. You don't have to be a swimmer or an expert in swimming, as full training, mentoring and support is given throughout. Your time and effort could be pivotal in the future success of Copeland ASC and we really would like volunteers to come forward. Simply offer your help to Denise Whelan (Club Secretary) or any club member at routine training sessions and we'll get you going.

## Copeland ASC Finances

I'm sure it hasn't escaped anyone's notice that over the next twelve months things will become more difficult financially for everyone including Copeland ASC. A recent review of Copeland ASC finances revealed a likely shortfall in income against outgoings is something that we have to address. The main expenditure cost is pool hire, for which charges have increased again this year. The committee are looking at options for dealing with the situation without reducing the number of pool hours for our main squads as we wish to maintain Long Term Athlete Development aims. We will keep you informed of this situation but we think it only fair to let you now about the situation early. Any help or advice would be welcomed.

As a registered charity (no. 1103769), our 'Fundraising' activities play a big role in financing the club's activities. Joanne Birkett has undertaken the role of Fundraising Coordinator for many years and has done a Stirling job, most recently contributing very significantly to the financing of the new scoreboard, which was badly needed by the club. We will be undertaking some further fundraising activities this year to manage our finances. If you can be of assistance to our fundraising efforts, we would love you to come forward and offer your help. Please speak to any club member and we will endeavour to put you in touch with Joanne.

## Congratulations !

Congratulations to the following swimmers who have been moved up to the next stage of their swimming development:

LTS to 'D' Squad: Harry Lamb, William Maxwell, Jack Fawcett, Leo Reed, Lewis Baker, Matthew Harrison, Rebecca Amor.

D squad to C squad: Danielle Crellin, Declan Burney, Maya Ross, Naomi Peers, Frank Haile, James Amor, Joanna Carnall, Joshua Cleghorn, Luke Jackson, Mary Wake.

C squad to B/C squad: Adam Baker, Christian Lofthouse, Kimberley Curwen, Kirah Hackett, Libby Ross, Molly Gunn, Neve Richardson, Niamh Peers, Rebecca Wilson, Dean Blakeway.

B/C squad to B squad: Adam Metcalf, Amy Cowan, Jack Kellett.

B squad to A squad: Sam Kellett, Lois Carhart, Jodi Hall, Rebecca Telford