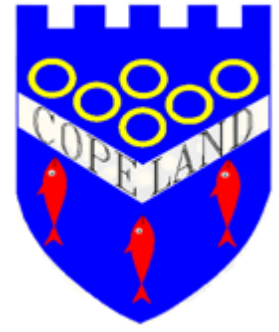


Registered Charity No: 1103769
**Copeland Amateur
Swimming Club**
July 2012 Newsletter



Lloyds Banking Group Community Fund

In early June we sent the link below to all our members and asked you to vote for the club to receive funding from the Lloyds Banking Group Community Fund. The funding is vital to the long term plans of the club and we need to ensure we capture votes from all our members. The rules allow a vote from each email address so if you have several different email addresses then please use them all, in addition you can also vote by text 'VOTE LA4' to 61119 (at your normal rate). The club receives monthly updates on the percentage of votes we have received but not our overall position therefore it is vital we continue to push for as many votes as possible. The club would like to thank all our members who have already voted and please remember to ask your friends and family.

https://www.lloydsbankinggroupcommunities.com/communityfund/CF_Org_Vote_Profile.asp?CFOIDS=10001403

WE INTEND TO ASSIST THE VOTING BY COMPLETING PART OF THE PROCESS FOR OUR MEMBERS WHO ARE YET TO VOTE. WE WILL CAST THE VOTE ON YOUR BEHALF AND YOU WILL RECEIVE AN EMAIL TO VERIFY THE VOTE.

IF ANYONE OBJECTS TO US VOTING ON THEIR BEHALF PLEASE ADVISE PAUL MESSENGER

Griffin Gala

The Griffin Gala held on 21st April 2012 was a great success with a good entry and some good performances by Copeland swimmers. It was great to see some of our less experienced competitors take to the water and gain valuable experience in a competitive environment. We hope all swimmers had an enjoyable day. Thank you to all the volunteers who helped in any way on the day.

Copeland ASC Fundraising

Thank you to everyone who donated cakes & raffle prizes for the recent Graded Gala. Thank you to all the volunteers who came on the day to help, £282.18 was raised this is only possible with the help of all the volunteers.

Blackpool 'Rocks' Meet



Copeland ASC accepted an invitation by newly formed Blackpool Aquatics ASC to take part in their first ever competitive gala and came home with a fine collection of medals. The leading boy was 10 year old Adam Metcalf who collected four Gold and two Bronze medals and also set a new Cumbria County Age Group Record for 10 year old Boys 400m Freestyle. The boys 200m Butterfly provided two more Gold medals for 10 year old Jack Kellet and 11 year old Isaac Hinde. The girl's contribution to the medal haul was led by 15 year old Becky Walley who picked up three Gold, two Silver and two Bronze, 9 year old Niamh Peers winning Gold in her first ever competitive 200m Butterfly and 9 year old Rebecca Wilson collecting Gold in the 50m Breaststroke breaking her own Cumbria County Age Group Record. The medal count of eleven Gold, eleven Silver, twelve Bronze and two County Records was Copeland's best return in recent times from Gala's outside the county. A good weekend was capped off perfectly when Copeland's large and vociferous band of followers were awarded the trophy for 'Best Visiting Supporters'.

www.copelandasc.co.uk

We would encourage all swimmers and parents to make use of the site as a way of keeping up to speed with what's going on.

Olympic Games London 2012

If any of our swimmers and their families have been lucky enough to obtain tickets for the forthcoming Olympic Games. Please take a photo of our swimmers for our next newsletter.

Don't forget to support our athletes Team GB!

Reminder – The deadline for entry forms for the Workington Presidents Gala on Saturday 8th September is 25th July 2012.

ASA North West Regional Swimming Championships



Copeland ASC swimmers Becky Walley, Chloe Carr and Alex Sarah Messenger competed in the ASA North West Regional Championships held in the 50m pool at Manchester Aquatics Centre. Becky, swimming in the Youth Championships, qualified for the 50m, 100m, 200m, and 800m Freestyle events plus the 200m Breaststroke producing four Long Course Personal Best times. Chloe qualified for the 13 year old girls 100m and 200m Freestyle events and produced two fine swims to achieve Long Course Personal Best times in both events. 11 year old Alex Sarah qualified for the 12 years and under 100m Breaststroke and also lowered her Long Course Personal Best time.

Diddy League



Copeland ASC showed great determination at the recent 'A' Final of the Diddy League gala held at Moorclose Swimming Pool. The small team of enthusiastic swimmers finished in 2nd place and have now booked their place in the Grand Final in October at Carlisle. The team was made up of 9, 10 & 11 year old swimmers Niamh Shuttleworth, Olivia Fearon, Isobel Kirkup, Emma Jennings, Tyese Hodgson, Drew Stables, Declan Burney, Harry Curtis, Ben Metcalf, Harry Lamb, Leo Reed, Rebecca Wilson, Neve Richardson, Niamh Peers,

Lucy Stephenson, Mary Wake, Adam Metcalf, Jack Kellet, Oscar Craig, Frank Haile, Luke Jackson, Molly Gunn, Amy Slee-Cowan, Lauren Kirkup, Isaac Hinde, James Amor, and Max O'Reilly.

Sunderland's Summer Splash Gala



Copeland Swimming Club recently attended Sunderland's Summer Splash Gala which was a Long Course event held in the Olympic size pool at Sunderland Aquatic Centre. The squad was made up of 9, 10 & 11 year old swimmers looking to gain experience in the 50 metre pool but they exceeded all expectations by bringing home a good collection of medals and personal best times. The leading girl was 9 year old Rebecca Wilson who picked up seven Gold and one Silver from her eight swims with six being personal best times. Rebecca also lowered her own county record in the 50 metre Breaststroke. Alex Sarah Messenger collected Bronze in her 50 metre Breaststroke and one place medal and gained two personal best times. Niamh Peers picking up Silver in her 200 metre back and two place medals and gained two personal best times. Lucy Stephenson picked up Silver in her 200 IM. Neve Richardson who also swam for the first time in a 50 metre pool also swam well gaining two personal best times.

The boys also performed well with 9 year old Luke Jackson collecting a Gold Medal in his 200 Freestyle, a Silver in 50 Freestyle and also two place medals. Declan Burney who swam for the first time in a 50 metre pool picked up Silver in his 50 Breaststroke and three place medals to complete a very successful weekend finishing in the top six in his four races and gaining two new personal best times.

Summer BBQ – Social Event

Copeland ASC would like to invite all swimmers and parents to the Summer Barbecue at the Cleator Moor Bowls Centre on Thursday 19th July at 6.30pm. Entry is free but we will be running a raffle to cover some of the cost so any prizes would be gratefully appreciated. The food provided will be burgers and sausages in rolls/buns and most of the regulars bring extras such as sauces, coleslaw, desserts etc so feel free to contribute. The Bowls Centre

provides a licensed bar facility until 11.00pm. To enable us to provide enough food please add your family name and the number attending to the list on the club notice board at the Copeland pool.

Summer Training Programme

Monday - **St Bees and Land Training will not run during summer. Last St Bees Session and Land Training will be Monday 16th July and Starting back Monday 10th September.**

Tuesday - Normal training sessions at Wyndham

Wednesday - Normal training sessions for C Squad and above at Copeland

Thursday - Normal training sessions at Wyndham & Copeland

Friday - **Wyndham cancelled throughout summer - Last session at Wyndham Friday 13th July start back Friday 7th September**

Saturday - **3pm until 4.30pm for all squads at Copeland**

Sunday - **3pm - 4pm for D Squad at Copeland & 3pm - 5.30pm for all other squads**

No change to morning sessions or Learn to Swim

Copeland ASC Committee

Club Chair: Matthew Hinde	Vice Chair: Linda Stamper	Club Secretary: Nicola Stephenson
Treasurer: Sue Richardson	Head Coach: Alan Burns	Senior Coaches: Julie Walley/Liz Bailey
Fundraising : Joanne Birkett	Gala Entries & Website: Paul Messenger	Welfare Officer: Karen Carr
Diddy Managers: Heidi Jackson & Julie Metcalf	Membership Co-ordinator: Paul Messenger	Publicity & Club Trophies: Nicola Stephenson
LTS Co-ordinator: Mike Stephenson	Swim 21: Matthew Hinde	Galas: Keith Chisholm & John Freestone