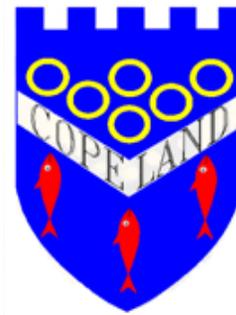


Registered Charity No:1103769

Copeland Amateur Swimming Club Newsletter



Issue No 8 Nov 2011

Child Welfare

Please ensure all children aged 8 years and under are never left unaccompanied while attending sessions. Parents/Guardians should also ensure sessions are actually taking place before dropping off older children.

Swim 21

The club is currently working towards Swim 21 accreditation and are required to ensure the club Policies and Procedures are communicated and understood by all members. The Swimmers and Parents/Guardians Information Pack which can be found under Swim 21 on the club website or from Paul Messenger contains all the relevant information. The committee, coaches and poolside helpers are currently signing a declaration to acknowledge their understanding of these policies and procedures and all swimmers and parents/guardians of swimmers under 18 will also be required to sign the declaration.

Club Secretary

Denise Whelan will step down from the position of Club Secretary later this year after many years of excellent service. The club would like to thank Denise for her long and committed service to the club.

The current committee and volunteers have started to take over the role until a new appointment at the November AGM.

The club A.G.M. will take place at Cleator Moor Bowls Centre on Monday 28th November at 1900 hrs.

'Zumba' Fitness Class

The club have organised a Zumba fitness class on Monday 31st October between 6:30 and 7:30pm at St Bees School. Swimmers from all squads are invited to attend and parents can take any remaining space. The cost is dependant on numbers but will not exceed £2

Copeland ASC Committee

Chair: Liz Bailey
Vice Chair: Linda Stamper
Secretary: Denise Whelan /Paul Messenger
Treasurer: Sue Richardson
Head Coach: Alan Burns
Gala Entries. Paul Messenger
Galas. Keith Chisholm/John Freestone

Club Gear: Denise Whelan/Nicola Stephenson
Senior Coach /Managers Julie Walley, Liz Bailey
Diddy Team Managers: Kim Graham, Linda Stamper
Fundraising: Joanne Birkett
LTS: Denise Whelan/ Michael Stephenson
Records of Achievement: Paul Messenger
Memberships. Paul Messenger/Nicola Stephenson

Website. Paul Messenger
Publicity. Nicola Stephenson
Swim 21. Matthew Hinde
Welfare. Karen Carr
Trophies: Marie Carhart

Poolside Helpers

The club would like to thank the parents who stepped in at short notice to help run sessions while the regular coaches were attending the Arena league fixture. We would also like to thank the parents who regularly assist the Learn to swim sessions.

Fundraising

The ' Lottery Bonus Ball ' currently ran by Denise Whelan brings much needed funds into the club and it is vital we continue after Denise leaves her role. The club are looking for volunteers to assist by selling the 'Bonus Ball' numbers at the sessions they attend with their children, this will involve a maximum of 10 minutes commitment per session. See Paul Messenger or Denise Whelan if interested.

Cumbria ASA Autumn Series

Copeland have again been selected to stage part of the Graded series on Saturday November 19th and we require volunteers to assist in running this event.

The roles required are:

Announcer- Introducing events and giving results via microphone

Door staff- Taking entry fees and selling raffle tickets

Marshall- Organising swimmers for races

Fundraising- Making and selling cakes/hot dogs etc.

General Assistant- Distributing water to officials and providing cover for other roles when required.

Training/Advice will be given and **cover will be provided to release you to watch your children swim**. See Paul Messenger if interested.

Gala Information

Sunderland ASC will stage a Level 3 Graded Meet on Sat/Sun 14/15th January 2012. The Aquatic Centre at Sunderland is a 10 lane, 50m pool with a separate warm up /swim-down pool in operation. The meet has no qualifying times and is a fantastic opportunity for swimmers to gain 50m pool experience. The club would recommend this meet to swimmers of all levels but especially our current crop of very promising 9 and 10 year olds. The meet is held over two days and anyone wishing to compete both days can find several Premier Inn and Travelodge's within 15 miles of the pool offering low rates for early booking. See Paul Messenger A.S.A.P. for further information if interested.