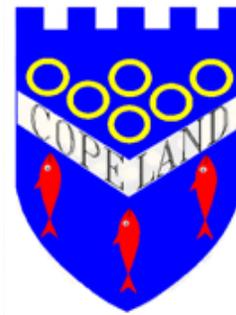


Registered Charity No:1103769

Copeland Amateur Swimming Club Newsletter



Issue No 7 Oct 2011

Saturday 24th September Session

The club would like to apologise to the swimmers and parents/guardians who were affected by the shortage of coaches/poolside helpers for the afternoon session. The Head Coach was unavailable and all other volunteer coaches/poolside helpers were at Kendal supporting their children in the Ulverston Gala. The club mistakenly thought they had secured cover for this session and would like to thank the parents who stepped in at very short notice to take the session.

Poolside Helpers

The club needs more volunteer coaches/poolside helpers to assist covering all sessions but in particular Learn to Swim and C/D Squads. The vast majority of current poolside helpers are parents who started with very little or no knowledge of swimming. The club will provide the opportunity for interested parties to spend time poolside with the current helpers to give an insight into what's involved. See Alan Burns, Julie Walley, Matt Hinde or Paul Messenger if interested.

Workington ASC Presidents Open Gala

Copeland A.S.C. enjoyed a successful start to the season competing in the President's Gala staged by Workington ASC on Saturday 10th September.

This gala, which offered mostly medium distance events for swimmers of all levels, saw Copeland collect 36 top 3 finishes including 14 winners. In the 10-year-old boys events Isaac Hinde led the way with 5 wins and 9-year-old Adam Metcalf picked up the 50m Freestyle and 200m Breaststroke in his age group. The girls continued the good work with 13-year-old Taylor Kelsey and 14-year-old Becky Walley winning 3 events each and 9-year-old Mary Wake picking up the gruelling 400m Freestyle age group trophy.

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

The team coaches were pleased with the trophy haul and the 46 'Personal Best' times achieved on the day but the highlight was watching several 9-year-old swimmers taking part in their first individual competitive gala.



Congratulations to all our swimmers who have worked hard in training over the past few weeks for the Workington Presidents Gala and the Ulverston Graded Gala. The proud winners show off their trophies and medals. It goes to show the hard work pays off
Keep it up
WELL DONE

Session Changes

Due to various up and coming events, please see below changes to the squad training sessions, the club is sorry for the inconvenience.

- Sat 8th October Squads 3-4 pm only (Arena League)
- Sat 12th November Squads 3-4pm only (Arena League)
- Sat 19th November No Training, Squads or L.T.S. (Graded Gala)

Arena League

Copeland are competing in the Arena League on Saturday 8th October at Leigh Sports Village in Lancashire. The team coach will leave the pool around 1230 hrs and any parents or supporters wishing to travel with the team can do so for a small fee. See Denise Whelan or Paul Messenger for further information.

Anyone wishing to enquire about of any of the below galas, please contact Paul Messenger.

Sunday	2 October 2011	Diddy League Grand Final	Carlisle
Saturday	8 October 2011	National Arena Swimming League	Leigh
Saturday	12 November 2011	National Arena Swimming League	TBC
Saturday	19 November 2011	Autumn Graded Series	Copeland
Saturday	26 November 2011	Autumn Graded Series	Kendal
Saturday/Sunday	3-4 December 2011	NWR Winter Championships	Manchester
Saturday	10 December 2011	National Arena Swimming League	TBC
Saturday/Sunday	17-18 March 2012	Cumbria Age Groups	Kendal
Saturday/Sunday	24-25 March 2012	Cumbria Age Groups	Copeland
Saturday	31 March 2012	Cumbria Age Group Relays & Distance Events	Carlisle
Saturday	28 April 2012	Diddy League Round 1	T.B.C.
Saturday/Sunday	5-6 May 2012	N.W.Region Youth Championships	T.B.C.
Saturday	19 May 2012	Diddy League Round 2	T.B.C