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EPASC Newsletter

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# Ellesmere Port Amateur Swimming Club

(Affiliated to ASANW Region)

## ASA Challenge Awards

The Challenge Awards were organised, as usual, during the summer holiday period, when a total of 73 awards were gained. These ranged from Honours, which is very demanding and was achieved by four candidates: Alisha O'Rourke, Stephanie Cambourne-Paynter, Connor Hope and Matthew Graham. While in addition, 19 gold, 26 silver and 24 bronze badges were won, with the swimmers' ages ranging from eight years up to masters.

Very many thanks to Mr Ray McKay, who

organised the scheme, and who did most of the testing, where he was assisted by Mr Paul Leadbetter. In addition all 73 certificates were written up by Mrs Enid Jeffries. Other parents kindly offered to help, by counting lengths, checking surface dives etc. but were not called on this year, but we are most grateful to all of them.

## 40<sup>th</sup> Annual Mile Swim

The Mile Swim will be on Sunday November 13<sup>th</sup> and will occupy the whole evening, from 5.00pm to 8.00pm. Trophies are awarded to the winners together with silver medals to anyone who breaks the record for his/her age group. Certificates are awarded to every swimmer who completes the Mile for the first time. However all first time swimmers must first qualify by completing a half-mile (24 lengths) within 20 minutes. The qualifying half-mile can be completed in any session during the preceding weeks.

Sign-up lists will be available by the end of October.

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## Behaviour problems

There have been several instances of bad behaviour in the boys' changing room, you must realise that if this continues we will be forced to pay for an Attendant during sessions, which would mean a seriously increased membership fee for all our members. There have also been occasions when swimmers who have arrived early for their session

have been running around EPIC. Please remember that if you are early, or are remaining after your swim session, you must either sit quietly on the balcony, or wait in the pool foyer. Our booking with EPIC is limited to the pool, its foyer and the balcony. We cannot accept responsibility for any injury suffered by children running around, not will

we accept responsibility for any damage that they may cause.

## Cheshire West & Chester, Sports Awards 2011

We are delighted to hear that Mrs Elaine Ludgate has been shortlisted for the "Volunteer of the Year Award," she will go forward with the other finalists to the Awards Evening later in October.

During the last few months a course has been running for club members who wish to qualify as poolside officials. We already have over 20 qualified officials, ranging from Referee to Timekeeper, but are always keen to recruit more.

The first stage is that of an ASA Club timekeeper, and already we are pleased to report that three of our parent members have qualified: Mrs Nikki Hope, Mrs Mary O'Rourke and Mr Iain Smart.

In addition four of our older swimmers have embarked on

the more lengthy and demanding British Swimming Officials course; when qualified they will be eligible to officiate at galas up to National level.

A further course will be organised for any members who are interested, the minimum age is 14years for club timekeeper, 15years for the British Swimming course. If you are interested in attending any future course please speak to the club official on duty in the foyer.

**Emergency contacts**

The Club keeps a record of every member's name and address and phone number, together with details of a person who can be contacted in an emergency. We are finding that some of these details are incorrect, the most common item being the change of a mobile phone number. Do please check to see if any of the information which you gave us when you (or your child) joined us is now out of date.

**Session times**

Our Coaches and Teachers have asked that you should be reminded that all swimmers must be on the poolside and ready to swim at the start time for their session. Swimmers who arrive late do not

get a proper warm-up swim and also disrupt the training of other swimmers in their lane. Main pool times are: Sunday 5.00pm and 6.00pm, Monday 7.00pm and

7.45pm, Friday 8.00pm and 8.45pm, Small pool times are Sunday 5.00pm and 5.30pm, Monday 7.00pm and 7.30pm, Friday 8.00pm

**EPASC CLUB QUESTIONNAIRE**

A big thank you to everyone who took the time to complete the recent Club Questionnaire and your suggestions on how to improve the overall experience of Swimmers at the Club.

We had a mixed response to the questionnaire and the Committee will look to develop plans to address some of the responses:

Suggestion/Question	Response
How can we encourage more swimmers to attend the Saturday morning sessions.	A mixed response with no clear picture for improvement. Better advertising required for the current scheme.
Should we have a swimmers' representative on the Executive committee	The majority expressed a desire that we should have a swimmer representative – watch this space.
Why do you think some swimmers are training and competing for other clubs	A perception of better/more training and a call for more coaching staff to be available at Galas
Do we wish to amend entry conditions for the Annual Gal	A 50/50 split with those in favour of amending the entry requirements seeking entry criteria such as minimum representation at club galas or minimum attendance of training sessions.  The Committee will review this prior to the 2013 Annual Gala
Please provide any further comments/suggestions:	More feedback required on criteria etc. for swimmers changing lanes

Remember keep your ideas coming just contact any of the Committee Members if you would like to discuss further.