

WARMINSTER & DISTRICT AMATEUR SWIMMING CLUB

# News & Views



## Leavers & Starters

### A fond farewell and good luck!

We say goodbye to Ed Austin, Aleasha Caple and Lauren Knowles who are heading off to start their new adventures at University this Autumn.

Lauren is heading to Exeter to study Physics, Ed heads to Gonville Caius College, Cambridge to study Medicine and Aleasha to Cardiff Uni to study English Language & Philosophy. We hope they return to swim for us during their holidays. Good luck from all at the club.



Junior trial sessions are running every 1<sup>st</sup> Sunday of the month at 4.30pm. If you know of someone interested then please pop along with kit and drink.

## Parents Forum

### Feedback & Next Steps

This was the club's first Parent's Forum held at the Sports Centre on Monday 6<sup>th</sup> September and was very well attended. The format of the meeting was an 'open forum' and it generated a number of questions and discussion points for the club to consider and respond to. A summary of the discussion points are detailed below.

- Fundraising - money raised through the fundraising events will be used to purchase new fins, floats and hand paddles. A swim bench is also under consideration by the coaches to aid strength training and to help swimmers with injuries. It has also supported the costs of the Summer BBQ, London Olympic Pool trip and to ensure we have emergency funds in the event of unexpected costs such as increased pool hire.
- Land Training – the coaches are looking to introduce from Oct/Nov – further details will follow.
- Young Swimmers Forum – the committee are looking into the roles of boy/girl captains and vice captains as part of the AGM and encourage a forum for feedback from our young swimmers.
- Open Meets - long distance open meets (400m & 800m) will be considered for 2019. Upcoming open meet information can be found on the club Facebook page and noticeboard but all meets are listed on [swimmingresults.org](http://swimmingresults.org).
- Team Bath – the club are looking to regain their affiliation with Team Bath and openly encourage swimmers to participate in their taster sessions.
- Swim Mark – the club are working towards regaining this recognised accreditation which shows a commitment to Swim England regulations and best practices.
- Communication – the committee continue to work hard on ensuring that all methods of communication are used for key information. Our website is [warminsterswimming.com](http://warminsterswimming.com)
- Next meeting is scheduled for 14<sup>th</sup> January 2019.

## OPEN MEET UPDATE

# Team Bath AS Early Season L3 Sprint Open Meet Success

A group of four club swimmers swam in the Team Bath Open Meet on Saturday 8<sup>th</sup> September at Horfield Leisure Centre and came home with a plethora of medals.



### Achievements

Molly Morris (11), Harley Nicholls (9), Martha Kelly (10) and Daisy Hay (9) swam across two sessions during the day and well into the evening and achieved county times and PB's.

### Medals

Martha Kelly – Gold in 100 FS & 100m IM and Silver in 50m Back, 50m FS & 50m Breast.

Harley Nicholls – Bronze in 100m Breast, 50m Breast, 100m Back and 50m FS and Silver in 50m Back & 100IM.

Molly Morris – Silver in 50m Back, 100m Back and 100m FS.

Daisy Hay – Gold in 100IM, 100m Fly and 100m Back and Silver in 50m Fly, 100m FS, 50m FS and 50m Back.



**Upcoming Open Meets:**  
City of Bristol L3 Short Course – 27<sup>th</sup> /28<sup>th</sup> Oct 18 (Hengrove)  
Calne Alpha L3 Last Chance – 3<sup>rd</sup>/4<sup>th</sup> Nov 18 (Calne Leisure)  
Millfield December County Qualifier 1<sup>st</sup> & 2<sup>nd</sup> Dec 18 (Millfield School)  
Further information and entry forms can be obtained from Mel Kelly or Chris Darling.



## New Club Kit!

The club's first order of new style kit has arrived and it really is making an amazing impact on poolside and when out on tour.

New kit orders are now being taken and order forms have been posted on the club's Facebook site, website and also copies can be located next to the club noticeboard.

Please contact Tess Gibson poolside or via the dedicated order email address at

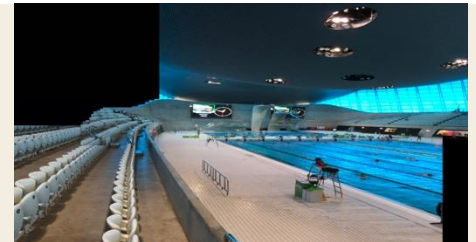
[kitorder.wsc@gmail.com](mailto:kitorder.wsc@gmail.com)

Orders must be placed by Friday 12<sup>th</sup> October to guarantee delivery for Christmas.

NB: Jammers & swimming costumes will still be the old style design.

## Olympic Pool Trip 8<sup>th</sup> September 2018

### Amazing day & experience had by all!



A coach full of nearly 70 swimmers, coaching team and family members travelled to London to swim at the Olympic Pool London Aquatics Centre in the Queen Elizabeth Olympic Park. The pool extending across 10 lanes was the first time for many of our swimmers to experience swimming in a 50m pool.

The two hour session comprised of set drills and diving training for all swimmers set by Head Coach Tone Phillips. It provided everyone the chance to understand the differences in competing and training in a 25m pool.

Following training, families and swimmers were able to take some time out for lunch and shopping at the nearby Westfield Centre before heading home. It was a long day for all but a wonderful experience.



# Club Championships 2018

*An opportunity for every club swimmer to participate in our in-house championships. There are some significant changes this year as to how the event will be run so please ensure you collect your letter and entry form.*



The club championships will be run in an Open Meet format in October across 2 Sundays (7<sup>th</sup> & 14<sup>th</sup>) and Friday 5<sup>th</sup> October specifically for the 100m IM.

Warm ups will start from 2pm on the Sunday and racing will go through until 8pm. All events will be held as either girls or boys events and there will be a dedicated call up/holding area where swimmers will wait to be placed in their correct lane order.

The event will be held under ASA Guidelines ([www.swimming.org](http://www.swimming.org)) and as well as the standard medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place, the club are introducing ribbons for each age category for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> placements.

We encourage everyone of all ages to participate if only for one race to experience the event.

We welcome all family members to support the swimmers on poolside.

The race entry forms can be obtained from Catherine or Tess on poolside. Each race is £1.50 and entries must be in no later than Monday 1<sup>st</sup> October.

Presentation Evening will be held on Friday 30<sup>th</sup> November at the Civic Centre in Warminster and it is an amazing evening to celebrate all the club successes across the year.

Tickets will soon be available and the cost of the ticket includes buffet and disco.

Good luck to all of our swimmers!  
SPONSORSHIP of the Presentation Evening is available. Please talk to Catherine or Tess for more details.



## Subs Increase

*Please can we ask for everyone to ensure that their standing orders are set up correctly following the subs increase in May. Each session is now £4.50 and payment should be referenced against the swimmer's name. Individual and family caps should also have been adjusted.*

## Guidance and Policies

The committee have been working hard over the past few months to review and update all the club's policies from code of ethics, child safeguarding, code of conduct, equality and diversity, health & safety, medical information and anti-bullying to updating our club registration pack. This is in-line with Wave Power and contributes to our Swim Mark Accreditation. Policies can be found on the club website.

## Dates for the Diary

- Masters Block 3 Gala (Salisbury) 29<sup>th</sup> Sep 2018
- Club Championships – 5<sup>th</sup>, 7<sup>th</sup> & 14<sup>th</sup> October 2018.
- Moonraker Winter League Gala Round One 17<sup>th</sup> November 2018
- Club Presentation Evening 30<sup>th</sup> November.

## Ask the coaches >>>

**Q:** What is Cat 1 & Cat 2?

**A:** Category One Membership is for individuals who are part of a club and are learning to swim or are swimming at any level within the club network i.e. Club Championships, Time Trials, Squad Galas. The annual cost is £36.00 per swimmer.

Category Two Membership is for individuals who want to compete and be part of a structured competitive pathway i.e. entering open meets & county time trials. The annual cost is £50.00 per swimmer.

You can upgrade from Cat 1 to Cat 2 during the membership year and just pay the difference. Category 3 is for those involved in the club not covered as above i.e. volunteers



## How to prevent injury

## The Importance of Stretching

Before you start a swimming session or workout, you need to know your body is ready for the challenges ahead. By properly preparing your body for exercise you are increasing your flexibility, which increases your efficiency in the water if you are swimming and helps reduce any subsequent muscle soreness from working out.

An exercise like swimming is an all-body workout, so try to stretch all of the major muscle groups before you swim. Stretch each body part in order and hold stretches for 10-15 seconds. Run through this routine three times.

Stretching cold muscles may relieve tension but will have little effect on flexibility. Gently swim or briskly walk for five minutes before stretching.

If you stretch in the water, your body will cool down rapidly so maintain your temperature by walking, jogging on the spot or swinging your arms or legs for 20 seconds between each stretch.

Stretch after training, try doing this in a warm shower holding each stretch for 30-40 seconds to help clear waste products from the muscles, improve post-exercise flexibility and stimulate the muscle receptors that promote relaxation.

*Swimming..... Makes me feel tired, wet, free, amazing, complete, like I am someone epic, calm, myself, fab, whole strong, boom, at home, happy, alive.....*

## Swim Camp



### Energy Balls – Ingredients

- 8 pitted dates, Medjool if possible
- 100g ground almonds
- 2 tbsp. flaxseeds
- 2 tbsp. chia seeds
- 2 tbsp. sunflower seeds
- 2 tbsp. cacao nibs
- 4 tbsp. unsweetened desiccated coconut

Bring a kettle of water to the boil and then pour enough water over the dates to fully immerse them. Leave to sit and soften for 5 minutes.

When the dates have had their 5-minute bath, thoroughly drain them in a sieve and blitz in a small food processor with 2 tablespoons of warm water (use the soaking water if you like).

Tip the pureed dates into a bowl and pour in the remaining ingredients, apart from the coconut.

Mix the ingredients until they become a stiff gloop. Using wet hands, roll the mixture into 12 golf ball-sized rounds. Finally roll the balls in the desiccated coconut.

\*\* No Skittles Needed.

We have been asked many times about the club attending a swim camp overseas – many clubs participate in these camps during their out of season period. The committee have been discussing the possibility and would like to gain interest from potential swimmers. The trip would be to Mallorca, Spain for 7 days and includes:

- Coaching by British Swimmers
- 10 Pool Sessions
- Land Training
- Motivational Training
- Nutritional Analysis
- 10 Lanes, 50m Pool, massage, relaxation rooms and all swim equipment.
- ½ Board (can upgrade)

## Training Session Times

<b>Monday:</b>	18:30 / 19:00 / 19:45 & 20:30*
<b>Tuesday:</b>	07:00* (Senior Squad by Invite Only)
<b>Thursday:</b>	19:00 / 19:30 & 20:30*
<b>Friday:</b>	18:30 – Squad (Head Coach Invite Only)
<b>Sunday:</b>	16:15 / 17:15* (& Senior Squad by Invite Only) / 18:00

\*Masters Only

If a change of session or additional session is required please complete a form (held by the Club Noticeboard) and hand to Tess or Catherine who will authorise with Coaches.

Flights and transfers would be separate but we would book as a group.

We would look to book for 2019 and spread payments to monthly installments following deposit.

We shall be holding a parents meeting to ascertain interest. We will keep you posted.