

Newton Abbot Swimming Club Newsletter - December 2006

Our Annual General Meeting took place on 1 November and was very well attended. A letter of thanks had been sent to Mick Regan, our long-serving Chairman who had resigned during the year for personal reasons. Various Officers and Club Officials then presented their reports:-

Club Secretary's report – L Beer outlined the achievements and activities of the club over the year. Club Captains Hayley Beer and Stephen Jack, who were both resigning were thanked for their years of loyal service. Ongoing meetings had been held with Teignbridge District Council and the Leisure Centre's management over the year to resolve several long-standing issues and steady progress had been made. In addition to the swimming successes achieved during the year, several successful social events had taken place – many thanks to Karen Bennett & Hayley for organising these.

Learn to Swim – still a flourishing area of the Club. Thanks extended by B Beer to the enthusiastic young helpers who give up their time voluntarily to help with the programme.

Club Treasurer's report – C Waldock, Treasurer, presented the Club accounts for the year to 31 August. Coral was congratulated on greatly reducing the previous year's deficit. Questions were invited from the floor. A query was raised regarding apparent subsidy of Water Polo. The President advised that Water Polo an important part of the Club, generating lots of publicity for NASC, with competitions throughout the country at various levels.

Competition Secretary's Report – S Jordan reported on the Club's successes at various levels for individuals during the year, in County, Regional and Open Meet events and regarding the squad in leagues and competitions. One of the highlights of the year was the success of the Newton Abbot 11u girls' team in winning the District Relay championships

Water Polo Report – P Shears & P Whiting reported current good position re seniors in National and Bristol and West League and the excellent achievements of Ladies Team in finishing runners up in League & winning Devon Cup, good League performances by u15 & u17 teams. Also increased representation at Devon training sessions, RTCs, district competitions, Academy selections & GB National squads. .

Club Coach's Report - Trish Warren commented on the achievement of individual swimmers and the squad. Crystal Palace Training camp was a great success. Would encourage swimmers to attend more morning sessions: Trish had been accepted on to level 4 Coaches Course, working with Exeter City and their coach. Land training going well.

The following officers were elected or re-elected:

President: Adrian Brown

Chairperson: Monica Trist

Competition Secretary: Sue Jordan

Team Manager: Karen Bennett

Treasurer: Coral Waldock

Secretary: Lynn Beer

Minutes Secretary: Laura Trist

Water Polo Secretary: Phil Whiting

Other posts

Swimwear supplies – Dave Bennett

Gala Officials Organiser – G Garrett

Publicity Officer – M Trist

Registration Officer – C Waldock

Open Meet Sec - J Carne (assisted by K Irons)

Membership Secretary – C Waldock

Registration Officer – C Waldock

Trophy controller – Geoff Garrett

Welfare Officer - C Waldock

Social Secretary – Hayley Beer

Fund Raising Sec - Nicky Cosford

Asst. Sec. & Newsletter Editor – Liz Mann

Following ballots the following people were elected:

Committee Members - B Beer, G Garrett, N Cosford, F Drinkwater, T Rogers, L Shears, P Shears, R Twose.

Men's Club Captain – Richard Glanville

Deputy Captain – Jonathon Trist

Ladies Club Captain – Faye Drinkwater

Deputy Captain – Katie Trist

The year's Junior Club Captains have now also been chosen:- Chloe Roberts and Ryan Rogers

The Committee would like to thank our outgoing members and those unsuccessful candidates who stood for election for the interest and support shown.

Health Issues

Asthma has been an increasing problem in Western societies and studies have taken place to look at whether chlorine in swimming pools could be a cause. Air quality in general is important to asthmatics, and some studies have shown that improving these qualities (and not recycling stale air) can improve respiratory function in swimmers with asthma.

A possible culprit for wheeziness in swimmers and swimming pool attendants is NCl₃ (Nitrogen trichloride) formed by even very low levels of chlorine in pool water, when it reacts with sweat and urine. Those who stay in the pool longest and sweat most, or pool attendants, are most at risk. However, studies have clearly shown that **convincing swimmers, particularly the youngest, to empty bladders before swimming, and to shower whilst rubbing skin (even without soap)** can very significantly reduce levels of NCl₃. We deem it essential we promote this culture of cleanliness in all our club swimmers and are aware that Newton Abbot Leisure Centre is currently reviewing its guidance on this issue – further information to follow.

Swim 21

Newton Abbot Swimming Club are pleased to announce that they have recently been awarded Swim 21 accreditation at Skill Development level.

What is “Swim 21?”

Swim 21 Accreditation is a 'Quality mark'. It recognises nationally and regionally the clubs that are committed to providing safe, effective and quality services for the benefit of their members.

Swim 21 is the ASA's Club Development model, based on the principles of Long Term Athlete Development, enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential. It focuses particularly on the needs of athletes - striving to provide them with the best possible support and environment. Clubs work steadily towards the attainment of a series of outcomes all of which are seen as essential if the right level of support is to be provided at each stage of an athlete's development.

The Club will be presented with the award at our Presentation evening on 5 January.

The award was achieved through the hard work of Coral Waldock, our Swim 21 Co-ordinator; she was helped by Lynn Beer and Monica Trist in the gathering and presentation of the large volume of evidence and information required. Many other Coaches, teachers and committee members contributed to the Swim 21 process - thanks to you all.

More about Swim 21 in future newsletters – constant review is required to ensure the club continues to make satisfactory progress, in accordance with Swim 21 principles.

TUESDAY TRAINING TIME

Following years of difficult negotiations with Teignbridge council, the Committee is pleased to announce that from 2 January 2007, our Tuesday evening training session moves to a permanent earlier time of **7 – 8.30 pm.**

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### ~ **STOP PRESS - SUCCESS STORIES!!**

The club has had so many success stories over the past few months that we will be producing a 'Celebrating Success' newsletter early in the New Year. Therefore the following are summaries of these events/success.

The weekend of 2/3 December proved highly successful for the Club: Saturday, Newton Abbot again won the Trophy for best Club competing at the Torquay Leander Open Meet. Swimmers secured numerous PBs and Devon qualifying times.

Sunday several of our younger swimmers took part in the re-arranged Devon Development gala at Central park Plymouth, securing several top 3 positions and PBs.

There was considerable Speedo League success; we retained the Membury Shield; there was success at the Exeter City Open Meet, Exeter and East Devon Mini League, and the Imps Gala. Our U17 Water Polo Team reached the final of the Devon Cup.

### **CONGRATULATIONS**

To Neil Roberts for gaining 2 silver medals (50 & 100 Fly) at the ASA National Masters Championship at Sheffield. Well done Neil!

To our men's captain, Richard Glanville – who was chosen to swim for Devon in the recent Inter-County gala at Ponds Forge Sheffield. Well done Richard!

To the following water polo players:

Lewis Matthews – selected for the GB Junior Mens national squad

Amber James and Katie Trist – both selected for the GB Youth Womens National Squad

Richard Glanville and Jonathon Trist – both selected for the GB Youth Mens National Squad

Jack Beer and Jessica Shears – both selected to attend the South West Regional Training Centre (Academy Age Group)

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~ **LAST MINUTE CHRISTMAS OR BIRTHDAY PRESENTS**

Don't know what to get for the swimmer in your life? Then contact Dave & Karen Bennett who run our swimshop for us. They have plenty of items of clothing and equipment in stock

CHRISTMAS CLOSING 2006

Squad sessions - the last scheduled session will be on the morning of **Thursday 21 December.**

There will be an extra session on **Friday 22 December – 09.00 – 11.00 a.m.** Because the Centre is closed there will be no sessions at normal Club times until the evening of Tuesday 2 January, when our session time changes permanently to **7 p.m.-8.30 pm.**

During the Christmas break - training on **Saturday 30 December from 8.30-10.00 a.m.**

Learn to Swim – last session = **Sunday 17 December.** Re-start = **Sunday 7 January 2007.**

Water polo - last session **Sunday 17 December.** Re-start **Sunday 7 January 2007**

If you would like to receive future NASC newsletters via e-mail please let Coral have your e-mail address.

We would like to wish all members, parents and friends of Newton Abbot Swimming Club a very Merry Christmas and a Happy New Year.