

# **NEWTON ABBOT SWIMMING CLUB**

www.newtonabbotswimmingclub.co.uk

## **NEWSLETTER**

### **Summer 2009**

#### **PLYMOUTH LEANDER/NEWTON ABBOT COLLABORATION**

Over the last few months NASC has been collaborating with Plymouth Leander Swimming Association with a view to providing swimmers at both clubs with opportunities to develop their swimming potential by providing them with the necessary pathways, support and resources that they may not otherwise have. The Wednesday evening sessions taking place at Plymouth have been working well and it is hoped that within the next few weeks this trial period will come to an end and a more formal agreement will have set up. Not only will swimmers who attend benefit, but so will our coaches and as a result all of our swimmers no matter what age or ability. This type of agreement is thought to be unique and I must pay thanks to all of those involved in the setting up and running of this initiative.

**Rob Hailstone**  
Chairman

- **Please be in good time to collect your children after swimming sessions and galas, they should not be left on their own for child protection purposes. Our volunteers want to get home as soon as they can, and should not be expected to wait with children whose parents are late collecting them.**
- **NEWTON ABBOT LEISURE CENTRE IS HOLDING TASTER WATER POLO SESSIONS ON MONDAY 24<sup>th</sup> & FRIDAY 28<sup>th</sup> AUGUST FROM 9-10am**  
Please contact staff at the Leisure Centre for further information on 01626 215660
- **The Competition Committee/Secretary will no longer accept late entries for any competitions.**

**ALL ENTRIES MUST BE SUBMITTED BY THE CLOSURE DATE WITH THE CORRECT ENTRY FEE OR THE SWIMMER WILL NOT BE ENTERED FOR THE COMPETITION.**

## CORNWALL & WEST DEVON LEAGE – ROUND 3 THE FINAL

Newton Abbot Swimming Club had qualified 5<sup>th</sup> for the final of this event and travelled away to the home of the Bodmin Dragons, the home team using their advantage to good effect as they eventually took the honours in a thrilling final. Truro City, Dinnaton, Kelly College & Caradon were the other finalists.

Newton had to field only 27 swimmers, a much reduced squad losing ten or more top swimmers. It was always going to be difficult having a multi-talented team who had outstanding commitments to leading roles in plays, dance productions, national water polo squad appearances as well as some family commitments.

Despite this and the atrocious weather – the team lifted their spirits and gave their all. 13 Personal Bests were achieved as nearly everyone swam up an age group to cover the gaps.

At the end of the day the team managed to retain their seeded 5<sup>th</sup> place, not a position the club is used to, but even so – everyone had tried their best on the day and all deserve to be applauded for playing their part.

**For further details on this event, the Devon Developments and participation of Club Swimmers at the ASA South West Region Age Group Championship please see website, noticeboard and local press.**

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## WATER POLO NEWS

### Congratulations to the Water Polo Teams/Players

- **U15's** - played 6 of the 8 games to date in the Devon League winning all 6. In these wins NASC have scored 86 goals conceding only 23. Following recent taster sessions we have introduced several new players this year including Ellis Abbott, Rosie Allen, Sam Booth, Harrison Boulton, Sam Chaffe, Archie Hailstone and Owen Turner. NASC will win the league with one more victory. All the new players above have been involved in playing games for the club.
- **Our 14 and under mixed team**, Laura-Beth Morrison, Harrison Boulton, Paris James, Laura Shears, Owen Turner, Ryan Rogers, Archie Hailstone, George Fearnley, Ellis Abbot. Tom Whiting and Thomas Wadeley-Jones won the South West ASA Championship. This competition is open to club sides from Cornwall, Devon, Somerset, Gloucestershire, Wiltshire and Dorset, this is the first time NASC have won this competition.
- **U17's** - played 4 of their 8 games winning all 4. They have scored 43 goals and conceding just 8. They are well positioned to win the league.

- **U19's** - our team is competing in a very tough league this year and have won 1 of their 4 games.
- **Ladies** - have won the 2009 Devon league winning all 8 games. We have entered the tough Bristol and West league for the first time and have won 4 out of 5 games to date.
- **Senior Men** - with one game to go in the Bristol & West league Dev 2 it looks like we will finish second with one game still to be played.
- **Devon representation** -Paris James, Louise McGowan, Laura Shears and Jess Shears were all selected for Devon to compete in the Intermediate Girls Inter County competition. Devon won convincingly beating Gloucestershire and Dorset.
- Laura Shears, Sam Webber & Tom Whiting attended the National Water Academy held at Millfield School from 2<sup>nd</sup> to 7<sup>th</sup> August. All three should be picked for a Great Britain talent squad selected from those attending.
- **WE WILL BE ENTERING A TEAM IN THE POLO COMPETITION IN PAIGNTON ON 20TH SEPTEMBER FOR PLAYERS BORN 1998 - 2001.**  
If any girls/boys would be interested in playing in this fun tournament please contact Phil Whiting.
- **The semi final draws for the 2009 Devon cup competitions are:**  
U15. Away vs Devonport  
U17. Away vs Barnstaple  
Ladies. Away vs Exeter  
All finals to take place in November.
- **If any one interested in playing water polo to come along to Teignmouth Lido on a Wednesday at 7.00Pm or contact Phil Shears or Phil Whiting.**

- **WE SHALL BE RETURNING TO WINTER TRAINING TIMES IN SEPTEMBER, PLEASE SEE NOTICEBOARD/WEBSITE FOR EXACT DATES IN DUE COURSE.**

**This will mean Monday training will be one hour later, and Friday training will be reduced to an hour, although we hope to do an extra land training session after swimming on Fridays.**

- **Suitable clothing must be worn to Land Training Sessions. Shorts, Jogging bottoms, suitable trainers & gym shirt are considered to be suitable, strappy summer tops are not.**

**Several of our members have taken part in the ASA Young Volunteer Programme for the last 9 months.**

“ This programme consisted of many hours helping and understanding how the club works. To mark the end of our hard work, Kelly Gaffney and Coral arranged for all volunteers to meet for the day on Saturday 27<sup>th</sup> June. Holly Willing, Rachael Cooper, Becky Cooper, Elin Morgan and Angharad Morgan arrived bright and early and were told of what the day would bring. In the morning we were taught about the ASA, FINA and the various levels of authority in swimming, which was quite interesting as we learnt how and what rules the club must follow, for example Swim 21. Afterwards we were taught the first module of becoming a Team Manager. We learnt how to treat and look after other swimmers, to help improve their confidence and performance. We were also taught Time Keeping by Pete Boulton. This means we are now qualified to time keep at club level competitions. We realised how much effort and concentration must be applied as a timekeeper.

From the programme we have all given, and been given certificates to show, over 40 hours of volunteer work. We have all enjoyed this course, and we feel that the new skills we have developed will be of great use to the club. Although we found the final day long and tiring, we all felt that the programme was worthwhile, both to ourselves and extra help to the club. We encourage other swimmers to follow our footsteps onto this programme; to help influence other swimmers to swim well and have respect for all the club members. The Club Volunteers put a lot of time and effort into the Club.”  
(Becky Cooper)

Whilst the programme for these girls has theoretically finished, all the girls continue to volunteer and help at the Club. **The committee wish to thank the girls for their continued voluntary help and commitment.**

- **CAN YOU HELP?**  
We still need volunteers to help, in particular we need to find a **Publicity Officer** , and if we do not find someone willing to take on **Trophy Steward** we shall be unable to hold our Annual Presentation Evening on 16<sup>th</sup> January 2010.
- **AGM will take place on Thursday 12<sup>th</sup> November, please see noticeboard and website for further information in due course.**
- **ANNUAL SUBSCRIPTIONS are due in September. Membership forms will need to be completed in Early September, these will be available on the website and should be given to Coral Waldock. Please ensure that any outstanding ASA membership cards are collected from Coral.**

## FUTURE COMPETITIONS/GALAS

- **The final round of the Mini League will take place at Newton Abbot on Saturday 19<sup>th</sup> September.**

### NEWTON ABBOT SWIMMING CLUB ANNUAL GALA 2009

AGE AS AT 21st November 2009

Saturday 26<sup>th</sup> September

Saturday 3<sup>rd</sup> October

EVENT	EVENT
Girls 100m Individual Medley	Boys 100m Individual Medley
Boys 100m Freestyle	Girls 100m Freestyle
Girls 50m Backstroke	Boys 50m Butterfly
Boys 50m Breaststroke	Girls 50m Freestyle
Girls 100m Backstroke	Boys 100m Backstroke
Boys 100m Butterfly	Girls 100m Butterfly
Girls 50m Breaststroke	Boys 50m Freestyle
Boys 50m Backstroke	Girls 50m Butterfly
Girls 100m Breaststroke	Boys 100m Breaststroke

Tuesday 15<sup>th</sup> September

Tuesday 22<sup>nd</sup> September

EVENT	EVENT
Girls and Boys 400m Freestyle	Girls and Boys 400m Individual Medley
	Girls and Boys 800m Freestyle

Saturday 7<sup>th</sup> November

Saturday 21st November

EVENT	EVENT
Girls 200m Individual Medley	Boys 200m Individual Medley
Boys 200m Freestyle	Girls 200m Freestyle
Girls 200m Backstroke	Boys 200m Backstroke
Boys 200m Butterfly	Girls 200m Butterfly
Girls 200m Breaststroke	Boys 200m Breaststroke

- Please note all entries should be emailed to Sue Jordan by 14<sup>th</sup> September, **LATE ENTRIES WILL NOT BE ACCEPTED.**