

A few more highlights



There were some stellar achievements in 2019, here are a few shout outs – Emily Batchelor was invited onto the Regional Development Camp, three swimmers were selected for the County Development Program and James Annable represented Northamptonshire at the Swim England Inter-County competition. Congratulations also to the 12/U girls relay team (Freya, Lana, Grace and Emily) for their medal-winning success at the County Sprints.

We also had nominations for Howard Farrow, Emily Batchelor, James Annable, Gemma Simms and Mike Annable at the **Kettering Sports Awards in October**. No winners this year, but great recognition of all the efforts of the coaches and volunteers as well as the achievements of the swimmers.



Well done to the 'A' Team for making it to 5th place in the **Autumn League in 2019**, a great achievement! Also, to the 'B' Team, without which swimmers wouldn't get the opportunity to develop Gala experience and confidence.

A final few words from the chairman

I have to say 2019 has been a successful and, I believe, a transformative year for Kettering ASC.

We are starting to see the benefits of the 2018 squad restructure with an expectation of more County and Regional Qualifiers in 2020 and hopefully swimmers competing at Nationals. This is motivating for swimmers moving through the squads, which in turn leads to more success.

We have had a number of successful grant applications in 2019 and started the new financial year with another. We will continue to pursue suitable opportunities over the coming year, as funds

awarded will never be based on operational costs, so we will need to identify sources of income beyond our membership – a Fundraising Co-Ordinator is a priority for the Committee!!

We have increased the number of officials in the Club, but we still require more volunteer officials, coaches, helpers and Committee members. We will continue to work with Swim England and our Volunteer Co-Ordinator, Deborah Hicks, to identify strategies to improve recruitment and identify the support we need. As always, if you believe you can support the Club in any way, please let us know.

In 2019 we had 120 swimmers enter Club Champs. This is fantastic although it did cause us some issues with running times and we had to extend our normal pool hire for Champs. I'd like to see even more entries next year, which will involve some planning. The first Club Championships took place in 1946 which means that 2020 will be our 75th Champs, so



we will be looking to make this a big celebration of our Club and history.

As usual – thank you to everyone that contributes to the Club's success. We could not run without you.

Mike Annable

Social Events

Don't forget that anyone can help organise Social Events for members and/or parents. In years gone by we have had roller skating parties, bike rides, picnics, quiz nights, Aqua Park trips and barbeques – it would be great to have some more fun events this Spring, so please contact one of the committee members with your ideas and offers of support.

2019 Sponsors of KASC

Thanks again to Mike Annable and his company, Waendel Technology, for continuing to sponsor the production of Swim On, Club Champs medals and County Champs t-shirts. We would love to have more sponsors to support the club's work, let's hope for many more in 2019.



DISCLAIMER - Views expressed in this newsletter are those of the contributor and not necessarily Kettering Amateur Swimming Club

Swim On

The official newsletter of
Kettering Amateur Swimming Club

2019 Roundup!

As we roll into 2020, here's a quick round up of the year and a chance to shine a spotlight on our Water Polo section. Some say its "The toughest sport in the world", but it's great fun and KASC Water Polo club is looking for new members so read on!

Water Polo at KASC



Water Polo has been a part of KASC since the club was formed in 1914 and we are fortunate to still have a successful team after over a hundred years... although, obviously, it's not the same players! Some people call it the toughest sport in the world, a team sport of strategy and sprinting that rewards speed, agility, tenacity and quick hands.

Over the years, there have been many players representing the club who originated from all over the UK, Europe and other far flung corners of the world. In the current squad there are players based in Kettering, Weldon, Wilbarston, Kings Cliffe, Northampton, Daventry, Kibworth and Northumberland (although this can make attending training quite difficult at times!!)

In the past the club has achieved great success in a number of leagues and 2019 was another successful year with the team winning Division 3 of the Midlands Waterpolo League by winning every match they played - a fantastic achievement!

POS		P	W	D	L	F	A	GD	PTS
1	Kettering	10	7	0	3	94	73	21	14
2	Aston	10	5	2	3	95	83	12	12
3	Safford Apex	9	3	2	4	85	79	6	8
4	H.G.S.O.B.	10	4	0	6	87	86	1	8
5	Wellington	8	4	0	4	72	73	-1	8
6	Warwick B	9	3	0	6	57	96	-39	6

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KASC Committee 2020

President – Don Ward
Chairman – Mike Annable
Club Secretary – Carol Simms
Treasurer – Greta Crabtree
Assistant Treasurer – Caroline Wilson
Membership Secretary – Liz Batchelor
Volunteer co-ordinator – Deborah Hicks
Welfare Officer – Fiona Palmer
Water Polo Secretary – Mark Bailie
General Committee Member – Amanda Short

KETTERING ASC NEEDS YOU



So currently we are 5 committee members down – please consider volunteering and contact any committee member to see how you might be able to help us.

Is there anything
YOU
could help with?

www.kasc.org.uk

SWIM ON: Please send contributions and ideas for new features to webmaster@kasc.org.uk or talk to Jo Freeman. YOUR CLUB, YOUR IDEAS!



It's a friendly club with great comradery. Some players having been members for 20, 30 or even 40 years, although it does still attract younger members too. Both men and women can play and ladies teams have also achieved great things through the years.

There's also a fantastic social side. For example, we play an annual match against Barnstaple Waterpolo club in Devon every late May Bank Holiday. This originated with a group of players having a holiday together in Woolacombe and realising that one year they had enough players on the beach for a team. They looked around for a local team to play against and 2020 will be the 48th consecutive year the game has been

played. Every year players, old and new, then meet on the beach with their families for games and a BBQ and you'll find the squad and friends surfing or paddle boarding the afternoon away.

Some members of the squad regularly go snowboarding together and we also have social water sports family days. We have even played in an international pre-season tournament in Holland, who knows where we'll get to next?



The club welcomes any swimmers who are new to Waterpolo, or want to get back into the sport, to head down to Kettering Pool on a Thursday night from 8.30pm – 9.45pm to give it a try.

For more information contact the club via waterpolo@kasc.org.uk or visit the Waterpolo Facebook site and send a message.

Spread the word – let's make sure the Waterpolo club is part of KASC for many years to come.

Junior Squads Update

It's was a great year for the junior squads, with 104 swimmers across the Academy, Development and Competitive squads and 21 swimmers who have been moved across to the senior squads.

County Champs entries from junior squads were high, with 14 qualifiers over 33 events and 2 winning medals in long course and 8 qualifiers in the short course event. We also had a fantastic 65 entrants across 387 events at the recent Club Champs, so we are hoping for even more junior entries to county champs from the junior squads in 2020.

Unfortunately, we didn't make the Diddy League final this year, but there were some top class swims and PBs and, at the time of writing we are looking forward to the Winter League final. Having a B team has continued to be a great way to ensure more swimmers get a chance to compete and gain valuable experience as they work towards the A team.

We have again seen an increase in swimmers, especially juniors, competing in open meets. A highlight of the year was taking 30 of our red army up to Sheffield for the weekend. We arranged to stay in nearby hotels and organised team dinners. A great weekend was had by swimmers, they had fun and swam fast and it was a lovely opportunity for parents to get to know each other too.

It was wonderful to have 22 swimmers at our second annual Academy training camp at Oundle over the summer. With 2 pool sessions, 1 land training session and a classroom session, swimmers were able to work on all aspects of swimming including; starts, turns, underwater butterfly kick, strokes and drills as well as having a circuit training based session and a classroom session to discuss nutrition and goal setting. Everyone seemed to enjoy it and we hope more juniors will join us next year.

Thanks to swimmers, parents, careers, grandparents, cake makers, raffle prizes givers, timekeepers, judges, crowd supporters, bank accounts, taxis, pack lunch makers, 6am risers etc.

We really couldn't do any of this without you and you are all a big part in making this year as successful as it has been – we are continuing to grow and move forward!

Gemma Simms – Junior Head Coach



Senior Squads Update

We have had strong membership of the Senior Squads in 2019 with 65 swimmers across the 6 squads. It has been great to see that the new squad structure, introduced last year, is proving to be a success, giving everyone an opportunity to take their swimming to the level they choose. The swimmers are all growing in the confidence that they can improve, no matter what level of commitment they are able to give. Swim fit is continuing to be successful with swimmers still competing and producing good times.

Performance squad members are striving to improve their techniques with PBs coming thick and fast and benefiting from the influx of swimmers from the competitive squads, and the excel squads have

continued to have good results this year with Howard being creative and inspiring, even though you could say 'unorthodox'. No one knows exactly what he does but his methods are always progressive.

The results this year have been great. Fantastic swims coming from all our squads at open meets, galas, counties and regionals with some individuals exceeding their own goals and expectations.

My personal measure of success is to see every squad show improvement; a sense of achievement by every swimmer and every coach. We have seen, this year, a bonding between swimmers and pride in their performance...even some tears from parents. That is what sport is all about.

We continue to create a culture where success becomes inevitable through improved coaching, challenging goals and consistent hard work. Well done everyone!

Jacqueline Farrow – Head Coach



Masters Update

Eight Kettering swimmers swam for the county at the Masters Intercounty at Rugby at the beginning of November, that was about 30% of the team, a huge achievement. Bob Apel came within a second of a British record and I'm sure he will try again soon.

In the Masters Championships at Ponds Forge, Lyndsey Roe came away from the weekend with 6 swims and 4 PBs while Bob Apel swam 2 events and came away with gold for both – congratulations to you both!

Pushing for a new Pool



We just wanted to give a huge "Swim On Thank you!" to our Chairman, Mike Annable, who has been working so hard behind the scenes to try and get a new pool built in Kettering. Also, thanks to councillor Mick Scrimshaw who has also been so supportive.

Awards Night & Party



We hope you all enjoy the KASC event of the year, it's a great opportunity to celebrate all the hard work of all the swimmers across every age group. We'll have a full update in the next issue.

SwimMark



It is wonderful to see that KASC's SwimMark status has been approved for another year. Formerly called swim21, SwimMark accreditation is Swim England's quality standard for clubs. It recognises high standards of governance, sustainability and effectiveness. Well done to Carol and everyone involved in the submission.

Grants



We are fortunate to have received three grants this year to help with much needed equipment: £1,500 from the Mick George Sports Award, in partnership with Northamptonshire Sport, to buy a new starting block, increasing the number of track start blocks available to us to three.

A grant was received for £500 from the Kettering Lions, that was put towards the purchase of a set of Myjukes headsets that allow a coach to communicate with swimmers whilst they are training. This means they get real-time feedback and can make corrections without having to stop for instruction.



And recently we have been awarded a grant of £732 from Swim England that has enabled us to set up the "Fast Track" programme. We are extremely grateful for these Grants and always looking out for other awards and sponsorships to help improve the facilities and equipment we have available to us.

Don't forget to keep buying through Easyfundraising. At one point in 2019 only 48 members had raised over £700 for KASC – thank you!

Harriet's Still in Open Water

We are so pleased that Harriet Palmer keeps in touch with KASC, despite now being at University in Nottingham. It was great to see her in a few Galas and at Club Champs and she continued with her Open Water swimming over the summer.

She persevered to achieve second place in the Box End Mile Series, a combination of three swims. She then rounded off her season in September with a swim in The Serpentine. There were over 6000 swimmers in total and Harriet came 99th in her age group for the mile. Not a bad finish after a rough start to her season.

