

Bits & Pieces

Club Kit – Don't forget you can order KASC club kit from Karlsports, with a small contribution for every item sold going to club funds. We also sell some kit at club nights on Sunday and Monday at Kettering pool and also have a small amount of kit (hats, t-bags, bottles) at the other sessions that can be purchased from them. For more details go to the Karlsports website, pop into the shop or speak to Carol Simms.

GDPR – You may be aware that new Data Protection legislation came into place on 25th May 2018. The General Data Protection Regulation (GDPR) requires that all organisations, including KASC, have robust processes and policies in place to protect and manage personal data. To comply with these requirements the Club has been working with the Sport & Recreation Alliance, which has been funded by Sport England to enable Clubs like ours to meet the requirements of the legislation. Please see the new Data Protection Policies and Privacy Notices on our website.

Team Unify – To improve our processes and the way we store and manage data, the Club has decided to adopt a Club Management system called "Team Unify" (TU). TU will offer many advantages for the Club and its Members and simplify many processes, making us more efficient. TU will also provide us with a new website which will improve your experience, improve communication, allow the secure sharing of information and enable you to access and control some of the personal data stored.

Do have a look at the website and set up your password etc, we would like to go over to using TU as our main administration tool as soon as possible. The link has been sent to everyone!

New Bank Account – the Club has been advised by Lloyd's Bank that they will no longer support our Bank Account so we will soon be changing, keep your eyes open for emails, facebook posts and Tweets - more information will follow in due course.

Long Service Award – It was lovely to see Sue Blount receive her long service award following her dedication to the club over so many years. We hope to see you around for many more years to come, Sue.



In conversation with... Mike Annable

We thought it was time to have a chat with our Chairman, so we tracked him down and this is what he had to say:

Ed: Mike, how did you first get involved with KASC?

Mike: My son, James, was taught to swim by Christine Green, who was a coach at KASC at the time, she encouraged him to join the Club in 2013. That was our first involvement and, having never been a swimmer, I had no idea what was going on!

Ed: What are you doing now in the club?

Mike: At first I was quite content to sit and watch James swimming widths on a Sunday evening. As his love for the sport increased and he started competing I did the Timekeeper's course, so I could be poolside and help with his hat! I joined the Committee in 2015 and was elected Chair in December 2017.

Ed: So, do you have any time for life outside KASC?

Mike: Where do I start? I run my own consulting business, supporting companies involved in clinical diagnostics with their sales and marketing strategies. This is very varied and ranges from helping to sell pregnancy tests to undertaking market analysis for genetic screening. I'm also a football coach and achieved my black belt in Karate. Unfortunately, I've recently had to give up both of these due to time constraints and now I seem to spend the vast majority of my time at a swimming pool or in a dance studio - my daughter, Tilly (who is also a member of KASC) is heading to the Dance World Cup in Barcelona this month, so I really don't get much spare time.

Ed: And what do you enjoy most about being involved with the club?

Mike: I love seeing the development of our young athletes. We have some great talent coming through and our Coaches are equipping them with the tools necessary to achieve their ambitions. I'm fortunate to be surrounded by a team of enthusiastic Committee members, volunteers and helpers, but we always need more - so if anyone is still reading this and they think they can help in any way I'd encourage them to get in touch.



Ed: What are your hopes and wishes for KASC in the future?

Mike: The Club has a fantastic history - over 100 years - and I'm really excited about the future. For a number of years we haven't been able to hold on to our highest achievers, but I am convinced that we can reverse that trend. We have some great Coaches who are developing swimmers with the potential to reach the highest levels of competition, and I have no doubt that in the next few years we will see swimmers in KASC hats competing at National level. We are looking at how we ensure that all our swimmers receive the appropriate levels of training and development opportunities. We are introducing new tools for engagement with our membership and considering the overall KASC "brand" so that we can attract more members too. My biggest ambition is to see a new swimming pool in Kettering - one that will allow us to host meets and be even more proud of our club.

Social Events

If anyone would like to help organise other Social Events for members and/or parents, please contact one of the committee members. In the past we have had roller skating parties, bike rides, picnics at Wicksteed, quiz nights and barbecues - it would be great to have some more fun events in the Autumn.



2018 Sponsors of KASC

Thanks again to Waendel Diagnostics for continuing to sponsor the production of Swim On and for the County Champs t-shirts and to Invitech for the Diddy League Final t-shirts. We would love to have more sponsors to support the club's work. If anyone is involved with a Company that might be interested in having their name associated with a swimming club which is growing and visible in the area, please let a committee member know.



INVITECH

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Swim On

The official newsletter of
Kettering Amateur Swimming Club

It's Summer time!

Nearly time for the Summer break, but here's a quick catch up on all the latest news before we go.

Committee Updates

A huge "thank you!!" to Hilary Reed who has stepped down from the Committee after many years of co ordinating fixtures, helping at open meets, county galas and the club championships as well as helping new swimming Mums & Dads to understand the complexities of life on the swimming circuit. Whilst it won't be the same without you, Hilary, you do deserve to put your feet up on a Saturday (and Sunday, Monday, Tuesday, Wednesday and Friday) evening - enjoy!

Apologies to Jane Ward, who has joined the committee and who was missed off the list in the last issue of Swim On - we really do appreciate your support, and welcome to Faye Elmore who has joined the committee too.

We still have vacancies for a Treasurer and at least one general committee member. Please do think hard about if there's anything **YOU** could help with?

Kettering Pool Open Day - Sunday 8th July

A reminder that our club open/fun day at Kettering pool is on Sunday 8th July. This is a great way to showcase KASC to the public. We couldn't run one last year because of the pool closure so we would like this one to be bigger and better than the one we ran in 2016.

We are looking for support and contributions on the day - help on poolside; help to run stalls; donate tombola prizes; donate cakes; write certificates; give out medals and take leaflets to distribute - please help where you can.

The 3 sessions are - 10.30 - 11.45 am; 12 - 1 pm; 1.15 - 2.30pm. Do come along and bring your friends!!

Summer Aqua Party - Rutland Water - Saturday 1st September

Following on from the success of last year's Rutland Aqua Park afternoon Nicola Young has kindly offered to organise another session this summer. If you would like tickets (between £20 and £22 each depending on time slot) please email nicola.young@hotmail.co.uk before the 30th June.

As we did last year we will all meet up on the grass area near the cafe, have a picnic and possibly a game or two of rounders before hitting the course. Adults and children over 8 years that aren't in the swimming club are also welcome to take part. Everyone taking part must be able to swim 50 metres in a buoyancy aid. Wet suits and buoyancy aids are supplied.

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



Issue 18 - June 2018

KASC Fixtures 2018

July

Saturday 7th Academy Gala
Saturday 14th Wilkinson Sword

September

Saturday 15th County Sprint Championships
Saturday 22nd Sandra Starkey Gala - Wellingborough
Saturday 29th Academy Gala

October

Saturday 6th Club Champs 1 - Wellingborough
Saturday 13th Leicester Autumn League 1st round
Saturday 20th Club Champs 2 - Corby

November

Saturday 3rd Club Champs 3 - Corby
Saturday 10th Leicester Autumn League 2nd round
Saturday 17th Club Champs 4 - Corby

December

Saturday 8th Leicester Autumn League 3rd round

Don't Forget - Senior squads Dash Nights at Kettering - first WEDNESDAY of each month

New Officials

Well done to senior swimmers **Beth Oram** and **Fatima Noureddine** who have completed their training and are now qualified timekeepers and to **Ali Tennant** who has just completed her Judge 2 qualification.

As we run two teams, we have to provide officials at galas and of course we run our own championships, academy galas and dash nights where we also need officials. It's a great way to get involved with swimming so please volunteer to do the training if you can.

www.kasc.org.uk

Junior Squad Update

Over the last few months we have been busy with Academy galas, time trials, galas and Open Meets and I have been so impressed with the progress made by all swimmers. There are always huge number of PBs coming in from every competition which is the result of how hard our swimmers have been working – keep up the good work!

The Academy is still growing and as a result we have had to have a bit of a restructure to fit everyone in. Stages 6 and 7 now have their own sessions over the whole pool. We are also looking to add another session for Stages 8, 9 and 10 to help ease our ever growing waiting list. We have swimmers moving up stages and squads every month now which is also an indication of the great effort the swimmers are putting in.

I run a monthly assessment for new swimmers wanting to join the club. They are on Saturdays at 10am. Do not hesitate to pass on my email address gemma@kasc.co.uk if you know anybody who may be interesting in joining.

As we near the end of the season and the summer holidays, I would like to remind everyone that it is important we keep training hard as we have some big competitions coming up straight after the summer (Short Course County Champs and Club Champs). Because of this, the coaches have decided that there will be swimming sessions available for all swimmers throughout the holidays to keep their fitness ticking over – more details will be out soon so keep an eye out for our emails.

Junior Squad Swimmers of the Month (see the website for full write ups)

- **February 2018** – Katie Pickford; Cameron Bell
- **March 2018** – Lily Baish; Euan Chatburn
- **April 2018** – Alicia Evans; Dylan Smith



Gemma Simms – Junior Head Coach

Senior Squad Update

Over the last few months the training has remained on track and we have seen some great PBs in dash nights and at galas. We entered the Fenland open meet again this year, a really great atmosphere and we had lots of medals and some outstanding PBs.

It was great to see so many swimmers at the East Midlands Championships a good stepping stone to Nationals. It was no surprise to have so many of our swimmers being fastest in Northamptonshire so early on in our long-term development plan. We are lucky to have such depth of talent in Kettering... Is it luck or is it hard work and goal focus?

Ten Kettering Masters also joined up with swimmers across the county to represent Northamptonshire in the East Midland Challenge held at Hucknall last month. It was great to see them all looking so fit.

Masters Inter-Countries will be held on 18th November 2018.

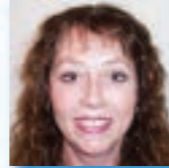
Senior Swimmers of the Month

(see the website for full write ups)

- **February 2018** – Sam Ward; Jessica Casey
- **March 2018** – Declan Bell; Lily Freeman
- **May 2018** – Esther Tennant; Nayan Gilboa-Way



Jacqueline Farrow – Head Coach



Mark Foster 'Aspire to Greatness' Swim camp – 29th May 2018

Nine of the club's swimmers attended the event at Corby Pool in the half term holidays where Mark Foster, 6 x World Champion and Katy Sexton MBE, World Champion Back Stroker lead a training session for a small number of young people. Looks like they all had a good time and hopefully learnt lots.



Water Polo Update

Earlier in the year Nick Fowkes, Water Polo Club Captain presented the John McLatchley Trophy for the most improved player in 2017 to Ben Tomkins. Well done Ben!



Lovely to see some good results recently: a 23 -11 home win against Warrington; a tightly fought 15 -11 loss, away to Warwick and another 13-10 win at home.

Congratulations to Heidi, who also plays for Coventry Ladies and was playing in a televised match a couple of weeks ago. Keep up the good work, flying the flag for girls' water polo.



The Whit weekend saw the Water Polo annual pilgrimage to Devon. A respectful minute's silence was held ahead of the annual game v Barnstaple, in memory of Roger Patrick, unfortunately we came up against a very good young side and lost 16-8. Good effort though from all.

Over the weekend there was also time to say a final goodbye to Roger (Mr Water Polo), along with all his family and friends, at Puttsborough – a special place that means so much to many.



Regional Championships 2018

A big well done to our 4 junior swimmers - James Annable, Emily Batchelor, Harriet Casey and Emily Smith, who competed at the regional champs at Corby – 3 of the 4 were competing in their first regionals. They did KASC proud with James winning a bronze

medal and the other swimmers reaching some finals and gaining some PBs between them. Well done to Lucie Freeman too, who made it to the Youth Championships on May 7th at Ponds Forge, Sheffield - a great achievement.

Meets & Gala Updates

Leicester & District Winter Programme -

Congratulations to Braunstone SC on winning Division One and becoming champions for 2018. Also, congratulations to Leicester Penguins on winning the Division Two title and, along with Long Eaton SC and Braunstone "C" are now promoted to Division One. Ilkeston are unfortunately relegated from Division One. This year Kettering A finished 14th in Division 1 and Kettering B finished 12th in Division 2 – well done to everyone involved!

Corby Long Course Open Meet, 24th – 25th March -

A great meet with 6 Gold Medals; 11 Silver Medals and 7 Bronze Medals. 25 new long course times and 55 new long course PBs.

WASC Relay Gala, Wellingborough, 21st April -

We came 4th with 107 points. A very difficult gala to organise due to the rules, but very exciting to take part in. We got 12PBs and some really good split times.

Sadie Murray Gala, 19th May –

Kettering came 3rd with 56 points. We had 14 PBs, only 2 DQs and 1 speeding ticket.

Fenland Open Meet, Whittlesey, 27th May –

A great way to spend part of the Bank Holiday weekend with so many Kettering swimmers doing so well, a wonderful atmosphere, ice-creams, burgers, picnics and sunshine. Lots of PBs and medals (14 gold, 9 silver, 5 bronze) and great to see Curtis awarded top 12 years boy with James & Ethan – top 11 years boy. Well done to everyone!

Fast Water Gala, Wellingborough, 9th June -

The aim of the gala was to get the quickest time overall, swimmers could only swim 1 event in their age group as well as relays and then again in a higher age group. We came 6th with 7.09.82 and achieved 15 PBs.

Leicester & District Diddy League -

The KASC A team qualified for the Leicester & District Swimming, Diddy League Final in Corby for the first time in 5 years. Some fantastic swimming on display and several PBs. The team qualified in 7th for the Final and, although they were unable to improve on that position, we are incredibly proud of their performances.



A huge thank you to Molesworth based Invitech for sponsoring the fantastic T-shirts that helped the team look very smart on the evening. Thank you to the supporters who came along to cheer, and (finally) a big thanks to the swimmers. We received several comments about their excellent behaviour on the night.

Well done and thank you to those that swam and supported the B Team at Wigston as well. There was great team spirit on poolside which was great to see. We qualified in 5th for this gala so it was always going to be tough and we were lacking in numbers compared to the usual team. We had to miss 7 races in total due to not having enough swimmers and lots of swimmers had to double up in age groups. We finished 5th on the evening and had lots of PBs.

Open Water Swimming



Well done to Harriet Palmer, Justin Chacksfield and Mike Oxford who competed in the Box End open water event and all achieved personal bests. If you are interested in doing open water swimming do speak to your coach, remember all the fun we had at Wadenhoe last year.

Another well done to Harriet Palmer who competed in The Great North Swim in Windermere on Saturday 9th June and did really well - 219th out of 2699, 72nd in gender, 25th in age and 11th in gender + age (only 1min 42s from 1st place!). It was a new area on Windermere so a bit of a challenge. She has three other open water events before September, so we look forward to hearing more from her after the summer break.

Wadenhoe 2017



Swim for Cransley Challenge

It was great to see so many people getting involved with the Swim for Cransley charity event in April including the Bronze Squad boys, the Silver Squad and the Water Polo team. The overall winner of the Swim for Cransley Challenge was... The BRONZE squad! A huge WELL DONE to James, Declan, Curtis, Ethan, Sam and Toby!

Thank you to everyone who swam, supported or donated. The teams raised over two thousand pounds between them.

