



Patron: Sharron Davies MBE

Monthly Newsletter

Issue 1: April 2013



New Club Patron Sharron Davies MBE

It was really encouraging to see the number of swimmers that turned up in full kit to welcome our new club patron Sharron Davies MBE and Councillor David Dixon on their recent visit. During the visit Sharron was extremely interested to hear about ASPSC and demonstrated a genuine willingness to help promote the programme.



Speaking at the poolside, Sharron Davies MBE said: "We have realised after London 2012 that nurturing talent is essential and our kids now can aspire to

be the best they can be...and take on the world, clubs like this do exactly that and help so many on their journey. Swimming is a life skill as well as a fantastic sport and it has been a wonderful plus in my life".

Councillor David Dixon (Lib-Dem, Oldfield), Cabinet Member for Neighbourhoods, said: "It's a terrific accolade for the Aqua Sulis Performance Swimming Club to welcome Sharron Davies MBE as their patron and it's a testimony to the dedication and commitment of the young swimmers and their support team who've helped them to achieve success in many major championships".



Fundraising Committee News

Our "fundraising sub-committee" held their first meeting on 17 March with an attendance of 11 parents. With lots of ideas to discuss, it was decided we should start working on the suggestions likely to raise the most money. These include organising bag packs, a sponsored swim and writing to local companies for sponsorship.

We've added links from our website to Proswimwear and easyfundraising where at no additional cost, we can earn commission for the club from purchases placed through them. See the note below.

If you have any ideas, you can send them to Emma Head (Charlie's mum) at emma.head@wessexwater.co.uk, hand them to her at the pool or please feel free to come along to the next meeting. The more suggestions we have and parents willing to help out, the better as we will all be benefitting from the money raised.

The date for the next meeting is Sunday 21st April at 5.30pm. Do come along and join in - the more the merrier.

Coaches Notes

Elite Squad by Martin

Attendance: Back in September the ITC coaches gave me 10 pairs of Speedo Fastskin3 goggles to use as I wish. I decided to use them as a 'well done' for the best monthly attendance, with swimmers only being allowed to win one pair in the season. The winners to-date are: Florence Legg/Daniella Whiting/Katie Parfitt/Emily Codd/Henry Clifford/Ben Lawton with March going to Jessie Foster.

Kick sets: We have been placing lots of emphasis on swimmers improving their kicking ability in training and we are seeing some really great times now. There are presently 13 swimmers on the Sub 1.30 (for the 100) board with Thomas Sinclair as the guy to beat with a 1.18.6. Matt Minnican is on his tail with a 1.19.4. On the Sub 3.00 (for the 200) we have 3 swimmers with Elliott Derrick having a 3 second advantage with a 2.53.3

Let's wind it up: There are now only 4 months of the season left so it's time to get into the serious long course racing and get those fast time in on race day - lets go for it!

Potential Squad by Madeline

The end of February and through March saw potential competing for their home clubs at the county championships. All the swimmers raced well gaining lots of new PB's, with some gaining their first regional times. Through January Ben Clarke, Marcus Brend, Alex Turner, Lily Cookson, Emily Shattock and Jolie Partington attended every session available with Potential - Great stuff well done.

Transition Squad by Madeline

Transition is now the busier of the two junior squads with 35 swimmers at the moment and the possibility of 4 more starting very soon. In early March a batch of 8 new swimmers started with the squad and they are fitting in with the group very well.

Evie, Alex, Lewis, Matthew, Kyrie, Lucy, Jude, Holly, and Joe attended all available sessions with Transition! Well done! Well done to all!

Recent Results by Martin

There were some encouraging swims over the Easter weekend at Portsmouth and Swansea and a big well done is due to Rhiannon Bowen & Laura McNab in winning the year 6 & year 7 Schools Biathlon at a snowy and chilly Crystal Palace. Henry Dixon came away with a bronze in the year 8's and won the Team event along with former Aqua Sulis swimmers John and Robert Howarth - see **Round up of Results** for more details.

Easy Money! - Fundraising Web Links

We've teamed up with [easyfundraising](#), [easysearch](#) and [Proswimwear](#) as part of our fundraising push. Access to these schemes can be gained by following the links that have been added under the 'Swimmers Information' tab on the club website. The pages outline the benefits that are available to the club and individual and contain direct links to each scheme.





Patron: Sharron Davies MBE

Monthly Newsletter

Issue 1: April 2013



Round-up of Results

Portsmouth & Northsea and Welsh Age & Youth Nationals

Over the Easter weekend a few of the club's swimmers took the opportunity to race at the Portsmouth Meet whilst some crossed the border to race at the Welsh Age and Youth Nationals at Swansea.

The swimmers came away with some good results and very encouraging swim times with 4 swimmers just outside national qualifying standard for their events.

Portsmouth Open Meet March 2013 - results

Gold

Rachel Palarm 15/16yrs 200 Breaststroke

Bronze

Rachel Palarm 14+200 Breaststroke (final)
15/16yrs 50 Freestyle

Top 8 (finals)

Henry Clifford 13/14yrs 100 Backstroke
Flo Legg 14+ 200 Backstroke

Welsh Age and Youth Nationals March 2013 - results

Silver

Chloe Flower 14+ 200 Fly (final)

Bronze

Chloe Flower 14+ 100 Fly (final)

Aquae Sulis Swimmers Take to the Track! - National Schools Biathlon

A number of swimmers from the programme were in action, representing their schools, at the National Final of the Schools Biathlon Championships. In total, 14 swimmers and 1 parent travelled to Crystal Palace to compete in the annual event, organised by Pentathlon GB. Despite the fact that many of our swimmers do little or no athletics training, there was medal success in both the girls and boys events.

In the girls events **Rhiannon Bowen** (Moorlands Junior School) won gold in the Year 6 event after coming 1st in the swimming and finishing 3rd in the run. It was gold too in the Year 7 event where **Laura McNab** (The Royal High School) finished over 50 points clear of her nearest rival.

Henry Dixon (St Augustines Catholic College) finished 3rd in the boys Year 8 event and, together with two of his schoolmates, won gold in the team event. In the girls Year 9 event **Alex Withey** (The Royal High School) finished 5th and this result was matched by **Max Granger** (Prior Park College) in the boys Year 11 & 12 age group.

Other results are **Jack Fry** (Monkton Combe Junior School) 11th in the Year 5 boys, **Sam Lawton** (Prior Park College) 27th & **Otis Newbury** (home schooled) 44th in the Year 7 boys. **Edward Austin** (St Augustines Catholic College) was 19th in the Year 8 boys and **Georgia Keen** (The Royal High School) was 36th in the girls Year 8. In the Year 9 boys **Ben Lawton** (Prior Park College) finished 10th, in the boys Year 10 & 11 **Alex Keen** (Monkton Combe School) was 21st whilst in the girls Year 12 & 13 **Paige Matthews** (Norton Hill School) was 10th and **Emily Codd** (St Gregor's Catholic College) finished 13th.

Also competing was parent representative **Mark Dixon** who was narrowly edged into second place by 6 points in the teachers category.

Study USA: The Southwest's American Universities Fair

Taunton School 24th April 2013 2.15pm - 5.30pm

Taunton School are hosting this fair which will provide the opportunity to meet a wide range of American Universities. There will be an introductory talk at 2.15pm by Kathleen Paul of Florida State University followed by the opportunity to meet and talk with University delegates.

To register for tickets visit tauntonschoolusfair2013.eventbrite.com All are welcome and place are free but they are going fast.

More information can be found [here](#) or by emailing david.hawkins@tauntonschool.co.uk

If enough members are interested, we could invite Ben Smith, Recruiting Director from Athletes USA to come and give a talk to parents and swimmers about the process of applying to US Universities for an athletics scholarship. Let Mark Dixon mdixon27961@live.co.uk know if this is something which is of interest.

Reminders:

Bags4sport meeting

This is taking place on Tues 16th April 7pm-8pm at the uni.

Sponsored Swim

Remember, Suzy suzy@aspdc.co.uk is looking for feedback about swimmer's distances. Please reply if you haven't already.



We've joined twitter & will be using it to give updates on all the latest news - why not give us a follow [@aspdc](https://twitter.com/aspdc)



Forthcoming Events

Taunton Deane Open Meet Level 1 Open Meet 13th & 14th April at Millfield

We've a big team entered which will hopefully mean we're in contention for the top visiting club award!

Regional Youth Championships 4th, 5th & 6th May at Millfield

Entries need to be with Sam by Tuesday 9th April.

Regional BAGCAT Championships 1st, 2nd, 8th & 9th June at Millfield

Entry forms will be issued shortly.

Ad Hoc Galas

Cardiff International Open Meet weekend of 7th, 8th & 9th June and Sheffield No Frills Meet on 25th & 26th May.

Parents who wish their swimmers to enter either of these, or any other gala need to get Martins agreement and get their entries to Nick by Tuesday 9th April.



Bath & North East Somerset Council

