



Patron: Sharron Davies MBE

# Monthly Newsletter

## Issue 4: July 2013



### Coaches Notes

#### Elite Squad by Martin

**Attendance** - Again Tom Smith topped the charts with 38 sessions which demonstrates great commitment even through his GCSE exam time. Henry Clifford was just behind with 36 sessions, but Cliffy actually had less sessions available. Well done guys!

**Nationals** - It's testament to everyone's work at the club that this year we have 21 individuals and 5 teams through to the Nationals after Megan gained her Open Water qualification in the recent event at Weymouth.

**New Faces** - I've had several enquiries with regard to trials with the Elite Squad, so watch out for some new faces popping in to see what we do and how we do it.

Keep up the good work!

#### Potential Squad by Madeline

Top attendee for May was Sam Lawton who made it to every session - well done Sam! Only missing 1 session were Ethan, Hugo, Isaac, Ella, Laura, Amy, Joe and Alice (the latter 2 being new to the squad).

Potential squad have a great work ethic and always rise to the challenge, not that there isn't the odd groan now and then but they still get on with it and push themselves to achieve. This attitude will help them in all aspects of their lives.

Well Done Potential!

#### Transition Squad by Madeline

A total of 4 swimmers attended all 9 sessions throughout May these were Neve Nash, Lara Turner, Declan McDonald and Sophie Crouch. Also 5 swimmers attended 8 sessions these were Evie, Matthew, Ellie, Lewis and Elizabeth. Well done to you all (not forgetting parents taxi service too!)

Transition is moving forward at quite a pace with a number of County Qualifiers in the second group. This squad often complete sets adding up to 2,000m in their one hour sessions and the little ones completing 1,400m to 1,600m on a regular basis. This continuous hard work will really pay off when they start to race.



The number of followers to our twitter

feed continues to grow.

Remember it's often the first place to find the most up to date club news.

@aspac



### Racing Round-up - 1

It's been another busy month of competition as things start to focus towards the build up to the season ending meets at Pond's Forge and Swansea.

#### South West Age Group Regionals - Millfield School

There was more medal success and further national qualification for the squad when the age group swimmers competed at Millfield in the South West Regional Championships.

Laura McNab was in marvellous form, returning from Millfield with a 100% success rate - 6 gold's from 6 events. Most notable was Laura's swim in the 200m butterfly in which she finished with a winning margin of 15 seconds. During the course of the meet Laura secured a further 2 national qualifying times (NQTs) bringing her total to 4 individual events.

Similarly in great form was Ben Lawton who won 4 individual gold medals and 1 bronze medal. Ben's wins all came in breaststroke and medley events and his consistency across the two weekends of competition ensured he won the Bagcat award in the boys 13 year old age group.



Ben Lawton in Breaststroke action at Millfield

Edward Austin was the third Aquae Sulis swimmer to achieve gold medal winning success. Edward backed up his win in the 1500m freestyle with a silver medal in the 400m individual medley together with bronze medals in the 400m freestyle and 200m butterfly.

Georgia Keen continued to show great form in all strokes as she won 2 silver and 3 bronze medals. In the process Georgia added another 3 NQTs to bring her individual total to 5 events. Charlie Head secured a further NQT with a third placed swim in the 200m butterfly and picked up 2 further bronze medals in the breaststroke. Henry Dixon added a NQT in the 400m freestyle to the 1500m time he secured earlier in the season.

Other Aquae Sulis medallists from the two weekends of competition at Millfield were Charlotte Stubbs and Henry Clifford together with a number of potential squad swimmers Matthew Hardick, Ella Veakins, Ben Clarke and Sam Lawton who were all swimming for their respective Network Clubs.

### Fundraising Committee News - by Emma Head

Although there has not been a fund raising meeting since the last newsletter, things are still progressing with our efforts.

Thanks to Judy Smith and all her hard work collecting our unwanted items, we have raised in excess of £154. This will now enable us to tap into the expertise of Bag4Sport for further fundraising ideas.

Anne Lawton has been fronting the clubs discussions with Prior Park College and we are delighted to announce that they have agreed to become a "Silver" sponsor. An article about PPC can be found below. Discussions with a number of other possible external funders are continuing in earnest.

Sainsbury's in Bradford on Avon have agreed to us doing a bag pack later in the year. Although not confirmed, it is likely to be on Saturday 26<sup>th</sup> October so please keep this date free as we will need all hands on deck.

Some of you may be aware that Waitrose regularly donate to various Community clubs. You can pick up an application in store which has a few simple questions to complete. I have been told that there is strength in numbers so the more completed forms we can get back to them, the better chance we have of being their chosen club for donation. Please pick up a form if you are in Waitrose.

Fionna Keen attended the Wiltshire Sports Club Road-show last week and there are lots of interesting ideas to talk about at our next meeting which will be on Sunday 7<sup>th</sup> July at 5pm in the café.

### Don't Forget the Fundraising Web Links

Why not help to raise money for the club using [easyfundraising](#), [easysearch](#) and [Proswimwear](#).





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### Committee News - by Dave Beament

#### Change Programme - Sub Committees and Volunteering for the ASPSC Committee – June 2013 to March 2014

We now know the work to be completed to prepare ASPSC for self management from 1st April 2014. To manage the successful completion of this work we have established six sub committees, chaired by a member of the Management Committee (MC). Each sub committee will report to the MC.

- Open Meets - Nick Press
- Fund Raising - Emma Head
- Sponsorship - Marion McNab
- Future Coach Role - Dave Beament
- Membership & Club Administration - Anne Lawton
- Beacon Funding Application - Lynda Deane

Many thanks to all those parents who are working as members of the sub committees.

The opportunity to get involved with the future of ASPSC via working as part of the main Committee or one of the sub Committees is open to **ALL PARENTS**. At the October AGM we will be looking for a new Chairman and Treasurer. If you would like to discuss volunteering to take on either of these roles or getting involved with one of the sub Committees please contact me.

Dave Beament. Secretary ASPSC - [davebeament@blueyonder.co.uk](mailto:davebeament@blueyonder.co.uk)

The Committee are also considering a number of options that will provide opportunities for parents to feedback their views. If you have any suggestions about how this could happen then please let us know.

### Racing Round—up 2

#### Cardiff International Open Meet

A small group of swimmers travelled to Cardiff for the International Open Meet and the journey across the bridge was particularly rewarding for Thomas Sinclair, Mel Birkett and Chloe Flower who all gained NQT's to ensure that they will race in Sheffield.

#### ESSA

In the medals at the ESSA Inter Divisional meet in Liverpool was Daniella Whiting who won gold in the 400IM and silver in the 200IM.

Also representing the South West at the gala were Izzy McNab, Thomas Sinclair, Charlie Head & Ros Cranham.

#### Open Water

At the South West Regional Open Water event at Weymouth, Megan Reckless contended with chilly 14.7deg water temperatures in winning her age group and successfully gaining qualification to the National Championships. This brings the total number of individual qualifiers to 21 with 5 relay teams. Well done to all.

### Sponsored Swim

Suzy Granger is doing some sterling work pulling together the plans for the sponsored swim and preparations are well advanced . As noted in an earlier Newsletter the plan is to collectively swim a distance of 960km (equivalent to Land's End to John O'Groats) on 21 September.

A sponsored swim leaflet has been prepared which provides further details of the plans. The leaflet can be viewed [here](#).

Anne Lawton has been busy liaising with localgiving website to ensure the maximum recovery from the event. As well as contributing to club funds the sponsored swim will raise money for [The Forever Friends Appeal at the RUH](#).



### Prior's Five Reasons to Celebrate

As noted above we are delighted to announce that Prior Park College have decided to become a silver sponsor and we've invited them to write a short article about themselves and their current projects. Headmaster, James Murphy O'Connor explains; "I am pleased to announce five exciting new initiatives in teaching and learning, sport, pastoral care, boarding and catering. These initiatives demonstrate our confidence in the future and our commitment to providing our students with a first class education.

#### 1 Building of a New Sports Centre

The first is the building of a state-of-the-art Sports Centre set for completion in 2014. The construction will comprise a multi-use sports facility with capacity for indoor hockey, netball, and basketball amongst others. Internally the centre will also have a fitness suite, changing rooms and classrooms. The design includes a viewing gallery and balcony onto the First XI cricket pitch for spectators.

#### 2 Upgrade of Information Technology Systems

The second initiative is a comprehensive Information Technology (IT) upgrade. From a teaching and learning point of view, the upgrade will turn every classroom into an IT resource, whether by students utilising their own devices or using school-provided equipment. Dedicated IT suites which need to be booked, will give way to the flexibility of the 'connect where you are' provision. The upgrade will take effect from September 2013.

#### 3 Opening of a New Girls' Day House

The third initiative is the opening of a new girls' day house. This year Prior Park College celebrates the 30 year anniversary of girls being admitted to the roll. Originally opened in 1830 as a boys' school, girls were officially welcomed in 1983. It is fitting therefore that 30 years on, Prior adds another girls' house to cope with the demand for places.

#### 4 Expansion of Boarding Provision

The fourth initiative is an upgrade and expansion of Prior's Boarding provision. The College believes that one of the best experiences a child can have is a Boarding experience, where they are the recipients of a quality teaching and learning programme both inside and outside the classroom.

#### 5 Catering Excellence Initiative

Any teacher knows that one of the keys to successful learning is a healthy diet. Children learn best when their stomachs are full with nutritious, tasty food. The College has much pleasure, therefore, in welcoming new Head Chef, Mr Peter Solet, who has an extensive and impressive resume from all over the world.

**Prior Park College Open Morning – Saturday 12 October 2013, please call or email to register**

