



Patron: Sharron Davies MBE

Monthly Newsletter

Issue 6: October 2013



Coaches Notes

Elite Squad by Martin

Well we have finally got back down to some decent work in the pool and settled into the 2013/2014 season.

I recently held a squad meeting with the Elite swimmers and went over a few of my thoughts and the need for commitment to training in terms of attendance and effort. Ideally the Youth swimmers should be in the pool for a minimum of 15 hours each week and most of the Age Groupers 13.5 hours. We all need to 'raise our game' this season!

The Junior Elite Squad is now in operation and the swimmers are gaining in confidence working alongside the Elite Squad on a regular basis.

The end of year meets are now out – Plymouth and Hillingdon – and the information has been sent out to Elite and Potential Squads.

Potential Squad by Madeline

Attendance to training is the best I have seen in Potential, however I have still to take a session with all the squad swimmers in attendance. The best was a Sunday session with only 1 swimmer absent. Everyone enjoyed the sponsored swim with many doing 10,000m.

I am hoping for a very good season with swimmers achieving lots of PB's. Keep up the good work and let's swim FAST!!!!

Transition Squad by Madeline

We have had a good start to the season with a great attendance to training. The sponsored swim was well attended and I think everyone enjoyed the experience in the end. A few swimmers were a little tearful at the start because this was a new experience for all but they soon settled down and completed their 2,000m in the hour.

We have a number of swimmers waiting to move to potential and hopefully this will be just before Christmas. Let's continue the way we've started with everyone working hard. Well done to all.

Secretary's Minutes by Dave Beament

Reminder of AGM

All parents and swimmers are reminded that the Club's AGM will be held on Tuesday 22nd October. It's a very important meeting as it's the last before the Club becomes self managing on 1st April 2014 and as such we will be electing the Committee to take this essential work forward.

We will also have an update on the Club's finances and all the great work that has been undertaken to raise funds. We still need more parents to step forward to undertake Committee roles. There are 12 Network Clubs in the ASPSC Network, however, only 4 have Management Committee roles. We need better representation across the Clubs.

Please contact Dave Beament if you would like to discuss, with no commitment, any of the Committee roles - davebeament@blueyonder.co.uk

Sponsorship & Fund Raising

The Club's volunteers are doing a fantastic job raising the funds we need to keep the Club on an even keel. The Sponsored Swim (report below) was a fantastic example of how the club can pull together.

We have successfully hit our target for Sponsorship with 2 big sponsors (Prior Park and BMI Bath Clinic) now on board and another to be announced imminently. However we can't "take our foot off the gas". Raising funds will be an ongoing reality for ASPSC and contributions from fundraising and sponsorship are vital to our future financial projections.

Please continue all your efforts and forward any ideas to:-

Sponsorship - Marion McNab or Fund Raising - Emma Head

Forthcoming Events

Greater Gwent Open Meet, 19/20th Oct - The first Open Meet of the season. Entries have now been confirmed. Good luck!

Aquae Sulis Level 1 Grand Prix Open Meet, 16/17th Nov - Our Open Meet is again being held at Hengrove Park Leisure Park over the weekend of 16/17 November. Please send your entries to Nick Press as soon as possible as the closing date for ASPSC swimmers is 22nd October. This is one of our main sources of income, so everyone will be expected to help with the running of the Meet - Sue Clifford is organising the volunteers and Mark Lawton is organising the officials. Please speak to them about how you can help run this important meet.

SW Short Course Championships 7/8th Dec, Millfeld - This is more for the Youth and Senior swimmers if they want to have a 'blast' over a short course event. Entry is optional.

End of Year meets – Plymouth 20-22nd Dec and Hillingdon 21st Dec: All Elite Squad swimmers are required to swim at one of these meets. Take your pick based on the events available and how appropriate the meet is for the swimmer. There are Junior and Senior finals at Plymouth - see meet details. Potential Squad Swimmers are also encouraged to enter one of the above meets.

Fundraising by Emma Head

September saw the completion of our sponsored swim to which we owe a huge thanks not only to the swimmers, but also to Suzy Granger and Anne Lawton. The day was great fun and is a massive boost to our fund raising. Please see separate article by Anne and Suzy.

We have had confirmation from Waitrose in Bath that we will shortly be receiving £198 following the green token collection for September. Many thanks to all those who carried out additional shopping to increase our percentage of the share! Thanks also go to Karen Stubbs who made the same arrangement with Waitrose, Melksham. We are waiting for confirmation of a total from the Melksham store.

Just to clarify the source of the generous one off donation we reported in last months newsletter was City of Bath Lions Club. We are grateful for their support.

We will be getting together with Bag4Sport shortly to arrange another collection of unwanted clothes so please keep hold of anything you want to get rid of for a short while longer! We will also be discussing our next big fund raising event. If you have any ideas for this, please let me know.

The date of our next meeting will be confirmed shortly. Please bear in mind that the future success of the club is reliant on the generation of funds from corporate sponsorship and fundraising initiatives so we really need everyone to contribute to the ongoing fundraising effort. Please make every effort to attend this first meeting of the new fundraising season. Thank you.



Bath & North East Somerset Council





Patron: Sharron Davies MBE

Monthly Newsletter

Issue 6: October 2013



Sponsored Swim - We got there (sort of)

Wow! What an amazing job everyone did at our Sponsored Swim. Over the course of three days 92 swimmers swam (collectively) from Land's End to John O'Groats and with money still coming in we look set to raise a sum comfortably in excess of £6,000 for the club and over £1,000 for the Forever Friends appeal.

Saturday September 21st was the big distance swim and with the help of all three squads, a team from the RUH and some very brave parents, a total of 461km was covered. On the following Tuesday, members of our Potential Squad who had been unable to make it on Saturday, swam continuously to add a further 64km and finally, on the Friday the last of our sponsored swimmers added another 25km. This all adds up to 540 kilometers - taking us from Land's End across the border and into Dumfries and Galloway - which in itself is no mean feat. But who'd have thought Scotland was so long!



Calum Jarvis prepares to start the swimmers off

However IF we were to include the total distance covered in training by the whole squad during the Tuesday and Friday sessions then we would have made it with a few kilometres to spare. We'll be posting a note of all the individual distances swum on the AS notice board at the University and adding this list to the website.

All the swims were mightily impressive and everybody achieved their target distances - from 2km by our brave young Transition swimmers through to 15km for our (exhausted) older kids. It was often tougher than anticipated, but everyone dug deep and delivered.

A few highlights that deserve a mention are:- the Mcnab family who, collectively swam for around 20 hours and contributed over 46km to the total; Guy Roberts (Kyrie and Jude's Dad) who individually covered a distance of over 10km; Charlie Head who swam the furthest distance (15.4km) and powered up the last length of his swim on butterfly; Daniella Whiting who included a 10 x 400IM in the middle of her 10km swim; Tom Sinclair who rounded off his 15km swim with a fins and paddles final 50 in 24.94; Alex Turner who swam the furthest of our Tuesday swimmers; Ben Clarke, who having broken the breaststroke record at Bristol North, came to Bath and swam most of his 10km alone, finishing at 7.57pm!



There was even time for a couple of squad try-outs

Credit should also go to Tom, Jordan, Max and Matt for organizing their efforts by swimming most of the distance in a 'Tour De France' style team effort where each one took the lead for 300m.

It was a brilliant effort across all our squads and we are very grateful to all our helpers. We would also like to thank the University for their support in organizing the event, Calum Jarvis, an ITC International Backstroke swimmer, who kindly gave up his time to start the kids off and Stephanie Millward for doing 2 radio interviews, one at 6.50 am on the morning of her brother's wedding!

Many thanks to all who donated prizes to the raffle and contributed to the literally hundreds of delicious home baked cakes. Thanks to the huge success of both the raffle and cake sale we were able to significantly boost the donation to the RUH Forever Friends appeal.

We have been overwhelmed by the generosity of our friends, family and parent community and with the strength of our swimmers commitment.

Once again a HUGE thank you to you all.

Suzu and Anne.



A busy pool as the swimmers buckle down to the hard yards



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



Don't Forget the Fundraising Web Links

Why not help to raise money for the club using [easyfundraising](#), [easysearch](#) and [Proswimwear](#). A few minutes is all it takes to register as a supporter of the club with the websites and you can then help to raise money for Aquae Sulis from web-browsing as well as online shopping.

The totals on all these pages continue to grow with payments starting to appear into the club's account. Remember this is an opportunity for us all to make a contribution at no cost.



Bath & North East Somerset Council

