



Patron: Sharron Davies MBE

Monthly Newsletter

Issue 7: November 2013



Committee News

Dear Parents

I am writing a short note of introduction as the recently appointed Chair of ASPSC. I am sure that you are all aware that the Club will become self financing from next April and it will be a challenging time for the Club going forward.

To this end, we still have several positions to fill on the management committee and if you feel you have the time, would like a direct say in the day to day management of the Club and are able to help, we would welcome your support. I would ask that you contact Dave Beament (davebeament@bluevonder.co.uk) or Amanda Turner (amandaiturner30@gmail.com), the new secretary as soon as possible.

I would like to welcome Amanda to her new role as secretary, along with Karen Bowen as the new Swim 21 representative, and Martin Pellow the new BANES representative. I am very much looking forward to working with them and the existing committee members to secure the future of the Club

I would also like to take this opportunity to thank the retiring members of the committee, who have worked tirelessly for the Club for the last 3 years, Lynda, Emma and Dave.

Dave has very kindly agreed to carry on working for the Club in order to try and secure Beacon status.

I hope you will share in our vision for the Club for the next 12 months which is to ensure that going forward we maintain and build on the performance element and assure the Club finances.

Steve Clifford

Coaches Notes

Elite Squad by Martin

We raced at our first meet of the season when taking part in the Gwent Fast Water meet in Newport a few weeks ago where we had a decent entry from the Elite Squad and good support from a number of swimmers in Potential Squad.

Despite a couple of very long days the swimmers came up with lots of great early season swims, numerous new best times and 19 new club records.

Laura McNab was fired up and swam 5 national qualifying times over a busy race schedule.

After a tiring first half term I hope all the swimmers enjoyed some 'down time' during the school holidays ready to fire back up to take them through to the end of 2013 and hopefully some fast end of year swims.

Junior Elite by Madeline

This newly formed squad of 6 swimmers is working very hard and putting in a lot of hours training. With an injury ruling one of the group, 5 swimmers competed in Newport achieving 24 PB's between them. Special mention must go to Ben Clarke who gained his first ever National time in the 200m breaststroke. Well done Ben!

New regional times were gained by Sam (2 more), Rhiannon (4 more) and Ben (3 more). Fraser swam PB's despite not being well and showed how tough he can be which is a very important part of being a swimmer. Well done to you all!

Potential Squad by Madeline

A lot of swimmers have been racing already this season achieving good PB's. It was a great pleasure for me to be able to attend the Gwent meet for the Sunday session and actually see the squad racing and achieving good PB's. Lucas Lawman raced well and gained his first ever Regional times in the 100m and 200m backstroke. Matthew Hardick also gained 3 more regional times to add to the 6 he already has. Well done boys! Ethan, Hugo, Isaac, Izzie and Imogen also raced achieving good PB's. Well done to all! Lets all keep working hard, attending fully and hopefully we'll have more regional qualifiers soon

Transition Squad by Madeline

A good month with some swimmers who are already members of local clubs racing in their club championships. All swimmers who raced have achieved good PB's which is a great start to the new season. We have some swimmers moving to potential at the start of November for a 2 month trial. Well done to all those on the move and the remaining Transition swimmers, continue working hard, attending all sessions and it will be your turn soon.

Fundraising by Emma Head

Following the huge success of our sponsored swim, we now need to start thinking about the next big fund raising event. The bar has been set very high so the challenge is on to come up with something spectacular!

Being a complete novice, I would welcome any suggestions but in particular if there is anyone who has been involved with organising big events before, please step forward!

The next fund raising meeting will be on Sunday 24th November, 5pm in the Sports Café. This really is just an informal chat to try and put together ideas for raising money for the club. We are rapidly approaching the date when we become self-sufficient and although everyone has made an amazing effort this year, we can't afford to take our foot off the gas in order that the club is financially secure for the future swimmers coming through.

If you have any questions or suggestions, please let me know. I am often at the pool so please feel free to come and have a chat, or email me.

Bag4sport

It's that time again. We're arranging another Bag4Sport collection so if you are planning a pre-Christmas clear out don't throw it away! Bag4Sport accept unwanted clothing, paired shoes, belts, bags, caps, bed linen, curtains, towels and soft toys.

Taking part in this collection not only earns the club some extra funds but Bag4Sport can also provide us with expert knowledge in marketing and advice on fundraising and seeking sponsors.

The Bag4Sport Charity Foundation Small Grant Fund is also available for swimmers in need of extra support for their ongoing development (i.e. coaching, equipment, kit, logistics etc.). For more information and to apply click on [application form](#).

Look out for further details about collection dates.





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Aqua Sulis Grand Prix

Volunteers

Many thanks to everyone who has volunteered to help with our meet on the 16 and 17 November. A list setting out the volunteers that have stepped forward so far together with job allocations is available [here](#). Wherever possible Sue has tried to accommodate individuals requests to carry out specific tasks.

You will see that there are still some gaps on the volunteer list and we are particularly short of helpers on the Sunday so if anyone is able to help out who has not yet volunteered please can they contact Sue Clifford on cliffords@sky.com indicating when they are available.

Raffle

Astrid Press has again agreed to collect our chocolate related goodies and turn them into scrumptious hampers but she is reliant on having some treats to work with. Time is rapidly running out to get your chocolate related goodies to her in time for the raffle at the Grand Prix.

Anyone with treats for donation should pass them on to either the coaches or either of Astrid's sons Oliver and Tobias. Many thanks.

Final Meet Information

Final information about the Meet (including confirmed session times & warm-up schedule) can be found using this [link](#).

Attached [here](#) are some crib sheets for the helpers doing specific tasks.

Newport - Greater Gwent Fastwater Meet

The Club's first racing of the season took place across the border at the Greater Gwent Fastwater Open Meet in Newport and the swimmers showed some great early season form returning with a total of 62 medals (26 gold, 21 silver and 15 bronze).

As highlighted in the coaches notes above Laura McNab was in fine form over the weekend and in addition to her national times returned from the competition with 7 golds and 1 silver to add to her burgeoning medal collection.

Henry Dixon had a very successful weekend too, returning not only with a handful of medals (6 golds & 1 silver) but also the top prize from the 13 & under boys skins competition.

Ben Clarke won 4 golds and 2 silver medals as well as securing his first national qualifying time and Rebecca Hawkins was also a multi-gold medal winner as she came first in all three girls open breast-stroke events.

The other medal winning swimmers from the meet were Matthew Hardick, Izzy McNab, Rhiannon Bowen, Ben Lawton, Flo Legg, Tom Smith, Lucas Lawman, Ella Veakins, Henry Clifford, Charlie Head & Emily Codd who all picked up a number of medals.

Inter Counties

Also taking place on the weekend of the Fastwater meet were the British Gas ASA National County Team Championships and the Wiltshire and Somerset teams both had representation from Aqua Sulis. Competing in Ponds Forge for their counties were Tom Sinclair, Jordan Edwards, Jessie Foster, Daniella Whiting, Chloe Flower, Georgia Keen, Alex Keen, Edward Austin and Stella Cookson.

Well done guys.

Sponsored Swim Final

The final, final total from the sponsored swim (including the contribution for the Forever Friends appeal) has sneaked past the £8,000 mark to a grand total of £8,039. Well done to everyone, this is a fantastic sum.

The winners of the prizes for collecting the most sponsorship money are:-

Transition squad - Jude and Kyrie Roberts

Potential squad - Lucas Lawman

Elite squad - Max Granger

Forthcoming Events

Aqua Sulis Level 1 Grand Prix Open Meet, 16/17th Nov - Our Open Meet is again being held at Hengrove Park Leisure Park this coming weekend. See the notes above for more information in relating to our 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: There are Junior and Senior finals at Plymouth - see meet details.

New Club Kit

We're in the process of sourcing much needed new club kit and have received a number of quotes for comparison.

Before making any commitments we'll shortly be seeking feedback about the cost/quality options that are under consideration.

Please look out for an email giving further details.

If you have any questions in the meantime please do not hesitate to contact Tracy Curry on 07771 807080 or tracy.curry29@virginmedia.com

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 Aqua 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.



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.

[@aspssc](#)

