



Patron: Sharron Davies MBE

# Monthly Newsletter

## Issue 8: January 2014



### Committee News

What with one thing and another it's been quite a hectic time of late so apologies for the delay since the last publication.

Some of you may be aware that a meeting was recently held with the Network clubs to seek to galvanise the existing partnership that exists throughout the whole network. In his presentation to the meeting Mark Perry noted that the future success of the network is reliant upon the strength of this partnership and he challenged areas where this relationship could be improved.

A follow up meeting has been scheduled for 19th February and at this meeting it is intended to explore how the future performance pathway for swimmers in this area will look.

### Aqua Sulis Grand Prix

#### Volunteers

Many thanks to all the people who have volunteered to help at the meet. 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 so if anyone is able to help out please can they contact Sue Clifford on [cliffords@sky.com](mailto:cliffords@sky.com).

#### Confirmed Session & Warm-up Times

Final confirmed session times & warm-up schedule for the ASPSC Grand Prix can be found using this [link](#).

### Racing Round-up 2 - Plymouth Open Meet

Medals were in good supply at the pre-Christmas open meet hosted by Plymouth Leander.

Jessie Foster was in great form winning two age group golds in the 15/16 years category as well as touching the wall first in both the 100m & 200m breaststroke A Finals. Jessie also won bronze in the 200m IM.

Ben Clarke continued his super run of results as he also won two golds together with a silver medal in the 11/12 year boys age group. Also winning gold in this age group was Sam Lawton who won the strength sapping 200m fly.

Ben Lawton was another gold medallist. Ben secured victory in the boys 13/14 years 200m breaststroke. Ben also picked up an age group silver as well as winning the two B finals in which he raced.

Laura McNab was another Aqua Sulis gold medallist. Swimming in the 11/12 years age group Laura won gold in the 200m fly as well as securing a silver and two bronzes.

Other Aqua Sulis medallists from the weekend were Jordan Edwards, Henry Clifford and Ella Veakins.

### Racing Round-up 1 - Aqua Sulis Grand Prix Open Meet

There was some great swimming to celebrate at the Aqua Sulis Level Grand Prix Open Meet in November. The meet was a huge success and attracted entries from 425 swimmers from 45 different clubs ensuring that competition for medals was fierce.

Picking up where she left off at the end of last season Laura McNab was in dominating form and scooped gold in all 5 events (100m & 200m butterfly, 100m & 200m freestyle and 200m individual medley) in which she raced.

Also following a familiar path to and from the medals table was Ella Veakins who won 3 gold medals for her efforts over the weekend. Ella's wins were secured in the 100m & 200m breaststroke and the 400m individual medley.



Ella Veakins in action at Hengrove

Promising talent Ben Clarke was also on good form and picked up gold medals in both the 50m & 200m breaststroke together with silvers in the 200m butterfly & 100m breaststroke in which he gained his second NQT.

Daniella Whiting also won 2 gold medals, in the 200m freestyle and 400m individual medley and backed these up with further medals in the form of a silver and 2 bronze.

Competing under the flag of his home club Bath Dolphin, potential squad swimmer Ben McNab also had a successful meet, winning gold medals in both the 50m freestyle and 50m butterfly.



Jessie Foster was pleased with her breaststroke

Completing the tally of Aqua Sulis gold medallists from the weekend's competition are Jessie Foster (1 gold, 1 silver, 1 bronze), Ben Lawton (1 gold, 3 bronze) and Georgia Keen (1 gold, 1 bronze).

In addition Charlie Head, Rhiannon Bowen, Henry Clifford, Henry Dixon, Stella Cookson, Rebecca Hawkins, Izzy McNab, Matt Minnican and Frederick Webb all returned home with medals from the meet.

### Fundraising by Emma Head

It was great to see some new faces at the last fund raising meeting, held prior to Christmas. There were plenty of good ideas flowing at the meeting and with the date by which we need to become self sufficient drawing ever closer the need to re-invigorate our fundraising efforts has never been keener.

With this in mind we intend to reconvene shortly to draw up an action list of ongoing targeted fundraising opportunities.

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

Thanks to Judy Smith for again arranging the Bag4sport donations. Bag4sport have now collected our unwanted goods which converted to a sum of approximately £90. Having now done two collections we are in a stronger position to tap into their marketing knowledge and fundraising expertise. Remember too that 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](#).



## Bath & North East Somerset Council





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### BMI Bath Clinic – Proud New Sponsors of Aqua Sulis

BMI Bath Clinic is part of BMI Healthcare, Britain's largest provider of independent healthcare, with a nationwide network of hospitals and clinics performing more complex surgery than any other private healthcare provider in the country.

Bath Clinic is ideally positioned in the beautiful surroundings of the woodlands in Combe Down, Bath and has provided healthcare to the community across Somerset and beyond for over 30 years. The hospital provides a variety of excellent clinical services and care delivered by top consultants and staff.

Bath Clinic has 67 beds with all rooms offering the privacy and comfort of en-suite facilities, satellite TV and telephone. The hospital has 3 theatres, two major and one minor, a dedicated endoscopy unit and a high dependency unit.

These facilities, combined with the latest in technology and on-site support services, enable our consultants to undertake a wide range of procedures from routine investigations to complex surgery. This specialist expertise is supported by caring and professional medical staff, with dedicated nursing teams and Resident Medical Officers on duty 24 hours a day, providing care within a friendly and comfortable environment.

BMI Bath Clinic is accessible for all. If you have Private Medical Insurance all you need is a GP referral and then you are on a fast track to seeing some of the most experienced consultants in Bath. If you need a procedure such as a hip replacement, hernia repair or cataract, you have the option to pay for this – for all our treatments we offer fixed price packages so you know exactly what it will cost. We even have a BMI Card which can spread the cost over a 6 month period. If you choose to pay for treatment yourself, you may not need a GP referral.

For more information please call 01225 835555 or visit [www.bmihealthcare.co.uk/bath](http://www.bmihealthcare.co.uk/bath)



### Bath Clinic

### Forthcoming Events

Aqua Sulis Level 1 Grand Prix Open Meet, 8/9<sup>th</sup> Feb - This new addition to our competition calendar is to be held at Hengrove Park Leisure Park and promises to build on the success of our November meet.

British Gas Swimming Championships 10<sup>th</sup> to 15<sup>th</sup> April, Tollcross Leisure Centre, Glasgow

City of Bristol Level 1 Open Meet 5/6<sup>th</sup> April at Hengrove Leisure Park

Taunton Deane Level 1 Open Meet 19/20<sup>th</sup> April at Millfield School, Street

ASA South West Regional Youth Championships 3/5/6<sup>th</sup> May at Plymouth Life Centre

City of Sheffield Level 1 No Frills & Distance Meet 31<sup>st</sup> May & 1<sup>st</sup> June at Ponds Forge Sheffield

### New Club Kit

Firstly many thanks to Tracy for all her hard work and perseverance on this task. Hopefully everyone received the email outlining the details about the new club kit. The suppliers have a lead time of 9 weeks at present and to ensure that the kit is delivered as soon as possible you'll need to get your skates on to ensure you don't miss the deadline which is **Thursday 30th January 2014**.

Full details can be found in the email but in summary the cost of the new Kukri kit is:-

	Adults	Juniors
Polo Shirts	£20.00	£17.00
Hoodie	£34.00	£30.00
Zip Up Hoodie	£35.00	£31.00
Board Shorts	£20.00	£17.00
Micro Shorts	£20.00	£17.00

Orders for new kit should be sent to Tracy Curry (tracy.curry29@virginmedia.com).

### Springboard Funding Applications - Closing Date Looming

Organisations in the West of England have a policy of promoting sporting achievement and the development of performance and excellence. Bristol City Council, in partnership with Sportsaid South West, Bath and North East Somerset Council, North Somerset Council, South Gloucestershire Council, Burges Salmon Solicitors, Team West of England and Wesport provide grants and free facility access to support talented young people achieve their sporting aims. Grants are awarded once a year in line with Sportsaid nominations and the **closing date of February 10th** is looming.

Grants are distributed to the individuals to help defray the costs of out of pocket expenses incurred in training and competition, together with coaching fees and the acquisition of equipment or facilities. Full details of the scheme are available using this [link](#).



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