



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

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Accredited

ASA Challenge Awards

During the summer holiday period we shall be following our usual practice of running training and testing sessions for the Challenge Awards. Swimmers take these in the order of Bronze, then Silver, then Gold. In the first instance we shall be giving preference to those taking Bronze. Sign-up lists will be available from July and swimmers should approach Mr Ray McKay, who organises and runs these sessions, if they have any queries.

Seasonal Fees And Attendances

We regret that all sessional attendance fees are having to be raised, as from July 4th. This is because we are no longer covering the cost of pool hire. Although the numbers of members are fairly steady, it would appear that swimmers are not attending so regularly. This applies to all our sessions, not only the regular Sunday, Monday and Friday, but also the optional Saturday mornings and the Tuesday land training sessions. When swimmers are accepted into the club they are usually invited to attend two, or possibly three, sessions each week. It is disappointing when they attend only occasionally. We book all the sessions, our Coaches attend regularly, now it is up to the swimmers to play their part.

Behaviour In The Boys' Changing Room

There have been several instances of silly behaviour in the boys' changing room, where children have been spraying shampoo around. This is both dangerous, since the floor becomes very slippery, but it also means extra work for the EPIC staff who are left to clear up the mess. We are aware of some of the chief offenders, they have been warned that such behaviour is totally unacceptable. If we have to employ EPIC staff to supervise the area, it would mean imposing a significant surcharge on the membership fee of every boy.

Open Water Swim Successes

Two of our Master swimmers competed in the Windermere 5 kilometre event, when Charmian Abbott completed the distance in 1 hour 42 minutes with her team mate Tracey Ricketts close behind in 1 hour 45 mins.. Charmian is an experienced open water swimmer, but this was Tracey's first experience of swimming without the convenience of lane ropes or pool floor markers to keep her in a straight line! If any of our teenage swimmers would be interested in taking part in an open water event please let us know. Swims usually start at 1 kilometre

The Club Annual Gala

This year the gala will be held on Saturday October 25th, with trials for the gala being held on two Fridays in September. Sign-up lists and full details will be available by late July. In this gala swimmers age 9 years and under swim one length races and a 4 x 1 width individual medley, while swimmers age 10 years and over swim 2 length races and a 4 x 1 length individual medley.

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Sainsbury's Active Kids Vouchers

This year parents and friends collected 2479 vouchers, which was a significant increase on last year.

We have now ordered more land training equipment and poolside kickboards. Very many thanks to everyone who helped by collecting on our behalf.

Open Meet Success

In the recent City of Liverpool Summer Sprint Meet 12 year old Georgia Bell took the trophy as the top girl in the 12/13 year category with medallist placing's in all five of her events.

In other recent open meets one or more first places were obtained by Georgia and Olivia Bell, Andrew Ferns, Cerys Hope and Hannah Hutchinson.

More British Swimming And ASA Officials

Congratulations to the following, who have all qualified as Timekeepers: Kevin and Susan Chesworth, Steph Danson, Andrew Ferns, Dawn and Warren Read. All completed theory sessions, followed by a practical assessment at the recent time trials.

Some of them are now hoping to go to complete the Judge's qualification. We are fortunate in having an exceptional number of fully qualified ASA Officials in the club. They not only officiate at all our club events but are regularly in demand to work at events up to National level.

Time Trials

Time trials over varying distances are held from time to time, when all swimmers are expected to attend. This gives the Coaches a chance to identify those who are suitable for the various club teams or for entry into open events such as the Peninsular age groups or Open Meets in other venues.

Your Coach will tell you when it is felt that you are ready for competition, you should then approach Elaine or Nikki in the foyer, who will give you details of any forthcoming events.

We always have Team Managers at these galas, they will supervise you on the poolside and make sure that you are ready for your event. However it must be realised that transport is your responsibility.

The recent time trials were an excellent opportunity for our younger swimmers to show us if they might be suited for entry to the Peninsular Development galas or for open meets. It was disappointing that out of a possible 100 or more youngsters, only 37 attended the trials.

Member Discounts

WIRRALSPORTS

EPASC members will get a 10% discount on presentation of their EPASC membership cards at Wirral Sports (164-190 Cleveland Street, Birkenhead, CH413QQ).

Check out the noticeboard, EPASC.co.uk website and www.wirralsports.co.uk for their latest offers.

Their latest offer running from Saturday 5th July to Saturday 12th July is up to 25% off ** everything in store.

**Please check terms and conditions in store prior to purchase.

