



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

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www.epasc.co.uk



Accredited

Land Training

We run a land training session for members of the Swimming Club each Thursday night, between 7pm and 8pm. This is held in the Sports Hall which is at the opposite end of the car park to EPSV. All club members age 8 years or over are encouraged to attend. This is a non-pool based training session and involves a range of 11 different disciplines including floor exercises: varying weights, skipping, running etc. This session also satisfies part of the Club's Swim 21 accreditation. The sessions are supervised by our Chief Coach, Mr Les Collier and costs £2.00 per session. We generally have some parents in attendance, further parental support would be much appreciated.

Given the nature of the equipment being used, this is a useful session to assist the swimmers with their strength and stamina and is a variation on the usual sessions of swimming up and down the pool.

Participants are usually asked to complete the exercises in pairs or small groups, so no swimmers would be left on their own and wondering what they should be doing.

The circuits are staggered in their timing, ranging from the first of 35 seconds exercise and 15 seconds rest, down to 15 seconds exercise and 15 seconds rest in the fifth and final circuit. In between each circuit swimmers are given 60 seconds of rest when they are encouraged to take a rest, have a drink take a toilet break, fasten their shoes!

Normal sports attire of a t-shirt with shorts or leggings is suggested as the Sports Hall can become very warm, even in winter. Swimmers should also bring a drinks bottle.

Finally, so long as all participants have worked hard during the circuits they will normally complete each session with a game such as football, netball, dodge ball. Everyone works hard during the sessions, but we have a lot of fun too!

ASA Challenge Awards

Swimmers have been training for and completing the Challenge Awards during the summer holiday period, when they achieved the following:

34 Bronze, 25 Silver, 5 Gold.

The highest award, Honours, was achieved by three swimmers, Leah Stoneley, Kelsey Waterworth and Milly Westwood. Congratulations to everyone!

British Long Distance Swimming Association - One Hour Swim

Results were finally received in late August and presentations were made on the poolside on September 11th. The club's results were some of the finest we have ever achieved, when bronze medals were awarded to Faye Chesworth, Sarah Hickson and Jack Grierson.

In the team events Faye and Sarah were joined by Megan Read to take the silver medals in their age group. A total of 24 club swimmers completed this very demanding swim, all of whom received a BLDSA badge.

Inside this issue

LAND TRAINING	1
ASA CHALLENGE AWARDS	1
BRITISH LONG DISTANCE SWIM	1
EASYFUNDRAISING	2
45TH ANNUAL MILE SWIM	2
MICHAEL ROCK'S VISIT.....	2
EPASC CLUB KIT.....	2
UNIVERSITY SUCCESSES	2
EPASC ANNUAL GALA	2

Ellesmere Port ASC Club Kit

Just a reminder ... we have;

Club Swim Caps - £3.50

T-Bag t shirts - £12.00

Polo shirts - £12.00

Goggles - £7.00

EPASC Towels £9.00

All of the above are in stock.

Also available to order are

EPASC Hoodies £15.50

in white or blue

University Successes

Warmest congratulations to Danielle Rowlands who achieved a BA 2.1 in Primary School Teaching at Chester University. Excellent A level results were recorded by Connor Hope, who goes to Warwick to read mathematics, Ben Jenkins to Lancaster (geography) Alisha O'Rourke to Sheffield (economics) Robyn Hart to Nottingham (pharmacy) and Yasmin Cantwell to Keele (bio medical sciences) Very best wishes to all of them.

EPASC Annual Gala

**Saturday 26th November
5pm at EPSV**

Sign-up sheets available at the club desk.

£2.50 per event or all 5 events for £10.00

We are always in need of volunteers to help with the running of our galas, if you feel you would be able to help, please let us know.

Easy Fundraising

Did you know that whenever you buy anything on line, from your weekly shop to your annual holiday, you could be collecting free donations for EPASC? There are over 3000 shops and sites on board ready to make a donation, these include Amazon, John Lewis, AVIVA, The trainline.com and Sainsbury's.

And it doesn't cost you a penny!

It is as easy as 1,2,3...

1. Head to <https://new.easyfundraising.org.uk/causes/ellesmereportasc/> (you join for free)
2. Every time you shop on line, go to easyfundraising first, find the site you want and start shopping.
3. After you have checked out the retailer will make a donation to your good cause, for no extra cost to you whatsoever. There are no catches or hidden charges and EPASC would be most grateful to you.

45th Annual Mile Swim

This year the Mile Swim will be held on Sunday November 13th from 6.00pm. Sign-up sheets will be available shortly, the last date for sign-up will be Friday November 4th. Swimmers who have not competed in the Club mile in previous years must qualify by completing a timed half mile (32 lengths in EPSV) within 20 minutes. This qualifying swim can be taken at any club session but no later than November 4th. Medals will be presented to the best 12 years and under, best 13 to 24 years and best Masters, while a certificate will be awarded to every swimmer completing the mile for the first time.

Visit of Olympian Michael Rock

An enthusiastic group of swimmers took part in a special session run in EPSV by Olympic swimmer Michael Rock. We then invited the participants to send us a short account of the event:

I had a swimming session with Michael Rock, I found the experience extremely interesting and I learned a lot from it. Going swimming in my own time afterwards I practiced some of the techniques and exercises we had practiced with Michael. I enjoyed the fact that everyone tried a lot harder because they wanted to impress him. I also enjoyed the fact that that once something had been explained it would also get shown to us a couple of times, to make sure we knew exactly what we should be doing, we were also able to see how each drill should look. I liked the fact that Michael gave away prizes to the people who had worked and listened the best. It made everyone determined to try harder. Overall it was a very enjoyable experience. Megan Read

On 31st July, we were privileged to take part in a 2 hour swimming session coached by former Olympian Michael Rock. He concentrated on coaching us butterfly as this was the stroke he performed in most. We were coached on starts, turns, pulling, kicking and timing drills to improve our butterfly, with a fun relay at the end. The winning relay team got a chance to race against Michael. He demonstrated each of the drills before we had a go. Afterwards, Michael spoke to us about his Olympic experiences and gave us his autograph and then answered our questions about competing, training and nutrition. I found the session very enjoyable and beneficial to my swimming. Sarah Hickson

**Don't forget to check out the club website:
www.epasc.co.uk**

