



## Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West



### ASA Challenge Awards

We shall be following our usual practice of running training and testing sessions for these awards, from late July until the end of August.

Swimmers must take the awards in the correct order of bronze, followed by silver and then by gold and may sign up for a maximum of two awards.

All training and testing will take place during the normal club sessions.

Parents who would be willing to assist the Coaches (for example by counting lengths, or checking dives through hoops) are invited to sign on the Parent/Helper sheet, indicating which evenings they would be available.

### The Annual Gala

The club annual gala will be at held at EPIC on Saturday October 26<sup>th</sup>, with the trials being held on Friday 20<sup>th</sup> and Friday 27<sup>th</sup> September. Full details will be available nearer the time.

### Congratulations

Congratulations to the following, who have received awards from EPNAVCO (the Ellesmere Port & Neston Association of Voluntary & Community Organisations):

Enid Jeffries and Les Collier received 25 year certificates, where in fact Enid has completed 41 years with the club, acting as team manager for many years and more recently as equipment officer, she still writes up all the Challenge certificates awarded to members.

Les Collier is both Chief Coach to the club and also one of the most senior and respected ASA Referees in the Northwest Region, he has been with us for 30 years.

At the same time both Ray McKay and Colin Bradford received certificates for having completed over 100 hours of teaching at club sessions during the last 12 months.

### The Nutrition Workshop

Swimmers, parents and Coaches all enjoyed a most interesting and instructive session which was conducted by two of Chester University's post-graduate students, where among other items we were shown how to make our own isotonic poolside drinks in a very simple and inexpensive way:

Most drinks bottles are half-litre size, so fill your bottle almost to the top with tap water, topping it up with a small amount of fruit squash or cordial. To this add 2 teaspoonful of sugar and a pinch of salt. Shake the bottle well (first having fixed the lid on firmly!)

Just one further point: we frequently find bottles abandoned on the poolside, it would be a great help if you could label your bottle clearly with your name, so that it can be returned to you.

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### Sainsbury's Active Kids Vouchers

Parents and friends collected 3,483 of the Sainsbury's Active Kids vouchers, a big increase on previous years. These have now been submitted together with an order for land training equipment which should arrive within the next two months.

Remember that the Tuesday evening land training sessions are open to all club members over the age of eight years, including Masters. If you would like any further information ask Mrs Nikki Hope, who is in the pool foyer at each club session.

### Editing this newsletter

For the last three years Jonathon Fitch has acted as Editor of the Club Newsletter, but he has now had to give this up due to the pressure of school exams. We are most grateful to Jonathon for all his work over the years.

Our new Editor will be Mr James Harvey, while at the same time Mr Harvey is also helping Connor Hope with the editing of the club website, where you may have already have noticed the improvements to the layout.

See our website

[www.epasc.co.uk](http://www.epasc.co.uk)

## The Stanney Sports Centre

You will no doubt have seen in the local newspapers, of the decision of the Cheshire West & Chester Council, that the new pool is to be an 8-lane 25 metre pool, together with a teaching pool.

This club, along with City of Chester Swimming Club and the Chester Triathletes Club, have been doing all we could to persuade the Council to build a 50 metre pool in this very fine multi-sports centre, so we are most disappointed with the final decision. Some 816 people completed the Council's "Consultation Document", where 87% asked for a 50 metre pool, while over 1200 signed the petition which we set up. We have been represented at three Council

meetings together with other less formal meetings with Council Officers and others, but the final decision appears to have paid little notice to our input.

The one good thing to come from all this is that we did persuade the Council to appoint Mr Neil Booth as Consultant over the final detailed planning of the pool. Neil is one of Great Britain's most experienced Swimming Referees and Administrators, he was a poolside official at the London Olympics in 2012 and at Beijing in 2008. Neil is also Chairman of the Board of the Amateur Swimming Association Northwest Region.

## The 19th Annual Junior Schools Gala

The Club organised and ran the gala on May 20<sup>th</sup> where Our Lady's team were the overall winners and also won the girls' relay, while the boys' relay was won by the team from St Mary of the Angels.

The two top-scoring teams from the Ellesmere Port schools, Our Lady's and St Mary of the Angels, and the two top teams from the Neston schools, Burton Bishop Wilson and St Winefride's, then went on to take part in the Wirral Grand Finals.

These finals were held at Leasowe on June 28<sup>th</sup> and resulted in some excellent placings for school swimmers who are also members of EPASC. Competing for St Mary of the Angels in the year 5 events, Elle Waring took gold in the 25m freestyle and backstroke, Theo Reddy also picked up gold in the 25m freestyle and silver in the 25m breaststroke.

For Our Lady's team Caitlin Bradford won silver medals for the 25m freestyle and backstroke, Mayling Ly picked up bronze in the 25m freestyle and was placed 4<sup>th</sup> in the 25m backstroke, with Emily Pearson also finishing 4<sup>th</sup> in the 25m breaststroke.

Swimming for St Winefride's team, Ben Unsworth was placed 4<sup>th</sup> in the 25m freestyle.

We are already starting to wonder how we can continue to organise this popular event in the promised new pool at Stanney. You will all have seen that we can just about fit in 20 school teams using both sides of the EPIC 33.3 metre pool; it appears that we shall be limited to just one side of a 25 metre pool if the new pool is built as was shown in the recent plans, however a further meeting is due in mid-July, when we can discuss our concerns with the planning officers.