



Ellesmere Port Amateur Swimming Club

Affiliated to Swim England North West

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www.epasc.co.uk



Happy New Year!

Welcome back after the Christmas and New Year break. Swim sessions resumed on Friday January 5th, while land training resumed on Thursday January 11th 7.00pm.

Here are the details of your annual subscription and sessional swim fees. Please remember that they should be paid as soon as possible, and in any case no later than February 15th. If you have not paid by then you will not be permitted to take part in any Club activity.

Annual subscriptions for 2018 are as follows:

Juniors (born 2002 or later)	£70.00
Seniors (born 2001 or earlier)	£50.00
Masters (age 25 or older)	£40.00
Non-swimming members	£12.00
Sessional swim fee (juniors and seniors)	£3.50
Masters: sessional swim fee	£4.90
Land Training, sessional fee	£2.50

2018 - Our 50th Anniversary Year

Some of you will already know that we celebrate our 50th anniversary in July this year. It has been decided that we shall hold our celebrations over one weekend in July, as follows:

Friday July 6th: we have booked The Groves Social Club in Whitby, when we look forward to welcoming as many as possible of our former members, together with present members and their families. No doubt there will be a birthday cake, while other events will be decided soon.

Saturday July 7th: BBQ and picnic will be held at Eastham Woods, again this will be for present and former members and their families.

Sunday July 8th: A Swimming Gala will be held at EPSV during normal club session time.

Further details of all these events will be announced soon, both via the Club Facebook and at normal swim sessions.

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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

Pool Goggles - £8.00

EPASC Towels £9.00

All of the above are in stock.

Also available to order are
EPASC Hoodies £15.50
in white or blue

BLDSA One-hour swim 2018

This year we shall stage the One-hour Swim on Sunday February 25th during the normal club session time.

A sign-up list will be available soon, with the last date for signing being Friday February 16th. The cost of entry is £4.00. This must be paid by February 16th, but if you have to withdraw for any reason this £4.00 will be returned to you.

Swimming Coaches

Successes

Congratulations to our new Swim Coaches, they have successfully completed the ASA course to become Level 1 Coaches and are now teaching at club sessions, they are:
Sarah Hickson, Megan Read, Lucy Riley and John Waterworth.

British Swimming Officials

Congratulations to club members who have qualified as ASA and British Swimming Officials during the last few months. John Waterworth qualified as Judge 1, while Mark Everard and Jayne Thane, who qualified some months ago, have now embarked on the more challenging Judge 2 course. Last September a course was held for members who wished to qualify as British Timekeepers and following both theory and practical sessions, the following have now qualified; Marie Green, Mollie Green, Natasha Lally, Geoff Riley, Lucy Riley, Andy Thompson and Ivan Zaborsky.

If there is sufficient interest it might be possible to run another Judge 1 course, which will be available to members age 15 years and over who have already qualified as British Timekeepers. Applicants are reminded that this is a challenging course, involving both written and practical sessions. They will be required to have a fairly detailed knowledge of ASA Laws regarding the swimming strokes and to be prepared to attend poolside sessions in EPSV and at other venues, both within the Peninsular group and further afield. (*Please see sign-up sheet on the club desk*).

The following Club Trophies for 2017 were awarded at the Christmas Disco:

To the swimmers awarded most points in Club events and open meets;

The best 10 years and under: Erin Hardy and Connor Waterworth.

The best 11 or 12 years: Esther Li and Owen Johnson.

The best 13 years or over: Leah Stoneley and Jack Grierson.

For the best individual medley times at the Annual Gala;

10 years and under: Erin Hardy and Connor Waterworth.

11 and 12 years: Niamh Stephenson and William Sutcliffe.

13 years and over: Sarah Hickson and Jack Grierson.

Land Training Trophy Winners; Molly Green and Alex Ursoi.

In the Club Mile, swum in May 2017;

12 years & under:

Holly Sutcliffe and (jointly) to Connor Waterworth & Owen Johnson.

13 years and over: Leah Stoneley and Jack Grierson. Masters; Matthew Gibbs.

Frank Copnall Trophies, awarded to the fastest miles overall:

Leah Stoneley and Jack Grierson.

Please note in 2018 the Club Mile Swim will revert to its long-standing date of being in October/November.

Trophies already presented included:

Annual Gala Winners (**Round Table Shield**) - Penguins.

Inter Squad Relay (**Ben Parker Trophy**) - Otters.

Squad of the Year (**Soroptimist Trophy**) - Otters.

Dr David Cooke Memorial Trophies:

100m Freestyle Championship: Sarah Hickson and Andrew Ferns.

Enid Jeffries Memorial Trophies:

100m Breaststroke Championship: Sarah Hickson and Jack Grierson.

Don't forget to check out the club website:

www.epasc.co.uk