



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

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Accredited

Urgent and important message

The club has reviewed swimmer attendance as there has been a significant drop in both membership numbers and nightly attendance. From a financial point of view, the club was put in the position of having to increase both membership fees and attendance fees.

However even with the rise in fees, we are increasingly concerned that we are still not covering the cost of our pool hire, which amounted to £20,451 last year. This is mainly due to the fact that our sessional attendances have dropped significantly, bringing in just £16,310 in 2014.

There is a wide diversity between individuals, with some swimmers attending almost every available session whilst others attendance is very erratic and rarely attending one session per week. This has a direct effect both on swimmer progress and club income, which has to be sufficient to cover the pool hire charges.

To maintain good progress it is essential that a swimmer develops both a good technique and maintains water fitness, this requires regular attendance and commitment. Teaching and coaching develops stroke to a high technical standard but what it takes 3 weeks to attain can be lost with only a week of non-attendance. For swimmers to improve, ideally attendance at 75% of the sessions offered will maintain good progress.

The club offers swim sessions on Monday, Friday and Sunday giving approx. 140 sessions available, 47 are on Sunday evenings. If every swimmer attended 3 out of 4 sessions offered to them (probably once or twice per week for a small pool swimmer and up to three times per week for main pool swimmers) we would be assured of an income sufficient to cover the pool hire charges and the swimmer will maintain progression / water fitness. The Saturday morning and Wednesday evening sessions are additional - not a replacement for the normal club sessions.

We all want our club to continue to operate into the future and would therefore urge our swimmers to please make every effort to attend more regularly.

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Arena Trophy Award

At the final round of the Arena League competition the Ellesmere Port team was awarded the President's Trophy. This trophy is awarded annually to the best behaved team and for the most enthusiastic supporters. Our team also won this award in 2013 and in 2004.

Congratulations to everyone: swimmers, Coaches, Team Managers and of course to our great band of parents, all of whom dressed up in festive attire for the occasion!

Coaches' successes

Congratulations to Paula Camborne-Paynter, Amber Fitch and Sue Hickson, who have now qualified as ASA Coaches, level 1.

BLDSA One Hour Swim

The one hour swim will be held during the club session on Sunday February 15th. It is anticipated that the entry fee will again be £4.00. We have been assured that the results, and the badges which are awarded to each swimmer, should be available in May. This competition is open to swimmers worldwide and attracts many thousands of entrants.

A sign-up sheet will be available shortly for our members, We would also welcome offers from parents who would be will to act as lap counters for this event.

Membership fees for 2015

The annual subscriptions are now due and must be paid by February 15th. If they are not paid by that date you will not be allowed to take part in any club activity. You are automatically deleted from club membership if you have not paid by March 15th.

Annual subscriptions

Swimmers born 1999 or later: £60.00 with the sessional fee £2.00

Swimmers born 1998 or earlier: £45.00 with the sessional fee £2.00

Master swimmers (age 25 or over): £30.00 with the sessional fee £3.00

Land training: £2.00 per session

Saturday mornings: £2.00 per session

Senior non-swimming members annual subscription: £10.00

43rd Annual Mile Swim

The Mile Swim was held in EPIC for the last time on November 9th 2014. All being well the next Mile will be swum in the new pool at the Ellesmere Port Sports Village.

Winners this year were as follows:

Juniors, 12 years and under - Caitlin Bradford and Adam Chesworth

Seniors, 13 to 24 years - Sarah Hickson and Greg Sheen

Masters, 25 years and over - Traci Shipley and Matthew Gibbs

The Frank Copnall trophies, awarded to the fastest times overall, went to Caitlin Bradford and Greg Sheen.

New age group records were made by :

Caitlin Bradford, Sue Hickson and Traci Shipley.

Fourteen swimmers completed the mile for the first time and each was presented with a certificate to mark the achievement.

Annual Presentation Evening—December 2014

Presentation of the club's major awards for 2014 and trophies from the Individual Medley events at the Annual Gala was made at the Christmas Disco, they were:

Mike Hope Memorial cups: Olivia Bell and Jamie Chesworth

Shell Trophies: Georgia Bell and Jack Grierson

Reutlingen Plate: Cerys Hope

Russell Haddock Trophy: Andrew Ferns

Masters' Trophy: Matthew Gibbs

Jillian Pritchard Cups: Emma Harwood and Jamie Chesworth

Individual Medley Plaques: Caitlin Bradford and Adam Chesworth

Craig Boulton Trophies: Alisha O'Rourke and Izaak Reddy

The Land training Trophies: Megan Read, Jack Grierson and Rakesh Shukla

Annual General Meeting

The club annual general meeting is held each year in March, when the Officers give their reports on the previous year and when elections take place for the incoming Officers and Executive Committee members. All seniors who have been members for at least 12 months by the date of the AGM are eligible for election. Nomination forms are now available on the club table.

This year the AGM will be held on Thursday March 26th. All senior swimmers, master swimmers and non-swimming senior members who have paid their annual subscription will be notified of the AGM at least a fortnight in advance.

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

