



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

Issue: 49
October 2014
www.epasc.co.uk



Accredited

ASA Accreditation

We were delighted to hear that the club has once again been successful in being re-accredited for a further year. Many thanks to all the members who contributed to our success and a special “thank you” to Peter McDonnell, our Training Officer, who has the time-consuming task of putting together all the required data for the Swim 21 submission.

The Club 43rd Annual Mile Swim.

The Mile will be swum on Sunday November 9th during the normal club time, with the first heat starting at 5.00pm. Sign-up lists are already available with the last date for sign-up being October 31st. Swimmers who wish to attempt the Mile for the first time must first qualify by swimming a half-mile (24 lengths) within 20 minutes. They can do this at any club session by applying to Mr Ray McKay.

ASA Challenge Award results

Congratulations to all our swimmers who achieved one or more Challenge Awards this summer. A total of 78 awards were recorded: 22 Bronze, 20 Silver, and 18 Gold. The highest level, Honours, was achieved by the following eight swimmers: Georgia Bell, Adam Chesworth, Ella Fitzpatrick, Abbie Gifford, Maysie Linegar, Lewis Rimmer, Cassia Williamson and Sian Nelson.

ASA Coach course

A recent course for candidates to achieve the ASA Coach level 1 award, was held in EPIC, when our swimmers enjoyed being taught by the candidates, one of whom was Connor Hope who was successful in passing. A further course is to be held in Wirral in October, with three more of our members as candidates. They are Sue Hickson, Paula Camborne-Paynter and Amber Fitch.

Master swimmer’s success

Congratulations to Sue Hickson, who took four gold medals in the Cheshire Masters Championships, in the 50m breaststroke, butterfly and freestyle and with a new County record in the 100 metres individual medley.

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School Exam results

We are delighted to report that all four of our members who took their A levels this year have achieved their desired University places.

Alex Jenkins goes to Durham to read Geology, Myles Hart to Loughborough for Business Information Management and both Melanie Rowland and Danielle Camborne-Paynter to Chester, to the Education department.

At the same time we heard that Connor Hope achieved an amazing nine A* and three A grades in his GCSEs, with Robyn Hart and Alisha O'Rourke each recording five A* and four A grades.

BLDSA One Hour Swim

We finally received the results in September, having swum in February!

The BLDSA have offered us their apologies for this very long delay, they trust that the results next year will arrive more promptly.

Badges were awarded on the poolside on September 14th.

Camp America 2014

Amber Fitch has spent three months at this International Camp and has sent us an account of her experiences there:

On the 1st June I travelled across the pond to the State of Iowa for nine weeks at a camp called Easter Seals and Camp Sunnyside. This particular camp was for children and adults with disabilities and special needs. I was part time lifeguarding and part time counselling. Staff came from all over the world: England, Ireland, Scotland, Wales, Australia, New Zealand, Poland, Iceland and of course America. My typical day would start with getting up at 6.00am to get myself ready for the day ahead. I would then go to the cabin I was placed in for that week, to help get the campers up and dressed ready for med.pass. Once all medications had been given a bell would ring and we would all go and stand around the bell in a circle. We would then sing a few camp songs and raise the USA flag on the flagpole. Then it was breakfast! After breakfast the campers and counsellors would make their way to an activity which was scheduled for that cabin. At camp we had horse riding, archery, zip-line, boats, swimming, arts and crafts and rock wall.

At 12 noon it would be lunchtime, but only after med pass. Then we would go back to doing activities until dinner.

As Lifeguard at camp I was in charge of making sure all campers had their life jackets on while at the lake and helping them in and out of canoes, paddle boats and the pontoon. And yes, I did have to go and rescue campers and counsellors in the lake on several occasions. We all had walkie talkies during the day and quite often you would hear "Lifeguard to the lake!" Some of the campers would just run into the lake at any time.

After dinner there would be different evening activities for each day. Sunday we had a camp fire with snacks and camp songs, Monday was boat party evening, Tuesday was sports and games, Wednesday was story time and Thursday was banquet night with a dance!

After the evening activity we would take all campers back to the cabin to get ready for bed and med pass. The latest we finished was around 10.30pm and the earliest was 9.00pm. I know what you are thinking: a very long day! But everyone got two hours during the day for a break, most people slept or contacted home.

Every night two people from the cabin would do night duty which was staying in the cabin with the campers overnight. We would need to wake up every two hours to check if any of them needed the bathroom. I did night duties a few times and they weren't too bad apart from the last time when I was up till midnight with a camper who escaped from his bed and wouldn't sleep! Overall I really enjoyed the experience even though at times it was stressful and hard going.

After the nine weeks we had time to travel with friends made at camp. I went to Knoxville and Nashville in Tennessee, Denver in Colorado, Miami in Florida and to New York.

My experience of Camp America has been fantastic and has made me have more respect for children and adults with special needs and disabilities. I would definitely recommend it to anyone, it was such a great experience to have.

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