



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

Swim21

Accredited

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www.epasc.co.uk

Welcome back!

You are reminded that annual subscriptions are now due and must be paid by February 20th. If you have not paid by then you will not be permitted to take part in any club activity. If your subscription is not paid by March 15th your membership will automatically lapse.

Fees for 2016 are given below:

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| Junior swimmers (16 & under) i.e. born 2000 or later | £60.00 |
| Senior swimmers (age 17 to 24 years) | £45.00 |
| Master swimmers (age 25 years or over) | £35.00 |
| Senior non-swimmers | £10.00 |

In July we will be introducing a new system to collect the nightly training fees. We plan to do this by monthly direct debit. Further details to follow.

When you renew your membership we shall ask you to confirm your current address and phone number, and this year we are also asking for your e-mail address, since this is the most effective method of communication.

The Annual General Meeting

The Club AGM will be held on Wednesday March 23rd at 7.30pm. In previous years we were able to hold this important meeting in the Park Suite at EPIC. However the new Sports Village does not have any meeting room suitable for 30 or more people.

We have therefore booked the Little Sutton Community Centre, where there is a pleasant room for our meeting and excellent parking for up to 40 cars. All senior members (including Masters and non-swimming members) are entitled to attend and to vote. Juniors are welcome to attend but without power to vote.

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ASA Timekeepers

Would you be interested in becoming a qualified Timekeeper? Most years we run a short course which is open to any parent, or swimmer age 14 or over. Ask Elaine or Nikki if you would like to hear more.

The Memorial Gala

The Memorial Gala will be held this year in early June, when the club 100 metres freestyle and the 100 metres breaststroke championships will be held, together with short sprints in all four strokes. Full details and sign-up sheets will be available nearer the time.

Mrs Joan Harwood

It was with great regret that we heard of the death of Joan Harwood. Joan was on the Executive committee for over 10 years and was our Chairman in 1986/87. Her sons, Mark and Nigel, swam in the club team for many years. We are delighted that her grand-daughter, Lily, is keeping up the family tradition and already competing with us.

The BLDSA One Hour Swim

The club will run this event on Sunday February 21st. It is hoped that a slightly shortened session for juniors who are not taking part on the one-hour swim will take place at 5.00pm, followed by two heats of the one-hour swim. Sign-up sheets are available now. The cost of this event will be about £4.00, to be paid in addition to the normal club swim fee.

The Arena League

Congratulations to our swimmers and supporters who once again were awarded the President's Trophy at the final round of the League. The trophy is awarded to the best behaved team and the most enthusiastic supporters. This is the third time in succession that Ellesmere Port ASC has been awarded this trophy. It was great to see the way the parents entered into the spirit of the occasion by donning fancy dress and giving the team such excellent support.

The 44th Annual Mile Swim, November 2015

The mile swim was, for the first time, held over 1500 metres. (in EPIC it had been necessary to swim 1600metres, because of the pool length) We shall therefore be building up a new set of record times. A list of our 1500 metres "best times" is displayed on the club notice board. The 2015 event was won by Sarah Hickson in 21mins 13 secs, Greg Sheen took the boys' title in 21mins 15 secs. Best 12 years and under were Emma Harwood and Adam Chesworth, while the best Masters were Traci Shipley and Alex Gifford.

Annual Club Trophies

Each year we award a trophy to the swimmer who gains most points when swimming in club or open competitions. These trophies are awarded at the Christmas disco, in 2015 they were:

| | |
|---------------------|--------------------------------------|
| 10 years and under | Emma Harwood and Jamie Chesworth |
| 11/12 years | Hannah Hutchinson and Adam Chesworth |
| 13/24 years | Cerys Hope and Jack Grierson |
| Masters (25 & over) | Sue Hickson and Matthew Gibbs |

Peninsular Championships 2015

We recorded some excellent results in the Championships, when Sarah Hickson took an astonishing six titles, with Jack Grierson taking five. Further events were won by Alys Wightman (3) Andrew Ferns (3) Isaac Morris (2), Isabelle Thane (1) Aimee Morris (1) and Megan Read (1) The Peninsular age groups and championships provide an excellent introduction to open competition. Swimmers are urged to ask their Coach if they are ready for entering an event. If your Coach thinks you are then speak to Mrs Elaine Ludgate or Mrs Nikki Hope who will give you further information and the appropriate entry forms.

Don't forget to check out the club website:

www.epasc.co.uk