



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

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www.epasc.co.uk



Accredited

Increase to nightly sessional fees

From Friday July 1st the sessional swim fees have had to be increased to cover the rising costs of pool hire. A more detailed poster is available on the club table and noticeboard, where it is shown how the fees taken on club nights come nowhere near to covering our costs.

Although attendances on a Monday night come reasonably close to covering the pool hire charge, attendances on Fridays and Sundays are totally inadequate.

To ensure the club to continues to operate successfully, we're asking if swimmers could make a real effort to attend more than once a week, this will also help maintain water fitness, improve their stamina and stroke technique.

Junior Schools Gala—16th May 2016

It was the first time the schools gala had been swum at the Sports Village Pool, with swimmers from 18 local schools taking part ... loudly supported by their parents in the spectator area.

The overall winners were Our Lady's, where their girls' team also won the relay and their boys' team was placed second. Childer Thornton were runners-up, with Woodlands taking third place.

More ASA Officials for Ellesmere Port ASC

A course for parents and older swimmers was run for those who wished to qualify as Amateur Swimming Association Timekeepers. Theory sessions were followed by a practical assessment and as a result all six candidates passed. They were: Mark Everard, Will Everard, Mark Harwood, Megan Read, Jayne Thane and Gillian Waterworth.

Certificates marking their achievement were presented at recent galas. Four timekeepers have now gone on to start the more demanding ASA Judges course, which involves attendance at a number of galas, both home and away, together with a written paper covering the ASA Laws and gala procedures.

Could you write something for us?

Over recent years we have been able to include articles written by club members, usually reporting on some special event. We would welcome more items, so if you feel like seeing yourself in print, just type up your article and hand it in at the club desk. The next Newsletter is due in October, so articles must be submitted before mid-September.

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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
Goggles - £6.95
EPASC Towels £8.75

All of the above are in stock.

Also available to order are EPASC Hoodies in white or blue

Prices vary depending on the size, please ask Elaine Ludgate for more details.

EPASC Annual Gala

Full details and sign-up sheets to show interest will be available very soon.

Swimmers (and parents) please look out for these on the club desk at nightly sessions.

We are always in need of volunteers to help with the running of our galas, if you feel you would be able to help, please let us know.

The Memorial Gala

The Memorial Gala was held at EPSV on June 18th, when the 100 metres Freestyle Championships and the 100 metres Breaststroke Championships were contested together with 50 metres sprints in all four strokes for the younger swimmers.

The freestyle championships, swum for the rose bowl trophies and given in memory of our former President, Dr David Cooke, are now in their 15th year, but this year we were happy to accept trophies given for the 100 metres breaststroke championships. These cups were donated by the family of the late Enid Jeffries and were presented to the winners by Enid's two daughters, Denise and Donna, both of whom have had many years of involvement with the club, Donna as a very capable swimmer, while Denise assisted in the running of many home galas. The girls' freestyle championship was won by 13 year old Caitlin Bradford, who was also the winner in 2015, while the boys' championship went to Daniel Guerrero. Caitlin Bradford also went on to win the girls' breaststroke title, where the boys' title went to Master swimmer Matthew Gibbs. Results are on the website and noticeboard. Congratulations to the new trophy holders!

Peninsular League Galas

Ellesmere Port ASC is a member of the Peninsular Group of Swimming Clubs which runs the Peninsular League and Peninsular Development League galas. The league gala are usually held between January and November, then the final galas for both leagues are "All Clubs Galas", meaning that all six Peninsular clubs compete against each other in one gala. In addition we encourage our swimmers to enter the Peninsular Age Groups and Championships. The results of all the galas held so far this year can be found on the website – they are also posted on the noticeboard, but are replaced as and when space is needed.

ASA Challenge Awards

We are following our usual practice of inviting swimmers to train for, and achieve, the ASA Challenge Awards during the summer holiday period during the usual club training sessions. Sign-up lists are already available on the club desk at nightly sessions, where swimmers may sign up for a maximum of two awards. Awards are available at four levels: bronze, silver, gold and honours and must be attempted in that order – details are available explaining the tasks for each level.

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