Chester Le Street wimming Club

News 'n' Views

Summer 2015

Issue 1

Message from the Chairman

I would like to welcome you all to the very first Chester-le-Street ASC online newsletter.

In another highly successful season for the club I would like to start by making a few thankyous.

Firstly to all of the clubs helpers (too many to mention) who have volunteered their time and energy in a variety of ways and in a variety of rolls to help with the day to day running of the club but also towards the success of both the October and April Galas which resulted in a major raising of funds for the club.

I would also like to thank Gordon Brown solicitors for their very generous sponsorship and also UK Mail for their continued sponsorship and support of the club.

A big thankyou to all of the coaches and teachers from Gill and Claire in the little pool right through all of the squads in the main pool. I think the results speak for themselves.

Well done and a big thank you to all of our swimmers especially those who have represented the club at various different levels – keep up the hard work.

Hopefully the season will end on a high with success at National Level this summer.

Good Luck to our swimmers at the Junior League Final at the end of the month where we hope to see the club promoted back to Division One where we belong.

Plans for the 40th Anniversary celebrations are well under way and we hope to meet up with and welcome lots of members past and present at our main event in September

Finally Good Luck and our best wishes go to Mark Ovington who has finally decided to hang up his goggles and Speedos after ten years of competitive swimming at the highest level.

Mark became National Age group champion and won five gold medals at distances of 400m 800m and 1500m at Sheffield Ponds Forge during his career and was short listed for County Durham Junior Sports Person of the Year on two occasions.

Volunteers – we are always looking for new volunteers so if you think you can contribute in any way to the club then please contact a member of committee either at the pool or via e-mail.

Have a great summer!

Frank Bell
Chairman

Keep Calm You're only 40!!

It's now been 40 (yes 40!!) years since Chester-le-Street ASC welcomed its first swimmers into the Burns Green pool.

During this time, the club has gone from strength to strength, boasting many success stories along the way – from Team GB coaches to Olympic Swimmers!

Most of you probably won't know, but the very first swimmer to represent the club at a gala, was none other than our current Head Coach Gary Renshaw, who's father John founded the club and became its first ever Head Coach in 1975. How many clubs can claim that!

So to mark this momentous occasion, we have planned a celebratory 'family extravaganza' on Saturday 5 September 2015 at Coxhoe Leisure Centre, where we hope to welcome some familiar faces both past and present (and I'm sure they haven't changed a bit !!).

We hope that you will share our excitement in looking forward to the event, which we are sure will be a fantastic day and a great opportunity for the club to get together as a whole and we look forward to seeing you all there.

Tickets are now on sale.

In this Issue

40th Anniversary	1
Junior League Dream Team	1
Simply the Best—Competition Round up	2
Learning Zone	3
In the Spotlight….	4
Fundraising & Sponsorship	4

Junior League Dream Team—Division 2 Winners!!

Our Dream Team proved what an unstoppable force they were at the Junior League Final held at Haven Point on Sunday 28 June 2015.

Winning the competition by almost 70 points ahead of nearest rivals Richmond Dales, to secure their place in Division One for next season, they were definitely deserving of their nickname.

Achieving a total of 48 top three places out of 51 events, it showcased what young talent we have, and was a testament to what teamwork can achieve!!

All of our young swimmers gave 110% on the day, with some fantastic swims, great team spirit and lots of smiles and excitement, it made for a

wonderful event all round.

In the traditional teams parade, we were treated to some wonderful themed costumes from Spongebob to Robin Hood, Superheroes to Soldiers and everything in between!! It was lovely to see the youngsters in all their multi-coloured splendour!!

Despite the stiff competition, a winner was announced and this year's prize was awarded to Richmond Dales, with their Superhero theme.

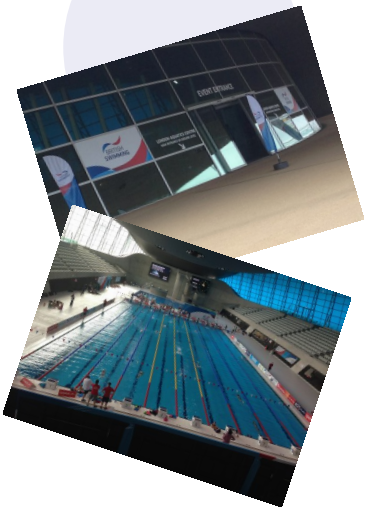
The day was rounded off with some team photos in the sunshine, (soon to be published in our gallery).

So all that is left to say is a **HUGE** well done to all 38 of our swimmers who took part in this year's competition, some of whom for which it was their first experience of competitive swimming, and we look forward to seeing what next year's competition holds in Division One…..

Simply the Best! - Competition Round Up

Well where do we start……Our swimmers have delivered some amazing performances throughout the season, from our youngest competitors through to our seasoned veterans and have secured some fantastic achievements; not only for the swimmers themselves, but for the Club as a whole.
Their achievements have made us all immensely proud, not only of their performance in the pool, but also the team-work, sportsmanship and commitment they have displayed , which have made them a true credit to the club. I'm sure we will have yet more good news to report, following on from this year's summer nationals, so watch this space!!.....

British Championships



We have to start with the British Swimming Championships, which were held at the London Aquatics Centre, QE Olympic Park in April.
Chester le Street ASC had no less than 3 swimmers representing the club at the championships, qualifying for an impressive 5 events between them.
European trials were also incorporated into the event, which our elder swimmers were eligible to take part in.

This was a huge personal achievement for the swimmers, as well as being a fantastic accomplishment for the club; to have three swimmers representing them at such a prestigious event.
The Championships themselves were an amazing experience for all involved, showcasing the best of British swimming talent.
Attendees were even fortunate enough to witness the setting of a new world record.

Adam Peaty from City of Derby Swimming Club, won the Men's 100m Breastroke in a new world record time of 57:92 – becoming the first man to break the 58 second barrier!
It goes without saying that we are immensely proud of all three swimmers and I'm sure it was a truly memorable experience all round!!
Hopefully next year we will have a few more of our swimmers taking part.

Regional Age Group Championships

" Boasting a total of 14 qualifiers, 24 finalists, total medal tally of 11 and finishing an impressive 5th place"

This year saw the highest number of swimmers representing the club at Regional Championships, and it is a true testament to what hard work and dedication can achieve.
Boasting a total of 14 qualifiers, 24 finalists, total medal tally of 11 and finishing an impressive 5th place overall (out of 27 Northern clubs)!! It was a fabulous achievement all round, and we would like to say a big congratulations to all those who took part.

British Summer & Home Nations Nationals

Following the recent announcement of British Summer and ASA Summer Championships qualifiers, we are immensely proud to reveal that Chester le Street Asc has no less than 7 individual qualifiers across 25 events!!

Our 14-16 year old boys team have also qualified for ASA .

Summer Championships freestyle team events.

This is an amazing achievement for the club and our young athletes and we continue to be impressed by the quality of performances delivered throughout the season and what our talented young swimmers have achieved.

A **massive** well done to all our qualifiers and as always we wish you all the very best of luck in your respective championships.

British Championships explained……

Developed as part of a broader British Swimming Performance Pathway Strategy, the new structure includes an **ASA Summer Nationals (50m)** and a new **ASA Short Course Winter Nationals (25m)**.

The aim of the changes is to provide greater opportunities for swimmers to experience national competitions, and to create an aligned competition calendar across England, Scotland and Wales, to help coaches support developing athletes within a defined period of training and competition phases.

A further addition to the competition structure will be an end of season **British Summer Championships**, scheduled to take place from 28 July-2 August. This will provide up to 24 top ranked swimmers in each age group and event, the opportunity to compete at the highest level.

Those that finish outside of the top ranked places will have the opportunity to compete at the ASA Summer Nationals scheduled from 4-9 August.

All Championship Meets will also adopt the use of age at 31 December to realign with LEN/ FINA.

This summer will see the roll out of the new structure, starting with the British Summer Championships at the end of this month, closely followed by ASA Summer Nationals.

We are immensely proud that we have 7 individual qualifiers competing at these championships and we wish all of them the best of luck in their respective events.

Ten Commandments for Swimming Parents

Children compete in sport for many reasons, but the main reason is because it's **FUN**. However, Its often all too easy for parents of talented youngsters to get carried away in the midst of their child's blossoming success.

We think Rose Snyder (US Swimming) has hit the nail right on the head with her list of Ten Commandments for Swimming Parents, I'm sure we can all relate to at least some of these and something to think about…….

Thou shall not impose thy ambitions on thy child

Remember that swimming is your child's activity. It is important to ensure that your child is striving to achieve their own dreams and ambitions and not yours.

Thou shall be supportive no matter what

Your child will aim to give 100% whatever you may think. Always applaud and praise their efforts. Its imperative that your child knows that you will love and be proud of them no matter their performance in the pool.

Thou shall not coach or bribe your child

You are paying to bring your child to Chester le Street Swimming Club so enjoy all the benefits our coaches can provide. They have all undergone extensive training and have worked hard to make your child's time in swimming a positive one! Parents should resist the urge to try to coach their child on technique – it will only cause confusion.

Thou shall not compare or divide.

Comparing your child to other athletes on the team or in the meet is unhealthy and pointless. Success is a journey, not a destination. Every child will take a different path, will learn at a different speed, and will arrive at a different kind of success.

Thou shall follow the same rules of sportsmanship as thy child.

The best advice on sportsmanship is quite simple; "A champion takes victory and defeat in the same way." Lead your child by example, and put a swift end to gloating and other forms of poor sportsmanship by showing that you won't tolerate it in yourself or your child.

Thou shall honour thy child's coach

Do not criticise the coach in front of your child, or waste your energy discussing things with other parents in the stands. The coach may seem to do things you may not understand but you may not know the coach's Long Term Development Plan for your child. If you have any concerns help the team by speaking to the coach directly.

Thou shall be loyal and supportive of thy team

Your child is an individual swimmer and a member of a team. Support your child, team and club.

Thou shall teach thy child to find the lessons in failure and the value of perseverance

Success is a journey, and failure is a teacher. In life, we are taught the same lessons over and over until we get the message and learn the lesson. Swimming is a sport that is made up of 90% failure. If we teach children to see failure as an opportunity for growth, we empower them for life.

Thou shall get thy child to training on time and stick to a regular training schedule.

Success in Swimming depends on consistent practice habits over the entire year. Poor attendance leads to fear, frustration and poor performances.

Thou shall ensure that you enjoy the ride

Above all enjoy this wonderful sport, the ups and downs, elation and frustration and the friendships you will make along the way.

In the spotlight……

Wet n Wild Adventure

In recognition of the fantastic performances and great team work of our youngest swimmers throughout this year's Junior League competition, we arranged to give our youngsters a little reward. We also invited other club members to join them as an end of season treat. The event went "swimmingly" and everyone had a whale of a time!!

Wedding Bells!!

A huge congratulations to our Head Coach Gary and Tracey who recently got engaged.

Breaking with tradition, Tracey surprised Gary poolside (and a gallery full of spectators!!) by getting down on bended knee to propose . Unfortunately for Tracey he agreed!!

We wish them both all the very best with the wedding plans, and for the future and look forward to hearing all about the celebrations.

Best wishes to you both!!

Competition Calendar

2015/2016 Season

19/20th September	Richmond Dales
11th October	Durham Medley
23-25th October	Chester le Street 40th Meet
7th November	Wear Valley
21-22 November	NER Short Course Sunderland
4-6 Dec	Internal club gala—provisional date
17-20th December	Winter Nationals at Sheffield
6th / 7th February	N& D Championships 2016
27th / 28th February	N& D Championships 2016

April Open Meet

Despite the condensed programme, our April Meet was a tremendous success from the fantastic performances in the pool, to the generous support and help from parents and members.

Thank you to all who donated their time and effort to ensure the event ran smoothly on the day, whether it was officiating, helping poolside, fundraising or behind the scenes organisation. Without such overwhelming support the event would not have been such a success.

Great Club Effort!!

Fundraising & Sponsorship

Mars Milk Play Fund

Mars are once again running their annual "Milk Play Fund", a funding initiative giving sports individuals, clubs or projects the opportunity to compete for a £1000 cash award, to contribute towards things such as new kit, travel costs, coaches, training or competition entry fees etc. and we have registered our club to take part.

The initiative runs from May to September, during which time a monthly award of £1000 will be made to the entry that receives the most votes. Additionally, each week a panel of judges will award two further applicants a grant of £300.

I'm sure you will all agree that this is a fantastic opportunity to try to obtain valuable funding for our young athletes as well as raise the profile of the club, and all it requires is a minute of your time to click on the link and vote!!

So share with family, friends, neighbours, anyone you can think of, and GET VOTING!

New Sponsors

As club we are constantly striving to raise our profile and generate valuable funding for our swimmers, to improve the facilities we offer and give our members the opportunity to excel in their chosen sport. We are extremely grateful to all of our sponsors for their continued support, and are pleased to announce the addition of a new sponsor Gordon Brown Law Firm. We would like to thank them for their generous donation

Gordon Brown LAW FIRM LLP

UKMail

Photo Gallery

Our youngsters enjoying their Wet n Wild Adventure!!

Can you guess who it is yet?.....

April Open Meet - Fundraiser

"Our Dream Team"- Junior League 2015

Celebrating 40 years!!

If you have any photos which you would like including in our gallery, please speak to Lianne Pye