



News Splash

JUNIOR LEAGUE FINAL...

Dot and her team of Junior League swimmers had a great final on 23 June 2013 at Tynemouth Pool. The team lifted the canon trophy to the very vocal delight of Dot and the many supporters in the gallery.

Finishing a very respectable third behind Derwentside and Gateshead & Whickham it was a fantastic day out.

Thanks go to Karen Kirsop, Jo Pinnock, James Lane and Lewis Gaffing all of whom assisted Dot on poolside on the day.

Trish Octon, once again, needs a very

big thank you for providing the costumes for the final and some delicious cake for lunch! We thank Trish Watson too for her help with the costumes.

Well done to the whole team for providing us with another great Junior League series for 2013.

Save the Date...

STSC Home Gala

7-8 September 2013

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Summer Notices.....IMPORTANT!

Swimming Race Night

We will be holding a team event on 31 July 2013 at Hebburn pool starting at 7.30pm for swimmers in squads A to D.

Swimmers will be in 6 teams and will compete for fun with some prizes available throughout the night.

We hope you will come along and join in the end of season fun.

If you can't make it, we would be grateful if you would let your coach know as soon as possible.

Many thanks.

Altered training schedule of Summer Training

Please keep a eye on the website and noticeboards over the coming weeks as we will be commencing the summer training schedule on 1 August 2013. The new season will start again on 1 September 2013.

END OF SEASON CELEBRATION...

Neon Social Club

27 July 2013

7pm onwards

Neon Social Club, Jarrow,
NE32 4HX

*Please come along and
celebrate the end of our
swimming season*

together.

*This is the first event of its
kind and we hope as many of
you as can make it will come
and join the party. We'll
have a disco, the typical STSC
raffles and cards and time to
relax after a long and
successful season for
swimmers and supporters*

alike.

*Tickets are on sale now at
£2.50 each. Space is
limited so we recommend
that you get your tickets as
early as possible. You can
get your tickets from
Karen as usual.*

*We look forward to seeing
you there.*

Meet your Committee - Rose Peart



*This month we
meet Rose Peart,
our Learn to
Swim Co-
ordinator.*

**How long have
you been an STSC
volunteer?** I have been a volunteer
for 7 years.

**How did you get involved with
the Learn to Swim programme?** I
got involved with the Learn to Swim
programme after being asked by Paul
Simpson who ran this. When Paul left
5 years ago I stepped into the role

which I still enjoy immensely.

**What does your role with
Learn to Swim involve?** My
role is the welcome face that greets
the children and parents on arrival
on a Wednesday night and
Saturday morning. I make sure the
children are directed to the correct
coach on poolside. I take fees and
complete any paperwork including
coach wages which is then handed
to Karen Kirsop. I am available to
help with any enquiry and keep
records of waiting lists and contact
parents when places become
available.

You're also responsible for PB

*In your next edition, we'll be
talking to Joanne Pinnock -
Committee Member of STSC...*

**sheets at the Club. What does
this role involve?** The personal
best sheets are a record of all
squad swimmers who compete,
after every gala these sheets are
updated with swimmer
achievement and are colour coded
to what level each swimmer has
achieved eg N&D are green. These
sheets are then sent to coaches.
THANKS Rose!

Gala Calendar 2013-2014

*Our gala calendar for July/
early August:*

13-14 July - Sunderland
Summer Splash (Sunderland)

24-28 July - National Age
Group Championship

(Sheffield)

30 July - 4 August National
Youth, Open and MC
Championships (Sheffield)

Competition News - Galas, General Information for Beginners Part 2

A short time before a meet, the Competition Secretary will receive an accepted entries list and will return gala forms, via Coaches, to all swimmers who entered, confirming their accepted swims.

If the gala has been oversubscribed and there are rejections then this information will also be noted on the returned forms and any refund of fees will be processed as soon as possible and returned to parents by

the Squad Reps. Sometimes a draft programme for the gala will be supplied to the Competition Secretary and this will be added to the individual gala event information on the event page of the Club Website.

If a swimmer is ill and wishes to withdraw a few days before a competition please inform the Coach who in turn will let the Competition Secretary know so that the swimmer can be withdrawn

officially from the gala. If a swimmer is ill on the day of the gala then please text the Coach with the information so that they can withdraw the athlete as soon as possible, as in some galas the Club will be fined if a swimmer does not show for their event. Refund of entry fees in these cases are at the discretion of the individual Gala organisers and a medical certificate may be requested. *JW*

Swimming terms ... "I", "J" and "K" are for...



We continue our glossary of some common swimming terms with I, J and K...

Individual Medley or IM

A race comprising all four strokes in the following order - butterfly, backstroke, breaststroke and front crawl.

Juniors

Swimmers aged 16 and under at 31st December in the year of competition.

Kick Sets

Lengths, using legs only.

Kickboard

A flat rectangular piece of foam used in kick sets.

JW

Congratulations Kieran Peart

Our congratulations to Kieran Peart (A Squad) for completing his Level 1 Coaching training. Kieran, aged just 16, has

been a volunteer with the club for a year and a half and, over a weeks intense course at Sunderland Aquatic Centre, achieved

the first step on his way to his ambition of becoming a coach.

Learn To Swim

End of Season Reminder

The last sessions of the season are scheduled for:

Saturday 27 July

Sunday 28 July

Wednesday 31 July

Next Season Starts

Sunday 1 September

Wednesday 4 September

Saturday 7 September

LEARN TO SWIM ADMINISTRATOR required

We STILL need assistance in the administration of our Learn To Swim programme on a Sunday at Hebburn pool. If you can spare us a few hours on a Sunday afternoon to take the register and take session payments when they are due we would really appreciate your time. Full training will be provided so please do not worry that you will be asked to do something without our guidance.

Paul Robinson's Highlights...



WORLD RECORD FROM JOSEF

Josef Craig has been at it again. Competing in the British Championships Josef swam to another world record in his number one event the 400 Freestyle. Knocking over a second off his previous record set in the Paralympics Josef swam to win the gold medal closely followed by his rival Jonathan Fox. This superb swim was followed up by a further gold medal in the 100 freestyle and a silver in the 50 freestyle.

NERs Age Group Championships

The second weekend of the NER age group championships were again held at Sheffield's Ponds Forge. Rachel Taylor was again amongst the medals collecting a bronze medal in 200 breaststroke in a close race. Dori An was also in the medals winning his first ever NER medal - a bronze medal in the 10 years 400 freestyle in an massive PB swim. Dylan Pinnock was again in good form competing in a range of events the highlight being the final swim of the weekend, the final of the boys 13 years 400 freestyle in which he took over 5 seconds of his heat swim to finish in 7th position. Also racing over the weekend was Molly Momat who returned from illness to produce a PB swim in the 100 butterfly, Owen Andre who swam a PB in the 200 backstroke finishing in a very respectable 13th position and last but not least Amber Rodgers finished 27th in the girls 12 years 200 backstroke.

Junior League Final

A massive congratulations to all swimmers who represented South Tyneside in the Junior League Final. The team again led by Dot Houston finished in a fantastic 3rd position and again won the cannon. A huge thank you to everyone who helped out on what was a fantastic day for everyone involved.

Derwentside Charity Meet

South Tyneside swimmers were also present at the Annual Derwentside Charity Meet. A team with swimmers from all four squads competed at Stanley and produced a whole host of PB and medal winning swims. Well done to all involved.

HAPPY HOLIDAYS EVERYONE!!