



# News Splash

## Boxing Day Dip!!

Whilst thinking of fundraising ideas, Mandy Samuels thought up a brilliant one—let's do a boxing day dip! 11 mad volunteers agreed to sign up: Mandy Samuels, Joanne Rickaby, Lisa Rickaby, Karen Kirsop, Joanne Pinnock, Ali Hill, Joy Andre, Tracy Hallway, Gary Samuels, Paul Develter, Richard Rickaby and Dave Smith. Sorry to Joanne and Joy who escaped the photographer's gaze this time around! It was freezing but lots of fun! Lots of support from family and friends who came down to watch was greatly appreciated! Mulled wine to warm us up after, courtesy of Val Rickaby was lovely. So far we have raised over £1500 which is fantastic.

Thanks to all who sponsored us, but warmer fundraising ideas please next time! JP



### Save the Date....

New date for your diaries:

### Race Night - 23 February 2013

Further details will follow on the noticeboard (Hebburn) and on the website; race sponsors are required!

### Inside this issue:

Equipment List - A and B squads	2
Your Committee Executives—Gary Kirsop	2
Gala Calendar January 2013	2
Kit shop news	2
Competition Secretary Spot	3
Swimming terms made simple!	3
Head Coaches Highlights	3

### Junior League Dates....

17 March - Hebburn Pool  
14 April - Darlington Pool  
28 April - Durham Pool

Further details are on the noticeboard (Hebburn)

### Special Notice:

STSC Annual Presentation night will be held on Saturday 19th January 2013 at the Neon Social Club, Jarrow, NE32 4HX. 5pm until 11pm. Tickets are on sale now at £2.50 per person. Admission by ticket only. All adults and swimmers must purchase a ticket.

### Congratulations to Josef Craig M.B.E.

What an amazing few months it has been for Josef. This summer he became an Olympic Champion and World Record Holder. In December he became BBC Young Sports Personality of the Year and was jointly awarded the North East Sports Personality of the year. Josef has now been awarded an MBE in the New Year's honours list. Congratulations to Josef for an outstanding year.

## Useful "Contacts"

We have a number of email addresses for various parts of the club. If you would like to contribute to the Newsletter or request an article on any particular subject, please email us at: [newsletter@stswim79.co.uk](mailto:newsletter@stswim79.co.uk)

If you would like to reach your Child Welfare Officer, please contact Christa at:

[childwelfare@stswim79.co.uk](mailto:childwelfare@stswim79.co.uk)

We are also looking for new sponsors, including: club sponsor; kit sponsor; gala

sponsors and more. We'd be delighted to hear from you at:

[sponsor@stswim79.co.uk](mailto:sponsor@stswim79.co.uk)

Any Competition related matters should be sent to:

[galainfo@stswim79.co.uk](mailto:galainfo@stswim79.co.uk)

## Equipment Lists - A and B Squads

As part of the development programme for our swimmers, as they reach B and A squads, our Head Coach, Paul, and the Club Committee has agreed a kit list recommended for all swimmers in those squads.

It is appreciated that purchasing this amount of kit is costly and prices have been negotiated by the Club at NESS swimwear where possible.

### A Squad

2 Hats; 2 pairs goggles; 1 litre water bottle; Kick board; Small fins; Hand paddles (Power); Pull Buoy; Snorkel; Heart rate monitor and strap; White board and pencil; Skipping ropes; appropriate gym footwear and Club Kit; Swiss Ball; Exercise tube (66 fit, light resistance) - for shoulder conditioning.

### B Squad

2 Hats; 2 pairs goggles; 1 litre water bottle; Kick board; Small fins; Hand paddles (Tech); Pull Buoy; Snorkel; Skipping ropes; appropriate gym footwear and Club Kit; Swiss Ball; Exercise tube (66 fit, light resistance) - for shoulder conditioning.

## Meet your Committee - Gary Kirsop

Gary Kirsop is Chairman of South Tyneside Swim Club and a regular face on poolside, at training and at galas.



**Gary, how long have you been with STSC?** I first started going to the club nine and half years ago, when Hannah first joined the learn to swim programme on a Sunday afternoon.

**What was your first role at the Club?** My first role in the club was helping out at galas setting up timing

equipment, timekeeper. I joined the committee and after three months I became the Club Secretary.

**What is the biggest change at the Club since you arrived?** The retirement of the Head Coach and the successful recruitment of our new Head Coach Paul Robinson.

**What is the vision for the future of the Club?** The aim and vision is to promote swimming locally, in an atmosphere where all swimmers can experience the fun of competition and reach their full potential. Swimmers will be able to compete at a level of their own ability and to go as far as

*In your next edition, we'll be talking to Claire McCormick—Secretary of STSC...*

possible from club to county to national standard and beyond.

**What is our single biggest challenge in meeting/achieving that vision?** Having a strong committee to manage the club with excellent coaching and the continued support from Coaches and Parents for the athletes to reach their potential.

## Gala Calendar 2012-2013

Our gala calendar for January 2013 includes the following galas:

12/13 - Gateshead & Whickham

26/27 - Zonal Meet (NER)

Our website contains all of the

information relating to gala entries, competition dates and results and up-to-date notices when training updates and cancellations are notified. Please do regularly visit the website: [www.stswim79.co.uk](http://www.stswim79.co.uk)

**Kit Shop news.....** For only £39



## Competition News - gala entries

We are delighted to introduce the first article from your Competition Secretary. Jane will be a regular contributor to News Splash so please watch this space for helpful information relating to Competition news.

THANKS JANE—News Splash (NS)

Gala Entry Forms are handed out to swimmers via their Coach. In general, you will have 2 weeks in which to complete a form and hand it in. Please don't leave it until the last minute because the Club entry has to be processed and sent to reach the Gala organisers before their deadline.

Once the club holding the gala has issued a list of accepted swims the forms are returned to individual swimmers, again via their Coach, so you have a record of your entries and confirmation of those events you have been accepted to swim at the gala. If refunds are necessary these will be processed as quickly as possible and are handled by Squad Reps. Individual gala information and instructions for completing entry forms are available on the Events page of the Club website:

<http://www.stswim79.co.uk/Events/GalaEntryInstructions.aspx>

It is the responsibility of each swimmer to ensure their gala entry forms are fully completed and handed in prior to the closing date given on the form.

**Please note as of 01/01/2013 no late gala entry forms will be accepted.**

Jane Whitelock - Competition Secretary

## Swimming terms ..... “A” is for..

### Glossary of some common swimming terms

This column is aimed at helping those new to swimming, especially parents, to understand some of the language related to swimming that is likely to confuse and is provided purely as a guide.

#### A.S.A.

The Amateur Swimming Association, which is the national governing body of swimming in England.

#### Alternate Breathing

In freestyle swimming, breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing to the right side and so on.

#### Anaerobic Training

Training that improves the efficiency of your body's energy producing systems that do not require oxygen and can increase your muscular strength and

tolerance for acid-base imbalances (such as the production of lactic acid) during high intensity effort.

#### Anchor

The final swimmer in a relay.

JW

## Paul Robinson's Highlights...



HAPPY NEW YEAR EVERYONE!

Highlights for this month include competition results for the Derwentside Christmas Cracker and

Scottish Short Course National Championships. We had a large number of swimmers competing at

Derwentside in which a number of N+D qualifying times were achieved along with some excellent PB swims. 3 swimmers were competing at the Royal Commonwealth Pool. Jake Whitelock, Rachel Taylor and Kieran Peart all produced some excellent swims against high level opposition. Well done to all swimmers who competed.

Recent and upcoming competitions include the Sunderland New Year Meet, Gateshead and Whickham Graded Meet and the North Zonal Competition.

Good luck to all swimmers taking part. PR