



Junior League Costumes

Junior league costumes together with the Final t-shirts will be distributed by Karen Kirsop in the week preceding the event .Thank you.

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News Splash

JUNIOR LEAGUE FINAL TIME...

Once again, Dot and her team of Junior League swimmers have reached the Final of the 2013 competition. The gala takes place:

Sunday, 23 June 2013

Tynemouth Pool

Coach leaves Hebburn pool at: 11am

Start time: 11.50am (warm up), 12.35pm (start)

A coach will be provided for swimmers with limited additional

places available on a first come first served basis for parents, carers and guardians. These seats are available from Karen Kirsop at £5 per seat. These seats are usually sold very quickly so early booking is recommended.

Tynemouth pool has ample parking available across the road at the local Morrisons supermarket for those making their own way to the pool.



Junior League Notices.....IMPORTANT!

Junior League Team

The Junior League team will be announced in the week commencing 3 June 2013. The team representing the Club in the final will be posted on the Club notice boards at Hebburn pool and at Jarrow pool during the week.

Additional Team Practise Session - Final Team Only please

Saturday 15 June 2013
Time: 10-11am
Venue: Jarrow Pool

For those representing the Club in the Junior League final, Dot would like you to attend this additional practise

session please. If you cannot make this additional session, please would you contact Dot or Karen as soon as possible to let them know. It is really important that you make it if you can and we appreciate your support.

VOLUNTEERS REQUIRED...

Learn To Swim Administrator - Sundays

We urgently require assistance with the administration of our Learn To Swim programme on Sunday afternoons.

If you have some time to

spare and can help out the Learn To Swim group, please contact Karen Kirsop, Claire McCormick or Jo Pinnock for further details.

Team Managers

We need volunteers to act as Team Managers on poolside during galas attended by our swimmers please. In order to

volunteer for this role, attendance at a Team Managers course is required. Please see our article (page 3) on the next available course. Details can also be found on our website.

Meet your new Coach - Amy Brown

In a change to the advertised feature, we have chatted to new C Squad coach, Amy Brown, to get to know her a little better.

Amy, when did you start to swim in a team/Club? I started swimming at Brinkburn pool when I was 6 or 7 before joining STSC.

What was/is your favourite stroke? Freestyle. I was a national swimmer for 2 years in both 50m and 100m freestyle.

Who was your role model in the pool when you were

swimming? Chris Cook. Chris was in A squad when I was in D Squad so we looked up to him.

... and as a Coach? Ken Nesworthy was a big influence on me as my coach.

You've had other roles at STSC before taking on the role with C Squad? Yes. I taught in the Learn To Swim programme with Dot for 2 years and also volunteered when I was a swimmer myself.

What are your goals as a

In your next edition, we'll be talking to Rose Peart - Learn To Swim Committee Member of STSC...

Coach? To have my swimmers reach National level and for them to be the best technical swimmers they can be.

Do you have a message for C-Squad parents, guardians and carers? I would like them to feel able to ask me questions at any time and to discuss things freely with me.

Gala Calendar 2012-2013

Our gala calendar for June/early July 2013 includes the following galas:

8-9 June - Derwentside Annual Charity Meet (Stanley)

8-9 NER BAGCAT - Weekend 2 Sheffield (Sheffield)

23 June - Junior League Final (Tynemouth)

26-30 June - British Gas Championships (Sheffield)

6 Sheffield Summer One Day Gala (Sheffield)

13-14 July - Sunderland Summer Splash (Sunderland)



Competition News - Galas, General Information for Beginners Part 1

The swimming season runs from September to July of each year. Within a season our Club Coaches will select a number of appropriate galas for swimmers to enter. The Competition Calendar is posted on the Club website and notice board at Hebburn Pool. This calendar shows which Squads the galas are aimed at but if you are unsure, please ask your Coach for advice. Each gala will run with a range of swimming events. Typically this will be 50m, 100m and 200m races in each of the strokes (breaststroke, backstroke, butterfly and freestyle). There are also 200m and 400m individual medley

races for both male and female, where they will complete lengths using butterfly, backstroke, breaststroke and freestyle. With freestyle there is also possibly the 400m event, the 800m for female swimmers, and the 1500m for male swimmers. Plus there may be male and female team relays swum over 4 x 50m or 4 x 100m. Please note 9 year olds are not permitted to swim 100m events, except the 100m individual medley.

Most competitions are run over a whole weekend and the competing age of the swimmer is taken as that on the final day of the gala or gala series. About 3

weeks before a competitions closing date, entry forms are handed out to all the swimmers that are suited for that particular gala (based on age and times). Swimmers should select the events that they wish to compete in. Forms should be fully completed and returned before the form deadline, with the relevant fees. Most galas charge a fee of between £4 and £6 for each event entered. If there are any relay events (and enough swimmers have entered) the Club pays for relay entry fees and the Coaches decide who should be entered in each relay (based on age, gender and times). *JW*

Swimming terms ... "G" and "H" are for...

We continue our glossary of some common swimming terms with G, and H ...

Graded Meet

The strongest swimmers in the club are given ample opportunity to swim competitively through events. Other swimmers are given an opportunity to swim through graded meets. Each swimmer

chosen to swim in an event at a graded meet must be able to swim faster than a specified time AND be slower than a cut off time for the event. If a swimmer swims faster than the cut off time they will be awarded a "Speeding Ticket".

Heat Declared Winner

Means that there will be no final and the winner of the event is determined by times alone when all

the heats have been swum.

Heats

Occurs when there are too many swimmers for them all to compete in one race. The event will be split into heats with the results being compiled after all the heats have been swum..

JW

Team Managers Course

We are running a course for

Team Managers

On Wednesday 19 June 2013 at Middlefields Industrial Estate, South Shields.

This is an important, poolside, voluntary role in the Club and we would

welcome interest from anyone wishing to take up this training.

The course is free to attend and commences at 6:30pm (Running time approx. 3 hours)

Please contact Jo Pinnock, or Claire McCormick if you are interested in the course. NS

Club Gala News

Save the Date...

STSC Home Gala

7-8 September 2013

Further details will follow.

Paul Robinson's Highlights...



NER Age Group Championships

Molly Momat, Rachel Taylor, Amber Rodgers, Dylan Pinnock and Dori An all competed against the top swimmers in their age group in the North East Region Championships held in Ponds Forge, Sheffield. All 5 swimmers did the club proud with some excellent swims. Rachel achieved her 100 Breaststroke with an excellent time of 1.18.90 finishing in silver medal position, she also finished 8th in the final of the 400 IM. Dylan was on

excellent form placing 4th in the 1500 and making the final in the 200 fly and 100 backstroke events with some excellent PBs along the way. Fly specialist Molly competing in the 200 event despite suffering through illness in the lead up to the event finished in 13th position. Amber swam an excellent PB in her only event of the weekend the 100 backstroke finishing in 15th position only 0.13 outside making the final and finally Dori competing at his first ever NER competition was not phased putting in two fantastic swims in the 100 backstroke (17th) and 200 free (5th). Well done to all swimmers.

Wear Valley and Sunderland Open

South Tyneside were represented by a group of swimmers at the Level 1 Sunderland Open Meet and the Level 3 Wear Valley gala held at Bishop Auckland. Both competitions held on the same weekend saw a host of PB times recorded against tough opposition and swimmers at both competitions picked up quite a few medals along the way. An excellent effort from all swimmers who competed. Keep up the good work!

PR

Learn To Swim

We are delighted to bring you a brand new section in News Splash this month for our Learn To Swim programme. The programme is a huge part of our growing Club and we welcome any suggestions for articles and information you would like to see on this page in future. NS

Learn To Swim classes take place at Hebburn swimming pool, on Wednesday evenings and Sunday afternoons, and at Jarrow School pool on Saturday mornings. The teaching is conducted by an enthusiastic team of ASA qualified teachers all of whom are volunteers.

As the young swimmers progress through the carefully planned stages of swimming development they will learn the necessary water skills required for competitive swimming.

Notice for session payments

Payments for the next series of Learn To Swim sessions should be made in the coming two weeks please.

End of Season

The last sessions of the season are scheduled for:

Wednesday 31 July

Saturday 27 July

Sunday 28 July

LEARN TO SWIM ADMINISTRATOR required

We 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.

Learn To Swim Coaches

Our Learn To Swim team is headed by Dot Houston. Dot attends every Learn To Swim session on a Sunday and Wednesday. Laura Morland runs our new Saturday session.

Dot is assisted by an extensive staff of coaches and coaching assistants: Mitra Layeghi, Rebecca Soden, Paul Connelly, Charlotte Malloy, Laura Morland, Victoria Allison, Lyndsay Simpson, June McCarthy.

The coaches are teamed with coaching assistants: Kieran Peart, Charnelle Charter, Hannah Costello, Holly Robinson and Abi Kirsop.