



News Splash

Presentation Night

On Saturday 19th January we celebrated another great year for STSC and its swimmers at the Neon Club, Jarrow. Our swimmers of the year were named as: Keiran Peart, Faye Pinder, Jake Whitelock, Rachel Taylor and Molly Momat, with Josef Craig receiving the STSC special award.

Our Club Captain for 2013 is Faye Pinder (A squad). Well done Faye.

Did you know that 23 Club Championship records were broken in November 2012, including the 17 years and over 50m Freestyle in which our own Paul Robinson set a new Club Championship record.

Fundraising on the night was £353.50.

Race Night is off and running

Just a reminder that we have a Race Night organised for **23 February 2013**. This is an adults only event and the tickets are available on a first come, first served basis. Please hurry as space is limited. Monies raised will go towards the Training Camp scheduled for April 2013. Tickets are available from Karen Kirsop. The evening begins at 7pm and will run until late. The venue is Hebburn Buffs, William Street, NE31 1BZ (behind the Caledonian Pub).

Squad Representatives

Did you know that each squad has a representative?

Their role is to be the voice of swimmers, parents and guardians in the Club and to the Committee. Your

current **Squad reps** are:

A Squad - Karen Kirsop

B Squad - Ania Develter/
Paul Develter

C Squad - Claire McCormick/
Joanne Pinnock

D Squad - Ania Develter/
Paul Develter

Learn to Swim:

Wednesday - Rose Peart/
Kim Craig

Sunday - Ania Develter

Save the Dates.....

Fundraising Bag Packs will take place in:

Marks & Spencer, South Shields -
Saturday, 16 February 2013.

Tesco, Simonside -
Saturday, 23 February 2013.

ASDA, Boldon -
(A, B and C squads.)
Saturday, 13 April 2013.

Further details will follow. Please help out if you are able to.

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Junior League Dates....

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

Further details are on the noticeboard (Hebburn)

Special Notices:

- *Club tracksuits should be worn to all galas.*
- *Swimmers are responsible for their own valuables on poolside at galas. PLEASE TAKE CARE, particularly with expensive electrical equipment.*
- *Raffle prizes are always needed. Please give any prizes to your Squad Rep.*



Squads News

We have some **immediate** changes to the training schedule for A, B C and D squads and a coaching change....

A Squad Mondays

From Monday 28th January, A squad training on a **Monday** will be at **Jarrow Pool** (Jarrow School) between **5.30 pm and 7.30pm** PR

B Squad Tuesdays and Thursdays

From Tuesday 5th February B squad training on a Tuesday will be at **Jarrow Pool** between **5pm and 7pm** and from Thursday 7th February, each **Thursday**, B squad will train at **Jarrow Pool** between **6.30pm and 8pm**. PC

C Squad Mondays

From Monday 28th January C squad training on a **Monday** will be at **Jarrow Pool** between **4pm and 5.30pm** EP

D Squad Fridays and Saturdays

From Friday 8th February D Squads **Friday** training will be at **Jarrow Pool** between **4pm and 5pm** and on **Saturdays** between **9am and 10am**. DH

C Squad to lose EP

NSp is sad to say that Emma Pinder will be leaving C squad shortly to pursue a full time career - you'll be missed Emma; we wish you good luck!

Meet your Committee - Claire McCormick



Claire McCormick is Secretary of South Tyneside Swim Club and a Level 2 judge.

Claire, how long have you been with STSC? I have been with STSC since

2008, when my daughter Megan joined the Wednesday night Learn to Swim programme. However, when I was a child I actually swam for STSC at county and regional level.

What was your first role at the Club? My first role within the Club was as a timekeeper at our galas. Then

for the last 2 1/2 years I have been a member of the Committee.

How did you start your training to become a Swimming Official? I was asked by John Charlton, STSC Vice President at the time, to help at one of our galas and then I just continued to work through the judge 1 and 2 work booklets, attend galas to gain competencies in the relevant areas and the rest is history.

How many hours each month do you spend officiating at other club's galas? If my kids are swimming at a gala then I will help out at all sessions and if they aren't swimming

In your next edition, we'll be talking to Peter Octon - Treasurer and Swim 21 Co-ordinator of STSC...

then I will try to do at least 1 day for the other club per month.

How would you recommend someone interested in being an official go about it? Speak to one of the committee members who can then point you in the right direction of who to speak to and also explain what is involved. The club needs as many volunteers as possible to help with officiating. It is very difficult to canvas help for galas and without these volunteers galas can't go ahead, thus affecting your children!

Gala Calendar 2012-2013

Our gala calendar for February/early March 2013 includes the following galas:

16-17 February - N & D Championships Gala 2

7-10 March - British Gas International Meet (Leeds)

9-10 March - N & D Championships Gala 3&4

Our website contains all of the information relating to gala entries, competition dates,

results and up-to-date notices when training updates and cancellations are notified. Please do regularly visit the website: www.stswim79.co.uk

Competition News - kit requirement for galas

When attending galas it is necessary for swimmers to wear/bring the following kit:-

- Full Club Track Suit
- 2 Club t-shirts (or Club t-shirt and Club Poolside "T-bag" shirt)
- 2 Club Swimming Caps

Other items that swimmers need or may find useful to have with them are:-

- Towel (ideally two)
- Goggles (+ a spare pair)
- Snacks

- Water Bottle
- Packed Lunch (where appropriate)
- Poolside Shoes
- Club Hoodie
- Change for locker

This list can be found on the Information page of the Club website

<http://www.stswim79.co.uk/ClubInformation/Kit/ClubKitRequirements.aspx>

For parents /guardians/supporters attending galas, required/useful items include: money to pay the entry fee, purchase a programme and if necessary buy food/drinks throughout the day, a

pen and highlighter to make note of relevant swims and achieved times. A cushion is also invaluable for comfort and a newspaper/book for passing the time between events. *JW*

Thanks JW; really helpful! Some clubs now provide a draft programme on their website in advance of a gala. Please note that these are not finalised and there may be errors and changes made before the gala begins, however, printing off a copy is a money saving tip. (NSp)

Swimming terms "B" is for..

We continue our glossary of some common swimming terms with "B"....

BAGCATS

Stands for **British Age Group C**ATegorie**S** and applies to boys aged 9 to 14 and also girls aged 9 to 14. It is a points system for establishing who the best swimmers really are within their age group at a particular competition. Based on the highest points awarded for a number of events in given categories. Most importantly it is to ensure that

swimmers do not specialise in one stroke at an early age.

Bilateral 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.

Blocks

The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable but also incorporate a bar to allow swimmers to perform backstroke starts.

JW

Paul Robinson's Highlights...



Some excellent swims at the Sunderland New Year and Gateshead and Whickham meets.

In the medals table at Sunderland the club finished 5th out of 18 clubs. A massive 25 Gold medals along with 16 Silver and 16 Bronze. Special mention to Dylan Pinnock who finished the

weekend as Top Boy in the 12 years age group category.

At the Zonal Meet in Sheffield, we had 5 swimmers competing: Rachel Taylor, Faye Pinder, Kieran Peart, Jake Whitelock and Josef Craig. Josef finished 1st in the 50, 100, 400 and 1500 in the disability section. His 1500 swim was particularly impressive as he recorded a World Best time and broke the British Record with a

massive 57 second PB. Jake Whitelock was in good form making the final in the 50, 100 and 200 Breaststroke achieving a national time in the 100 and winning a bronze medal in the 50. Rachel Taylor was also a finalist in the 50, 100 and 200 Breaststroke and achieved her national time in the 200 with an excellent PB swim. *PR*