



News Splash

Race Night

Saturday 23rd February saw an evening of fun packed fundraising at the first STSC Race Night.

Special thanks go to our sponsors for the evening: BMS Electrical Services Limited, Richard Hamblin Limited, Newcastle Law school, Peart Motors, NESS Swimwear, Parker Tiling, MGM and Minchella & Co.

I'm sure you'll join NSp in saying a HUGE thank you to those involved in organising this event.

Fundraising on the night raised a staggering £1997,50.

Save the Date.....

Fundraising Bag Packs will take place in:

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)

Junior League..... A message from Dot

Dot has asked me to remind (or perhaps tell!) you that the details of the upcoming Junior League galas will be available on the Club noticeboard at Hebburn Pool and on the Club website:

<http://www.stswim79.co.uk>

Please look out for the swimmers selected to represent the Club in each of the upcoming galas.

Our first fixture is at Hebburn Pool on 17 March with warm up at 2.35pm for a 3.10 start

Special Notices:

- *Club tracksuits should be worn to all galas.*
- *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 C squad ...

C Squad Tuesdays

Starting immediately, C squad land training on a **Tuesday** will be at **Boldon School** between **6pm and 7pm GK**

Fundraising News

The *Tesco Simonside* bag pack raised an incredible £540.43 on 17 February whilst Saturday 23 February was another busy fundraising day for STSC. In addition to our first Race Night, some seasoned fundraisers spent the day at *Marks & Spencer in South Shields*. Once again this bag pack event was amazing and raised £457 for

the Club. We must thank the local shoppers for their generosity and the efforts of our gallant fundraisers.

That's £2994.93 over two weekends of hard work.

WELL DONE EVERYONE!

Meet your Committee - Peter Octon



Peter Octon is Treasurer and Swim 21 Co-ordinator of South Tyneside Swim Club.

Peter, how long have you been with STSC?

Because of my previous experience as a Treasurer I was invited to come as Treasurer in 2009 to help solve the club's financial problems.

How did you get involved with the Club?

Karen Kirsop is my daughter, you could say I was headhunted by her and Gary

How long have you been a member of the STSC Committee?

Since I came to the club in 2009.

What is the most challenging aspect of your Club role?

Swim 21 as this was completely new to me.

How many hours each month do you spend in your role as Club Treasurer? At least 40.

In your next edition, we'll be talking to Mark Whitelock - Club Photographer and Committee Member of STSC...

How are we doing with Swim 21? Waiting for National Panel result on 20th March.

Gala Calendar 2012-2013

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

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

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

17 March - Junior League 1 (Hebburn)

23-24 March - North Tyne Extravaganza

10-14 April - Scottish National Age Group Championships

14 April - Junior League 2 (Darlington)

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.

Competition News - gala titles and levels explained

Swimming competitions (galas) fall into several different categories:-

- National
- Regional (we compete in the North East Region, referred to as NERs)
- County (we compete in Northumberland & Durham, referred to as N&Ds)
- Open (any swimmer can enter providing they meet the entry criteria)
- Graded (an entry time limit is applied and only those swimmers below the limit are allowed to

compete)

Individual galas are aimed at different levels of swimmers. A gala will be one of 4 levels:-

- Level 1 – Long Course only. A minimum set of qualifying standard entry times is published.
- Level 2 – Short Course only. A minimum set of qualifying standard entry times is published.
- Level 3 – Long or Short Course. A set of upper limit qualifying times are published.
- Level 4 – Individual Club Championships. No qualifying time

limits are required.

The galas which the Club plans to attend are shown on the Competition Calendar which can be found on the Events page of the Club website <http://www.stswim79.co.uk/Events.aspx> Please make note of the dates of any gala relevant to your swimmer's ability, if you are unsure, please ask your Coach for advice. *JW*

Swimming terms "C" is for...

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

Catch

The point in the stroke pattern where the hand feels the most resistance and begins effective propulsion movement.

Colorado

A brand of automatic timing system.

Consideration Time

A time for an event set by the meet organiser that swimmers must be faster than in order to enter.

Converted Time

A time calculated using tables to compensate for a change of pool length. A time swum in a 25m pool can be converted into an equivalent time for a 50m pool and vice versa. *JW*

Paul Robinson's Highlights...



Josef Craig has continued his fine form recording another world record in the short course 400m free at Sheffield.

Competing at National Junior and Youth Championships he smashed his own record by 8 seconds and collected 3 gold medals over the competition in the 50, 100

and 400 free.

We had a large number of swimmers competing at the N&D championships. Over the two weekends we had a total of 29 final swims winning 4 gold, 4 silver and 1 bronze medal along the way. Medalists were Jake Whitelock (2G 2S 1B) Rachel Taylor (2G) and Dylan Pinnock (2S). Rachel and Jake also recorded championship best times for the N&D in their age groups. Well done

to all swimmers who competed. The final weekend of N&D competition takes place on the 9th&10th March in which the 50m events and relays will take place. Good luck to all taking part.

Good luck also to the Junior League Team and Josef Craig and Jake Whitelock who are travelling to Leeds to compete in the British Gas International Swimming Meet. *PR*