



HELP PLEASE!

We need a volunteer to assist us with the administration of our Sunday Learn To Swim sessions. Please see Rose Peart, Karen Kirsop or Claire McCormick if you can help.

**▶ Volume 1, Issue 5
April/May 2013**

News Splash

Pride of South Tyneside Awards

Your very own South Tyneside Swimming Club have been awarded the Pride of South Tyneside Sporting Excellence Award for 2013.

At a fantastic evening event at Temple Park Leisure Centre, Emily Bloxham, Molly Momat, Ben Samuels, Reece Connolly and Josef Craig joined Gary Kirsop and Dot Houston in collecting your award from Sunderland AFC Captain Lee Cattermole.

Josef also collected his own Pride of ST award - the Judge's Award - at the same ceremony. Nice job Josef!

A proud moment for all swimmers and supporters alike - a pat on the back for you all.
NS

Inside this issue:

Squads News	2
Home gala	2
Your Committee Executive - Mark Whitelock	2
Gala Calendar May/early June 2013	2
Competition Secretary Spot	3
Swimming terms - "D" and "F" are for...	3
Fundraising news	3
Paul Robinson's Highlights	4
Swim 21 Success	5

Junior League News

Save the Date...

Junior League Final:

Sunday, 23 June

**TYNEMOUTH POOL
Preston North Road
NE29 9PX**

Further details will follow.

Highlight - from Paul Robinson

Our Junior League team competed in three rounds of this year's competition led by Dot Houston. The first round being held in our home pool of Hebburn the team finished 2nd overall behind a strong Derwentside team. The second round took place at Darlington where the team again finished

in an excellent second place. On to the final round held at Durham pool and in a tightly fought contest the team secured first place on the final race of the competition. There were some brilliant individual and team swims and in all three rounds the team won the cannon race. We will now compete at the final to be held in June. Well done to all swimmers who took part. *PR*



Squad News

Welcome to

Amy Brown

our newly installed C
Squad Coach.

We will be talking to
Amy in the next issue of
News Splash.

HOME GALA...

**Saturday 20th and
Sunday 21st April turned
out to be a great weekend
for our Home Gala at
Hebburn Pool.**

*Thanks to all our volunteers
and officials, particularly our
new volunteer time keepers.*

We are working really hard to
become a Club which is self-
sufficient for officials and

therefore, less reliant on
external volunteers when
we run our galas.

Anyone interested in
finding out more about
becoming an official, please
contact News Splash or any
Club Committee member.

Meet your Committee - Mark Whitelock



Mark Whitelock is
our Website
Co-ordinator and
Club Photographer

**Mark, how long
have you been with
STSC?** I joined the
club in September
2008.

How did you get involved with the Club? Jake completed his council swimming lessons and wanted to continue swimming in a club. Jake came to an STSC race night and decided he would like to join the Club.

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

Since early 2009. I offered to implement a new Club Website at the end of 2008 and as a result was invited onto the Committee as part of that role. The website went live in May 2009.

What is the most challenging aspect of your Club roles? Finding time to upgrade the club website. It's 4 years old now and is in need of an upgrade including integration to social media including Facebook, Twitter and mobile devices.

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

How many hours each month do you spend in your role as Club Photographer? This varies on whether I have photographed a gala. It can range from 2hrs, for Swimmer of the Month, to 60hrs after the Club Annual Championships. Identifying 1500+ photos of swimmers is not a quick task. Colour correction, orders and final processing means a lot of work between October and March. *MW*

Gala Calendar 2012-2013

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

4-5 May ASANER - Youth
and Senior Championships
(Sunderland)

18-19 May - Wear Valley
(Bishop Auckland)

18-19 May - City of
Sunderland May Open
(Sunderland)

1-2 June - ASANER BAGCAT
#1(Ponds Forge, Sheffield)

8-9 June - ASANER
BAGCAT #2(Ponds Forge,
Sheffield)

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

Competition News - Long Course (LC) and Short Course (SC)

There are two types of swimming competition; Long Course and Short Course. Long course (LC) is held in a 50m pool and short course (SC) is held in a 25m pool. The major difference between the two is that a swimmer will turn more often in SC competitions and can therefore create more momentum from powering off the wall of the pool. Hence their SC time will probably be faster than their LC time for the same event.

Using the SportSystems software SC times can be converted to LC, and LC times to SC, and the times used for entry into the corresponding course length galas. You should always use your fastest time when entering any event. If conversion times are not allowed, which is rarely the case, it will be stated alongside the qualifying times of the individual gala.

The software to convert times can be found on the Squads page of the Club website

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

and is quite simple to use by selecting the pool length and event the time was achieved in, entering the time and then reading off the corresponding converted time. *JW*



Swimming terms ... "D" and "F" are for...

We continue our glossary of some common swimming terms with D and F...

DQ (Disqualification)

The most common reasons why a swimmer is disqualified are that a swimmer has not touched the wall properly when turning or has not used the proper stroke technique.

Drill

A Drill is an exercise/practice which is designed to strengthen or enhance some part of a stroke. For example rib tickle is a front crawl drill where the thumb of the hand that is recovering out of the water is dragged along the side of the body from the thigh to the arm-pit; this drill causes a "high elbow" recovery which is a desirable characteristic of

good front crawl technique. Some other drills are - kicking, finger trail, catch up, single arm, two kicks to one pull etc.

Fly

Short for butterfly stroke.

Free

Short for freestyle or front crawl.
JW



Fundraising News

The *Asda South Shields* bag pack raised over **£1000** on 13 April.

Fundraising fact...

Can you believe that our Home Gala weekend saw **£138** raised on Saturday 20 April on the sweets counter alone!!

Thank you to all our fundraisers.

WELL DONE EVERYONE!

Paul Robinson's Highlights...



North Tyne Extravaganza

Well done to all swimmers who took part in this competition. Over the weekend there were some huge personal bests and as a team over 90% of swims were PB times - an excellent effort from the team.

Training camp

30 swimmers have returned from a warm weather training camp in Torremolinos, Spain. The training camp lasted 7 days in which 10x2hour swim sessions were completed. It was a great experience for all who travelled and there was some fantastic training in an outdoor and indoor 50m pool. Coaches and Staff selected Dori An and Rachel Taylor as Swimmers of the Camp in

a close run contest. A massive thank you to all involved in the organising and fundraising that has gone into making the camp possible.

Disability World Championship Trials

Congratulations to Josef Craig on achieving his qualifying time for this years World Championships to be held in Canada. Josef competed in the 50, 100 and 400 freestyle and in his strongest event the 400m he swam to within 0.2 seconds of his own world record which he set at last year's Paralympics, comfortably achieving the A standard time for Canada. Josef finished the competition as National Senior Champion in the 100 and 400 events as well as Junior Champion in the 50.

South Tyneside Open

At our recent home gala there were some outstanding performances from South Tyneside swimmers. Swimmers from all squads competed against

some of the top clubs in the area and a massive amount of PB swims were recorded along with a host of medals and final swims. Well done to all swimmers who competed and a big thank you to all officials and volunteers for making our competition such a huge success.

Scottish National Age Group Championships

Jake Whitelock and Rachel Taylor on returning from Spain, travelled straight up to Edinburgh to compete at Scottish Age Group Nationals. Jake competing in the 200 breaststroke made the final of the 15 year age group finishing in a respectable 5th place. Rachel competed in the 13 year age group in the 100 breaststroke and in a very strong field finished in 9th position narrowly missing out on a place in the final. *PR*

Swim 21 success!

April's Swimmer of the Month saw South Tyneside Swim Club proudly receive their long-awaited Swim 21 Accreditation from ASA North Aquatic Officer Kate Nicholson.



Club Treasurer and Swim 21 Co-ordinator Peter Octon told us, "This accreditation is the culmination of many months of hard work by the coaches, committee and volunteers of South Tyneside Swim Club. We are delighted".

"Swim21" accreditation is awarded by the Amateur Swimming Association (ASA), to Clubs as a recognition of a commitment to provide a safe, effective and quality service for the benefit of their members.

Swim 21 Club Accreditation is the ASA's Club Development model - a planning tool, based on the principles of Long Term Athlete Development, enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential. It focuses particularly on the needs of athletes - striving to provide them with the best possible support and environment.

In order to secure Swim21 Accreditation, our Club have worked steadily towards gaining a series of outcomes, all of which are seen as essential if the right level of support is to be provided at each stage of an athlete's development.

The ASA has a commitment to achieving it's equity targets throughout the sport. Swim21 is no different and the ASA is keen to support clubs in the shared objective of widening the participation base and hence the performance of the sport as a whole.

Our growing Club have now set their sights firmly on maintaining the high standards which have seen us awarded this accreditation. Key benefits associated with the accreditation are:

- Swimmer achievement/development;
- Recognition;
- Resources;
- Access to Funding;

Please do take a look at <http://www.swimming.org/asa/clubs-and-members/swim21-accreditation/>

For further information about what this accreditation means for us as a Club and for you. *NS*