



Alsager Swimming Club Newsletter

April 2022 Edition

In this edition:

- Bag 2 School
- Can you help?
- Gala Calendar
- Regionals
- Sputnik Series - Round 1 Review
- Sputnik Series- Round 2 Entries Open
- Get to know your coach - Scarlett
- Which coach do you know
- Swap Shop
- Mobile Phones
- Other News

Bag 2 School



As part of our fundraising projects for 2022 our Fundraising Officer (Carly Underwood) has arranged for the Bag 2 Schools Collection.

As we start to see a change in the weather and Spring is now upon us, we all generally tend to start sorting out our wardrobes and rooms around the house. If you start to do this could we please ask that you keep this for our Fundraising Event. The bags have now arrived and will be handed out over the next few weeks, however you can use your own plastic bin bag in addition.

We will be in touch with dates, and times when you can drop off these items.

Please also get your family and friends to collect as well.

PLEASE DO NOT TAKE ANY ITEMS TO THE LEISURE CENTRES AS THEY WILL NOT BE COLLECTED THERE. COMMITTEE MEMBERS OR COACHES WILL NOT COLLECT ITEMS FROM YOU - WE ASK THAT MEMBERS ARE RESPONSIBLE FOR ENSURING THEIR BAGS ARE TAKEN TO THE COLLECTION POINT

Many thanks in advance with this fundraising initiative for the club.

WHAT WE COLLECT

We accept the following 'good quality' items for RE-USE*:

- Men's, Ladies' and Children's clothing
- Paired shoes (tied together or elastic band around)
- Handbags
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Socks
- Belts
- Soft toys
- Household linen
- Household curtains
- Household towels
- Household bedding (bed sheets, pillow cases and duvet covers)

Can you help?- Time keepers & Judges



We are in desperate need of more timekeepers and Judges. Without more we will not be able to hold our club championships as a licenced gala. If you are willing to be trained as a judge or timekeeper please contact the club.

Gala Calendar 2022

Alsager Swimming Club Gala Calendar 2022					
Month	Day	Gala Name	Location	For	Entry details
April	23rd	Sputnik series	Macclesfield	8-11 year olds novice swimmers.	Entries via Swimming Events. Entries for round 2 close 22/4/22
May	21st				
June	18th				
April	23 rd & 24th	North West Regionals	Liverpool Aquatic centre	Swimmers with regional consideration times only	Entries closed
	30 th				
May	1st				



Regionals



1 - Ben with his medal for 50 Free

The first Regional events took place on the last weekend of March, in Liverpool. Jack, Ben, Poppy and Emily taking were taking part. On day one the results were mixed. Everyone a little of their PBs until... Ben steps up for the heats of 50 free where he matches his PB and goes into the final ranked #1. In the final Ben got a good PB and becomes a regional champion! Congratulations Ben! Day 2, Emily gets a long course PB in 200 Breaststroke. Poppy PBs in both the heats and finals of 50 Fly and 50 Free. Well done to everyone who qualified and competed this weekend. The regionals continue over several more weekends into the beginning of May so you can expect to hear more about them in the next Newsletter.

The Northwest Regionals are to be held in Liverpool over three weekends in March, April & May. If you have entered and not already done so, please complete the medical form below [Regionals Medical form](#)

Sputnik Gala Round One Review

On Saturday the 19th of March, twenty of our younger swimmers headed off to Macclesfield for the first of four sputnik gala's. For many of these swimmers it was their first gala experience. They were supported poolside by Olivia, Wendy, Kathryn and Phil. There was a brilliant atmosphere, with our team excited and a bit nervous to compete. Our youngest swimmer Ben (8) placed Gold in the boys 25m, and the boys breaststroke, and Silver in the 100IM. Noah (10) placed Gold in boys 50M Freestyle, silver in 100IM with Ethan just missing out on a medal position. Evie and Poppy (11) both got PB's and Gold and Silver respectively in the Girls 50m Freestyle. Evie got another Gold in the 100IM with Poppy just missing out on medal position. Norah (11) managed big PB's in all the events. For the rest of our swimmers, they now have their first times for these events. They can go onto try and PB during the other sputnik galas, and we will no doubt be mentioning PB's for many others in the next few newsletter editions. Well done everyone! All the support team have commented on how well behaved, polite and supportive of each other all the swimmers were. One of the highlights for Wendy was watching James' huge smile in the relay as he was being cheered on by all his team mates. Fantastic team spirit. Well done to all and we hope to see everyone (plus a few more) back at Round 2, which is now open for entries (see below.)

Sputnik Gala Series Round 2- Entries Open

Round 2 -23/04/2022

- **A specially designed series of galas for learn to swim (stages 6 and 7) and novice club swimmers aged 8 to 11. (Age as of 30th of June 2022)**
- **Race in a nice friendly environment.**
- **Have a bit of fun**
- **Get your first taste of a gala**
- **Make new friends**

Closing date for entries for round 2 is the 22nd of April. Each event entered costs £3.50.

These galas are a great place to start competitive swimming. There is plenty of space around the pool, you are taught the correct start signals and you can start in the water if you don't like diving.

You do not need a time to enter these galas and in previous years, time penalties have been added instead of disqualifications. Individual points are awarded for where you finish in a race but also (if you do more than one gala) by how much you improve. There is also a club competition where all your points are added up. **You can enter this gala series if you either have Club train or Club compete membership.**

The galas take place over 4 evenings, but you do not have to do all the galas. The upcoming gala dates are **Sat 23rd April, Sat 21st May and Sat 18th June and start at 4:30** in the afternoon. The

galas are normally finished by 7:00 One of our coaches and other Alsager staff will be with the swimmers poolside to support them and to ensure they are in the right place at the right time.

To enter the gala, you need to go to [Swimming Events | Home](#) scroll down the page and select Satellites Sputniks 2022 Round 2. If you have never used Swimming Events before you will need to create an account. The process is pretty self-explanatory but if you have any difficulties most of the parents of older swimmers, the gala secretary (Kathryn) or welfare officer (Gemma) or other members of the committee will be able to help. You will need to know the swimmers ASA number to sign up for an account. If you do not know it you can find it here: [Swim England Club Member Check | Find a Swim England Member \(swimming.org\)](#)

Sign up today and discover why we all love galas so much and be part of the Alsager Team. What our swimmers say about the Sputnik series galas: *"I'd never been to a swimming gala before the Sputniks. I was nervous and didn't think I would enjoy competing, but I loved every minute of it. The organisers are very kind and helpful, they don't disqualify you for anything and you get certificates with your times after each session. Now I enter as many gala's as possible. I recommend everyone gives Sputniks a go."*

Once you have signed up to enter the sputnik gala please complete the medical form via the link below by the 18th of April (this will need to be done even if you previously entered round one.) [Sputnik Medical forms](#)

Get to know your Coach- Scarlett

Which sessions do you coach?

Monday- Bronze and Silver 7-9

Friday- Bronze Transition 7-7:45

Sunday- Bronze and Bronze Transition 7-8:30

What are your hobbies away from swimming?

Horse-Riding, many different types of sports.

What 3 foods would you have for your last meal?

Starter: Cheese and crackers

Main: Beef chilli with tortilla chips

Dessert: Cheesecake and ice cream

What is your favourite book and why?

The night circus by Erin Morgenstern- because its full of fantasy and intrigue

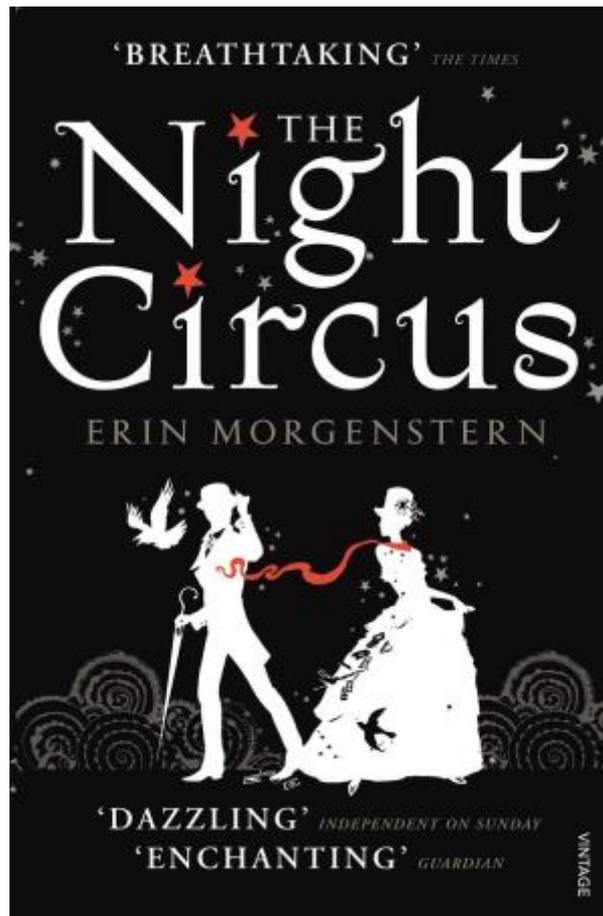
Name two places you'd like to visit

Australia

Rome

If you could give one piece of advice, what would it be?

Always do what you would like to do, not what you think you should do.



Which Coach do you know?



Take 2 swimmers. One has just left lessons with the leisure centre; the other has just raced in a final at the regional championships. Now look at their coach. Is that the same person who coaches both

swimmers? The simple answer is no. Not because the 2 coaches are different people (although in some cases they are) but because the way the coach interacts with the swimmers is different.

Being a swimming coach or teacher brings many challenges. One of those challenges is being able to deal with swimmers ranging from 7 years old right up to swimmers in their late 20s, or perhaps older. Part of that comes from experience and part from our training.

In general terms younger swimmers have shorter attention spans, less motivation and less developed motor co-ordination. Younger swimmers are naturally less physically developed but are also exploring opportunities in the world around them. An added complication is that we do not all develop at the same rate so swimmers of the same age may respond very differently to instructions and challenges and have very different levels of physical skills.

Now consider the structure of a swimming session. The lower squads have shorter sessions and fewer sessions per week. This is a deliberate strategy. Swimmers in these lower squads generally have shorter attention spans and less developed motor skills. They get tired quickly because their swimming is inefficient, but they also need to learn a lot of skills. At the same time, they are doing several other physical activities in the week as they (and their parents) explore the opportunities available to them. The higher squads have greater focus, more efficient swimming styles and have generally settled on one or two physical activities that they like. Their sessions are longer, focus on different energy systems and are more frequent. Technique in these higher squads focuses on refining skills and learning some advanced techniques.

The coaches who deliver these sessions may specialise in one area of the programme or may be able to work across a wide range. The coach that you know from Bronze squad may have the same face as the one who takes Platinum sessions but they interact with the swimmers differently and could be seen as different people.

Phil

Welfare Reminder

Please do let our Welfare Officer, Gemma, know if there is anything that might be affecting your swimmer, either in the pool and at home (i.e. illness, injuries, family illness, bereavement). If it matters to the swimmer, it matters to us, and our knowing enables us to better coach and support them. Also please inform us of any changes to your address or phone numbers. Please contact via the Welfare Officer email address - welfareofficerasc@gmail.com

Be Safe Enjoy your sport



When you take part in your sport, we want you to feel that

- It is fun
- You are listened to
- Your development is supported
- You feel respected
- People are there for you
- Our club is friendly and inclusive

But what if something is wrong?

What if someone else's behaviour is making you feel...

Anxious	Sad
Angry	Uncomfortable
Hurt	Unsure
Lonely	Worried

You need to be safe. Talk to someone who can help.

There are lots of people you can talk to: a parent/guardian, a trusted adult, our coach, or a club welfare officer.

Speak to someone you trust. If there is no one you feel you can talk to, contact one of the organisations below.

Alsager Swimming Clubs Welfare Officer
welfareofficerasc@gmail.com

Swimline

0808 100 4001

Calls from a landline are free, mobiles will be charged.

Childline

0800 1111

childline.org.uk

Calls are free of charge.

24 hours 7 days a week

For more information visit swimming.org/safeguarding

Mobile Phones in changing rooms.



Mobile phones must not be used in the changing rooms under any circumstances. Once swimmers enter the changing rooms through the doors on the main corridor mobile phones should not be used at all. Swim England have reported that there have been an increase in the number safeguarding incidences involving mobile phones in changing rooms. If a swimmer has an emergency and needs to call or text someone they should go out onto the main corridor or go back onto poolside and speak to a coach or lifeguard who will show them to area where they can safely make a call if

needed. We are liaising with Everybody to improve signage about mobile phones in changing rooms. If any concerns around the use of mobile phones occurs please email the welfare officer - welfareofficerasc@gmail.com

Swap Shop

Please remember we now have Facebook page to enable our club members to swap and sell preloved swim kit. This can include, fins, floats, goggles, Alsager Swimming Club branded clothing, dry robes etc. Please note the club is not responsible for the items posted on the page, collection/delivery or payments. (This is for the sellers and buyers to sort out.) However admin will do our best to ensure that only Alsager Swimming Club members/parents are in the group. To request to join the group please follow the link below:

<https://www.facebook.com/groups/alsagerswimmingclubswapshop>



Other News

100 Club Draw

Alsager Swimming Club's number was drawn this month- All funds will be put into the club to support our swimmers