



MARCH 2020 NEWSLETTER

Welcome to our official club newsletter and first newsletter of 2020! This newsletter is from the club, about the club and for the club. Please do send any feedback, suggestions or ideas to newsletter@consett-asc.co.uk (even if it's just to let us know this is being read 😊).

Keeping in Touch

Facebook: 'Consett ASC (2020)' – Follow us for important updates – this is a 'Secret Group' so please contact us on the website initially so we can invite you to join

Website: www.consett-asc.co.uk

Diary Dates

21st and 22nd March – North Tyneside Mad March Hare Gala @ Louisa Centre (Stanley) - **Entries Closed**

Friday 3rd April – Easter Egg Tombola

18th and 19th April – Chester Le Street Open Gala @ Chester Le Street – **Closing Date 18th March**

25th and 26th April – North East Regional Age Championships @ Leeds

2nd and 3rd May – North East Regional Open Championships @ Sheffield

9th and 10th May – North East Regional Age Championships @ Sheffield

16th and 17th May – Wear Valley Meet 2020 @ Bishop Auckland – **Closing Date 8th April**

30th May – Junior League Gala at Tynemouth

6th and 7th June – Derwentside Charity Meet @ Louisa Centre (Stanley) – **Closing Date 14th April**

Swimmer of the Year 2019



Congratulations and well done to Jack Trousdale, who worked very hard in 2019 to earn the swimmer of the year award.

Jack is part of the Development squad and his attitude, effort in training and competitions, and willingness to learn and improve absolutely shone through in 2019.

Well done Jack!



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Wellbeing

Unfortunately, we cannot avoid mentioning the Coronavirus. Safety and wellbeing are always a high priority within Consett Amateur Swimming Club. We would ask that all members ensure guidance set out as per government guidelines for hygiene and isolation (if needed). If, at any time, a member feels unwell (whether this is by Coronavirus related, season flu, sickness bugs etc.) we would ask that they take a sensible approach to attending training, galas etc. Whilst we love to see all members often, there are times when it is best to stay away from large crowds in order to avoid spreading bugs, particularly now with Coronavirus.

Our aim is to continue 'business as usual' however we will follow guidance issued, and therefore ask that you check both the Consett ASC and Consett Leisure Centre Facebook pages for the latest news (as we can all appreciate, guidance is changing daily), we will always update members of any closures at the earliest opportunity, however please bear in mind we are all volunteers with full time jobs and families so often the Leisure Centre Facebook Page will be updated before our own.

Easter Egg Tombola

The club will be running our Annual Easter Egg Tombola on Friday 3rd April. We'd be grateful for anyone who would like to donate an Egg to the tombola and would ask that any contributions are handed to the desk on a Friday night. All money raised will go towards the club, and further updates will be provided on the club Facebook page in advance.



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Meet the Team

Information on Coaches and Committee Members can be found on the club website; however, we'll be using this feature in newsletters to introduce you to all members of the club including coaches, committee and volunteers over future releases.

Meet the team:



- Lisa Watson
- Welfare Office and Committee Member
- Former Police Officer with almost 20 Years' Experience
- 4 Years (so far) as Club Welfare Office
- welfare@consett-asc.co.uk



- Mark McGurk
- Former competitive swimmer for Consett ASC and Hebburn Metro
- Level 2 Coach
- Coaches Level 5 and Development Squads

General Points

- Please ensure that swimmers take a drink poolside in order to stay hydrated, particularly those swimming for 1 hour or more in the big pool
- Swimming Kit:
 - o Swimming kit can be ordered direct at www.nessswimwear.co.uk please use 'CASC17' at checkout to receive a 5% discount



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- Club Merchandise (T-Shirts, Hoodies etc.) is available to order at www.moette.co.uk/oc1/clubs/swimming/consett-asc - *Select collection from Consett ASC for Delivery to the club*
- Please ensure that all swimmers have the Entry Fee at that start of the session, and where possible have the right amount of money (we do try to have change, however this isn't always possible)

Shout Out's

It's been a busy start to the year on a competitive front, with many excellent individual and team performance. Highlights are as follows:

- Junior League Round 1 – 2nd Place – Some excellent performances, in what was many swimmers first ever gala
- Durham Valentines Gala:
 - Medals: 9 Gold, 12 Silver, 7 Bronze
 - High Number of Personnel Bests
- Well done to Erin Keeler-Clark and Jack McGurk for making the N&D Finals
- There have been many more exceptional performances as individuals and teams, so well done to all that have competed year to date

Head Coaches Corner from Ian Frame

'Swimmers have been working hard and reaping the rewards with good performances and results.

With continued effort there is a bright future ahead.'