



OCTOBER 2019 NEWSLETTER

Introduction

Welcome to what will become a regular newsletter for our members. We will use this to relay important information and updates. As always, your feedback and input is welcome so please send any ideas to newsletter@consett-asc.co.uk.

Keeping in Touch

Facebook: 'Consett ASC (2018)' – 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

2nd and 3rd November – North East Regional Short Course Championships @ Sheffield – Entries closed

30th November and 1st December – Derwentside Christmas Cracker @ Louisa Centre (Stanley) – Entries closed – Accepted Entries now on club website

11th and 12th January 2020 – Derwentside/Peterlee New Year Meet @ Louisa Centre (Stanley) – Closing date for entries Friday 22nd November

19th January 2020 – Junior League Gala 1 – Further information TBC

25th and 26th January 2020 – Burns Meet @ Sheffield – Closing Date for Entries 15th December – Please see website for qualifying times

Christmas Shutdown

Our last session will be Friday 20th December. This will be a fun session with the slide in use, rafts and floats available, as well as games for the swimmers to enjoy. As ever I am sure the coaches will be in the pool too (possibly not by choice!) to join in the fun!



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Christmas Party

Our Christmas Party will be held at The Demi on 27th December, from 6pm until late. Tickets will be on sale for £1/person (see Facebook Page for further info). There'll be music, party games and hopefully not too many sore heads the next day. Please bring a plate of food.

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:



- **Ian Frame**
- **Head Coach**
- **Level 2 Teacher, Level 3 Coach**
- **Swam for Consett multiple times starting in 1980**
- **Coached at multiple clubs, including Consett (on 3 occasions)**



- **Carla Hansford**
- **Volunteer:**
 - **Poolside Fee Collection**
 - **Gala Information and Entry**
 - **General knowledge within club and swimming**



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- **Phil Stephenson**
- **Volunteer**
 - **Newsletter**
 - **Adhoc help if needed**

Galas

Consett ASC are a competitive swimming club and are keen to see our swimmers develop. Galas not only encourage competition however are also great for our members from a social point of view, as they learn independence and make friends as they encourage their teammates throughout the event. We are keen to see as many entries as possible into our events. If you are unsure on any aspect of entering a gala, please speak to your child's coach who will be happy to discuss ability and suggested events.

General Points

- Can all female swimmers please wear hair up whilst in the pool and use a swim hat when possible
- Please ensure all swimmers wear suitable goggles
- Swimming Kit:
 - Swimming kit can be ordered direct at www.nessswimwear.co.uk please use 'CASC17' at checkout to receive a 5% discount
- New faces on the committee:
 - Mark White has joined the committee as Treasurer
 - Dave Punton has joined as the new Chairman
 - Ross Chapman will soon be joining as new Membership Secretary



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Shout Outs



Huge well done to Daniel Blackie who has raised approximately £1,100.00 for the Children's Cancer Fund at the RVI. Money was raised by swimming 1,430.00 lengths (distance of the English Channel) over a 3 week period. Fantastic effort for a great cause, well done Daniel!

Head Coaches Corner from Ian Frame

Swimming is something very close to my family and we are not alone in having a long association with Consett ASC and other North East swimming clubs. It's great to see so many members however we would like to see more Gala Entries. Galas are a great opportunity to measure your development progress as well as making lifelong friends both in the club and the wider swimming community.

Ian closes with a very wise reminder for all *'When talent doesn't work hard, hard work beats talent'*