



Wolverhampton Swimming Club

“ Working together to build a strong competitive swimming club, with a friendly and open approach.”

October Newsletter

A NOTE FROM THE COACH

Please can all swimmers ensure they are on time for all training sessions. Latecomers not only miss out on valuable training time but also disrupt the training of others. Please can Senior/Advance Junior swimmers return goal sheets to Jane as soon as possible.

WSC HANDBOOK

The handbook has finally been finished and is ready for collection from Sarah Bacon. If you haven't received one by the end of October please find Sarah who is at Central on Mondays Tuesdays and Fridays and at Aldersley on Wednesdays and Thursdays. At the front of the booklet is a personal information sheet which needs to be completed and returned to Jane as soon as possible.

APOLOGIES

The WSC committee would like to offer their sincere apologies for the cancellation of our Open meet on 14th October. Unfortunately we did not receive enough entries for the event to run successfully.

SAVE THE DATE!

Our Xmas Party/Presentation Evening is on Friday 14th Dec. Details to follow shortly!

DATES FOR YOUR DIARY

27th/28th Oct-Chase Roebuck Gala
4th Nov - Brierley Hill Sprint Gala
10th Nov R2 Speedo League
17th/18th Nov – Hereford Open
24th Nov – Staffs League Finals

BIRTHDAYS

WSC would like to wish the following swimmers born in October Happy Birthday!
Jessica Sharples, Harry Edwards, Josh Brough, Ben Jones, Ryan Harding, Miriam Wardroper-Hughes, Rob Chapman, Hayley Aldridge, Josie Turner, Jacob Laybourne, Ben Thomas, Ben Rutter, Lucy-anne Doncaster, and Oliver Doncaster



CLUB CHAMPIONSHIPS

These are being held on 9th December at Cental Baths. Further information and entry forms will be available shortly.

SWIM SHOP

If you wish to purchase club kit and other swimming items, Stuart manages the swim shop. There is a price list on the notice board and if you don't manage to find him at the pool you can email him at swimshop@wolves-sc.co.uk

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RECENT RESULTS

We entered an 'A' and 'B' team into this year's Staffs League and both teams have worked hard and achieved good results.

In R3 on 6th October the 'A' team came 3rd and will now compete against Biddulph, Cossacs, Bilston and Burton in the Consolation 1 final on 24th November. A full team turn out is needed if we are to do well!

The 'B' team also competed well and will be competing against Phoenix Youth B, Lichfield, Tamworth and Wolverhampton Masters in the Consolation 3 Final on 24th November.

The first round of Speedo League took place on 13th October. We came 3rd missing out on 2nd place by 3 points. The 2nd round takes place on 10th November.

Please remember that this is a team event and we need to pull together to achieve good results.

THE KEITH SELVEY RELAY GALA

Over 80 of our swimmers took part in this gala which paid tribute to Keith Selvey, former head coach of WSC, who sadly died in August.

We fielded 2 teams and our 'A' team narrowly missed out on winning the trophy by just a few points. It was great to see such positive team spirit, especially when the Masters raced. All of the teams that took part enjoyed themselves and this gala will now be an annual WSC event and we have a provisional date of 20th September booked for next year.

RACE FOR LIFE

On 8th September, Emily, Judith and Jessica Stevens eventually competed in "The Race For Life" (after 2 cancellations) to raise money for Cancer Research. We enjoyed the day very much and ran the distance in a reasonable time of 26 minutes for Jess and 48 minutes for Emily and Judith. We managed to raise nearly £200.00 and would like to thank everyone who sponsored us very much. (PS Judith has actually won the Bonus Ball after all these years!!! - No begging letters please and Roy get those banners out!)

Still Standing at the End of the Race! Well Done Emily, Jessica and Judith!



LOST PROPERTY

Sony Chatha and Gayle Duncan have very kindly offered to look after our lost property. If you have lost something please contact Sony on 01902 424384 or Gayle on 01902 334661. Items will be kept for 8 weeks. Some of the items we have at the moment are swimming trunks, drinks bottles, t-shirts and goggles.

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RESCUE AWARD

Congratulations to Kate Mullinder and Sarah Bacon on successfully completing the National Rescue Award for Swimming Teachers and Coaches. (NRASTC) Despite their initial reservations they both rescued a manikin from a depth of 3.9m (12'9") as well as learning CPR for adults, children and babies. They also spent an awful lot of time pretending to drown so that they could then be dragged from the pool and rescued and they still have the bruises to prove it!

GOOD LUCK!

To Ben Thomas who is taking part in the DSE (disability sport events) Open Short Course National Championships in Sheffield on 3rd/4th November. Ben is competing in 6 individual events as well as well as relays.

HELP WANTED

Since moving into Central Baths we have increased our membership by 30%. This is wonderful news for the club and should ensure we continue to go from strength to strength. However, as a result we need more volunteers to help spread the increased work load. For example you could help by lane minding or chaperoning at galas or by timekeeping or by writing for the newsletter. If you don't have any experience, don't worry, training courses are available. If you are interested please speak to a committee member and if you are not sure who they are, ask the poolside staff to point them out.

PUZZLE CORNER

Well done to all those who entered last month's crossword competition. Congratulations to our winner Sarah Millington. Can you work out the anagrams? Good Luck! Closing date for entries is Monday 12th November. Please post entries in the envelope on the notice board at Central or hand in to Sarah Bacon.

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| 1. SLIP WIG ON MOM | __ I _ _ _ _ _ |
| 2. TOM TO NIP ICE | _ _ _ _ T _ _ _ _ |
| 3. I KEEP METRE | _ _ _ _ E _ _ _ _ |
| 4. ACE HAD HOC | _ _ _ _ _ H |
| 5. RON ASLEEP | _ _ _ _ P _ _ |
| 6. SCREEN LIE TRUE | _ _ _ _ _ C _ _ _ _ |
| 7. FAN SIT IN RING | _ _ _ N _ _ _ _ _ |
| 8. ELK LICK A RAT | _ _ _ R _ _ _ _ _ |
| 9. CAN DEE RUN | _ _ D _ _ _ _ _ |
| 10. HE SHOW SORT | _ _ _ _ H _ _ _ _ |