

Aberystwyth and District Swimming Club

Newsletter June 2009



Success at West Wales Development Meet

Congratulations to all those who attended this gala in Haverfordwest last weekend. It was great to have a good group from ADASC to cheer each other on (and chat to in those quiet moments). Lots of Personal Best times were achieved and many of the swimmers were in the top 15 in their age group but we would particularly like to mention the relay teams, the older boys team (11-12) came first in both their races (Isaac, Dylan, David, Tomos and Iestyn) and the younger team (10 and under) came fourth in both their races (Teilo, James, Gethin, Jonah and Max) - they all swam well for Aber and made us proud. Well done as well to the medal winners - Isaac Williamson Evans came first in the 11 year old boys category, Tomos Watson came 3rd in the 12 year old boys category and Nansi Dingle was 6th in the 9 year old girls section.



Summer break

The pool will close for two weeks in the summer, from Friday 30th July to Friday 14th August. The club will look at making lanes available for the top swimmers during this time if they need them.

Pool closure will mean children walking outside to get to pool – be warned

The swimming pool is allowing swim club to continue when they close (sometime in June) for a week to continue specific work on the changing rooms. This will mean that swim club children will have to walk outside to get from the changing rooms to the pool at swim sessions during that week. This will be supervised by adults who have been CRB checked, but the children will need tracksuit type clothes and shoes to wear over their swimming costumes while they walk to the pool. We will let you know when we know the definite date that

Club Captains

We will be voting for club captains soon – the club captains need to be over 14 and their role includes helping out at events and welcoming newcomers. An email will go out in June inviting people to nominate themselves and then voting will happen during a couple of our normal swim sessions.

Summer Barbecue



Has been booked for Saturday 18th July! Tickets will be for sale in the few weeks before (£3.50 each) the date which include food. We will aim to do some 'fun' activity before and after the barbecue. Previous years activities have included circuit training for everyone (including parents!) and water polo.

Swim plan will help swimmers know where they are at

The coaches are planning to meet in the next few weeks to discuss (amongst other things) looking at taking on the national swim plan which might help swimmers understand how well they are doing in their swimming, and let them set targets for what they want to achieve.... More information to follow.

Congratulations to Elinor once again!

Elinor Thoroughgood has won a place through to the European Championships in Italy, which is taking place on Sunday 21st June well done Eli, we are so proud!!

New Secretary Wanted....

ADASC is still looking for a new Secretary to replace Cheryl—thanks for everything you have done Cheryl! If you are interested—please speak to any of the honorary officers to find out more.

Join us at the Galas

We know that working out the swim galas can be at best confusing and that it can be hard to know how your child is doing but please feel free to ask coaches about your children and committee members (particularly Jean or Rhian, the gala secretaries) about the galas. The galas are not as scary as you might think, swimmers swim with people of similar times and in our experience they are great fun for all involved and really help bring their swimming on....