

Aberystwyth and District Swimming Club Newsletter February 2009

Welcome to our new members!

Following a recent trial 8 new members have joined the club we would like to welcome, Jonah, Maeve, Guto, Sally, Fergus, Dylan, Julia and Catrin. We want to welcome all of you who have joined and hope that you enjoy the ADASC experience - hopefully this monthly newsletter will help to keep you up to date on what is happening.

ADASC News

ADASC is short of volunteers. Volunteers are needed to help with time-keeping and to be there to help the coaches. To be just a poolside helper you need to have a CRB check and membership of WASA (which ADASC pays for). The next level up would be a timekeeper (one day course). As a way of help in those interested find out more, Nigel is currently trying to organise an introductory session with a WASA rep, where you would be given some basic guidelines for supporting coaches on poolside and information on what would be involved if you wanted to take it further and become a lane coach (one day course) or do level 1 or 2 swim coach courses. We are currently looking for names of people who may be interested - let someone know if you are. If you think you have other skills which could help the club - please let us know! Also if you know someone (maybe a sports student or other young person) you think may be interested in helping to train as swim coach and help the club, let us know.

Up and coming galas

There is a list of up and coming galas on the web site - colour coded to help you work out which ones may be the best for you.. A note for newcomers - whilst we encourage everyone to do galas don't feel you need to do them straight away, allow a little time to settle in. We recommend that you start with local galas, including our own clubs time trials, the Ceredigion Championship and The ADASC's own championship, both of which take place in the autumn. Most of the galas start at 9yrs, there are only a few which are 9 and under.

St Brieuc - Exchange Visit with French Swim Club

There is much excitement as we look forward to the up and coming St Brieuc visit in the first week of the Easter holidays, when ADASC will host a swim club from St Brieuc, a town in France that is twinned with Aberystwyth. There is an opportunity for anyone in ADASC to host a young person for five nights, parents will stay elsewhere (local hotel), though you will need to invite them for a visit! English may be limited in the younger children but people get by with phrase books and sign language and there will be trips and activities organised every day - including one to Oakwood or Heatherton! A list will be put up nearer the time and you can put your name down to offer to host someone. Look out for more details - including a special meeting where you can find out more. Next year, we go there!



OLYMPIC MEDAL

For those of you who may not be aware, we also had a great success recently with one of our members, Elinor Thorogood, winning Bronze in the triathlon at the Youth Olympics in Australia. Congratulations to Eli

New Rules

The ADASC rules have been recently updated, please check that you have looked at them, either on the web site, or on the noticeboard.