



CLUB NEWSLETTER – March 2014

COUNTY CHAMPIONSHIPS

The County Championships are an important part of the framework of competitive swimming in England and part of a progressive sequence of events in each swimming season beginning with the County Development Championships in November, the County Championships in March, the Regional Championships in May/June and ultimately leading to the National Championships in July/August.

One of the main objectives for our swimmers, around which their training programmes are based, is to obtain qualifying times for entry to these championships. The qualifying times are set each year (and they don't get easier) by the County, Regional and National ASA groups which run the competitions.

The training must be working! This season we have more than 90 qualifiers for the County Championships with over 600 individual entries. Well done swimmers and coaches.

The coaches remind all swimmers to prepare well for the County Championships as you will probably have to spend long periods on poolside. Allow yourself plenty of time for travel, take food and water to last the course of your sessions / day, check in with the coaches on poolside before each session/warm up and let them know when you are leaving poolside after your events. Wear club kit and don't forget that you are representing the City of Cambridge SC on poolside and at the event.

There will be “**sign in**” sheets in the foyer at Corby, Peterborough and Cambridge and all swimmers have to **sign off for each of the events they will be swimming in before each warm up / session starts**. Don't forget or you might not be able to swim. Each competitor must do this personally. Your parents should not do it for you and you should not sign in for somebody else.

Parents are reminded that they are responsible for their children throughout the day and under no circumstances should children be dropped off at the event without a responsible adult – see the Child Welfare section below.

The County Championships are organised and run by the Cambridgeshire ASA <http://www.cambsasa.co.uk/> which itself is run by representatives from the various clubs within the county. The championships are based at the Regional Pool in Peterborough and Parkside in Cambridge. We have to go into Northamptonshire to use the 50m pool at Corby for the longer distance events.

Please can all parents consider coming forward to assist in the smooth running of the County Championship sessions which will be held at Parkside on Sunday 30th March. As a guide, helpers will be required to arrive by 10.30 am for Session 8 and 2.00 pm for Session 9. There is also a possibility



that we will be able to begin setting up on Saturday evening (29th March). These times will be confirmed in due course.

To help please email back with your name, the session numbers you can assist at, and if you have a particular role you are able to do or have done before. Roles that need to be covered are below and full instruction will be given before the event.

Announcer - to announce the races and do the safety announcements.

Race Marshalls - to get the swimmers into lane order before the events.

Sign in steward - to marshal the swimmers when signing in.

Drinks - to take refreshments to the officials on poolside.

Door - to take entry money.

Warm up and Cool down pool - to make sure swimmers are swimming in the correct direction during warm up and to ensure the cool down pool is used correctly.

Computers - to run the timing system during the event.

Set-up and Take-down of equipment.

Runner - take results to the awards table during the event and post up on the balcony.

Medals - to give out the awards

If you are able to help please email Kate Coleman k.e.coleman@sky.com

TRAINING CHANGES

- Saturday 15th March - no training at Parkside (County Championships) – Abbey training as normal.
- Saturday 22nd March - no training at Parkside (County Championships) - Abbey training as normal.
- Sunday 30th March - all Parkside sessions cancelled due to County Championships. Masters can train at the Leys 6.30 – 7.30 pm. C Squad session at the Leys cancelled – other Leys sessions run as normal.
- Monday am 31st March - session cancelled due to County Championships

CLUB SECRETARY & PRESS OFFICER JOB OPPORTUNITIES!

Two roles remain to be filled on the 2014 Exec Committee – the volunteer body which runs the club on your behalf. If you are interested in either role please email swimmers@cocsc.org.uk and / or have a chat with Club Chairman Pete Robinson about the roles. The job descriptions are on the club website at <http://www.cocsc.org.uk/committeejobs.html> and are also copied below. These roles are



not too time consuming and full training / advice will be given from current members who know the roles well:

Club Secretary

To ensure the smooth running of CoCSC administrative requirements:

Skills

- Administration skills desirable
- Good working knowledge of Microsoft word and minute taking desirable
- Good verbal and written skills
- Well organised and efficient
- Good knowledge of the club or prepared to learn

Main Duties

- Deal with the day to day running of the club including all correspondence
- To process and deliver appropriate forms and information to and from county, regional and national ASA departments
- Call committee meetings and AGM, prepare agenda, take minutes and provide officers with copies
- Book venues for Committee Meetings and
- Act as the main point of contact for your club for the county, regional and national ASA
- Act as the main point of contact for CoCSC for the various league competitions the club takes part in

Commitment

Ongoing weekly responsibility including all monthly club committee meetings

Press Officer

To Promote and Publicise, in a positive way all aspects of the Club

Skills

- Well organised and efficient
- Knowledge of the club
- IT/media publishing skills
- Confident and effective communicator

Main Duties

- Ensure wide coverage of swimming club in local press



- Produce informative and unbiased reports on swimming events / meets for Cambridge Evening News.
- Produce informative and unbiased reports on swimming events / meets for club website.
- Produce this monthly Newsletter
- Liaise with meet promoters, coaches and parents attending meets to collect results for publication.
- Keep club noticeboard up to date with press cuttings.
- To follow and promote the ASA Child Protection policy.

Commitment

Ongoing weekly responsibility

PARKSIDE POOL AIR QUALITY

There have been some issues with air quality at Parkside over the last few weeks. The issues have been raised with the pool management who have contractors coming in to fix one of the air handling units which has not been working correctly. When issues of air and water quality arise our coaching staff are always very quick to alert the pool management. However, it's important to the good running of the pool that air / water quality problems are documented so please report any concerns to the pool staff / reception and also send in an e-mail to swimmers@cocsc.org.uk so that we can make sure all complaints are documented, passed on to the right people in the pool management structure and followed up. Swimmers can help too by making sure to shower properly before entering the pool. Chlorine reacts with dirt and sweat from the body to create chloramine - which is what stings the eyes and makes you cough. Read the science behind pool air quality issues - <http://www.cocsc.org.uk/documents/air.pdf>

STOP PRESS: The air handling unit has been fixed by GLL and so air quality should now improve.

WELFARE OFFICER

Julia Emmans stands down from her role as Welfare Officer in September after 3 years excellent service for the club. Many clubs have two people in this role so that responsibilities can be shared and give alternative points of contact. We think that is a good idea for a club of our size. Anyone interested in sharing this role can talk to Julia about it welfare@cocsc.org.uk , or our Chairman Pete Robinson via chairman@cocsc.org.uk . We mention it well in advance as CRB processing can be slow and it gives time for appropriate training. The role is outlined at <http://www.cocsc.org.uk/committeejobs.html#welfare> .

CHILD WELFARE

We would like to remind all members of the club guidelines regarding leaving children alone at training and during competitions.

Full information can be found on the club website at <http://www.cocsc.org.uk/welfare.html> . In summary:



- The general principle by which we operate is that club takes responsibility for your children on poolside only.
- Our recommendation is that children under the age of 12 should not be left at training or at swimming competitions without a parent, guardian or nominated carer. This is in case of illness, injury or session cancellation / early termination.
- Coaching staff are not responsible for swimmers at competitions either before, between or after sessions.
- Children who are 12 and over should always have a means of contacting a parent, guardian, carer in case of illness, injury or session cancellation / early termination.

DISABILITY SQUAD

Team East triumphed in the National Junior Disability Swimming Championship at Pond's Forge in Sheffield on March 1-2 with 50,518 points - more than 7,000 points ahead of Northwest who came second. Eight world records and eight Europeans fell at the event as well as around 15 British. CoCSC Disability Squad was represented by Cory Dakin, 12 - his first such event. Cory set a new PB in 50 m backstroke. Jasmine Seamarks who has recently joined the squad as a joint member with Bottisham SC won 3 Silvers and 1 Bronze in the Hearing Impaired S15 14/16 Years Age Group.





CLUB SHOP

Cathy Atkinson who looks after our club shop would like to take the opportunity to welcome new members and to explain our club kit. She would also like to invite you to come and see her at our next club shop at Parkside on Thursday 13th March between 6.45 and 8pm. She will be at the back of the spectator area to discuss hats, kit, poolside bags, equipment etc.

Hats

Club hats should be worn during pool training and at galas. Light blue club hats are for sale at £6. Anyone who has a dark blue hat are reminded that they are for training purposes only.

Poolside Bags

Poolside bags are needed at galas, when poolside space is at a premium. At many galas large bags are not allowed on poolside and our club poolside bags are ideal for keeping hats, goggles and snacks etc secure. Poolside bags are available for sale at £4 each.

Resistance Bands

Resistance bands are a requirement for those in the Top, A, B & C performance squads. Please see your coach to find out which coloured resistance band is right for you. Resistance bands are for sale at £3 each.

Club Kit

Club kit consists of quick dry polo shirts and shorts which should be worn poolside during galas. In addition, we have hoodies and sweatpants which can be worn to and from galas, training etc. Our club kit is bespoke and is ordered in batches from our supplier. Embroidered swimmer names are included on our pre-ordered polos and hoodies. However, because of this, the lead time is several weeks. We have a small supply of unnamed kit for sale as well.

Kit order forms can be downloaded from <http://www.cocsc.org.uk/documents/kof2012.doc> or you can get one from Cathy on club shop nights. Please send to her at the address on the form, or give directly to her at club shop nights or via your coach. She will need a completed order form and payment. Your email address would also be helpful so she can acknowledge receipt of your order and advise on delivery.

Equipment, gala entry etc

Anyone who wants advice on specific equipment needed for each squad or which events should be entered, should seek advice from their coach first. However, you are welcome to come and see Cathy about anything to do with the club and/or general questions about galas and equipment. You can always email her at kit@cocsc.org.uk



COUNTY RECORDS

Are you the fastest swimmer in the county of Cambridgeshire in a particular stroke, over a particular distance in your age group? Don't know? Go to the records section of the CAMBASA website <http://www.cambsasa.co.uk/records.php?yr=10&gender=male&stroke=fly&cat=swimming&sec=news> and check your PB's against the current records to see if you have broken any County Records recently. If you have, you need to claim your new record by filling in a County Records Form and sending off to Rob Stokes at stokesfamily47@hotmail.com.

Get the form from <http://www.cocsc.org.uk/documents/CountyRecordApplication.pdf>

YOUTH ACTIVATOR PROGRAMME

The following has been passed to the club by the ASA and might be of interest, especially to those doing PE GCSE/A Level or looking at volunteering opportunities.

The ASA is pleased to announce a new programme which has launched today; the 'Youth Activator' programme. This programme has been developed by the ASA National Youth Forum and is seeking to improve the communication between proactive young leaders in aquatics.

The ASA is looking for 30 proactive young leaders to become 'Youth Activators' in local aquatic communities. Becoming an Activator will provide you with an opportunity to develop your leadership and communication skills, whilst supporting the ASA to ensure young people know what volunteering opportunities are available to them. Full details and how to join the scheme can be found via link below:-

<http://www.swimming.org/asa/news/volunteering/the-asa-seeks-enthusiastic-14-19-year-olds-to-share-their-passion-for-volun/19851>

Could you please make this information available to young volunteers within your club.

Should you have any queries, please contact volunteering@swimming.org

POOL TIME - MORNING SESSIONS

As an expanding club (we have waiting lists to join most squads) there is always pressure on pool time for training. In general we are very well served by the City Council in terms of training time at Parkside. However, it's very important that we demonstrate that we can maintain a good number of swimmers attending morning training at Parkside. The coaches would like to see an increase in numbers at morning training across all squads. If you are unsure when or whether your squad should train on morning sessions ask your coach – or see our pool training timetable at

<http://www.cocsc.org.uk/timetables/September2013.pdf>



COMPETITION CALENDAR

The competition calendar is continually being updated for 2014 and is available on the website. <http://www.cocsc.org.uk/fixtures.html>. You should note that this year we will probably not be attending the West Suffolk meet in May, apart from perhaps the long distance events on the Friday evening. Instead we will probably be attending the Mid Beds event at Biggleswade on the same weekend. The calendar will up-dated when this is finalised, and entry packs distributed accordingly.

NEW MEMBERS

The club is always looking for new volunteer members from the parents of swimmers. If you would like to help in any way please sign up

http://www.cocsc.org.uk/documents/membership_volunteer.pdf

If you are new to the club and everything written above sounds a bit strange, or if you need to contact a coach, don't hesitate to email swimmers@cocsc.org.uk and we will always do our best to answer your questions.