



## NEWSLETTER FOR JANUARY 2024

Hi All,

### WE ARE BACK

Welcome back after the Xmas break. We hope you all had a marvellous time.

Normal swimming has resumed.

### • SWIM ENGLAND FEES FOR 2024 ( SET BY SWIM ENGLAND)

**CLUB TRAIN: £17.35**

**CLUB COMPLETE: £39.70**

**CLUB SUPPORT: £13.00**

**THIS NEEDS TO BE PAID INTO THE CLUB ACCOUNT IN JANUARY THEN THE TREASURER CAN FORWARD ONTO SWIM ENGLAND ON BEHALF OF THE SWIMMING CLUB.**

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### • FEE STRUCTURE FOR 2024 COMMENCING JANUARY 1<sup>ST</sup> and 1<sup>ST</sup> of each month thereafter.

#### PLEASE AMEND STANDING ORDERS.

- When entering Open Competition's the swimmer will be charged £2 administration fee. This is to offset the cost of the Coach/ Team managers required as stated by Swim England. As a club we have to pay for coaches/team managers to be on the poolside with our swimmers at Open galas.
- Junior fees will be increased £360 per annum which will be paid by standing order at **£30** per month.
- A/B/C/D fees will be increased to £420 per annum which will be paid by standing order at **£35** per month.  
**The annual fee for all sections takes into consideration sessions cancelled for bank holidays or to facilitate a club gala's, Xmas/ Summer closure and any closures not under our control.**
- Non - Swimming Members who are at National level £20 per annum.
- For those who fulfil the criteria ( ACSC Swimming Fees policy) for reduced fees will be increased to £210 per annum which will be paid by standing order at £17.50 per month. Applications for reduced fees to treasurer@ashtoncentral.co.uk.
- Extra sessions (at coaches decision) £14 per month paid by standing order.

## ➤ **PRESENTATION EVENING DECEMBER 2023**

We hope that everyone enjoyed the presentation evening. It takes months of preparation to get the event together commencing with booking the room and the swimming pool in January.

Thank you to all who helped in any way.

A big apology from me for the incorrect engraving on the I.M medals. When I checked through my e mail's I had asked for the wrong distance to be engraved on them. So, entirely my mistake and not the trophy shop.

Once again, I do apologies to the swimmers for the mistake.

Lesson learned ....ask someone to check my order in future.

## **CONGRATULATIONS TO THE 2024 CAPTAINS**

JUNIOR VICE CAPTAIN AIMEE WESTHEAD

JUNIOR CAPTAIN ESME CUNLIFFE

SENIOR VICE CAPTAIN POPPY O'DONOGHUE

SENIOR CAPTAIN SAMANTHA WESTHEAD

**WELL DONE LADIES! Lots of hard work ahead leading our teams.**

## **EILEEN HOLMES AWARD won by ESME CUNLIFFE**

The Eileen Holmes trophy has changed its purpose this year and is awarded to someone who shows commitment to training and symbolises what it is to be a member of Ashton Central Swimming Club. Lisa says 'Esme is the gutsiest swimmer she has ever met'. She will attempt any event of any distance including 200m fly and 400m I.M.

Esme always has a smile on her face no matter how hard the event is. She is consistently present at the end of the lane cheering on her team mates. In training she tries her best and never complains.



## **JACK MCGINN AWARD won by LUCY FEARNLEY**

Lucy always tries her best in every training session. Listening and acting on coaches advice in order to improve her strokes, consequently displaying beautiful technique in all areas of her swimming. Lucy has competed in open and team competitions this year and has made massive progress.



## **HELEN SMART CHAMPION'S CUP**

Daniel always puts 100 percent effort into training he attends all sessions including mornings and will train with his dad when swimming training isn't on. Daniel recently gave up playing rugby so he didn't get injured for swimming. This is despite his dad being the rugby coach...sorry dad we won!

There have been some ups and downs particularly when his school PE teacher made him do a fitness test of squats and press ups the day before the national qualifiers.

Daniel has won 25 golds, 15 silvers and 10 bronze medals this year, including medals at Lancashire Counties and the Sheffield National Qualifier.

On the day of our club gala he was our highest ranking swimmer on the Swim England rankings. He one of the youngest swimmers in his age group having a December birthday therefore competing against some swimmers 11 months older than him.



**SWIMMERS SWIMMER'S AWARD won by SAMANTHA WESTHEAD**  
Voted by the swimmers themselves. Such an achievement Sam. Well done.



## **COMMITTEE FOR 2024**

Chairman	Trish Little
Secretary	Gemma O'Donoghue
Treasurer	Wendy Orr
Swim-Mark Co-ordinator	Trish Little
Web Site Co-ordinator	Emily Thomas
Fund Raising officer	Martin Cook
Membership Secretary	Wendy Orr
Equipment Officer	Nichola Bentham
Group Representative	Carol Harrison Marc Westhead Sharon Ward Kevin Bennett

Elected by Committee 2024 (DBS and training courses required)	
Position	
Child Welfare Officer	Alaina Lovatt
Head Coach	Lisa Woods
Team Manager	Neil Chisnall

Meetings are on 3<sup>rd</sup> Wednesday on the month unless school holidays when it is the 2<sup>nd</sup>.  
Dates are available on request. If any member wants any specific item to be discussed  
please contact [secretary@ashtoncentral.co.uk](mailto:secretary@ashtoncentral.co.uk)

## **FUNDRAISING**

- **Tesco Newton-le-Willows Superstore, Tesco Haydock Church Road Superstore and Tesco Express Vicarage Road** will have voting stations for our club from 15<sup>th</sup> January until end of March. If you can shop there or have relatives who live in the area please ask them to vote for Ashton Central Swimming club. Blue tokens are available in the stores to put in the box and help us win a prize.
- Annette Hughes is selling numbers for 50/50 club to commence January. £12 for one number for the year.  
December winner was number 1 owned by Lisa Booth.
- The distance swim has been a fundraising event. Thanks Edie S for swimming during the holiday and making the current total 149,800 (93081 miles)  
The aim was to swim from Ashton to Dublin collectively and the swimmers have exceeded all expectations.  
All groups have swum except for the Junior section whose distance swim is on the 19<sup>th</sup> January, during their session. **D GROUP will swim in the 7.30 to 8.30 session on the 19<sup>th</sup> January.**  
Sponsor forms have been given out in sessions. If you haven't got one see Lisa. Alternatively, there is a go fund me page open so that money can be paid into it directly.  
<https://gofund.me/755a9099>  
All money raised will be spent on teacher training.

**Distance Badges are £3 each payable by cash, bank transfer or by card machine on the day.**

- Don't forget our fundraising App '@easy fundraising' Download the app and search for Ashton Central Swimming Club. When you are thinking of buying online from e.g Amazon, the app will direct you to your own amazon account anything spent will earn 1.5% commission to the club. There are many outlets to choose from and has the potential to earn the club a significant amount. If you are interested but not sure what to do please contact either the [webmaster@ashtoncentral.co.uk](mailto:webmaster@ashtoncentral.co.uk) or [chairman@ashtoncentral.co.uk](mailto:chairman@ashtoncentral.co.uk) and we can help you set your account up.
- Hot Dog sales at the presentation evening raised £92.50 and sale of goods £321. All profit will go towards teacher training.  
Thanks to all who organised and helped sell.

We do still have new equipment; Speedo goggles, sliders size 8 and 5, swimming costumes and 1 kit bag available for sale at reduced prices. More details given on request.

- Please contact [fundraising@ashtoncentral.co.uk](mailto:fundraising@ashtoncentral.co.uk) with any fundraising ideas.

➤ **ASHTON CENTRAL KIT**

For more information [equipment@ashtoncentral.co.uk](mailto:equipment@ashtoncentral.co.uk)

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➤ **TEAM MANAGERS REPORT**

**Neil Chisnall** is team manager for 2024.

2024 BCMSWPA

We are entering:

Mini League

Team Sprint

Open League

DATES TO FOLLOW

Please make every effort to attend, if chosen, as this year we have to pay £25 to enter each league which we loose for non attendance of the team at any gala and withdrawel from the league.

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**COACHES REPORT**

December ended with three very successful distance swims and one final competition for the swimmers who swim with JD at Wigan Best, gaining a few more medals and most importantly county times.



Many of our swimmers completed the distance swims before Christmas; as always the swimmers were outstanding in their efforts, showing real determination, swimming further than we ever expected.



As we move into January, we look forward to the development gala for the younger swimmers at the beginning of their competition journey and at the end of the month is the first weekend of counties. It is a huge achievement to qualify for counties and the standard is incredibly tough once there; Lancashire hosts some of England's best swimmers. We are extremely proud of all of our swimmers for qualifying, you have all worked so hard to get there and we are sure that you will enjoy the experience and most importantly get your Counties Hoodies!!!

In the coming weeks, I will be sending out the details for the BCM Spring Meet to be held on the 23<sup>rd</sup> and 24<sup>th</sup> March. This is suitable for 9 year olds and above in C group upwards. This competition will be run to Swim England rules therefore swimmers must be able to complete legal strokes, starts and tuns for the events that they are competing in. Please speak to me about possible events if you are unsure. If your child requires times for events that they have not competed in before, please contact me via text or messenger before the closing date. Entries should be sent to [coach@ashtoncentral.co.uk](mailto:coach@ashtoncentral.co.uk) but these will not be opened until after the club closing date. To compete in this competition, swimmers must be registered as Swim England Compete.

Good luck swimmers in all your events-happy racing!

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**JD SQUAD TRIALS 13<sup>th</sup> January/9<sup>th</sup> March/8<sup>th</sup> June/14<sup>th</sup> September**

6 to 8 places. Lisa to choose swimmers.

**BURNLEY BOBCATS 5<sup>TH</sup>, 6<sup>TH</sup>, 7<sup>TH</sup> January**

Entries Closed



## **WIGAN DEVELOPMENT MEET 7<sup>th</sup> January**

Entries closed. Good luck swimmers.

## **BCM OPEN MEET 23<sup>RD</sup> and 24<sup>th</sup> March**

See Lisa for more information [coach@ashtoncentral.co.uk](mailto:coach@ashtoncentral.co.uk) All swimmers must be registered as Swim England Complete to enter.

## **SWIM ENGLAND NORTH WEST SUMMER REGIONAL CHAMPIONSHIPS**

MANCHESTER 20<sup>TH</sup> AND 21<sup>ST</sup> APRIL

LIVERPOOL 27<sup>TH</sup> AND 28<sup>TH</sup> APRIL

MANCHESTER 4<sup>TH</sup> AND 5<sup>TH</sup> MAY

## **LANCASHIRE COUNTIES**

SATURDAY 27<sup>TH</sup> JANUARY

SUNDAY 28<sup>TH</sup> JANUARY

SATURDAY 10<sup>TH</sup> FEBRUARY

SUNDAY 11<sup>TH</sup> FEBRUARY

### **➤ SAFEGUARDING**

You can find the Wavepower policy on <https://www.swimming.org>

If you have any concerns our safeguarding lead is Alainna Lovatt contact her on [safeguarding@ashtoncentral.co.uk](mailto:safeguarding@ashtoncentral.co.uk)

### **➤ DATES FOR THE DIARY**

BCM DINNER DANCE 23<sup>rd</sup> November, 2024

Happy Swimming

Wendy