



Oakengates ASC

October 2010



Presentation Night

Saturday

27th November 2010

Park Inn

**Tickets are now available
please see Club Desk**

A warm welcome to our newest members:

Anika Sirinivason, Madde Ashworth, Jack Price-Cooper,
Phoebe Grice, Dominic Meakin, George Price-Cooper,
Kieron Walker, Lauren Crompton and Lucy Robinson

XMAS PARTY

12TH DECEMBER 2010

More details to follow, please keep
this date free if possible.



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Club



Championships

All results can be found on
www.oakengatesasc.co.uk

There are still a few trophies that are
outstanding from last years winners.
If you could return them to the Club
Desk ASAP it would be much
appreciated. Thank you.

Oakengates Swimming Club

AGM 2010

Your club needs you; we are looking for volunteers to fill the vacancies on the club's committee. Nomination forms are on the board in Reception. Please consider whether you can contribute to the running of the club, either by standing for committee or just volunteering for a role outside of the committee. The Club is too big to be run by a few volunteers and if we don't have new volunteers coming through to replace those who move on we will not be able to do some of the things that make being a member of this club worthwhile.

If you are interested or require more information please speak to any member of the present committee who will be around the club desk every Friday.

Monday 8th November 2010

Last year we held the AGM at the Lion Priorslee and, while it worked on the night, we were pretty much as full as we could get. As I consider what size of venue we need it would be good to know what the expected turn out is likely to be. It would be helpful if those considering coming could let me know so that we can try and make sure the venue allows for everyone to be seated.

The AGM is open to anyone from the club, but you must be a full or associate member over the age of 16 in order to vote. (You can become an associate member on the night for a nominal fee if you wish to vote.)

PLEASE come along, take the opportunity to meet with the present committee members, ask questions and find out what its all about.



If you would like to receive a copy of this and future newsletters by email please contact (marie4444@talktalk.net)
A copy can also be found on the website oakengatesasc.co.uk

Squad Membership

Over the last 12 months we have tried to accommodate people as much as possible in our squad training sessions but unfortunately this flexibility has not been matched with the proper commitment from all those attending the sessions. On too many occasions there appear to be people turning up in some sessions for a chat with maybe a bit of swimming in between, if they have to, and all too often they disrupt those who do wish to train seriously.

Before I go any further I would like to remind you that we are a voluntary club. As the coaches are giving up their own free time to be on poolside, many of us for 5 hours per week, it is very dispiriting to arrive and find swimmers whose attitude means they would have been better off in a public swimming session rather than our training sessions.

Not only are we at risk of losing our coaches if this continues I know of quite a few swimmers who've become so disappointed at not being able to train properly that they've moved to other organisations for training instead.

The knock on effect of this is that at least two of our training sessions do not have enough attendance to make them worth while running if things do not change. We are a voluntary club so we aren't paying coaching fees for these sessions but they are still expensive to run given the cost of hiring pools etc. and if we don't cover the costs of the sessions we have the choice to cancel them or increase the fees we charge.

Set against this bleak picture I paint we have looked at plans to correct this situation and following the club championships we will be implementing these plans which, in a few cases, will mean people will be told they can't attend the session that they attend currently.

Swimmers will be considered to be one of the three categories of Squad Swimmer, Stage Swimmer or Fitness Swimmer.

To be a squad swimmer you must train a minimum of twice a week with a preferred commitment of 4 times a week from the current availability of 6 days of squad sessions.

Stage Swimmers are those swimmers still working their way through the Friday night learn to swim programme up to and including stage 7. These swimmers also have available to them the Wednesday and Thursday sessions at Hadley and where both ability and commitment allow may be invited to attend development lanes within the squad sessions.

Fitness swimmers will have a limited availability of sessions or lanes within squad sessions where they may train, but attending a fitness session does not make this a social swim. They will be completing a training plan similar to those in the squad, although with slightly more generous timings to reflect the fact they are not training at the same level.

In all training sessions those who do not wish to train in line with the session plan will be asked to leave.

I have in writing this article risked painting a very bleak future for the club as a competitive squad but we remain committed to offering training sessions for the squad on 6 days per week and giving the best quality of training we can without the distractions of those who just want to play. But while the coaches, teachers, committee and other volunteers can work as hard as possible to make this club the best it can be, it remains your club and the end result will be what you make of it. If no-one wants to train and become a better swimmer the coaches will get disheartened and leave. If no-one wants to attend sessions then we will have to cancel them and they won't be available when people do want them.

Make the most of the opportunities the club offers please..

MAKE A DIFFERENCE AS A PARENT

I first became involved with Oakengates swimming club about six years ago. Like many of you, I had watched my daughter progress through Leisure Centre lessons with the lovely Dave Alexander and wondered how I could get her swimming a bit more. I found out that there was a local swimming club and, to cut a longer story shorter, she was called up for an assessment and there it began.....

I knew nothing about teaching swimming, coaching, the ASA, open swimming galas, league galas, age group championships or how the club was run. I thought, probably like many of you, that this was an associated swimming club, teachers and coaches were paid for their time and that it was more of a regional professional organisation. Everyone seemed to know what they were doing and felt that I had the right move for my daughter..... I had, but hadn't realised that I had made a great move for me too.

I spent a few months in blissful ignorance, getting my daughter there on a Friday night, watching her progress through the levels, then she was asked to attend a few extra training sessions, and was picked for a League event. I can't remember quite how I started to get more involved but I think it was through being approached by coaching staff to help on poolside and they suggested that I joined the committee.

I quickly realised that Oakengates was a club run by a small number of volunteers who were either parents of current swimmers or parents of swimmers who had now grown up and moved on. They had all become involved with the club through their children and put enormous amounts of effort and time in to making the club work as well as holding down jobs and organising their own families. I became part of that and have never regretted a second of it.

I agreed to help because I wanted to get involved in the sport that my daughter enjoyed, I like to know how things work anyway and I felt guilty standing upstairs watching when others were helping children to progress in something that was a discipline, a life saver, a way of keeping them healthy and a social circle for them outside of school.

What I didn't realise is that I would meet a whole bunch of lovely people and make great friends, spend more time with my daughter, have the privilege of watching children meet their potential and work to goals (through stages to swimming at National level) and most of all to know I have been part of the whole thing.

What would I suggest to parents (both new and old) with hindsight?

DO

- Speak to poolside staff, committee members about how you can help (see below for some of the things that you can get involved in)
- Ask if you can go down on poolside, see how it feels to be down there with the kids
- Appreciate that this club is run mostly by parents of current swimmers including committee, poolside and officials
- Remember that running this is like running a small business
- Most importantly realise that everything that is done, every decision that is made is done for the benefit of the swimmers

PLEASE DON'T

- Think there is always someone there to do the job
- Complain if you aren't told how something works, go and ask/find out, we are always happy to answer questions
- Expect the club to keep going without the help of parents
- Criticize how sessions are run if you haven't been on poolside

I am very sadly having to step down next year (currently I help with two 1.5 hour sessions, coordinating attendance of league galas and organising County and Midland Championship Age Group entries) due to both personal and work commitments. I carried on for a few years after my daughter finished swimming because I enjoyed being involved with the club but now have to step back. I can honestly say that although I have given a lot to the club over the years I have received much more back and have enjoyed every second. Please try it and see how rewarding it can be not just for the swimmers but for you.

Where can you help:

Committee (go to the AGM on November 8th)

Poolside (teaching, coaching, team management)

Officials (timekeeping, judging etc)

Sam Amery

Leagues

At the moment as a club we take part in 3 leagues each year the Arena National League, the Crusader League and the Nuneaton and District League (Diddy) League.

The Arena league starts just after the club championships and has a round in each month of October, November and December with the final at Sheffield in April. The Crusader and Nuneaton leagues both run after Christmas and complete in Spring and Early summer sometimes on consecutive weeks and with the county championships in the middle. There is an unbelievable amount of work goes into organising all this and it is far too much to expect the head coach to organise all of this and coach swimmers. We are looking for volunteers to take on the admin around the team selection and organising things so that people know who is swimming and making sure the selected swimmers are available and aware they have been selected etc.

Ideally a couple of volunteers, so no one person is doing Nuneaton and Crusader leagues, need to be found to allow us to continue to compete in all these leagues. If no one is prepared to take this on then we may have to regretfully withdraw from the leagues as we can't continue to pile all the work on one person. Rest assured you will not be left alone to select the teams, the coaches will do this, it's the admin area that needs to be supported.

Club Night at Hadley

Someone recently told me that those that go to Hadley are not kept as well informed as those at Oakengates or Cosford and that they were never informed about open meets or the club championships.

All information is posted on the notice board at Oakengates and is on our website oakengatesasc.co.uk

However, to improve the whole experience I am looking for someone who is at Hadley each Friday to act as a central point for any information on what's happening in the club. Someone who I can keep informed and who can come back with questions that arise.

Anyone interested can contact me on so07@btinternet.com.

Shaun O'Neill

ASA Membership

As memberships will be due again in January, it is worth thinking about what ASA membership you should be paying for your swimmer, a brief explanation of the two categories can be found below:

Category one

Category one members may take part in the following events:

Leagues providing that:

- ≈ The league is a local league e.g. within a County or local area and which does not finish with a national final. (Please note participants in the Arena League must be Category 2 registered swimmers.

Inter-club competitions providing :

- ≈ The participating clubs are invited to compete e.g. forum time trials
- ≈ There are no more than eight clubs involved in the competition.
- ≈ The event is a one off gala.

Category Two

In order to compete in all other ASA and British Swimming events, any division of a league which finishes with a national final, open meets, County, District/Regional events and National events, members must be fully paid up category two members. Examples would be County Championships (including relay events), Arena League etc.

Therefore if you going to be 9 years old in the coming year or are already older than that and are intending to compete in the Counties or any open meets this year you need to have Category two ASA membership.

SHREWSBURY ASC

2nd Winter Open Meet Licensed (Level 3)

At The Quarry Swimming & Fitness Centre Shrewsbury

on Saturday 4th December 2010

Individual Age Groups/Events (HDW)

9/10/11/12/13/14 boys and

9/10/11/12/13/girls

Age on Day

Entry times are on the notice board, closing date 15/11/10

**Telford and Wrekin Primary Schools Swimming Galas
Years 4 and 5 only.**

Gala Date - 17th November 2010 – 10.00am to approx 12.30

Venue - Wrekin College

Closing date for entries:

Friday 8th November 2010

Please see your school for

further details

If anyone can make a donation of raffle prizes for the Presentation Night it would be much appreciated, if you can help please see Club Desk.

Bonus ball - Reminder

There are quite a few bonus ball payments that are outstanding, some for more than a few weeks. Could parents please check with Debbie /Dave who have full details to hand. Your help with this would be much appreciated as the money collected helps towards club funds. THANK YOU.

Dates for the Diary

30th Oct	Forum Race Night - Wrekin College
8th Nov	AGM - Venue to be confirmed
27th Nov	Presentation Night
27th Nov	Northgate Swimming Club – PB Buster Level 3 Open meet (Wolverhampton)
4th Dec	Shrewsbury Open Meet closing date for entries 15th November
12th Dec	Christmas Party

Need some new Training Fins?

Or

Want to sell your unwanted Training Fins?

If so, then arrange to bring them to

Swim shop

available upstairs on the last Friday of every month 6.30pm – 8.45pm

Nearly New Fins

Cost £5.00

(£3.00 goes back to the original owner and £2.00 to swimming club.)

Try on before you buy so you know they fit!

Old Fins

Bring along your old fins and if they sell you'll get £3.00 back

- + No more old fins kicking around
- + You get fins that actually fit and you can use
- + Recycle your old fins



Beats having to fork out £12.00 for new ones! Therefore everyone makes!