



Newsletter 1 October 2019



Welsh Selection

What a season Gracie Gilligan and Lowri Lewis had last year! Both girls have been selected for the Swim Wales Development Squad,

This is an amazing achievement and thoroughly well deserved. You have both trained very hard and deserve your success.

Congratulations from everyone at Neath ASC we are all very proud of you. We look forward to watching you progress this season.

Congratulations to their coach Neill Golding.

COACHING ACHIEVEMENTS

As you all know at Neath Asc we have the best coaches who are all volunteer their time for free.

Congratulations to Grace Warlow, Mollie Short, Callum Oates and Francesca Gilligan. They have all passed their level 1 coaching qualification.

Good luck to Francesca Gilligan and Francesca Golding who are working towards their level 2 coaching qualification.

Good luck to Chris Roberts who is working his way towards level 4 strength and conditioning.

Neill Golding our Head Coach has been selected by Swim Wales for Swim Wales Development program and the British Senior Coach course. It is a great honor to be selected. Congratulations Neill.

Up and coming Lewis Wells and Fiona Millan are due to complete their level 1 coaching course in December.



CLUB CAPTAINS

Lewis Wells and Molly Short have both been re-elected as Club Captains. Callum Oates and Bethan Evans have been elected as Vice Captains, Well done all, we are sure you will do a fantastic job.

NEW MEMBERS

Neath Asc would like to extend a warm welcome to our new swimmers;

- Cai Miller
- Harvey Gubb
- Gracie Owen

Volunteers Needed

Neath ASC are looking for more people to qualify as timekeepers and officials. When we compete Neath is expected to supply volunteers to help with timekeeping. Timekeepers and officials are entitled to free entry and free food during the competition!

The more qualified timekeepers and officials we have the more we can share the load between us. If you are interested in volunteering to help your club please let a coach or committee member know.

Neath open meet

We are looking for volunteers to help out on the day and raffle donations please. If anyone can help please let Karen Wells know. Also if anyone wants raffle tickets to sell prior to the event please contact Karen Wells or a committee member.



COMPETITIONS



Good luck to swimmers competing in the following events

Llanelli Open Meet (5th October).
Neath Open Meet (19th and 20th October)
Severnside Open Meet – (16th and 17th November)

Entries will be opening shortly for...

West Wales Sub-Regionals 23rd to 24th November

This event is held in Haverfordwest and is aimed at swimmers who are looking to make regional times. This completion is for those swimmers aged 10 and over at 31st December 2019. It will suit swimmers in Phil's, Francesca Golding's, Sarah's and Fran Gilligan's lane. Keep an eye out for an entry email from Angela which will be out shortly.

Swim Wales Winter Short Course – 29th November to 1st December

The meet pack is now out on Swim Wales website. This is a top level Welsh National competition held at Wales National Pool in Swansea and will be for swimmers in Neill's squad. This competition needs to be entered by individuals themselves. Entries open on 11th October and close on 8th November. The competition entries are not first come first served so please wait for the Neath Open Meet results before entering,

West Wales Regionals - weekends Friday 31st January and Friday 7th February.

This event is held in Haverfordwest over two weekends. It is for swimmers aged 11 and over at 31 December 2020. All those that qualify should enter, Entry money will be due beginning of January.

Please check with your coaches which events and competitions you should enter.



The National Arena Swimming League

The arena league is one of the most exciting competitions of the year, Neath Asc competes in the western league against other swimming clubs. The atmosphere is electric and it is really exciting to watch, Most of the races are swum as relays with a few individual events too. The Head Coach selects the team which will be announced before each round. For those that have never been the atmosphere is electric and it is a real team effort

Dates for diaries are

Round 1 – Saturday 12th October Bristol 2pm

Round 2 - Saturday 9th November location and time tbc

Round 3 – Saturday 14th December location and time

Team selection and travelling arrangements will be announced on Coaches WhatsApp Group.



Neath Club Championship Dates

Development – Fri 6th December

800m - Sun 8th December

Sprints (50s) – Friday 13th December

Main Event (100s) - Monday 16th December

400m – Fri 15th December

The development club champs is for those that swim during the Friday 7-8 session.

The 800m is for 10 and older and the 400m race is for 9 and over.

Due to its success last year the sprint race is back! All competitive squad can enter the sprint and main races.

Further details to follow.

Badges

Great news! Neath ASC are introducing badges to encourage swimmers development. There will be two types of badges; skill badges and distance badges.

The skill badges can be earned around every 15

weeks to allow swimmers the opportunity to gain the necessary skills.

The badges will start with the learn to swim pool at Stage 1. Distance badges from 10 meters up to 1500 meters can be earned. There will be a

small charge for the badges and certificates

We are really excited to track the progress our swimmers make. Please post your pictures on social media and tag us in them.

Development sessions extra session

This is a reminder for those swimmers that swim in the early session on a Friday 7-8.

There is a second session available on a Sunday from 5 to 6pm.

If you are interested in this extra session for a small extra cost please discuss with your coach.

Neath website

Neath have an official website www.neathasc.co.uk.

The committee will be working to update the website.

Communications

WhatsApp

There are currently 4 Neath ASC WhatsApp groups. These are: the coach's account where important information about competitions or changes to training sessions is posted.

There is a general chat where parents can post queries. There

is a social chat for postings on events not related to the pool. There is a Lanzarote group for those travelling to Club la Santa in 2020.

Social Media

The committee would like to raise the profile of Neath Asc on social media. If you are on social media please could you follow us on

Facebook and Twitter. We will shortly be launching an official Instagram account. To facilitate the use of photographs we will be circulating permission sheets to be signed and returned.

There is also a secret Facebook group called the Neath banter board. Please ask to be added.

Social Events

Our swimmers love to have fun both in and out the water. Keep an eye on WhatsApp Social Group as something will be arranged for October half term. There will also be another trip to Winter Wonderland ice skating in December as this was extremely popular last year.

The Neath ASC Xmas party will be held for the whole club on Saturday 28th December at 7pm at Neath Rugby Club. Here the medals and trophies will be awarded from the Club Championships earlier in December. There will also be a buffet (which will have options for those with allergies and intolerances) and a disco. Tickets will be on sale (nominal fee) closer to the time.

Polite Notice - Please note that there was a small increase in fees for some lanes from 1st September. Please ensure you have changed your standing order.

