



# Quarterly Newsletter Spring 2023

*Time to Celebrate!*

## Club Success



We got off to a flying start in January, with some fabulous swims from many of our swimmers. Great job **Aliyah** 7 medals!!

Ripley Rascals Open Meet - Matlock

Brilliant swimming Max. 11 pbs and 11 medals.



A lovely set of medals Ryan!



Well done Brooke!

## Regional Development Programme

George, Lily and Jacob were selected to attend the Regional Development Programme in Coventry. What an amazing opportunity and privilege to represent your Club.



## Follow us on social media -





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Time to Celebrate!

Club Success



Gold in the 50 fly!!!  
You smashed it Lily

# Staffordshire County Championships



## Head Coach Update on the Staffs Competition

Session 1-6

22 1st, 17 2nd & 20 3rd Places.

**Lily J** nine 1st's on 50 Fly 32.29, 100 Fly 1.12.70, & 200 Free 2.23.15, 50 Free 29.94 - this was a good win from Lane 2 (qualifying 5th fastest). 1st all with PB's on 400 IM 5.42.51, 100 IM 1.16.12, 200 IM 2.43.71, 200 Fly 2.46.04 & 800 Free 10.10.24. 2nd on 100 Breast 1.24.81, 2nd on the 100 Free in a PB of 1.05.69 and after the 800 Free win. 3rd on 200 Breast, 3rd on 50 Breast 38.94. Made improvements between heats and finals by learning from mistakes. Some good PB's

**James M** four 1st's on 400 IM 6.10.51, 200 Fly 3.06.90, 100 Breast 1.34.20, & 200 Breast 3.23.92, 2nd on 200 Free 2.40.41, 3rd on 100 IM 1.26.90, 200 IM 3.00.62, 50 Breast 43.76, 100 Fly 1.28.01 & 200 Back. Also 4th 100 Free 1.13.86 in the heats, 5th on the 100 Back 1.25.25, 6th on 50 Free and 6th in the 50 Fly Some good PB's.

**Max W** despite being unwell and not swimming at his best 1st in 16/O 50 Breast, 2nd in the Championship 50 Breast. Max was 5th in the 100 Breast Championship final.

**George F-J** 2nd 200 Back 2.33.87 & 3rd 50 Breast 39.16. Also 4th on 200 Breast, 5th on 50 Free, 50 Back and 50 Fly. 7th on the 100 Free with a PB in the heat of 1.04.60.

**Fin S** 2nd on 200 IM 2.39.01 & 100 Back 1.11.05, 3rd 200 Breast 3.03.02 & 100 Breast and 100 IM 1.14.93, 4th on 100 Fly 1.11.90, 4th on the 50 Fly 31.80, 4th on the 100 Free 1.04.20, 5th on 50 Breast, 6th on 50 Free 30.06, 6th on 200 Back, 7th on the 50 Back - again some good PB's and improvements from heats to finals showing learning from mistakes.

Follow us on social media -



Swim England  
Affiliated Club





# Staffordshire County Championships



**Brogan M** 1st on 200 Fly with a PB 2.42.36, 2nd on the 400 IM 5.30.96 whilst overall 4th and 3rd Junior, 2nd 200 Breast 2.56.74, 3rd on 50 Breast 38.62, 4th on 100 Breast, 4th 100 Fly & 200 IM in a PB of 2.39.65, 6th 50 Fly some good PB's and also swam 100 IM & 100 Free - the later with good swim content - but with improved work around turns will bring a big PB in the future.

**Charlotte B** 2nd 200 Breast 2.52.18, 2nd on 400 IM, 3rd 100 Breast, 3rd 50 Breast 37.12, 4th on 100 IM PB in 1.13.44, 5th on the 200IM, 6th on 50 Fly 33.17. Some good swims and again improvement from heats to finals showing learning from miss stakes.

**Max M** won the 200 Fly and gained a Regional QT in 2.32.18. Despite ring rust swam a good race to finish 3rd on the 100 Fly and was 5th on the 50 Fly.

**Brooke B** 7th in the 100 Back final - PB's in the heat 1.30.66, 8th in 100 Breast in her first County Champs. Also Pb'd on her 50 Breast 49.52 and 100 IM 1.36.65.

**Jake O** 4th in the 200 Fly PB'd 3.00.52, 8th in 100 Fly final 1.20.09 and also PB'd on 50 Fly 35.07 & 50 Back 37.57 & 200 IM 2.54.07. Also swam 100 Free.

**Francesca A** also swam on 50 & 100 Breast and 50 & 100 Fly, making the final on the 100 Fly.

**Ethan W** First on 1500 Free overall with a PB of 17.05.74, 2nd in the 800 Free 8.57.71 and 400 IM 4.46.06 and first Junior in both, won the Junior 200 Fly and 3rd overall, was 2nd Junior & 5th overall in the Championship 200 Back and in the 100 Fly Ethan finished 3rd Junior in 1.03.65. 3rd Junior in the 200 IM 2.17.63 and 8th overall.

**Tom H** at his first County Champs finished 5th on the 400 IM. Will Horton also at his first County Champs finished 6th in the 400 IM. Both were "under the weather" with colds and I am sure if fit would have been fighting for a medal.

**Lara B** swam a PB on 400 IM 5.52.93 but was unfortunately disqualified for a technicality.

Also competing **Emma M** (our Club Captain) 100 Breast & 200 Breast.

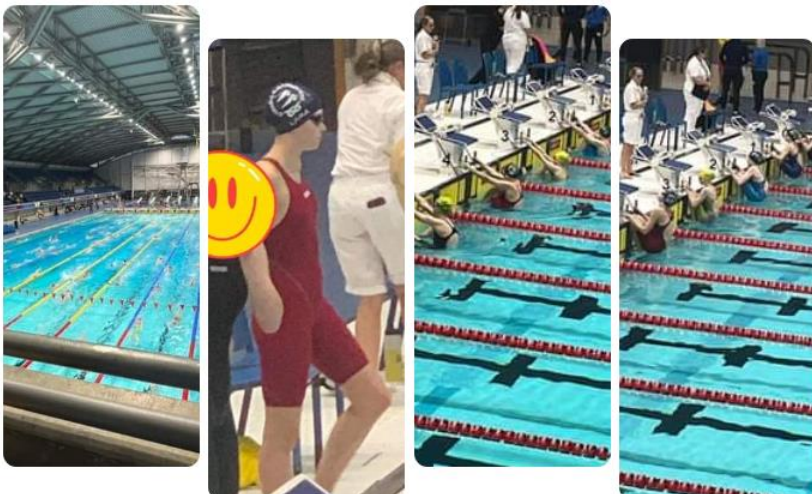
**Levi D** came 5th in the final of the 50 Fly, having PB'd in the heats in 44.08





Another great achievement Finn. Your first Level 1 meet. A great swim.

# Level 1 Open Meet Ponds Forge Sheffield 50m Pool



Brilliant swimming Lara. You made us all very proud on your very first Level 1 meet. A huge 2 second PB on the 50m backstroke long course time.



## Little Otters



We would like to thank Anna Lavan and Caroline Haynes for their time and dedication of service to the Club. We wish them all the best in their retirement from the Club.

## Diabetes Awareness



This is George who swims in our development squad.

1 year ago George was diagnosed with type 1 diabetes.

He's now set himself a huge challenge 🏊👁️ to swim the length of the English channel (22 miles), to raise money for [Diabetes UK](#) to fund research and hopefully make life better for those who suffer with this horrible disease.

★ Please read George's story about coming to terms with type 1 diabetes. We'd love to raise awareness so that more people have an understanding of the impact type 1 diabetes has 🏈🏳️

★ Also, please, please sponsor George, with any amount you can to help him reach his target 💧💰

<https://swim22.diabetes.org.uk/fundraising/george1754>



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**Home Gala - February**



This was a super event and it was wonderful to see the team working together. The results were close and without the efforts of Team B swimmers we would have struggled to win. Every swimmer counts at the Home Gala, no matter where you are placed.

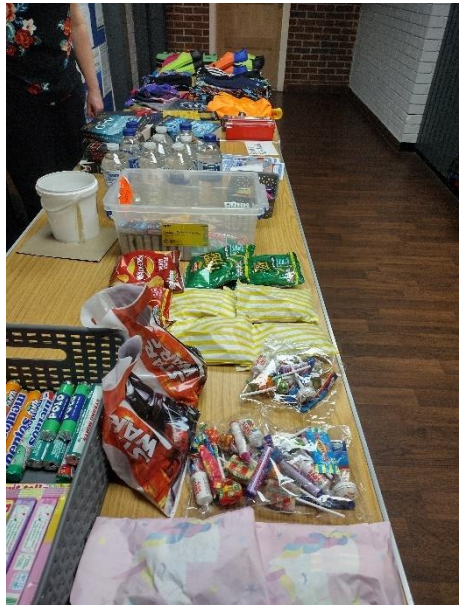
*A big thank you to Helen and Nicki for their hard work organising the Home Gala.*

*Michelle and Nola gave everyone a warm welcome on the entry desk.*

*Many thanks for supporting the Club Shop. Kit donations are always welcome. Thank you Marie and Helen for organising this.*

*Thank you to all volunteers on the night. We couldn't have done it without you.*

Well done to all of the swimmers who attended the Home Gala. There was a good atmosphere and we thank our neighbouring Clubs - Biddulph, Dove Valley and Heath Town for being great competitors.





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### Early March DX Meet Level 1

We had 6 swimmers at the early March DX meet at Ponds Forge. This was the first meet in the window to gain National Qualify Ranking Times.

To qualify for Nationals meets must be in a Long Course (50 metre pool) and classed as Level 1. The window is from March 10th to May 21st. Acceptance at Level 1 meets is based on a high minimum entry time and rejections can occur if a meet is oversubscribed - rejection is based on slowest times.

**Charlotte** PB's on 50 Breast, **Brogan** PB'd on 50 Breast & 100 Fly, **Frankie** PB'd on 50 Fly, **Jacob** PB'd on 50 Back & 50 Fly, **Lily** PB'd on 400 IM.

**Max W** was just outside his PB on 50 Breast and qualified to swim at the British Champs on the 5th April. This is British Swimming Qualifying event for the World Champs and will involve Adam Peaty swimming 5 heats after Max. This will be on live stream on the British Swimming website. As Max qualified in the top 48 of the 83 qualifiers he will swim at 9.30 am (first heat).

So all but Max obtained a PB - but he got a result to be proud of.

**Charlotte, Brogan & Lily** also joined Max in getting onto the rankings invite for the Summer Nationals, though all know they will need to make further progression on their times to get an invite later in the year.

The 24 highest ranked swimmers by age get an invite to British Nationals and the next 22 to English. For Distance Free it is 18 to British and 12 to English.



# Club Presentation Night

It was so good to be all together celebrating the talents of our swimmers You all did rather well at the Club Championships! You are all truly amazing and we couldn't be more prouder than we are of you all.

Well what a fantastic night! The disco was brilliant and the selfie station was a great hit too!



Thank you to our Chairman – Steve Spooner. You did a fantastic job on the night!







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Club Presentation Night



Our Champions



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Four gold medals on Mother's Day. Well done Finn. You made your mum's day.

Brilliant swimming Aliyah! Your drive and determination is showing!



## The Poolside Team

A big thanks to Andy, Steve and Gayle.



A big well done to **Finley H** who completed his very first open meet. He made a fantastic start to his swimming journey.

**Fabulous results from both Emma and James. We are very proud of you both.**  
James came home with 11 medals and was top 11 year old boy. Emma, our senior captain provided invaluable support to those younger swimmers.

# Wolverhampton Open Meet March 2023



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## Fundraising



If you are available on Saturday 1<sup>st</sup> July and would like to join us in the parade or on a stall, please email your details to [fundraising.cheadleasc@outlook.com](mailto:fundraising.cheadleasc@outlook.com)

This is a wonderful community event and it's not just about fundraising. It is a fun day where we can promote our Club in the local community and enjoy some social time away from the water.

This year the dressing up theme is Kings and Queens.

A big thank you to all that entered 'Name the Easter Rabbit.' £200 was raised. Fundraising is vital to our club and we all want the best for our children. If you have any fundraising ideas or would like to help in any way please email the club.

## CORONATION QUIZ

Our next fundraising event – Coronation Quiz £2 to enter. Complete the quiz and return to any committee member by Friday 12<sup>th</sup> May. All quiz sheets with the correct answers will be entered into a prize draw. Prizes so far include a large bottle of gin, 10 pack of larger cans, two bottles of wine, Gladstone Pottery Museum tickets x2 and a £25 Hales Hall Voucher. Quiz sheets will be given put this coming week.

Funds from this will support the general running costs of the club.



## Social Event

We are looking forward to 10<sup>th</sup> June for our next swimmer's social event.

Bowling at Uttoxeter Cineworld.



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**Open Meet**  
**March 2023**

This was another successful open meet for our swimmers. Numerous medals and pbs, were achieved. Well done Max M for achieving the regional time in the 100m fly. We know you really wanted that one! Great effort.

Thank you to poolside support including Andy, Becky and Craig. The support and encouragement given to all swimmers has been amazing and we have had many parents coming forward to say what a great team we have.



## Club Shop



There is currently a growing demand for good quality second hand kit. Please consider donating unwanted kit to the Club Shop. This is a great way for us to support each other. Items are generally sold between £2 and £5 depending on their condition. New swimming caps are also available. The shop is open on home galas and if you email Marie at [fundraising@cheadleasc@outlook.com](mailto:fundraising@cheadleasc@outlook.com) She will be able to help you.



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Our flagship domestic swimming event was hosted at the Ponds Forge International Sports Centre in Sheffield. Running for six days from 4th-9th April 2023 and playing a key role in the selection process for July's World Aquatics Championships in Fukuoka.

We are very proud of Max Wainwright who with a blistering swim in the heats got through to the final of the 50m breaststroke. This is a massive achievement.



**Our champion in action!**



Wellbeing

**INSTEAD OF THINKING... VS TRY THINKING...**

✗ I am not good enough	✓ I am good enough
✗ I can't do it	✓ I can do it
✗ Why does this always happen to me?	✓ This is just one bad day
✗ Everything is always my fault	✓ I can't blame myself for everything
✗ I always fail	✓ I will learn from this failure
✗ This is impossible	✓ This will take time and hard work
✗ I want to give up	✓ Keep going when things get tough
✗ I always make mistakes	✓ Mistakes help me to learn
✗ I will never get any better	✓ There is always room for improvement
✗ I will never be as good as him/her	✓ I will never give up
✗ I am never good at trying new things	✓ I will learn to embrace challenge

# 10 WAYS TO BE A BETTER TEAMMATE

@BELIEVEPHQ

<b>GOODWILL</b>  Win as a team. Lose as a team. Don't blame or take it out of anyone	<b>RESPECT</b>  Show respect to everyone around you	<b>DEVOTION</b>  Devote yourself to the sport for your teammates
<b>SUPPORT</b>  Show your team that you are trustworthy and always willing to help	<b>TRUST</b>  Be a trustworthy athlete who teammates feel comfortable to talk to	<b>ENCOURAGE</b>  When things get tough, encourage your teammates to keep working hard
<b>PROBLEM SOLVE</b>	<b>COMMUNICATION</b>	

Don't let the DQs get you down. Learn from them and move on! Get better!

"The water brings out the best in me. It gives me opportunity, confidence and freedom."  
Adam Peaty

**STOP AT NOTHING AND ACHIEVE GREATNESS.**

"I've failed over and over again in my life. And that is why I succeed."  
MICHAEL JORDAN

The difference between ordinary and extraordinary is that little extra.

Quitters don't swim. Swimmers don't quit.

TYR | ALWAYS IN FRONT



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# SWIMMING CLUB'S STROKE OF GOOD LUCK THANKS TO JCB DONATION



A big thank you to our  
sponsors JCB. Our new  
starting blocks are brilliant!



# CHEADLE SWIM ACADEMY

HAVE YOU COMPLETED  
STAGE 5 LEARN TO  
SWIM AWARD?

CONTINUE YOUR LEARN  
TO SWIM JOURNEY WITH  
CHEADLE SWIM ACADEMY.

OUR PROGRAMME OFFERS  
SWIMMERS AN OPPORTUNITY  
TO DEVELOP KEY SKILLS AND  
HAVE GREAT FUN IN THE PROCESS



CHEADLE  
SWIM ACADEMY



AT SOUTH MOORLANDS  
LEISURE CENTRE  
CHEADLE

WEDNESDAY 7PM -8PM

£27 PER MONTH  
FIRST MONTH HALF PRICE

Cheadle Swim Academy accepts children that have completed Learn to Swim Stage 5 award and progresses them onto the later stages of the Learn to Swim programme. The academy will continue to develop the swimmer's skills alongside providing a gentle introduction to competitive swimming in a fun and relaxed environment.



Cheadle (Staffs) & District  
Amateur Swimming Club  
Established 1968



Website: [www.cheadleswimmingclub.com](http://www.cheadleswimmingclub.com)



Email: [information@cheadleasc.org.uk](mailto:information@cheadleasc.org.uk)





### Competitive Swimming Information

#### Meet Entry Guide

Entering competitions can be confusing. There are entry times, consideration times and qualifying times, 50m and 25m competitions and Open Meets, Graded Meets and Championship Events. What should you be entering, how do you enter and where can you find those times that you can't remember? Hopefully this guide will help you through this minefield and make the whole process of entering meets more understandable.

There are four different levels of meet that swimmers and parents need to be aware of. These are:

- Level 1 Meet – Long Course, minimum standard qualifying time (i.e. County, Regional, National Championships)
- Level 2 Meet – Short Course, minimum standard qualifying time (i.e. County, Regional Championships)
- Level 3 Meet – Either Long/Short Course, no faster than National Qualifying Times
- Level 4 Meet – Either Long/Short Course, no qualifying times (i.e. Development Gala)

#### Times

**Qualifying Times:** A qualifying time is a time you have to be faster than to automatically qualify.

**Consideration Time:** A consideration time, is a time you have to be faster than to enter. If the meet is oversubscribed then the consideration times may be changed. This is usually done by changing the consideration times for all events by a percentage until the maximum number of entries is reached.

#### Club Kit

**For new club kit go to the website below. This link is on our club website.**

<https://www.swimpath.co.uk/collections/cheadle-district-asc-team-kit-page>



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**Just for Fun!!!!**

**Coach –**  
**“Let’s do something a little bit different today. Something a bit more fun!”**

**Swimmers:**



**If you think swimming with dolphins is expensive?**  
**You should try swimming with sharks...**  
**Cost me an arm and a leg!**



**Social Media**

A big thank you to Melissa who certainly has us all feeling brighter at the start of the week with ‘Motivational Mondays’ and for keeping us all up to date on Facebook.

Keep liking our Twitter, Instagram and Facebook posts.

It's motivational Monday!



**Do you know that....?**

Our club is run by volunteers and most are busy working parents and grandparents. This is why we need your help. If you can support us in any way please come forward. If you are new to our club we would like to get to know you more.

**URGENTLY NEEDED – Club Secretary**

You will be fully supported in this role and most of the tasks just involve sending out given emails. For more information please email [information@cheadleasc.org](mailto:information@cheadleasc.org)

**Follow us on social media -**   

