



DASC UPDATES

June 2017

www.dare-asc.co.uk

SOME UPDATES FOR ALL DASC SWIMMERS, PARENTS, COACHES AND FRIENDS

Please read the following carefully.

Not all of the updates will apply to all of you, but there should be things of relevance to all squads. It is also important to check your e-mails and www.dare-asc.co.uk regularly for further DASC information.

Training Changes/ Cancellations 16-18 June

Because of the Scarborough Gala 16-18 June, there will be no training:

- At EV on Friday evening for Top squad, including cancellation of land training
- At Longfield for A3 squad
- At EV on Saturday lunchtime for any Diddy Leaguers
- At Dolphin Centre on Sunday morning for Top squad
- In the Back Tank on Sunday evening

There will be training in the main pool on Sunday evening at the Dolphin Centre for the usual squads. Any Top squad swimmers who want to can join in the A1 session 5-7pm.

Training on Saturday Lunchtimes at EV 1145-1315

On Saturdays 24 June, 1st July, 8th July and 15th July, instead of Diddy League training, these sessions will be open to B squad swimmers of any age, including recent new starters, according to the following rota:

- 24 June B1 squad
- 1 July B2&B3 squads
- 8 July B1 squad
- 15 July B2&B3 squads

The sessions should provide an extra opportunity for some good work on technique for B squad swimmers.

After that the Saturday sessions will take a break over the school holidays and resume next term.

Summer Holiday Training

The coaches will soon be working on the training programme for the summer holidays. If this is your first summer with us, you may like to know that we usually run a slightly reduced programme in order to give coaches, parents and swimmers a bit of a break.

There is no training for DASC on any Bank Holiday Mondays because of pool closures/reduced opening.

Land Training for Top Squad

Land training on Fridays for Top squad will continue at EV with Shane Hassall up to the final session on 21 July. Shane will then resume land training on Friday 8 September.

Land training for the remainder of the summer term will be cross fit training, so please dress accordingly.

Club Distance Gala

The club distance gala will be held on Sunday 25 June 5-7pm at the Dolphin Centre. Entries for 800m for girls and 1500m for boys are invited from Top Squad, A1 Squad and from A2 Squad at coach discretion. Competitors/parents will need to turn them around pretty quickly.

There will be no training for A1, A2 and A3 squads on that night. B squad training will be on as usual 4-5pm. A3 squad are invited to train on the Sunday morning 8-10am at the Dolphin Centre (Back Tank for the first hour and Main Pool for the second hour).

We will need some volunteers to timekeep at the gala – preferably parents of swimmers taking part in the gala. The events count towards points for the 2017 Club Championships and there are two trophies and 4 sets of medals available for each event.

A Date for your Diary

We will be holding our annual Darlington Dander Meet at the Dolphin Centre on Sunday 8th October. Please put the date in your diary. We hope for a massive turnout of our own swimmers at the gala and we will need a small army of volunteers to help us run it.

Club Gala 3

The next Club Gala will be held sometime in September. Information and entry forms will be available over the summer holidays.

Lost Property from the Diddy League Final

Neve Kell (A2 squad) lost her T-bag T-shirt at this gala. It has her name in it. Please could you check that you have not picked it up by mistake. If you do find it, please return it to Neve (or to Carol Bottomley or Jane Teague)

Unclaimed Raffle Prize from Derwentside Gala

Were you at the Derwentside Gala on 3/4 June and did you buy any raffle tickets? A valuable prize has not been claimed. See attachment to e-mail. If you have the winning ticket, please show it to Jane or Carol.

Congratulations

On Saturday Billie Bache (aka Mum of Philippa in A3 squad and Johnson in Top squad) completed her Judge 2 qualification at the N&D Teams Gala. We congratulate her on her achievement and thank her for all the hard work she put in to both the training and in volunteering as a gala official at numerous galas.

For Information

A DASC swimmer, who competed in the N&D Teams Gala at Sunderland on 10 June, has since been advised that they are likely to have German Measles (Rubella). The swimmer has been advised to be in isolation for a week in order to minimise contact with anyone who may be vulnerable.

If you/your swimmer have had the MMR vaccine there should not be any problem. It might be a problem for women who have not been vaccinated and are in the early stages of pregnancy and have been in close contact with a person with Rubella. Such a person is at their most contagious before the rash has broken out. If you have any concerns about this, please speak to Les Mooney or Jane Teague.

DASC Club Desk

The Club Desk is currently open on poolside at the Dolphin Centre on Tuesdays 6.00-7.30pm. It may also be open on some Sundays 5.00-6.00pm.

DASC Swim Shop

The next opening dates are Tuesdays 27 June, 4 July, 18 July 5.30-7.00pm on the poolside at the Dolphin Centre. It will not open at all in August.

Payment of Fees to/by DASC

If your swimmer has recently moved squads, may I remind you that your monthly standing order should be amended if necessary in time for your June payment. If you have missed that date, please arrange to pay arrears promptly.

If you need to pay DASC any sort of fees – for gala entries, membership fees, ASA registration upgrade fees, arrears of monthly squad payments etc - you can do so by:

- cheque payable to DASC
- cash – exact amount please
- BACS payment to the club account (Darlington Amateur Swimming Club, Sort Code 09-01-27, Account Number 98784079). If paying by this method please indicate with your payment what it is for and e-mail jane.teague@ntlworld.com to let her know when you have paid.

If DASC need to pay you any money, eg for gala fee refunds, then we prefer to do this by online bank transfer direct to your account. You would need to provide our Treasurer, Laurence Murray, with your sort code and account number.

Easyfundraising and Proswimwear

Please remember that you can raise money for DASC with online shopping via easyfundraising. You can also fundraise for the club by buying swimwear and equipment from ProSwimwear. Use the links on the club website at <http://www.dare-asc.co.uk/index.html>.

In the last quarter to March 2017 you raised £246.38 with easyfundraising just with a few clicks!

Could you make a contribution to this fundraising with little effort and no additional expense on your part?

Contact details:

Les Mooney (DASC Chairman)

Laurence Murray (DASC Treasurer)

Carol Bottomley (DASC Competition Secretary & Gala Organiser)

Jane Teague (DASC Secretary & Membership Secretary)

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