

Issue 1 – January 2023

Newsletter

Chase Swimming Club



Welcome to our first Chase Swimming Club newsletter of 2023. Though the production of this newsletter each quarter, we hope to provide parents, swimmers and volunteers with relevant and topical information on a more regular basis.

A good club is one where there is a team effort from parents, club supporters, teachers and coaches. We are looking forward to working with you this year to make Chase Swimming Club a success for everyone involved.

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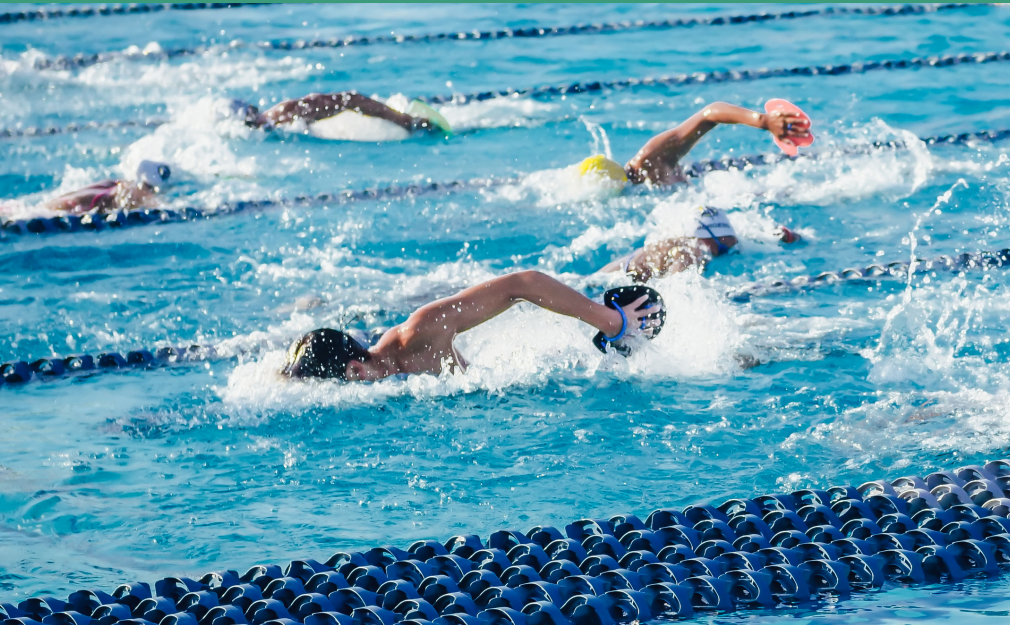
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Coaches report



Ross Hill
Head Coach

Helllloo all Chase Parents and Swimmers.

Welcome to the first edition of my coaches' report, which will be included within all newsletter's going forward. That means you get the excitement of waiting for the next edition each time..... better still, unlike Netflix we won't make you wait another two years for the next instalment! Be on the lookout for some nuggets of coaching wisdom or madness... I'll let you decide. On the other end, look out for key swimming training and competition information. Most importantly though, this is a fantastic opportunity for us to celebrate the success of our amazing swimmers!

On the back of this theme, there is only one place to start. Over 4 weekends (yes that's where all the weekends went) of the 2023 Staffordshire County Championships, our swimmers performed magnificently. We are a young bunch with huge potential, which over the next few years should see us kick on from where we are now! For the stat hungry amongst us, we won a total of 132 medals across the different categories at the championships, 22 of which were gold medals! In addition to this impressive medal haul, Bethan Cooke set a Junior County Championship Record in the 50m F/c! An impressive start.... but just the beginning! We've set the benchmark; we now need to see if we can better it in 12 months' time! In addition to these successes, the entire coaching team would also like to take this opportunity to congratulate all those who achieved regional qualifying times, particularly those who gained their first ever time!

Over the next months, we can look forward to the return of the staff's league, the opening of the national window, and hopefully more regional qualifying times at the Wolverhampton open meet!

And remember to be #OneTeam whilst we #ChaseGreatness!!!!!!!!!!

Whooooshhhhhhhh

Arena League Final



For the first time in the history of the club, Chase made it into the Arena League Regional Final, entering at 6th place and by the end of the evening we had moved up another place to finish 5th in the West Midlands!

A huge well done to all swimmers who took part, this is a great achievement despite illness/injury within the group.

This was a strong end to the short course focussed section of the season.



Swim England Winter Nationals



We were extremely excited and proud to have 3 of our swimmers representing Chase at the Swim England Winter Nationals at the end of last year.

Bethan Cooke, Ollie Caddick and Charlotte Surrell put in some great performances.

Ollie Caddick swam his 2nd fastest 400IM and 3rd fastest 200IM.

Charlotte Surrell finished the 3rd fastest 15 year old in the 800m freestyle, despite being very unwell in the 2 weeks leading up to the event.

Bethan Cooke achieved 4 personal bests out of 5 swims reaching the 17 and under final in the 50m Freestyle, finishing 2nd fastest 15 year old in the whole event.

PRESENTATION EVENING AND PAUL'S RETIREMENT



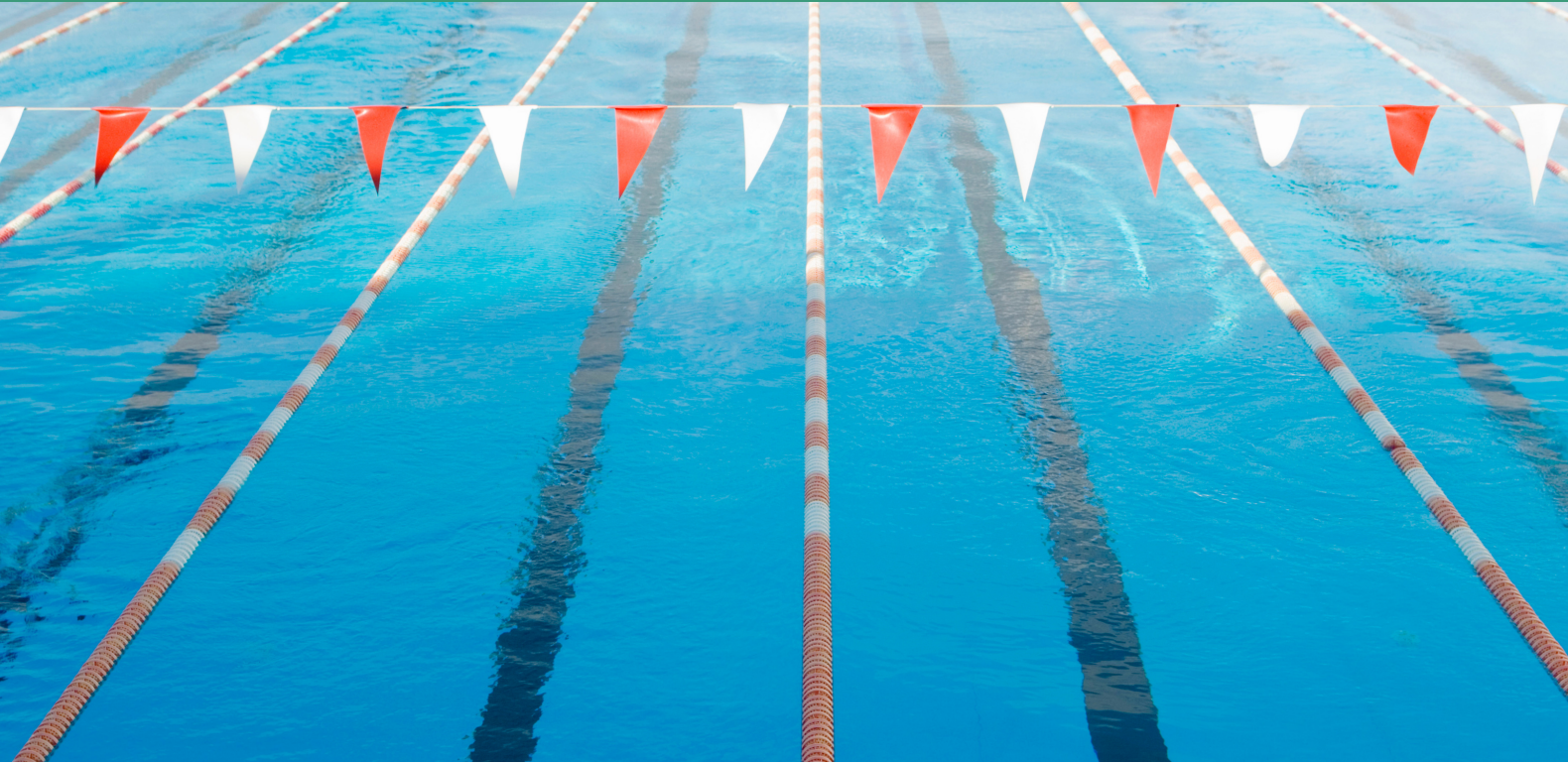
On Saturday 7th January we held our annual presentation evening where it was lovely to see everyone come together to celebrate the achievements of our swimmers following Club Championships back in September.

It was also an evening where we could express our thanks and gratitude to our existing Head Coach, Paul Grainger following his retirement in the summer.

Paul was given a heartfelt and appreciative send off because without his superb efforts, Chase would not be the well respected and successful club it is today.

We would like to thank everyone who came along to make the evening a great success, and a special thank you to all the volunteers who helped with the organising of it all.

DATES FOR THE DIARY



4th March 2023 – Staffs League Round 1

10th, 11th & 12th March – Wycombe Long Course Premier Meet

18th & 19th March – Wolverhampton Open Meet

25th March – Junior League Round 1

30th March, 1st & 2nd April – Derventio Excel April Open Meet

29th & 30th April – West Midlands Regional Championships

1st, 7th & 8th May – West Midlands Regional Championships

13th May – Junior League Round 2

THE BEST WAY TO SUPPORT YOUR CHILD AND YOUR CLUB



Chase Swimming Club is a successful club run by a team of supporters who all give their free time for the benefit of the swimmers.

As a club, we rely on the commitment of parents and volunteers who help the club, whether this be daily, or on an occasional basis.

There are many different ways in which you can help support the club and in doing this you will get to understand the sport in more depth, and as a result learn the best way to support your child.

If you would like to get involved, please contact Stuart Taylor by email at staylor.chasesc@gmail.com

How you can get involved?

- Team managers
- Tickets and raffles teams
- Fundraising
- Officials
- Medal organisers
- Social committee members
- Club committee members
- and many others