



MASC Newsletter

April- July 2024

Welcome

To our first quarterly newsletter. This is our opportunity to give you a snapshot of what is happening in the club. If you have any ideas or even fancy being a budding journalist, then please feel free to get in touch with Sarah Sapstead at the following:-

communications@middlesbroughasc.org.

Dates for your diary



- British Championship trials 2-7th April 2024
- NER entry deadline 17th April 2024
- British Masters 19-21st April 2024
- Diddy League R2 (selected swimmers) 20th April 24
- NER Age Group at Leeds 27-28th April
- NER Youth Open at Sunderland 4-6th May
- NER Age Group at 11-12th May
- South Tyneside Spring Meet 24-26 May 2024
- MASC June Gala 8-9 June 2024
- Diddy League R3 (selected swimmers) 16th June 2024
- Club Champs 14th July 2024

Ollie & Rebecca at British Championships

Congratulations to Ollie Smith & Rebecca Keetley who are competing at the British Championship trials. Taking place from 2-7th April at the London Aquatic centre. You can watch coverage of the British Championship heats on You tube via channel 4 and the finals on the BBC I-player and red button. Be sure to tune in and watch.



Ollie & Rebecca are due to swim in their heats on Wednesday 3rd April. Ollie in the 200 fly and Rebecca in the 200 breast. The whole of MASC hope you have a great swim and wish you both the best of luck!

The championships display the very best of British Swimming with Adam Peaty, Matt Richards, James Guy, Anna Hopkins, Freya Anderson & our very own Ollie Smith & Rebecca Keetley.



Squad Moves

Congratulations to the following swimmers for moving out of their current squad:

Academy: Jake DB, Jess DB, Daisy S, Rafael F

Development: Casey C, Ethan P, Eva-May C, Heidi F, Jack M, Poppy H, Ryan F

JP: Aidan HS, Eva L

YP: Jack W, Orin C, Molly S

Comp B: Daisy D, Ethan R, Jacob R, Lydia S, Jacob N



Please remember to adjust any standing orders or direct debits if you have moved squads.

Team Unify

The club have invested in some software management information software called Team Unify. Lots of work is going on in the background to get this system ready and up and running which in the long run will deal with all your gala entries and communications via an app on your phone. We are ensuring that the data we hold in the background is correct and amending email addresses we hold so we know we have the correct method to contact you. This may prompt an email. Please don't be alarmed. More details to follow.

HAPPY BIRTHDAY

MASC would like to wish the following members a happy birthday for their upcoming celebrations:

April: Sofia A, Evie C, Seb D, Blossom D, Heidi F, Eliza G, Will H, Christina L, Thomas M, Jack M, Johanna M, Ben M, Natalie P, Alice S, Natalie S, Deborah S, James W, Teagon W

May: George B, Charlotte B, Haider B, Emily F, Bailey M, Terry M, Theodore M, Simon M, Ethan P, Bryan P, Thomas R, Ethan R, Jake R, Josh R, Edward R, Daniel R, Aleah R, William S, Robert S, Eve S, Daisy S, Lacey T

June: Theo C, Isobel D, Harry D, Shay D, Penelope G, Olivia G, Michael G, Lewis L, Patrick O, Finn R, James S, Dewi W

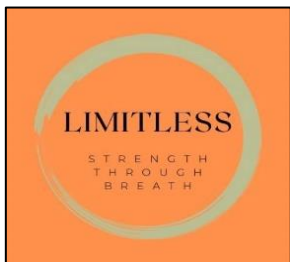
July: Gracie-Mae B, Ryan F, Mason G, Scarlett H, Darcie H, Mason J, Louise K, Olivia L, Ella P, Isla P, Manuela S, Adam S, Gillian S, Nimi T, Phoebe W, Tallulah W

Assistant Head Coach Michelle travelled to Nottingham to attend Swim England's Sport Science and Medicine Conference.

Michelle described it as "fantastic", some of the topics covered include:

- Transitioning from junior to senior swimming
- Coaching the female athlete
- Psychological differences between male & female
- Managing periods
- Psychology of female athletes

Michelle said "hearing the experts has been a great learning experience. We look forward to sharing some key points with our swimmers and parents".



Over 25 swimmers from Comp B, Comp A and Elite were lucky to experience a breathing workshop by breathing coach, Steffy Cappleman. Steffy has delivered sessions to other GB Teams. Her own son has been a competitive swimmer for many years.

The exercises helped swimmers to optimise both their physical and mental performance. Swimmers were shown how to optimise breathing techniques to cope with anxiety and we had some positive feedback from all those who attended.





MASC swimming club is always happy to have help. That help might look like baking a cake for an upcoming gala or donating a prize that could be used on the games or raffle stall. Every penny made goes back into the supporter's fund which in turn is used to support your swimmer. Last month this covered the cost of the bus to diddy League and N&D teams and a breathing workshop for our competitive squads. If you want to talk to someone about volunteering for a role at the club, please email: galapromoter@middlebroughasc.org.uk.

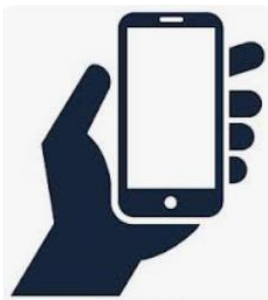
Cover Coaches

MASC would like to welcome the following cover coaches to the team: -

- Aleah Ross
- Adele Carberry
- Myles Carter
- Phil Hewitt
- Kevin Hartley



All the above have a level 2 swimming teacher qualification and will compliment our current coaching team when needed. Please give them a big MASC welcome if you are lucky to have them cover your session.



Safeguarding is everyone responsibility.

A reminder to all that due to the changes in SE wavepower safeguarding policy mobile phone should not be used in any changing room. This includes using a mobile phone in an individual cubicle. If you see or know of anyone using a mobile phone in a changing area please report this to your coach or our club welfare officer Ruth Dumphy-Brook at welfareofficer@middlesbroughasc.org.uk

Swimmer of the Month

Well, done to the following swimmers who have been awarded swimmer of the month for March.

Development: Eva Cooper **JP:** Sophie Carberry

YP: Jack Watterson

Comp B: Willam Proud

Comp A: Ella Proud

Elite: Sydney Dearlove

Active: Ben Morton



Come and Join the Masters Squad

If you have a keen interest in swimming and are over the age of 18 why not join our Masters squad.

- We have qualified coaches to help achieve your goals!
- Training sets are provided for each session.
- Dedicated training time away from public swimming
- 9 sessions to pick from which include 4 early morning and 3 evening sessions a week for £55 a month.



For info email headcoach@middlesbroughasc.org.uk