



MASC Newsletter

Sept- Oct 2024

Welcome

Welcome back to the 2024/25 season. We hope you all had a restful break. Thank you to all our swimmers and supporters who joined us at our summer social which took place on Saturday 31st August. Our next planned social event is the MASC quiz night on Sunday 20th October and our Christmas get together on Saturday 21st December so save the dates in your diaries.

If you have any ideas or even fancy being a budding journalist, then please feel free to contact Sarah Sapstead at the following: - communications@middlesbroughasc.org.

Dates for your diary



- Billingham Back to pool L3 Gala 21st 22nd Sept
- S/Tyneside (Distance) Friday 27th Sept
- Arena League 12th October
- MASC Halloween Gala 19th -20th October
- MASC Quiz night – Sunday 20th Oct
- Newcastle Shrimp L4 Saturday 26th Oct
- SC NER 2nd – 3rd November
- Arena League 9th November
- Nova Centurion L2 16th-17th November
- Tynemouth L3 23rd – 24th November
- Winter Nationals 5-8th December
- MASC Christmas Gala 14th-15th December
- Arena League 15th December
- MASC Christmas Social 21st December



MASC Summer Social



We were blessed with sunshine and dry weather on Saturday 31st August for our annual summer social. A huge thanks to Leanne & Stevie for all the organising. We had bouncy castles, inflatable obstacle courses, three legged races and team games. The highlight of the afternoon was the parent and child tug of war where the rope gave in, thankfully no lasting injuries to anyone! The summer social is open to all our club members.





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

September: H Franklin, G Martin, E Ndlovu, R Figueiredo, Q Zhu, L Shipley, J McDonald, P Lightwood, M Kent.

October: H Fraklin, M Abdullah, A Shukri, E Turnbull, P Smith S Davies, R Bailey, A Prasad, R Pollock, J Young, M Olbrich, I Montague, T Saha, D Hill, E Nixon, M Carter, S Taylor, S Horner, V Han, E Hall.

HAPPY BIRTHDAY



MASC Awards Night



Our annual awards presentation took place on the evening of Saturday 31st August. Swimmers and families were treated to a glittering party backdrop to celebrate and close the 2023/2024 swimming season. As always, it is impossible to provide an award to every swimmer, but we are so proud of the journey that each one of our swimmers has made in 2024.



This year was the first year that our Chairperson awarded the new aptly named Chairperson award. The Chairpersons award will be awarded annually and can be given to any member of the Club who has demonstrated a significant level of contribution and commitment. The purpose of the award is not to downgrade anyone else's contribution, as the Club runs on the work of very dedicated and hard-working volunteers, but to recognise someone who has achieved a huge amount or sustained commitment for some time.

As Chairperson, I am often humbled and astonished at the amount of work that others give to the Club and will always be grateful to every single person that gives their time to support the club's activity.

The first recipients of the award were Sarah Paylor (Membership Secretary) and Camilla Whitton (Volunteer Co-ordinator). I could not begin to describe the amount of work both have done this year, but safe to say, without them the Club would not be in the place it is. They have both worked tirelessly to ensure that we meet our obligations under the new Wavepower regulations, they have sought to put in place systems and processes for monitoring and assigning volunteers. Individually they have spent countless hours on our membership system and developing new structures, all while additionally supporting a range of small sub-committees, not to mention doing their day jobs and supporting their own swimmers. They are amazing, and have done so much, all of which no one would really know anything about and is largely invisible to the membership. A huge thank you to both.



Commitment award: -

The commitment award is awarded to the swimmer/swimmers who are always there, all day every day. They are either training, supporting, or competing. They show commitment to their training, club, and squad. They are young leaders within MASC who through their commitment it has enhanced their own performance.



Development:

Winner: Maisie Hall



Junior Potential:
Winner: -Sam Davies



Junior Potential:
Runner Up -George Balmer



Youth Potential:
Winner: - Robyn Pollock



Youth Potential:
Runner Up - Ananya Prasad



Comp B:

Winner: -Jack Waterson



Comp B:

Runner Up: -Jake Reddivari



Comp A:

Winner: Jacob Redding



Elite: -

Winner: Robert Shipley



Active: Winner: -
Ethan Hall



Masters:
Winner: -Louise Keetley
Runner Up: -Sarah Taylor

Most Improved award



Development:
Libby Pollock

Awarded to the swimmer from the start of the season to end of the season. Who has demonstrated that they have pushed hard and have improved the most technically, in training and in their racing performance this season.



Junior Potential:
Winner: -Emily Nixon



Junior Potential:
Runner Up -Elise Turnbull



Youth Potential:
Winner: Blossom Dunning



Youth Potential:
Runner Up: Sophie Carberry



Comp B: Winner: -William Proud
Runner Up: -Molly Speak



Comp A:
Winner: -Daisy Dunning



Masters:
Winner: -Simon Morris



Masters:
Runner Up: -Suzanne Rennie



Active: - Vinh Han

Elite: -

Winner: - Will Hewitt

Performer award



Awarded to the swimmer who can execute race plans, trains hard 100% of the time, has great attendance. The swimmer who loves training and racing, has overcome many obstacles during the season but still stands up to do their best. They have shown grit and determination to be where they are and have achieved many accolades due to their determination and hard work.

Development:

Winner: -Jake Dumphy-Brook



Junior Potential:
Winner: -Casey Cook



Junior Potential:
Runner Up -Alex Law



Youth Potential:
Winner: William Sapstead



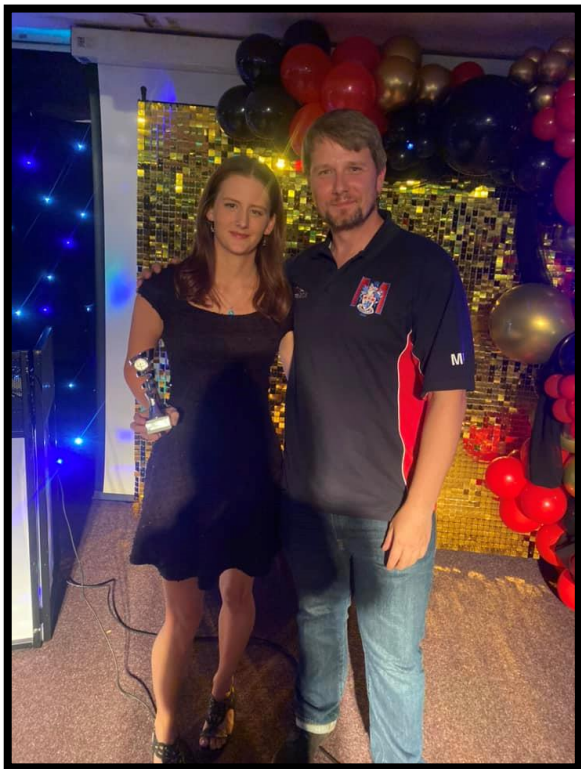
Youth Potential:
Runner Up: Ethan Paylor



Comp B: Winner: -Austin McKenna
Runner Up: -Adam Shipley



Comp A:
Winner: -Ethan Reddivari



Masters:
Winner: -Dani Horner
Runner Up: -Aleah Ross



Elite: -
Winner: Lydia Shipley

Active: - Lewis Loughran

Spirit Award



Spirit Winner: Shay Downey

Spirit award is for anyone in the club who displays an overall commitment to their team, cheer encourage and energise their teammates, is adaptable to change and shows great tenacity through tough times.

Winner: - Shay Downey

This swimmer was chosen for the award as he sacrificed his own achievement and place in open water swimming as he saw one of his teammates struggling. This swimmer saw that his teammate was okay and swam the whole race alongside his team member this reflect a true act of MASC spirit!

Runner up: - Robert Shipley

For sacrificing his place on the National relay team. Robert recognised that an alternative member of MASC would be faster for the overall team performance.

Ambassador Award



Ambassador award is for anyone in the club who represents MASC continually. They have taken on roles and responsibilities within the club and perform them throughout the year.

Winner: - Gillian Smith

Gillian is only one of six world aquatic approved referees in the UK. This allows her to officiate at international swimming competitions, most recently at the European Junior Championships in Lithuania. Gillian ensures that our home galas have sufficient officials to meet the licence requirements and supports the training of our judges. She is also the Club Secretary, thank you for all that you do.



Runner Up - Ollie Smith

Ollie has had a fantastic season representing MASC at Olympic Trials, British Open and Nationals in Fly. He was also one of the four swimmers who represented MASC in the relay team swimming fly. Well done, Ollie.



Meet your new Club Captains



Congratulations to our 2024-2025 Junior and Senior club captains voted for by swimmers. Club captains were announced at our presentation evening.

Junior Captains: -

Lydia Shipley & Ethan Reddivari

Lydia is keen to work with swimmers across the club and encourage new swimmers to join.

Ethan is keen to give a voice to our younger swimmers by boosting socials and having a buddy scheme. He is also keen to help the club with fundraising.

Senior Captains: -

Robert Shipley & Katie Pink

Robert is keen to boost the club's reputation in the region and encourage new swimmers into open water.

Katie is keen to support our younger swimmers new to competitive swimming.



Our club captains will be a point of contact for your swimmers if they have any questions, or just want a little bit of moral support. They will welcome new members into the club and are an important link between the swimmers and the committee.

We wish you all the greatest success in your roles this season!





MASC are already a supporter of the Middlesbrough foodbank, and this will continue collecting at all home galas. We are however after suggestions for another local charity we can support. If you have something in mind, please email the club secretary: - secretary@middlesbroughasc.org.uk

Be Part of the MASC Team!



Are you interested in becoming a swimming official?

At each of our home galas we require at least 18 qualified officials to run the gala and ensure that we have enough officials to meet the requirements for the licence that is granted to us by Swim England.

We do not have enough of our own officials and therefore rely on officials from other clubs coming to help this means as a club we incur expenses, which reduces the amount of money that we make at the gala. Gala income helps us as a club to survive, therefore ideally, we would love to be able to run the gala with as many of our own officials as possible.!

The first qualification (Judge Level 1) involves some online training followed by poolside sessions which can be carried out at a range of galas (including our home galas). If you would like some more information, then please contact Gillian secretary@middlesbroughasc.org.uk



CANCELLED

A reminder to all there is **no training on Saturday 14th & Sunday 15th September** due to the Richmond Dales gala. Please mark this in your diary. We are looking forward to our first racing of the season at Billingham the following weekend.

A word from the Chairman

Welcome back! a very warm welcome to the 2024/25 season. I hope that you all have found some time over the past few weeks to have a break and time with friends and family and are rested and ready for the season ahead.

I am really excited for the 2024/25 swimming season. Not only do we have opportunities to build on our success of the previous year, but we have the excitement of events such as the Crete Camp, and our debut into the top level of the Arena league as well as a packed competition calendar for all our squads – so there is something for everyone!

As a Club we continue to build, develop, and improve right across the board. I continue to be proud and excited of our achievements, there is still lots to do, and the supporting operational aspects seem to never end in terms of new things we need to do, or develop, however I am confident that we remain on the right path. I

am hugely thankful to the support and input from volunteers and members in this work, and hope that we can continue to find ways to be more efficient, transparent and to be led by feedback and the membership.

I would like to wish every swimmer the absolute best for the forth coming season, whether you are aiming to break records, qualify for specific events, improve PBs, or just improve technique or overall performance whatever your goals I am confident that you will do your best to achieve them.

Simon



Congratulations to our swimmers from our development squad all the way up to elite squad who for a change, put their trainers on and ran 4k in the AJ Bell Junior Great North run on Saturday 7th September. With over 10,500 children taking part in the event themed “finding your superpower”. The junior and mini–Great North Run is one of the biggest kids running events in Britain. Junior runners ran 4k. Well done to all who took part. Entries are now open for next year so why not sign up and have a go: -

<https://www.greatrun.org/events/junior-mini-great-north-run/>

Race day: 6th September 2025

MASC Halloween Gala 19 & 20th October

The success of our gala's is down to the amazing team of volunteers. We are always happy for new members to help. You do not need to pledge to volunteer for the whole weekend and someone is always on hand to cover your position so you can watch your own swimmers' races. If you would like to join the team email: -

galapromoter@middlesbroughasc.org.uk



Flying start for our Master Swimmers

The season has started for our Master swimmers: -

Natalie Palfrey went to Glenrothes to compete in the Master Scottish Nationals and came away as champion in the 50-breast event and runner up in the 50 fly and 50 back with a 4th place finish in the 50 freestyle.



Whilst 4 master swimmers travelled to compete in the Northwest Masters event: -

Louise Keetley: -1st -100 Fly, 2nd 50 Fly, 100 & 400IM

Myles Carter: - 1st 200IM, 2nd 50 Breast and 3rd in 100 Breast.

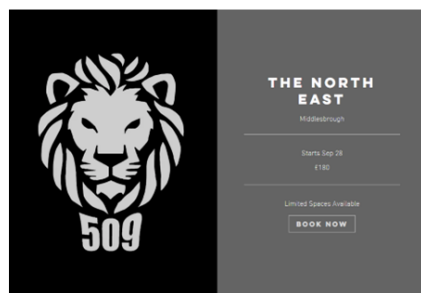
Rebecca Keetley: 1st 50 Breast, 800 Free, 200IM and a 3rd in 50 Fly

Sarah Taylor: - 1st 400IM, 2nd in 50 & 100 Fly



Our famous trick or treat fundraising game is back for our Halloween gala. So please bring in any bottles that can be given away as prizes, alcohol, ketchup, hot sauce, wine or just a bottle of pop. All contributions will be greatly received.

We are always very grateful for any donated home baked goodies that we can sell on the day.



Olympian Matt Richards is coming to the Neptune Centre on Saturday 28th September as part of his 509 swim clinic tour clinics are available for 8-16yr olds. A late booking discount code is available for those who have not already booked a place. These are for MASC members only offering a £50 discount.

Michelle Laverick Ass Head Coach will be there.

<https://www.509swimclinics.com/services>