



**Stalybridge Amateur
Swimming and
Water Polo Club**

June 2015

STALYBRIDGE SWIMMING CLUB'S MONTHLY NEWSLETTER

Stalybridge Junior Jubilee Squad are leading the way this season with a fantastic lead of nearly 40 points! The Intermediate and Senior Squads are holding their own as well. Hopefully there will be lots of medals and trophies at the end of the season.

RESULTS

Senior Gala Swinton - Swinton 20.5 Stalybridge 24.5
Senior Gala Chadderton - Chadderton 15.5 Staly 30.5
Tyldesley - Tyldesley 26.5 Stalybridge 18.5
Jubilee League (Current Positions)
1st Stalybridge 142
2nd Bury 104
3rd Radcliffe 87
4th Dukinfield 86

UPCOMING COMPETITIONS

Club Point Score at Copley 4th June
Intermediate Atherton&Leigh at Copley 11th June
GB Masters Nationals 12-14th June
Junior Jubilee at Copley 9th July
Manchester Long Course 11th July
Salford Summer Spectacular Gala at Broughton
18th/19th July

IN THIS ISSUE

History of SASC

Over the years Stalybridge Swimming Club has had a number of members who have gone on to bigger and better things. Read all about "The Lightning Mermaid of Stalybridge!"

Coach's Corner

With another Point Score this month we've provided a summary of what Point Scores are all about.

Spotlight on the Team

An opportunity to get to know our coaching team better. This month meet Brian Ward.

Children's Committee

We are looking for some of our younger members to get involved in the Children's Committee. If you've got any ideas for the Junior members summer party come along to the first meeting.



Coach's Corner

What is Point score and what will it do for me?

Point score is a chance for you to be timed on all 4 strokes and it should help you to try and improve your swimming.

Do I have to be a brilliant swimmer to take part?

No, any swimmer who can competently swim a length of the pool can take part. You swim against your own performance; you get more points if you improve! Point score galas consist of 3 races, you will have to swim a different stroke in each race (though you don't have to swim all races if you don't want to swim a particular stroke, but you won't get any points for that race).

What's in it for me?

Firstly you can see that you are improving by reducing your times. Also, each year there is a trophy for the girl and boy getting the most points. If you win you will be able to keep the trophy for 12 months. Also remember it is the most improved swimmer who wins, not necessarily the fastest. The Point score times are also used when the team is picked to represent the club at galas.

Emma Curry
Head Coach

Spotlight on the Team

Brian Ward - Team Coach



I have been a member of SASC since the age of 9! For me it has always been a family affair with my mum and aunties swimming for the club when they were younger, and later on my 2 sons, Carl and Craig.

In 1983 the Club was short of swimming teachers and I was asked to help teach. In 1984 I gained my ASA preliminary teachers and teaching certificates and then my ASA advanced teacher, ASA Club Coaches certificates.

Since then I have had many successful years coaching and watching a number of our swimmers go on to national level and even Olympic trials.

I helped to establish Dukinfield Marlins and have also coached at Tameside Kingfisher Squad and City of Manchester Squad. After having to leave the club for a number of years in 2000, due to work commitments, I was lucky enough to be able to return to coaching full time at Stalybridge when I retired 3 years ago.

I get a lot of pleasure from coaching children and enjoy helping the young swimmers coming up from the small pool to progress through to Squad swimming. Swimming is a vital life skill and at Stalybridge we strive to ensure every swimmer is confident and competent in the water as it may one day save

Brian Ward

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Joey Nuttall - The Lightning Merman of Stalybridge

Stalybridge Swimming and Water Polo Club (SASC) has had some brilliant swimmers and water polo players over the years including Olympic swimmers and Channel swimmers. Our greatest swimmer, however, has to be Joey Nuttall who was crowned Champion of the World!

At the age of 9 Joey won his first race at Stalybridge, for which he won a pencil case. He was soon elected Club Captain and then went on to be crowned Champion of Britain. By the age of 18 he was Amateur World Champion at 5 distances. He was so fast that he would often wait at the end of a lane for the other swimmers to catch up before setting off again. Thousands would flock to watch Joey at a Gala. At 5'4" tall and weighing 10 stone Joey wasn't a big man but he could swim fast and in 1893 he swam 100yds in 1 minute 1.5 seconds.

Joey turned professional in 1888 and continued to take on all comers and beat them. He was soon crowned professional World Champion. He went on to win many trophies and medals and gifted Stalybridge Club his beautiful Champion of the World medal although unfortunately he wasn't allowed to compete in the Olympics as he swam for money, which was not allowed in those days.

Joey swam without goggles in a full body suit. The stroke which is now accepted as the fastest (Front Crawl) was then called the Trudgeon Stroke and was a combination of Front Crawl arms and Breast Stroke legs! What times might he have achieved with today's stroke drills and other advancements eg. Speedos, anti-wave lane ropes, training and diet schedules? Would his times compare with Mark Spitz, Ian Thorpe or Michael Phelps?

Joey swam his last race for Stalybridge at the age of 68, in the old pool, and he covered 2 lengths in 44 seconds. In this day and age the holder of 14 World Titles and Champion of the World would be hailed a Super Sportsman, instead he lies in an unmarked grave with his son.



The Swimming Club Committee are currently looking into ways to commemorate the amazing achievements of Joey Nuttall and pay tribute to an incredible swimmer whom we all should be very proud of.

Yvonne Kelly

Club Coach

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Children's Committee - Come and Join in!

Saturday 13th June, Copley Cafe at 3.15pm

You may have read the notices over the last few months advertising a children's committee which we would like to establish. We have had a few names put forward but would like more. We propose to have the first meeting on Saturday 13th June before swimming at 3.15pm in the cafe area of Copley (refreshments provided). This will be a brief meeting to get some ideas and see who is interested. The first job will be for the children to decide on a fun activity over the summer!



Welfare Officer Report

As the welfare officer for Stalybridge Swimming Club it is my job to look after the welfare of swimmers and staff. I have to ensure all helpers, coaches and life guards are fully CRB checked and have undertaken safe guarding training. We also have to comply with ASA and Wave Power to ensure all swimmers and parents understand behaviours and codes of conduct. Over the coming months new information packs will be being distributed to all swimmers with forms to complete.

Please do not hesitate to contact me with a message on the desk or by email if you have any queries.

Thank you

Helen Hurst

welfare@stalybridswimclub.org.uk

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