



# ROCHDALE SWIMMING CLUB NEWSLETTER

ESTABLISHED 1868  
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**1<sup>st</sup> March 2020**

## COACHES REPORT

Jake Cooper and Daniel Godward raced at Lancashire County Championships last month. Both raced in the 50m Freestyle and Jake also swam the 100 Back where he set a new long course personal best.

At the end of the month they also competed at the Greater Manchester Meet. They set 12 new [p.bs](#) between and won a medal in the 200 Back- Jake silver in the 14yrs, Daniel bronze in the 15yrs/over.

Matthew Lees swam at the Swim England North West Region Masters Championships. He completed 800, 1500 Free & 200 Fly to win two golds and a silver medal.

India Perkins (5 & 10m) and Daniel Daley (5m) achieved distance badges last month.

## GENERAL UPDATES

### [Easter closing dates](#)

The last session will be on Sunday 5<sup>th</sup> April at Heywood and we will reopen on Tuesday 14<sup>th</sup> April at Rochdale

### [Helpers needed](#)

We are always on the lookout for helpers at home galas. We quite often struggle to get an announcer to announce each race etc. If anyone would like to help, please let us know.

We are also looking for someone to help at the desk on a Sunday at Heywood (16:00 – 18:00). If you can help at this time, please let us know.

## DATES FOR YOUR DIARY

### [Gala Schedule](#)

Please see the following page for this year's gala schedule. We would appreciate your co-operation in ensuring your child is available for gala's if they are selected for the team.

### [In House Gala](#)

03/10/2020

### [Club Championships \(longer distance races\)](#)

05/10/2020

### [Presentation Disco](#)

14/11/2020

Venue TBC

## Swim England Survey

Swim England's Value of Swimming research celebrated how swimming has the power to help people live longer, healthier, happier lives. Following on from this, the next step is to understand how being part of a club, across any discipline, helps contribute to these factors.

To help with this research, two surveys have been created, one for those aged 16 and over and a separate survey for those under 16.

We would encourage all Swim England members to complete the relevant survey to help the national governing body gain more understanding around the social value of being in a club. Swim England members will be offered the opportunity to enter into a prize draw to win two tickets for the British Swimming Championships (14 -19 April 2020) and two £20 love2shop vouchers. By completing this survey, you will also help your club enter a prize draw to win £100 of Institute of Swimming vouchers.

[https://www.surveymonkey.co.uk/r/ValueOfClubSwimming\\_16andover](https://www.surveymonkey.co.uk/r/ValueOfClubSwimming_16andover)

[https://www.surveymonkey.co.uk/r/ValueOfClubSwimming\\_under16](https://www.surveymonkey.co.uk/r/ValueOfClubSwimming_under16)

## CLUB OFFICIALS

**President:** Edith Ford

**Secretary:** Lisa Orange

**Treasurer:** Charlotte Kershaw

## COMMITTEE

Karen Kerr - Samantha Holt –Stephanie Hughes – Graham Booy – Sam Chadwick – Michael Sarsfield

Coach – Matthew Lees

Website Co-Ordinator – Mike Galloway / Graham Booy

## GALA SCHEDULE 2020

DAY	DATE	OPPOSITION	HOME / AWAY	LOCATION	TIME	COACH DEPART TIME	TYPE OF GALA
Fri	6 <sup>th</sup> March	ORCA Ashton Central	Home		Warm up – 20:00 Start – 20:15		Jubilee
Fri	20 <sup>th</sup> March	Radcliffe	Home		Warm up – 20:00 Start – 20:15		Intermediate
Sat	28 <sup>th</sup> March	Ramsbottom	Away	Ramsbottom Pool Stubbins Ln, Ramsbottom, Bury BL0 0PT	Warm up – 16:30 Start – 16:45	15:30	Intermediate
Fri	3 <sup>rd</sup> April	Saddleworth	Home		Warm up – 20:00 Start – 20:15		Junior League
Thurs	23 <sup>rd</sup> April	Dukinfield	Away	Denton Swimming Pool Victoria Street, Denton M34 3GU	Warm up – 19:45 Start – 20:00	18:45	Junior League
Tues	28 <sup>th</sup> April	Radcliffe	Away	Castle Leisure Centre Bury BL9 0EZ	Warm up – 19:30 Start – 19:45	18:45	Junior League
Sat	2 <sup>nd</sup> May	Swinton	Away	Swinton & Pendlebury Leisure Centre Cromwell Road Pendlebury, Salford M27 9SZ	Warm up – 16:15 Start – 16:30	15:15	Intermediate
Fri	15 <sup>th</sup> May	Chadderton	Home		Warm up – 20:00 Start – 20:15		Intermediate
Mon	18 <sup>th</sup> May	Chadderton Flixton Ashton UL	Away	Chadderton Wellbeing Centre Burnley Street, Chadderton, Oldham OL9 0JW	Warm up – 19:15 Start – 19:30	18:30	Jubilee
Thurs	4 <sup>th</sup> June	Stalybridge	Away	Active Copley, Huddersfield Rd, Stalybridge, SK15 3ET	Warm up – 19:15 Start – 19:30	18:15	Intermediate
Fri	12 <sup>th</sup> June	Oldham Seals	Home		Warm up – 20:00 Start – 20:15		Junior League
Thurs	9 <sup>th</sup> July	Stalybridge Atherton + Leigh Ramsbottom	Away	Active Copley, Huddersfield Rd, Stalybridge, SK15 3ET	Warm up – 19:15 Start – 19:30	18:15	Jubilee
Fri	2 <sup>nd</sup> Oct	Tyldsley	Home		Warm up – 20:00 Start – 20:15		Junior League
Sat	3 <sup>rd</sup> Oct	In House Gala	Home		Warm up – 17:30 Start – 17:45		In House
Mon	5 <sup>th</sup> Oct	Club Champs	Home		Warm up – 20:00 Start – 20:15		Club Champs
TBC	w/c 12 <sup>th</sup> Oct	TBC	Away	TBC	Warm up – TBC Start – TBC	TBC	Jubilee