

A Busy April for DASC

Well done to all DASC swimmers who competed recently at **Chester Le Street Open Meet** and at **South Tyneside Spring Graded Meet**.

In the Open Meet, where swimmers must have already swum faster than the qualifying times, **Helena Teague** won a Bronze medal in the 13/14-years 200m Individual Medley, **Lucy Proctor** had some outstanding swims with 3 Personal Bests out in 5 races, **Ian Dodds** came 6th in the 13/14 years 200m Breaststroke and swam Personal Bests in both his races, **Kate Troy** is starting show form and swam her best ever time in 100m Backstroke. **Chloe Shearing** and **Iain Rossington** made up the team at Chester-le-Street. Brenda Seaton, team coach for the gala stated that, "It was a very successful gala for DASC with members of A squad and Top squad giving outstanding performances throughout the entire weekend."

The Graded Meet is an ideal gala for newer swimmers, as well as more experienced swimmers, and entrants must not have previously swum faster than the entry times. For some swimmers in B and C squad, **Hayley Bowes, Charlotte Davison, Charlotte Kilcran, Victoria Pinner and Holly Short**, this was their first taste of competing in a gala against swimmers from other clubs. They are to be commended on their performances, and we look forward to watching their future progress. There was a staggering total of 22 Personal Best times and 8 medals (7 of them gold) by the 9 more experienced swimmers. Special mention to **Fern Turner** for 6 PBs in 6 swims, **Kate Troy** for 4 PBs in 4 swims, and 3 PBs each for **Adam Howell, Lucy Proctor and Robyn Wilkinson**. Adam's swim in 200m Backstroke was fast enough to qualify him to swim in the Regional Agegroup Championships to be held in Sheffield in June. **Helen and Robert Murray, Tom Short and Joanna Wilson** also took part. Well done to all!

Medal Table for South Tyneside Spring Graded Meet

Robert Murray	A squad	Gold	50 freestyle
Lucy Proctor	A squad	Gold Bronze	100 Back crawl 50 Butterfly
Adam Howell	A squad	Gold Gold Gold	100 Breaststroke 200 Back crawl 400 Freestyle
Fern Turner	A squad	Gold	50 Butterfly
Kate Troy	A squad	Gold	200 Back crawl
Robyn Wilkinson	A squad	Bronze	50 Back crawl

Swimmers and divers from DASC also took part in the **opening ceremony of the new Sunderland Aquatic Centre** on the 17th April. Head Coach Fiona Miller said, "All the swimmers and divers that took part were a credit to the town and to Durham County. I was very impressed with the new 50-metre pool and the facilities it had to offer. I was surprised however to notice that there was no 10-metre diving board facility in this part of the North East." The event was featured on the local television news.

Finally, 5 of the older swimmers from DASC, **Peter Tunstall, Michael Robinson, Joanna Wilson, Heather Clarke and Iain Rossington** took part in the very first Young Aquatic Organizers course in the North East region. The course was held at Eston on 13th April and the course tutor was DASC Head Coach, Fiona Miller. She found all the 21 young people refreshing to work with, full of great ideas for swimming activities and engaging fully in all the aspects of the course. For more details of the course see www.asaner.sportcentric.com



The Young Aquatic Organisers on their course at Eston, together with some willing young swimmers