



## Aireborough Swimming Club

### A&W Gala 2 Report

Saturday 13 April 2024

# ASC

### ASC Team

Category	Name & Event
9/10	Jack Thompson - 2L Back Alastair Hamilton - 2L Back Hannah Biggins - 2L Breast Ella Moakler-Woodhouse - 2L Breast & Ladies 2L Back Sophia Turner - 2L Breast & Ladies 2L Back Sophie Linklater - 2L Breast Isabel Barker - 2L Breast & Ladies 2L Back Evelyn Moss - 2L Breast & Ladies 2L Back
11/12	Thomas Hetherington - Mens/Open 2L Back Charlotte Davis - 2L Fly & Ladies 2L Back
13/14	<b>Aarush Singh - 4L Free</b> Charlotte Ralston - 2L Fly & Ladies 4x1L IM

\* Names in red were no-shows at the event or did not swim in their entered event\*

### Report

This was the second Aireborough & Wharfedale gala of the year. We always knew filling our team would be a task with it being on the last Saturday of the Easter break, but 11 keen and eager swimmers came poolside fired up and ready to go, especially our 9-10 age group! A huge thanks to each and every family member and friend who came to watch our ASC swimmers. Your presence at these events is much needed and greatly appreciated.

Bradford Dolphins, Bradford SC, Skipton joined us at Aireborough with the might of the Bradford team being felt in volume with their 49 swimmers!

Improved swim times were the order of the day as we again racked up some impressive cuts in our swim times triumphing with a handful of medals and ribbons. We saw less goggle incidents this gala so our pleads to get them tightened up are working!

### Shout outs!

A couple of swimmers really impressed. **Hannah** for shaving seconds off her breaststroke time in the heat and then doing it again in the final. Hannah was really unlucky not to medal place but should be really proud of her 3 second time reduction. Well done Hannah. **Ella** for absolutely smashing her previous best time of 1:10.90 by 9 whole seconds to 01:01.94. Congratulations Ella. And finally, to our first-time gala swimmer **Alastair**. Alastair was very nervous and needed a little bit of encouragement but went on to perform incredibly well by completing the 2L breaststroke with a great time of 01:03.55 – the fourth fastest time in the ASC team 9/10 age group. Great work Alastair and welcome to the ASC gala family.

### DQs

DQs were down this gala with only one unfortunate incident in our team. Congratulations to all our swimmers for taking the advice of Becca before each swim and remembering their turns and swim etiquette. If any of our swimmers need a reminder, I've included below a handy basic junior swimming gala guide which you can use to help your swimmer get familiar with what is expected. If you have any questions, please reach out to your swimming teacher in the week.



## Aireborough Swimming Club

### A&W Gala 2 Report

Saturday 13 April 2024

# ASC

#### In closing

If you can help at any of the galas, please let me know. We're usually get asked to provide a timekeeper so if you can come poolside, can operate a stopwatch and don't mind occasionally getting splashed, please let me know.

ASC will be hosting the fourth A&W gala, and we need raffle prizes and a volunteer or two to man the door. If you have something tucked away in the back of the cupboard, please let me know or just bring it the next. All donations are gratefully received as we must beat the £200 raffle target set by Bradford at the first gala – not that we're competitive!

I've popped the gala dates list on the ASC noticeboard. Make sure you enter all the galas by the closing dates and pay your fees in good time.

The trophy refurbishment is well underway and the first couple of engraved trophies will be back with your swimmers soon. Thanks for your incredible patience whilst we undertake this slow process with the engravers.

As ever, we had lots of fun poolside despite Thomas and his toe turning our area red! It's a fab continuation to our A&W campaign, and I look forward to continuing to see our improvements over the year.

#### **ASC AOB**

##### Medals in hand

I still have A&W Gala 1 medals and ribbons for the following swimmers because I forgot to bring them to the club. I'll bring them to the next gala.

- Dan Hodgson - Gold for team medley
- Luke Shay - Gold for team medley
- Issac Parry - unofficial silver for team medley
- Mason Jones - unofficial silver for team medley
- Charlotte Ralston - ribbon for Open IM
- Elizabeth Kelly - ribbon for team medley
- Isabel Barker – ribbon for the A&W Gala 3 last year (no idea why I have this!)

##### Next Gala

Our next events are:

- **Rising Stars Spring Gala**, Saturday 27 April at 5 pm. [Enter now using this form.](#)
- The next **A&W Gala 3** is on Saturday 11 May at 6 pm. Check out the programme on [our website](#). Entries will be open soon.

Until next time, enjoy your swimming, practice hard, keep those goggles tight and see you all on Saturday 27 April!

**Ali**

**ASC Gala Secretary**



# Aireborough Swimming Club

## A&W Gala 2 Report

Saturday 13 April 2024

# ASC

Race	Age	Name	Entered Time*	New Time	Place	Final Time	Medal (1-3) Ribbon (4-6)	DQ Reason
<b>Girls 2L Breast</b>	9/10	Sophia Linklater		01:01.91	8 (15)			
		Sophia Turner	01:05.59	01:04.17	9 (15)			
		Evelyn Moss	01:06.43	01:07.65	12 (15)			
		Ella Moakler-Woodhouse		01:05.18	10 (15)			
		Hannah Biggins	01:01.31	00:59.26	<b>6 (15)</b>	00:58.60	<b>5</b>	
<b>Boys 2L Breast</b>	9/10	Isabel Barker	00:57.34	00:56.28	<b>4 (15)</b>	00:57.43	<b>Bronze</b>	
		Alastair Hamilton		01:03.55	10 (14)			
		Jack Thompson	01:11.38	DQ	-			T 1L
<b>Girls 2L Fly</b>	11/12	Charlotte Davis	01:01.35	00:52.58	14 (18)			
<b>Girls 4L Free</b>	13/14	Charlotte Ralston	01:07:00	01:10.15	<b>4</b>	01:11.41	<b>4</b>	
<b>Boys 4L Free</b>	13/14	Aarush Singh	01:31.26	DNS				
<b>Ladies 2L Back</b>	Open	Ella Moakler-Woodhouse	01:10.90	01:01.97	48			
		Evelyn Moss	01:06.37	01:01.94	47			
		Sophia Turner	00:50.72	00:48.78	30			
		Isabel Barker	00:52.56	00:49.53	32			
		Charlotte Davis	00:43.87	00:46.78	24			
		Charlotte Ralston	00:38.00	00:37.97	<b>3</b>	00:38.81	<b>6</b>	
<b>Mens 2L Back</b>	Open	Thomas Hetherington	00:44.75	00:44.15	9			
<b>Girls 4x1L Medley Team</b>	9/10	Aireborough	-	01:46.16	<b>2</b>		<b>Silver</b>	



## Aireborough Swimming Club

### A&W Gala 2 Report

Saturday 13 April 2024

# ASC

## Handy Junior Gala Basic Rules for Swimming Galas

### The Basic Strokes

Competitive pool swimming focuses on four main strokes, butterfly, breaststroke, backstroke, and freestyle. Each of the strokes has its own particular rule set for competition.

**Butterfly** – The swimmer must remain on the breast at all times with synchronised arm and leg movements. Arms must recover clear of the water and enter the water together in front of the swimmer. Legs must remain together throughout the stroke and only vertical motion is permitted. Any separation of the legs or horizontal movement is considered illegal and thus subjects the swimmer to disqualification. At the start of a race, swimmers dive in, and are permitted as many fly leg kicks as they want, subject to the head breaking the surface of the pool before the 15m point. **At the turns and at the end of the race, swimmers must touch the pool wall with both hands simultaneously.**

**Breaststroke** – here arms and legs follow a circular motion and must remain synchronous at all times. Swimmers must remain on the breast at all times and must stay flat in the water. If the body twists slightly, this will throw the legs off of a horizontal plane, resulting in what is termed a screw kick, resulting in a disqualification. **At turns and the finish, a touch must be made with both hands, at the same time.**

**Backstroke** – swimmers must remain on their back at all times, except for when performing a turn. Here the swimmer may turn to their breast and initiate a turn immediately, leaving the wall on their back. Any time spent on the breast heading towards the wall is not allowed and if spotted by the turn judge will result in a disqualification. As with butterfly, swimmers must break the surface of the water before the 15m mark. **At the finish, it is normal for the swimmers to duck under the water to gain an advantage. This is acceptable, providing a part of the body is above the water at the time of touching the wall.**

**Freestyle** – this stroke is generally considered the fastest stroke, although for some stronger swimmers, butterfly may be quicker. Freestyle is pretty much anything goes and there is nothing to prevent swimmers performing backstroke or butterfly during a freestyle race, as long as the whole race uses the same stroke. Swimmers must touch the wall at the turns and the finish, with the most common rule infringements being not touching the wall or coming up in the wrong lane from the turn.

One additional event for the swimmer is the **individual medley event**. Here four strokes are swum in order, butterfly, backstroke, breaststroke and freestyle. Each stroke will be swum for 25% of the race with the freestyle stroke being anything that hasn't already been swum. At the end of each stroke, it is important to perform the finish for that stroke, so for instance at the end of the butterfly stroke, a two-handed touch must be made before starting the backstroke. **A common error is to perform a tumble turn between strokes, thus not satisfying the finish for the stroke, resulting in a disqualification.**