**ASC Team**

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| --- | --- |
| **Category** | **Name & Event** |
| 8 | Lucy Biggins - 1L BreastIsobel Ricketts - 1L Back, 1L Breast, 1L FreeHeidi Sharp - 1L Back & 1L Breast |
| 9/10 | Jack Thompson – 2L Back, 2L Breast, 2L FreeHannah Biggins - 2L Breast & 2L FreeSophie Linklater - 2L Breast & 2L Free (100 IM)Ella Moakler-Woodhouse – 2L Back, 2L Breast & 2L Free (100 IM)Sophia Turner – 2L Back, 2L Breast, 2L Fly & 2L Free (100 IM) |
| 10 | Dougie Sadgrove – 2L Back, 2L Breast & 2L FreeIsabel Barker – 2L Back, 2L Breast, 2L Fly & 2L Free (100 IM)Esther Cooper - 2L Back, 2L Breast & 2L Free (100 IM)Annabelle Hartley – 2L Back & 2L Breast (100 IM)Evelyn Moss - 2L Back, 2L Breast & 2L FreeDaisy Plaxton - 2L Back, 2L Breast & 2L Free (100 IM) |
| 11 | Alex Crombie - 2L Breast, 2L Fly & 2L Free (100 IM)Issac Parry - 2L Back, 2L Breast & 2L FreeAnnabelle Allshorn - 2L Back & 2L Breast (100 IM)Charlotte Davis - 2L Back, 2L Breast, 2L Fly & 2L Free (100 IM)Elizabeth Kelly - 2L Back & 2L Breast (100 IM) |
| 12 | Thomas Hetherington – 2L Back, 2L Breast & 2L Free (100 IM)Sullivan Lowry - 2L Back, 2L Breast & 2L Free (100 IM)Isla Cooper - 2L Breast & 2L Free |
| 13 | Aarush Singh - 2L Back, 2L Breast & 2L FreeStan Sadgrove - 2L Back, 2L Breast & 2L Free (100 IM)Amelia Barclay - 2L Back, 2L Breast, 2L Fly & 2L Free (100 IM)Ada Calvert - 2L Back, 2L Breast & 2L Free  |

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

**Report**

We enjoyed another bumper turn out for the second City of Bradford Rising Stars Gala of 2024. With 27 ASC swimmers, it certainly felt a lot busier poolside. We had a lovely split across the age groups, and it was wonderful to see new gala faces. A huge ASC gala team welcome to Lucy Biggins, Dougie Sadgrove, Annabelle Hartley and Annabelle Allshorn.

Get well soon to Esther Cooper. We hope to see you at one of our next galas.

We were joined by swimmers from Bingley SC, Bradford SC, Bradford Dolphins, Halifax SC and Ilkley SC for this event.

We had a few technical issues at the start of this gala. For those wondering why we started so late, let me explain.

Each club submits their swimmers to a meet director by the deadline using a system form. The meet director uses this form to build the programme, start sheets and lane allocations. On this occasion and in a freak glitch, the programme was correct, all the team submissions were correct, but the system generated start sheets and lane allocations were missing swimmers and their events.

Each club worked out who was missing and lined up at the meet director table to correct each issue. But it soon became clear that it was a bigger problem than we anticipated, and it was taking too long to sort out. Eventually, the event manager decided to run the event using the programme, rather than the start sheets and manually register each swimmer in the marshalling area.

We started about an hour behind schedule. The manual registering of swimmers had a huge knock-on effect to the time it took for results to be published and the unfortunate cancellation of all the IMs from the programme.

It was a challenge poolside to keep the swimmers occupied and I know it was difficult in the stands as the heat and waiting must have been uncomfortable. I want to extend the apologies of the meet director team for this unforeseen issue. It rarely happens and we thank you for your patience.

I’m pleased we got to swim in the end as there was talk at one point of postponing the whole event!

I’ve asked the meet director whether refunds for the IMs will be issued or if there are plans to run the IMs at another event. I’m waiting on the answer. For ASC, the total for IM entry is £45 which, if agreed that it’s being refunded, we can return to you. Or if you agree, we can put the money towards a small gift for our gala helpers and poolside team at the end of the year. Let me know by replying to this email.

So, onto the gala and I know I say this at every event, but we are on a roll with improved swim times as we again racked up some impressive cuts resulting in a 24-medal haul for ASC. A huge congratulations to all our medal winners including our gold medallists: **Sophia Turner**, **Charlotte Davis** x 2, **Heidi Sharp**, **Alex Crombie** x 3, **Stan Sadgrove**, **Amelia Barclay** x 2 and **Isabel Ricketts**.

**Shout outs!**

Each gala, we like to shout out the swimmers who push themselves and challenge their own personal bests. The list of recipients gets longer and longer each gala. Please make sure, if your swimmer is mentioned below that they get to see the impression they’re making on the team and why they should keep getting involved.

Firstly, **Isabel Ricketts** who must have eaten her Weetabix for breakfast! Isabel took a combined total of 37 seconds off her entry time for her three swims. Most impressively, a huge 17 seconds off the 25 breast. For her efforts she took home the perfect trifecta of medals for her three events – bronze, silver and gold! Welcome back to the gala family, Isabel.

Next up, **Jack Thompson** who has steadily been improving all year. Jack took 9 seconds off his 50 back time from 1:00.22 to 51.50 and was really unlucky not to medal place as he came 4th. But he didn’t give up despite a DQ in the 50 breast to take a bronze medal in the 50 free by shaving another 5 seconds off his previous best. Nice work Jack!

And finally, **Ada Calvert** who smashed 9 seconds off her previous best time of 1:04.09 for the 50 back to finish in 55.28. Unfortunate not to medal as she finished 5 in her 13 age group but a huge improvement. We look forward to seeing you at more galas Ada - you are awesome!

In a break from the norm, I also wanted to call out three other swimmers for their outstanding efforts. **Heidi Sharp** for taking 7 seconds off her 25 back time and **Ella Moakler-Woodhouse** and **Isla Cooper** for both shaving 6 seconds off their 50 free times.

**DQs**

We had a couple of DQs this gala. I have made a request to the meet director for the reasons as I know its frustrating not to know. I’ll let you know when I get a reply.

**In closing**

Whilst the start was delayed and we lost precious time to complete the programme, I was again incredibly impressed with our young team. Always polite, never demanding and always ready to do their best, we have such a lovely group of swimmers and all the poolside team agree. You should all be very proud of your swimmers. Thank you for continuing to register them for galas.

As is tradition, we had lots of fun poolside. Thomas keeps us entertained with his capacity to consume food which is very impressive, Evelyn’s keenness to swim in every event and Charlotte continuing to heard the younger ones. I personally want to say a huge thank you to our poolside helpers for this event. Their unseen work does not go unnoticed. Please join me in thanking Kirsty Riley, Jane Dowson, Emma Crombie, Lily Plaxton and Harry Thompson.

It’s a fab continuation to our Rising Stars campaign, and I look forward to continuing to see our improvements over the year.

**In other gala news**

Hosting - ASC will be hosting the fifth A&W gala on 21 September. We need lots of 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 to the next gala. 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!

Dates and Deadlines - I’ve popped the gala dates list on the ASC noticeboard the leisure centre. Make sure you enter all the galas by the closing dates and pay your fees in good time.

Trophies - We have the first set of trophies back from the engravers (woo hoo). I’ll be handing these to the weekday pool team to give out.

Volunteering - If you can help at any of the galas, please let me know. We 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 by competing this [volunteering form](https://forms.gle/4qM3VSMSd1PSufEb8).

**Next Gala**

Entries for our next two galas are open now. Avoid disappointment by registering today.

* **A&W Gala 4** - Saturday 22 June at 5 pm. Deadline is 6 June. [Entry Form](https://forms.gle/6CENbB3asdBgb6La6)
* **Rising Stars Summer** - Saturday 27 July at 5 pm. Deadline is 18 July. [Entry Form](https://forms.gle/geeJBakHkF9u2NB77)

**ASC AOB**

Medals in hand

I still have medals and ribbons for the following swimmers which I have now put into envelopes and given to Kirsty Riley to distribute next week.

* Dan Hodgson - Gold for team medley for A&W gala 1
* Luke Shay - Gold for team medley for A&W gala 1
* Issac Parry - unofficial silver for team medley for A&W gala 1
* Mason Jones - unofficial silver for team medley for A&W gala 1
* Charlotte Ralston - ribbon for Open IM for A&W gala 1
* Elizabeth Kelly - ribbon for team medley for A&W gala 1
* Isabel Barker – ribbon for the A&W gala 3 last year (no idea why I have this!)
* Isabel Barker – bronze for 50 free at this gala
* Thomas Hetherington – bronze for 50 free at this gala

Birthdays

On behalf of the gala team, we wanted to wish the following gala family members a very happy birthday. We hope you have a wonderful day and Hannah, we know your birthday is the day before the A&W gala 4 but hopefully we’ll see you there😊

**April** - Mason Jones and Daisy Plaxton

**May** - Sienna Lowry, Dan Hodgson, Amelia Barclay and Heidi Sharp

**June** - Hannah Biggins, Charlotte Davis and Jack Thompson

Until next time, enjoy your swimming, practice hard, keep those goggles tight and see all those registered for A&W Gala 3 on Saturday 11 May.

Thanks

Ali

**ASC Gala Secretary**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Race | Age | Name | Entered Time\* | New Time | Place | Medal (1-3)Ribbon (4-6) | DQ Reason |
| Girls 25 Back | 8 | Heidi Sharp | 36.46 | 29.19 | 2 (3) | **SILVER** |  |
|  | 8 | Isabel Ricketts | 51.58 | 38.25 | 3 (3) | **BRONZE** |  |
| Boys/Open 50 Back | 9 | Jack Thompson | 1:00.22 | 51.50 | 4 (7) | - |  |
|  | 10 | Dougie Sadgrove | - | 56.78 | 9 (9) | - |  |
| Girls 50 Back | 9 | Sophia Turner | 48.78 | 49:00 | 1 (8) | **GOLD** |  |
|  | 9 | Ella Moakler-Woodhouse | 1:01.97 | 57:41 | 7 (8) | - |  |
|  | 10 | Isabel Barker | 49:53 | 51:00 | 2 (11) | **SILVER** |  |
|  | 10 | Daisy Plaxton | 1:00.20 | 59.22 | 5 (11) | - |  |
|  | 10 | Annabelle Hartley | - | 1:02.68 | 6 (11) | - |  |
|  | 10 | Evelyn Moss | 1:01.94 | 1:03.88 | 7 (11) | - |  |
| Boys/Open 50 Back | 11 | Issac Parry | 53:00 | 55:94 | 8 (9) | - |  |
|  | 12 | Thomas Hetherington | 44:15 | 45:84 | 4 (8) | - |  |
|  | 12 | Sullivan Lowry | 55:77 | 50:35 | 6 (8) | - |  |
|  | 13 | Stan Sadgrove | 50.14 | 49.13 | 2 (2) | **SILVER** |  |
| Girls 50 Back | 11 | Charlotte Davis | 46.78 | 44.70 | 1 (17) | **GOLD** |  |
|  | 11 | Annabelle Allshorn | - | 54.78 | 11 (17) | - |  |
|  | 11 | Elizabeth Kelly | 1:04.50 | 59:50 | 14 (17) | - |  |
|  | 13 | Amelia Barclay | 44:32 | 42:38 | 2 (5) | **SILVER** |  |
|  | 13 | Ada Calvert | 1:04.09 | 55:28 | 5 (5) | - |  |
| Girls 25 Breast | 8 | Heidi Sharp | 30.69 | 31.57 | 1 (4) | **GOLD** |  |
|  | 8 | Isabel Ricketts | 54.21 | 37.16 | 2 (4) | **SILVER** |  |
|  | 8 | Lucy Biggins | - | 40.57 | 4 (4) | - |  |
| Boys/Open 50 Breast | 9 | Jack Thompson | 1:11.38 | DQ |  |  | TBC |
|  | 10 | Dougie Sadgrove | - | 1:16.35 | 10 (10) | - |  |
| Girls 50 Breast | 9 | Sophia Turner | 1:04.17 | 1:00.53 | 5 (11) | - |  |
|  | 9 | Sophia Linklater | 1:01.91 | 1:04.25 | 6 (11) |  |  |
|  | 9 | Ella Moakler-Woodhouse | 1:05.18 | 1:05.09 | 7 (11) |  |  |
|  | 9 | Hannah Biggins | 58:60 | DQ |  |  | TBC |
|  | 10 | Isabel Barker | 56.28 | 55:07 | 4 (12) | - |  |
|  | 10 | Evelyn Moss | 1:06.43 | 1:09.59 | 9 (12) | - |  |
|  | 10 | Annabelle Hartley | - | DQ |  |  | TBC |
| Boys 50 Breast | 11 | Alex Crombie | 52.93 | 50.13 | 1 (10) | **GOLD** |  |
|  | 11 | Issac Parry | 1:01.13 | 57:27 | 6 (10) | - |  |
|  | 12 | Thomas Hetherington | 49.22 | 49.65 | 2 (8) | **SILVER** |  |
|  | 12 | Sullivan Lowry | 53:65 | 51:19 | 4 (8) | - |  |
|  | 13 | Stan Sadgrove | 57:81 | 57:37 | 1 (4) | **GOLD** |  |
| Girls 50 Breast | 11 | Annabelle Allshorn | - | 49:68 | 2 (20) | **SILVER** |  |
|  | 11 | Charlotte Davis | 52:07 | 53:41 | 9 (20) | - |  |
|  | 11 | Elizabeth Kelly | 1:02.03 | 1:00.28 | 18 (20) | - |  |
|  | 12 | Isla Cooper | 53:22 | 53:66 | 12 (19) | - |  |
|  | 13 | Amelia Barclay | 47:88 | 46.97 | 2 (5) | **SILVER** |  |
|  | 13 | Ada Calvert | 54.83 | 53.18 | 4 (5) | - |  |
| Girls 50 Fly | 9 | Sophia Turner | 1:14.94 | DQ |  | - | TBC |
|  | 10 | Isabel Barker | 57.63 | 59.47 | 3 (4) | **BRONZE** |  |
|  | 10 | Daisy Plaxton | 1:08.25 | 1:07.62 | 4 (4) | - |  |
| Boys 50 Fly | 11 | Alex Crombie | 47.19 | 50:00 | 1 (7) | **GOLD** |  |
| Girls 50 Fly | 11 | Charlotte Davis | 50.19 | 51.69 | 3 (9) | **BRONZE** |  |
|  | 13 | Amelia Barclay | 42.21 | 41.37 | 1 (12) | **GOLD** |  |
| Girls 25 Free | 8 | Isabel Ricketts | 33.27 | 26.65 | 1 (2) | **GOLD** |  |
| Boys 50 Free | 9 | Jack Thompson | 48.14 | 43.60 | 3 (9) | **BRONZE** |  |
|  | 10 | Dougie Sadgrove | - | 1:11.53 | 11 (11) | - |  |
| Girls 50 Free | 9 | Sophia Turner | 46.13 | 47.72 | 4 (10) | - |  |
|  | 9 | Sophia Linklater | - | 51:53 | 6 (10) | - |  |
|  | 9 | Hannah Biggins | 54.87 | 55.75 | 8 (10) | - |  |
|  | 9 | Ella Moakler-Woodhouse | 1:02.68 | 56.87 | 9 (10) | - |  |
|  | 10 | Isabel Barker | 42.91 | 41.31 | 3 (12) | **BRONZE\*** |  |
|  | 10 | Evelyn Moss | 55.50 | 52.07 | 9 (12) | - |  |
|  | 10 | Daisy Plaxton | 56.50 | 56.32 | 11 (12) | - |  |
| Boys 50 Free | 11 | Alex Crombie | 38.60 | 37.79 | 1 (11) | **GOLD** |  |
|  | 11 | Issac Parry | 45.28 | 42.69 | 5 (11) | - |  |
|  | 12 | Thomas Hetherington | 38.00 | 39.07 | 3 (8) | **BRONZE\*** |  |
|  | 12 | Sullivan Lowry | 41.74 | 43.97 | 8 (8) |  |  |
|  | 13 | Stan Sadgrove | 41.41 | 38.38 | 3 (6) | **BRONZE** |  |
| Girls 50 Free | 11 | Charlotte Davis | 39.77 | 38.84 | 1 (20) | **GOLD** |  |
|  | 12 | Isla Cooper | 54.44 | 48.22 | 20 (22) | - |  |
|  | 13 | Amelia Barclay | 35.65 | 35.06 | 1 (5) | **GOLD\*** |  |

 **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.**