



CHEESTRINGS CHALLENGE CHRONICLE

Friday 30th July 2004

The Official Daily Newsletter of the Cheestrings ASA National Age Group Championships 2004

DAY 1 REVIEW

A warm welcome to Ponds Forge and the Cheestrings National Age Group Championships 2004

Over the next four days we are sure to see some exciting competition and I wish everyone the best of luck!

A big thank you to all the officials and organisers who have given their time to these Championships and who are working hard to make them a success!!

Mr Mike Glover
ASA President

PROFESSIONAL PHOTOGRAPHS

swpix.com

Award winning Swpix Sports Photographers will be photographing everyday at Ponds Forge.



You can visit their stand on the first floor balcony where you will be able to view pictures from heats, finals and podiums from each days competition.

Todays pictures will be available to view on-line tomorrow. As the website can be directly accessed with all photographs available for direct order it couldn't be simpler! Don't miss out!!

www.swimmingphotos.net

HAPPY BIRTHDAY



2004 SOUVENIRS

Gerrard Swimwear and Diana have teamed up to bring you a full range National Championship shirts, caps, swimwear and accessories including souvenir caps and polo shirts to celebrate the achievement of reaching the Nationals 2004.

Gerrard Swimwear will be here throughout the Championships so please visit their stand in the foyer.

www.gerrardswimwear.com



SWIMTEC (HEARTRATE UK)

A wealth of Experience

While you are here, why not spare a couple of minutes to visit the SwimTec (Heartrate UK) stand in the foyer and pick up a catalogue which depicts a large range of training / coaching related equipment.

Discuss your training and technical equipment requirements with Paddy Garratt (Ex-Olympic, Commonwealth, European and World championship coach) and Caroline Foot (Double Olympian, multi-world, European and Commonwealth representative and former British Record Holder)

"A Wealth of Experience"

DISCOUNTED TICKETS

To Tussauds Attractions



If you're planning a visit to a Tussauds attraction why not take advantage of the ASA discounted rates!

Prices depend upon the date you visit the attraction but we can guarantee to beat the price you'd pay at the gate, even on a family tickets.

Speak to the ASA team in the foyer for details and to buy your tickets.

CONSIDER TEACHING?

Seeing your children compete at the Age Group Championships is a proud moment, bringing back memories of swimming lessons when they were younger with the joy on their faces when they achieved their first 5 m swimming award.

As an ASA Swimming Teacher the joy the children feel is as strong for you as it is for them! Why not consider taking part in a course leading to ASA Level 1 teaching certificate and join in the fun? Follow this up with the next course for ASA Level 2 or consider the options, water polo, synchro, diving, adult and child, disabilities. With the new modular system for the ASA Teacher/Coach education courses, there are a number of alternative ways of studying, for more information, call Paula Rice on 01509 618722

ASA MERCANDISE

Whether you are a swimmer, parent, or coach come along to the ASA stand in the foyer area to take a glimpse at the books available through the ASA:



WINNING WAYS WORKSHOPS

British Swimming World Class Programmes will be holding a series of workshops for coaches and parents during the ASA Cheestrings National Age and Youth Championships in Sheffield 29th July – 5th August.

These workshops are free and will be addressing topics most relevant to coaches and parents. A special focus for this year will be on "Talent Identification" (TID) – more systematically unearthing our sports brightest prospects.

Please note that there are strictly 40 places per session. To secure your spot in these workshops, coaches and parents are asked to obtain a ticket from the ASA information desk in the foyer at Ponds Forge. For parent workshops, a maximum of 2 tickets per family are allowed and for coaches workshops, a maximum of 2 tickets per club.
