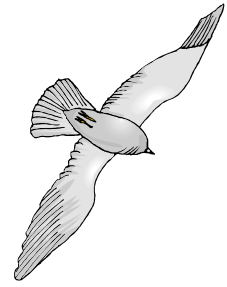


February 2005 Newsletter



Happy New Year We would like to wish you all a successful 2005 and that you achieve loads of Personal Best times and even win some races. Just a reminder, according to ASA rules on 1st January each year, all swimmers are a year older. But for some events like the County Championships your age will be how old you are on the day of the race. This means it is necessary to read carefully the conditions of entry for all races you enter.

Amateur Swimming Association The ASA is the governing body for all swimming in the UK and it is necessary for anyone taking part in competitive swimming to have paid their Annual Registration fee as a Category 2 swimmer as they are not allowed to enter races unless they have done so. Category 1 registration is for all other swimmers who take part in our Training Sessions. Graham Furness has finished the Category 2 registration process and now starts on the mammoth task of Category 1 and Category 3 registration. Please help him as he needs everyone's co-operation to complete this task.

Mini Galas These are held for Training Groups 3 to 6 and give young swimmers their first experience of competition. They also give parents a guide to how well the young swimmers are progressing and the chance to start a record of their swimmer's PBs. The dates for this year's Mini Galas are as follows:-

Thursday 17th March
Thursday 26th May – Awards Night
Thursday 29th September
Thursday 24th November

Club Championships These are held under strict ASA rules and are open to all swimmers in Group 7 and above. The entrance

fee for these Championships is £1 per event. If you want to be a competitive swimmer these Club Championships are a good way to keep track of how you are progressing with your training and your times. They also give you the chance of experiencing competitive racing for the different strokes in your own club environment: this is the place to see if you are ready to enter individual open competitions. The Club Championships are held five times in the year and the dates for 2005 are as follows:-

Thursday 28th April
Thursday 9th June
Thursday 14th July
Thursday 6th October
Thursday 10th November

County Championships This year's Counties are spread over three weekends starting on Sunday 6th February at Bognor. This meet is for the Long Distance events – 800m for Girls and 1500m for Boys – one girl and four boys have entered from Seagulls and we wish them the best of luck.

The other two weekend meets are at Crawley on the 19th & 20th February and 12th & 13th March and we have several swimmers taking part during these four days of swimming. Watch the Notice Board to see how they performed.

Assessments The next assessments for swimmers in Groups 1 to 7 are taking place on Thursday 27th January and Thursday 3rd February. Any change to a swimmer's Group will be made in writing, confirming the new Group number and the training session times. This will follow approximately 10 days after the assessment process.

Time Trials These will continue to be carried out during training sessions. Although these times are not "official" they are useful to the Head Coach when making team selections for inter-club competitions. They also let him see what progress is being made in the Groups as an addition to the Assessments and results from the Mini Galas.

Training Session Timetables It is very important that swimmers make every effort to arrive at poolside in time for the start of their training session. For safety reasons registers have been drawn up for each training group so that it is essential that swimmers stick to their allocated group and do not change their start time, without first consulting with Richard, the head coach or Hayley Thomas (Junior Secretary).

Water Polo In 2004 the Seagulls Men's Team came 4th in their League and the Ladies came 2nd in theirs. The new 2005 season is just starting and we are now beginning to build both the Senior and Junior teams. Please call Tim Pearce on 421053 if you are interested in learning a new and exciting sport. As you can see Ladies are also very welcome. Training is at 9pm every Thursday at Summerfields.

Sussex League On Saturday 19th March we have our first Sussex League match of the season at Worthing. Details of the team and transport arrangements will be published on the Notice Board nearer the date.

Internal Inter-Team Gala We are planning to have a team gala on a Saturday evening in April. All swimmers in Group 6 and above will be invited to come and swim for a team. Team names haven't been decided – so far suggestions have been Prawns or Shrimps or Sea horses so watch the Notice Board for the finalised details of this evening.

Dates for your Diary We have put on the Notice Board a Calendar of Events for 2005 that we are aware of at this time (we will update this with any new information when we receive it). Please read the Notice Board as it is our quickest way of communicating with you, the members. Whenever we submit a report to the local paper we put our original on the Notice Board for you to see what we are trying to say about the Club and our swimmers. Here's hoping we have lots of good things to report in 2005.