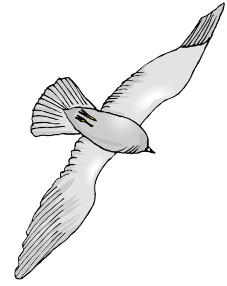


APRIL NEWSLETTER

Newspaper Reports Whenever Seagull swimmers take part in a competitive meet or gala we send a report into the Sports Editor of the local Observer newspaper. A copy of the text that is submitted to the paper is then displayed on our Notice Board in the spectators' gallery at Summerfields. As some of our swimmers do not live in Hastings we have asked that our reports are published in local editions. The aim of this is not only to provide coverage of the club's activities, but also to encourage potential new members. Could you please let us know if this is happening?



Notice Boards One of the main ways for the Club to communicate with the members is by using the Notice Boards in the gallery. Future events are displayed so that you are given plenty of warning about entry dates. One of the most important notices is a Team list of those who have been selected to swim for the Club. Please always tick your name and make a note of the date if you are available to swim in that event. Results for all meets, galas or matches are displayed within a few days so that you can update your record of performances and PBs.

County Champions At the County Championships in Crawley which ended on the 13th March we finished with 5 Age Group Titles - two for Hannah Keen, two for Tom Parris and one for Kate Naylor. Congratulations to these three in particular and to all the others who took part. Let's see if we can do even better next year.

Mini Gala 17th March Our future County Champions took to the water in the first Mini Gala of the year. 73 young swimmers took part and the skill, enthusiasm and noise was a pleasure to see and hear. This is what competitive swimming is all about. Thank you for all being there. Here's looking forward to the Awards Night at the end of May (see the Notice Board).



Sussex League at Worthing 19th March Our first League match of the season and we didn't win. We didn't come second either but came third. Worthing is a 33 1/3rd metre pool so our swimmers were doing strange distances - 33m instead of 25m and 66m instead of 50m are not really any good for PBs. Anyone who swam 100m has had their time converted to a 25m pool time. However one of the best parts of the evening was the enthusiasm of the whole team, especially those who represented the club for the first time - they were a credit to us all. Results on the Board.

Sussex Schools at Brighton 20th March Nine Seagull swimmers representing their schools went to Brighton and as usual produced some really good performances including age group winners and placements and yet more PBs. The results can be found on the Notice Board.

Easter weekend This Easter on 25, 26 and 27 March there were two Grade 1 Licensed Meets and eleven of our swimmers went to Portsmouth Northsea for their three day meet. Another three went up to Crystal Palace for the Leatherhead Open Meet in the 50m pool. These events attract the best in

the South of England including members from the National Squad even names from GB's Olympic team of last year. Once again our swimmers performed really well considering the high level of competition in which they were taking part. As usual the results are on the Notice Board. One of the objectives for our swimmers that weekend was to try and achieve qualifying times so that they could go to the Southern Counties Championships. Everyone, even the parents, had a good but exhausting time.

The Competitive "ladder" Over the years young swimmers are asked to try to climb up a competitive "ladder". They start with mini galas, and then they progress to club championships. Next they may be selected to swim for the club in league matches against other clubs or in "B" galas. Alongside this there are individual events like Development galas where top swimmers are deliberately excluded to encourage new talent. The next rung on the ladder are Licensed Open meets where swimmers are trying to achieve qualifying times for County Championships which take place in February/March each year. After the Counties the next step are the District Championships (the Southern Counties) held in May/June. Finally there are the Nationals currently held in Sheffield in August. After that, on the far distant horizon, there are meets to select Team GB for the big international competitions like the Olympics. Come on, who is going to be our next Lisa Chapman?

Southern Counties Youth Championships(15 years and over)
Entries closed for these events on 2nd April and Alex Berwick has entered 6 events.

Groups 1 to 7 Assessments The next round of assessments for swimmers in Groups 1 to 7 will be carried out between the 7th and 14th April. All changes to your groups will be notified in "WRITING" only.

Internal Gala Saturday 16th April If you have Club kit please wear it poolside. 6.30p.m. warm up -DON'T BE LATE!!! The swimmers have been divided into three "equal" teams so there should be some close races. The individual races are over 50m and the relays will be 4 x 25m so the racing will be fast and furious. Noisy support from the spectators gallery and the teams at poolside should send you home deaf at the end of the evening. There will be a raffle on the night so any donation of prizes will be gratefully received.

Saturday 23rd April "B" Gala at Bexhill (Ravenside)

A "B" Gala has been arranged for this Saturday evening at Ravenside and the teams for this match are on the Notice Board. Please TICK YOUR NAMES if you are available.

Sunday 24th April "A" Gala at Orpington This is a Licensed meet and it is the last chance that swimmers aged 10 - 14 years have of achieving a Southern Counties qualifying time as entries for their Championships close on 10th May which will be swum on 5th,6th,11th and 12th June. Tom Heskett and Tom Parris have already achieved some times.

Thursday 28th April Club Championships All swimmers in Group 7 and above are expected to enter these events. This is your chance to see how you are progressing by getting the latest times for your swimming. Entries are made at the front desk

on Mondays and Thursdays. Amanda and Maureen will be happy to see you

Saturday 30th April Tri Gala at Summerfields Details of the team selected and arrangements are on the Notice Board. Please TICK YOUR NAME if you are available.

"A" Galas, "B" Galas and Licensed Meets In "A" Galas the competitors must have achieved the consideration time for the events in the Gala. "B" Galas and Development meets are designed for swimmers who must NOT have achieved the qualifying times. Licensed meets are where times achieved are recorded on the National Register and are accepted for qualification times for other major competitions.

Red "T" Shirts You may have wondered why some of the coaches wear Red "T" Shirts when poolside. The answer is that they have gained a Life Saving Qualification and are registered as Lifeguards and to show this they wear Red "T" Shirts.

That's all folk's !!

if you have any ideas for the news letter let us know.