

DECEMBER NEWSLETTER***DECEMBER NEWSLETTER***

SWIM 21 and Sport England Club Mark. As you will have seen from the notices around Summerfields and the feverish activity on the evening of Thursday 16th the formal presentation took place of the Swim 21 Award to Club President Anne Hamblin by Sussex ASA President Chris Hobbs. Also present that night was the Deputy Mayor Cllr Eve Martin who was accompanied by various local people who are involved with Sport and Leisure in our town and County. If you want to, you can buy the local paper and see a photo that was posed for on the evening and you can read my report that was only slightly edited this time. The evening was a great success and a massive reward for the work that is put into the Club by the volunteer workers.

SPEEDO LEAGUE you may also have noticed that we are doing rather well in this winter's Speedo league and in fact we go into the final round at Gillingham in third place out of eighteen clubs. This takes place on Saturday 9th December so if you have been picked please make sure that you are available, fit and raring to go and swim big PBs as we will need every point on the night. So just go out and do your best and don't forget good swims here can give you County and Regional QTs.

Council Meeting I am not too sure of my facts on this one but I understand that there is to be a Borough Council session on Monday 4th December at which discussions will take place about Sport and Leisure within Hastings. Some of the people who attended the Swim 21 presentation will be at this meeting and swimming facilities will be under discussion. I believe that some of our parents have said that they were planning to attend this meeting, but I have not got all the facts. Since starting to write this people are now saying Summerfields is not on the Agenda for 4th December but will be on the Agenda for 8th January 07 – so that tells me and shows me how much I know!

Inter County Masters I have put a report in the local paper – see Notice Board - in which I said how well our swimmers performed when swimming for Sussex and that we were waiting for the results to be collated to see how Sussex had performed nationally. Initially the report came through that we had come second by 19 points or maybe 6 points but today the latest set of scores we have received shows that Sussex won by 2 points. Let's hold our breath and hope that there are no more recounts and that we really did win. Whatever happens our swimmers – Tim, Simon, Laura and Hannah – came away with a great haul of medals, 9 Gold, 1 Silver and 2 Bronze. One other special fact – Hannah's time 26.92secs for 50m Freestyle gives her a ranking of 10th Nationally for her Age Group.

Mini Gala – 30th November By the time you read this the final Mini Gala of the year will have taken place and June will be getting the results on the Notice Board ASAP – we are expecting some really good times and PBs.

Assessments These take place for Training Groups 1 to 7 on a regular basis and when they have been carried out swimmers who it is considered have reached the required standard for their current Group will be moved up to the next Group. All swimmers who are to be moved will receive notification in WRITING confirming their new Group number and their swim times.

Guildford – 2 & 3 December Several of our swimmers are travelling up to Surrey for this popular meet – it was heavily oversubscribed – in the hope that can achieve Qualifying times for next years big meets.

Stretching and Warm Up Exercises Although it is important to do stretching exercises every time you go for a training swim before you get into the water during the Winter months it is especially so because your body needs to warm up. You have just come in from the cold and damp outside, taken all those heavy outdoor clothes off so you need to limber up before you get into the water and avoid those niggly sports injuries. Try to get to the poolside 10 minutes early.

Presentation Night Saturday 16th December The Annual get together when all the prize winners from the Club Championships pick up their Cups, Trophies, Medals and Awards will be held again this year at the Hastings and Bexhill Rugby clubhouse which is up and behind the William Parker Sports College. After the prize giving there will be as usual a Disco at which our swimmers and coaches will be able to show off the prowess and extraordinary stamina as dancers. If only they would expend as much energy in the water. Please come and pick up your prizes and enjoy a fun night.

Christmas and all that Festive Season Stuff The last training swim will be at Summerfields on Thursday 21st December and the first training session for all those unfit swimmers will be at Summerfields on 4th January 2007.

Canterbury Icebreaker meet – 6 & 7 January Entries will be closing soon for this meet which is being organised by the Canterbury and Dover swimming clubs. This is a chance to get back into competition swimming and see how your New Years Resolutions to do really good PBs in 2007 works out.

Sussex League 2007 We are starting early this year as the first of three matches will be at home in Summerfields against Chichester and Bognor Regis on 27th January. The second round will take place at that beautiful training facility – St Bedes School, Lower Dicker when we will be up against Hailsham an Eastbourne. The third and final

round has not been finalised yet but I do know that we will be against Atlantis of Horsham on that day.

County Championships 2007 These will take place over two weekends at the K2 Complex in Crawley in the Short Course 25m pool on 24 & 25 February and 17 & 18 March. The Consideration times for these Championships have been on the Notice Boards for some weeks. If you have achieved a qualifying time please make every effort to enter and take part as it is part of your progress as a swimmer to be able to compete at this level. One reminder when looking at the chart showing the times on the Notice Board it is your Age as at 18th March 2007. As a matter of interest 14 of our swimmers have already got Consideration times – come and join the party.

South East Regional Age Group Championships These are split into two age groupings and are held at two venues over three weekends. The Senior Group which is boys over 16 and girls over 15 takes place at Aldershot on 5, 6, 7 May. This allows the Seniors to concentrate on their exams for the two months. The Juniors swim at K2 in Crawley over two weekends, 2 & 3 and 9 & 10 June. Your age will be as at 11th June and I know that this is rather important to two of our swimmers. We already have 7 swimmers who could be going to these Championships.