

DECEMBER NEWSLETTER*****DECEMBER NEWSLETTER

Presentation Night

There will be our Annual Presentation Night at the Hastings and Bexhill Rugby Club on Saturday evening 20th December. If you have won or placed in any event at the Club Championships or at one of the Mini Galas for Training Groups 3 to 6 during the year then this is the evening for you to come and collect your Trophy, Medal or Award. To help the evening go with a swing there will be a Disco at which some of the older members have been known to let their hair down on the dance floor – come and enjoy a fun night.

Some Helpful Reminders or Nag Nag Nag!!!

With only three competitive swimming events before the Christmas break – the Internal Gala 29 November; Horsham(Atlantis) 7 December; National Swimming League Maidstone 13 December – here are a few reminders or do's and don'ts to remember from this year's competitions.

- (1) Train hard to build your stamina so that you don't run out of steam in the last 10m of a race – I know that is pretty obvious but it has happened too many times.
- (2) In training practice your turns as if it were in a race – good turns can and do win races and cut seconds off your times – attack the wall on your tumble turn so that you spring off it into your streamline position.
- (3) Practice your Dolphin leg kicks at your starts and turns – make them hard and fast.
- (4) Make sure your turns and finishes in Breaststroke and Fly are two handed touches and can be seen by the Judges.
- (5) Remember on Breaststroke starts and turns it is only one arm pull underwater – we have had three DQs this year because the Judge thought that a second arm pull had been done before swimmers had broken the surface – don't get caught out.
- (6) Please remember the meaning of the “one start” rule. Once you are on the starting block you must control your movement- when the Starter says “Take your marks” you must make yourself perfectly still – if you move before the starting signal you will be disqualified. Similarly if you topple over into the water once you are under “Orders” you will also be disqualified. Also if anyone else falls in “DON'T” follow them in just stay on your block until the Starter speaks to you.

- (7) Goggles are worn by most of swimmers to protect their eyes from the chemicals in the water. Please, please make sure that they are a tight fit and that they won't come off when you dive in at the start of a competition – this happens regularly – if they do: **DON'T TOUCH THEM** or you will be DQd.
- (8) Relay Race takeovers; don't go too soon, make sure the incoming swimmer has touched before you leave the block, three excellent swims can be ruined by one bad take over.

What has been happening

As a Club we have had an extraordinary year with our swimmers continuing to produce excellent times and when we go to Maidstone on Saturday 13 December lets hope they are on really top form for this year's Final of the Division 1 (East) of the National Swimming League. Because we finished First and Second in the first two rounds we are currently joint third going into the Final. If you were at Summerfields for the Second Round Gala you will remember how good Chelmsford were and in the next we are up against four more really strong teams. It has to be remembered that the first two teams in the final get promoted to the Premier Division and looking at the names of the teams who are at the bottom of that League table all I can say is "Wow are they at the bottom".

Just to remind you it seems as if our swimmers have been producing PBs every time they get in the pool and some of their times have been quite remarkable. At the last time of counting there are now TWENTY SIX swimmers with County QTs and TWELVE with South East Region QTs for next year. Just to emphasise how good this is over the years there have been literally hundreds of Seagull swimmers who never achieved these levels of competitive times and it is therefore a major achievement to do so – just ask Amy Masters what she thinks and how she feels about getting one and how she is going to try and get more.

Just Around the Corner

On Saturday evening 29 November an Internal Gala will take place between three teams from within the Club at the time of going to press there are 23 swimmers in each team who have each paid to join in, as the evening is as usual being held in memory of the late Richard Grundy and the Isle of Wight Leukaemia Research Fund. The question is will Terry's Turtles ever recapture their title?????

There will be a break from training for Christmas, the last swim being on 22 December and restarting on 5 January 09. On that date it is back to

full training and competitions as there are two meets the weekend 10/11 January – The Icebreaker Gala at Canterbury has events at all strokes over 50m, 100m, 200m and 400m. On the same two days at the Prince Regent pool in Brighton the Tom Handley Age Group meet will also be held and this is another good place to start the New Year with some competitive swims. By this time the closing date for entries to the County Championships will be creeping ever closer and although according to the ASA all swimmers will become a year older on 1 January 09 and which for us applies to our Club Championships as they take place during the whole of the year and the National Swimming League as it takes place at the end of the year. BUT for the County and Regional Championships and the Sussex League it will be your age on specific dates.

For entries to the Counties it will be your AGE AS AT 22 March 09,

For the South East Regional it will be your AGE AS AT 14 June 09.

For the Sussex League it as at 28 June 09.

For most Open meets it will be your age as at the last day of the meet.

Session Fees

Our Honorary Treasurer Amanda Doxford asks that ALL Session Fees should be paid IN FULL before the Christmas break. The last payment desk of the year will be on Thursday 18th December from 6pm till 8.30pm and this should be for all fees up to December 08. Late payment of fees could result in your child's place being offered to someone else.

To make payment of Session Fees easier you are more than welcome to set up a Standing Order direct with the Club's Bank Account. Details of this can be collected from Amanda or Graham at the payment desk on Thursday evenings. Thank you for your co-operation.

Christmas Morning on the Beach

Tim Pearce of Waterpolo and Masters fame invites anyone interested in coming for a swim (more like a quick paddle) in the sea on Christmas morning down by the Sailing Club or under the new place called AZUR on the beach at St Leonards. Hint Tim usually wears a wet suit!!!