

XXX NEWSLETTER FOR DECEMBER 2004 XXX

Training This is being carried out to improve our teaching coverage poolside.



ASA Level 1 Teachers Certificate

June B, Hayley T, Hannah K, Tracey M, Kyla R, Penny W are currently attending training sessions in Eastbourne to obtain this certificate.

ASA Helpers Certificate Course(14+ years)

The following will be attending a course at Battle Abbey Swimming Pool, Bexhill on the 18 and 19th December to obtain this Certificate. Alex B, Robert H, Susie B, Anna S, Katie S, Lucy S,.....

"Helpers and Timekeepers are always wanted"

Colorado Electronic Timing Operative

Here is a specific Job Vacancy. Full training will be given to the successful applicant.

Steve Paine is looking for an apprentice who after training will be operating a timing system which is the envy of other Clubs in the area - even as far as Sevenoaks.

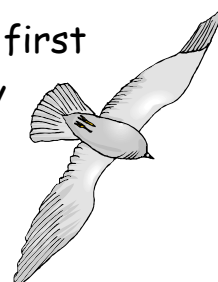
Come on - Steve needs someone.

SPEEDO League Round 3 on Saturday 11th December. This is the last competitive event of the year. The team list and arrangements will be on the Notice Board. See if your name is there - Please tick and say YES. Beckenham Spa is the Venue.

Presentation Night 18th December 04 - 7p.m. to 11.30p.m - Prize Giving to all Finalists at Club Championships during 2004 then a Disco and bar at the Rugby Club at the back of William Parker. Come along and collect prizes, or clap and cheer, have a drink and listen to the music.

XMAS/NEW YEAR Closing and Opening Dates

Last Club session will be Monday 20th December 04. The first Club swim will be Tuesday 4th January 05 at Battle Abbey (Bexhill) for Racing Squads 1, 2 and Transition (as per new Squad structure) Then after that as normal at Summerfields from Thursday 6th January - this particularly applies to groups 1 to 7 who are unaffected by the new Racing Squad structure.



Land Based Training

Last Wednesday night training session before Xmas is the 15th December.

First training session after Xmas is Wednesday 5th January 05. Have you tried one of these sessions - they can be of great help to your swimming.

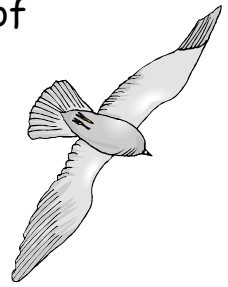
I understand that some "grown-ups" have tried joining in - can't be bad.

Swimmers Ages From January 1st each year all swimmers get older by one year. Under ASA rules a swimmer's age is defined by how old they are on 31st December of that year. This classification applies for example to our Club Championships, SPEEDO League, Sussex League and any other event that states the 31st December rule applies.

Age on Day of Race Nowadays more and more Open Meets have adopted this method of classifying swimmers as it is a much more level playing field. Two examples of this are the Meet at Brighton 8th and 9th January 05 when the age of the swimmers on 9th January will apply. More importantly at the County Championships it will be the age of swimmers on 13th March 05 that will apply even though they are being held on three different weekends in February and March.

Potential Champions - Do you want to swim at the Olympics?

How much training do our swimmers want to do? Some of our Seagulls are already doing over 20,000 meters swimming per week plus land based training and their OTHER sports.



But think of these two facts Michael Phelps (USA) won eight medals in Athens but he won a medal in Sydney when he was only 15. David Davies (GB) won the Bronze medal for 1500 metres F/S in Athens - he does a staggering 80,000 metres swimming per week and land based training in Cardiff and Swansea. Don't forget Lisa Chapman - she is still a Seagull (although training at Loughborough University) and who swam in Athens Olympic Games this year.

Swimming Assessments Groups 1 to 7

Apologies that the assessment (see notice board) which was due to start 27th November has been put back to the following new Schedule. Groups 1 and 2 - 2nd and 9th December
Groups 3 to 7 - 9th December.

Revised Squad Structure

Please note that the revised squad structure starts from 1st January 05 (Groups 1 to 7 do not change). There have been two parents meetings to explain the changes which will come into effect after Xmas. The new squad structure, fees and swimming times have been notified to all squad swimmers in writing and confirmation will be put on the Club Notice Board during December. The Squad structure has been changed to focus on the needs of all the swimmers in the Club in order to provide a structured development pathway for competitive and non-competitive swimmers. Any queries in the first instance should be addressed to Hayley Thomas (Junior Secretary and Swim 21 Co-ordinator)

ASA Swimline is 0808 100 4001

SwimLine is the ASA's own Helpline where you can talk to someone who understands both swimming and the requirements of child protection. If you need urgent advice you have the option to transfer to the NSPCC Child Protection Helpline.



2005 Sussex County Championships

Some dates for next year

Sunday 6th February at Bognor - 800 & 1500m events

Saturday 19th, Sunday 20th February at Crawley

Saturday 12th, Sunday 13th March at Crawley

Age of swimmers as at 13th March 2005 for all events.

Qualifying times are displayed on the Notice Board.

Comments

If you have any queries or you would like to help in any way please contact us.

Hastings Seagull Swimming Club would like to
wish you all a Happy Christmas and a successful
New Year