

FEBRUARY NEWSLETTER – FEBRUARY NEWSLETTER

Richard Grundy

Enough time has now passed since Richard died to say a few words about his funeral on the Isle of Wight. This took place on Thursday 11th January following his death in hospital on Boxing Day. Twelve Seagull members drove down to Portsmouth in bad weather and although the ferry was delayed the crossing was quite smooth and by the time we had got to the Chapel of Rest the sun was shining. There was a large congregation and the service opened with a recording of a male voice choir singing “Land of my Fathers” in Welsh which set the tone for the service. The Head teacher from Silverdale school, where Richard taught swimming, gave a very moving address in which he quoted from several letters written by young children at his school about how and why they remembered Richard. Alex Berwick then addressed the congregation on behalf of our Club saying how much his efforts and dreams for the success of the club had meant during his four years with us. At the end of the service Richard’s wife Pam invited us all to a wake at a pub which is famous for it’s seafood and overlooks the Solent and is only a short distance from their house in Bembridge. While at the pub Pam Grundy spoke to Club President Anne Hamblin about a trophy for the Club which could be awarded each year at the Presentation Night in December, to be called the Richard Grundy Trophy – how this will be awarded is still to be decided. We then had the long journey home but as a matter of interest if it had been a week later we would not have got to the funeral as the ferries were cancelled due to the rough seas.

Sussex League 27th January – shall we just say that we carried on where we left off in the Speedo League in December. Our 45 swimmers produced some fantastic results so that we won by 87 points and we had young ones swimming who had never seen or heard anything like this before. Being a League Match ages are as at 31 December 07 and you need two swimmers in each event. Because all swimmers ages went up a year on 1st January they were taking part in Age Groups which were new to them and not the same as Speedo in December. Watch the Notice Board for the team selected to take on Hailsham and Eastbourne in the next round at St Bedes training pool, Lower Dicker, if you are selected

make sure you are fit and available for this match as we try to keep our winning sequence going.

Sean Baldock on 29th January local Olympic 400m runner Sean started a trial 12 weeks coaching and Land Based training course for our Racing Squad swimmers, which is for one hour on Monday evenings. Early indications are that this was just what was needed by some of our swimmers. Lets hope it is successful.

Mark Parris You may have seen from the Notice Board that Mark has now accepted the position of Head Coach and we wish him all the best in this difficult job.

Wycombe Classic Long Course Open – 10th February

TomH, TomP and AlexB were taken up to Wycombe by MarkP for a one day attack at a Long Course Meet(50m Pool). Didn't they do well – 14 events swum 3 Gold, 2 Silver and 2 Bronze medals, 6 PBs and 7 Buffs and if you don't know Buffs are I am sure they will be showing you all of the different ways you can wear them. As usual full results on the Notice Board.

Mini Gala Thursday 22nd February

This is the first Mini Gala of the year for Groups 3 to 6 and invitations have been given out by Teresa Moon to the Group's coaches who have passed them on to their swimmers. Please make an effort to take part as this is how we get times for swimmers and record their progress. Don't forget these times are used to select teams as the selection process is purely time based.

Sussex County Championships – 24/25 February – K2, Crawley

By now you should have received your entry cards from Ian Thomas for this year's meet so I will see you there – best of luck to all our swimmers – just go flat out and get really good times and placements. Something to remember, one of our past swimmers still holds seventeen County Championship records.

Internal assessments Groups 1 – 7

Hayley Thomas will be organising assessments for all swimmers in training groups 1 to 7 on the first two Thursdays in March (1st and

8th). When these have been completed all swimmers who have met the requirements to move up a group will be informed in writing as to their new group and the times of their swimming sessions.

Sussex League – 2nd Round – Saturday 10th March

This will take place at St Bedes School Training pool, Lower Dicker and is against Hailsham and Eastbourne. A Coach has been arranged to take the team there, so please tick your name on the Team selection notice as soon as it goes up because Mark needs to know that you ready for this match.

Dublin

Tom Parris has been selected to swim for the English Schools in Dublin on 10th March. This is his first International meet which is a strange coincidence as back a few years a swimmer from our Club had their first appearance representing GB in Dublin – Best of Luck Tom.

Sussex County Championships – 17/18th March (second weekend)

K2 in Crawley again, keep on swimming hard, keep trying for PBs, Regional and National Qualifying times. The Counties are where swimmers continue their climb up the ladder to the top.

Masters and (18-24)Seniors at K2 Crawley Long Course 24/25th March

Our swimmers usually do well at this meet, so come on Laura, Hanah, Simon, Paul, Tim, Chris and anyone else who wants to have a go in the 50m pool at K2. Paul Woolgar is organising this.

Sussex Schools Individual Championships

At the moment I am led to believe that these will take place at the Prince Regent Pool in Brighton on Sunday 25th March but confirmation of this and full details are not available yet.

Easter – 5, 6, 7 and 8th April

Where are you going this Easter? Could it be Portsmouth for their four day meet? Or are you thinking about Crystal Palace?

Details of these Open meets are on the Notice Board or ask Ian Thomas about them.

Crawley Long Course Open Meet - 14/15th April

This is an opportunity to taste 50m pool swimming which is very different from short course competition. Details are on the Notice Board and once again see Ian.

Club Championships (1st Round) Thursday 19th April

Sue Parris will be sitting in Summerfields waiting for you to enter your name on the big card which is your first step to being one of our Champions this year. Don't say I can't be bothered we know who will win because if you aren't in it you can't win it. It is not just about winning at one time my son Alex was always beaten by a boy called Andrew by four or five seconds. Richard said one day your time will come. Sure enough two years later at Crystal Palace they were drawn in lanes next to each other and Alex won on the touch over 100m. Andrew who had moved to Eastbourne thought that Alex was still easy to beat. The moral of the story is keep training, keep trying and enter competitions that is where you test yourself.

Internal Gala – Saturday 28th April

By popular demand from Terry Fitzgerald (Terry's Turtles remember the Name) Hayley and June will be organising another night of noise and frantic swimming – this is a fun night and Terry's Turtles seem to have won it every time – maybe not this time. More details later.

Age on day

Although Alex is considered to be 18 for the Sussex League and Speedo League and the ASA he still can't legally buy me a pint until 30th December 2007. However, most Open meets, are now organised on the basis that you swim the age you are on the day of the meet. For instance you can swim in the Counties this year with your age as at 18th March, the Regionals as at 10th June and the Nationals as at 5th August. All the Open Meets I referred to earlier are all Age on Day – hope that makes it clear.

