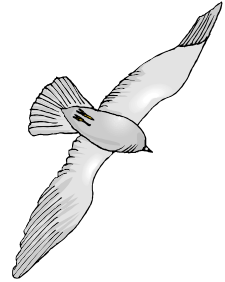


JULY NEWSLETTER 2005

ASSESSMENTS The latest round of assessments for Groups 1 to 7 will start on 7th July and will be completed by 21st July. LETTERS to all swimmers who will be changing Groups will be sent out within 1 to 2 weeks. Make sure you know what time and where your new Group training takes place.



CLUB CHAMPIONSHIPS 9th JUNE There were some really good performances with swimmers achieving 61 PBs on the night, two Age Group club records being broken by Elliott Hooper and Tom Parris and equally impressive, two swimmers slashed over THIRTY seconds off their PBs - a special well done to Jack and Samantha - no they didn't win their events but they used the Club Championships to demonstrate how much they have improved. Remember only one person can win each event but everyone can beat their PB!!

EASTBOURNE MASTERS OPEN MEET 12th JUNE

Laura Hoodless and Julia Hourihane went to this meet, Laura winning three events and coming second and third in another two at the same time achieving 3PBs. Julia came fourth and eleventh in her two events both of them in PBs. At this point I must apologise to Julia because in my newspaper report about this event I said that she came fourteenth. Sorry just a slip of the fingers.

SOUTHERN COUNTIES AGE GROUP CHAMPS

4TH,5TH,11TH,12TH JUNE. Tom Heskett and Tom Parris went to these events at Crystal Palace and experienced the high standard of performance at this level of competition. Tom Parris swam well to achieve two National Qualifying Times but these only gave him 10th place in his age group. Tom Heskett's first time in a Long Course pool was a good experience and the times he achieved when converted back to Short Course were equivalent to his PBs. Next year we want more qualifiers, so start working now.

ANNUAL DINNER AND DANCE at LEAFORD PLACE HOTEL

Friday 17th JUNE The Annual Dinner and Dance was held in the beautiful setting of the Leaford Place Hotel. A complete cross-section of club members were in attendance and one distinguished guest in the form of Sussex ASA President Peter McCallum. Maureen Paine had done a brilliant job in organising the evening, from the seating plan to the menus and seating name cards with what you had pre-ordered on them. At this point husband Steve took over as Master of Ceremonies and Toastmaster taking us through the evening of toasts, speeches and presentations, doing an equally brilliant job as his wife had done in organising the party. There was a speech from Peter McCallum from Worthing reminiscing about the days when part of the Sussex County Champs used to be held at Summerfields and promising that next March a small piece of the County Championships would be held there again. Our Lady President Anne Hamlin then replied and in her speech thanked everyone for their help in the running of the Club. In particular she drew attention to the hard work done by Hayley Thomas in driving Swim 21 forward, and presented her with the President's Plate in recognition of the work she has done over the last year.

At this point in the proceedings our Elle Presidente was given a present and she is now known as Anne Whoopee Hamlin (some young man from the Mafia dropped something on her seat as she sat down). One final presentation was made when two specially inscribed Rugby shirts were presented to Hannah Keen and Tom Parris for qualifying for the National Championships. After this it was time for disco dancing until Midnight and two things came out of this. First, there is now a new meaning to Break Dancing, secondly if some of our swimmers put as much effort into their swimming and training as they did to their dancing for 2 hours it would be Olympic Games here we come.

A great evening thoroughly enjoyed by everyone - a big thank you and here's to next time.

SOCIAL SECRETARY Maureen Paine is still waiting for someone to volunteer to be the new Social Secretary - I have no doubt that once a volunteer comes forward lots of helpers will also appear - so come on give it a try.

COMPETITION SECRETARY We are still waiting for a volunteer for this job and with outside galas coming up over the next few months we need to fill this vacancy as soon as possible.

BURGESS HILL 18th JUNE Even though our swimmers achieved 24 PBs we were pushed down into 7th place in this eight team gala. It is a shame that we were unable to field a full strength team. As a result some of our swimmers had to swim "up age groups" which meant they were swimming against people 2 years older than themselves. Still we learnt some lessons from this meet and everyone enjoyed the magic atmosphere of intense competition.

TRI GALA 25th JUNE We got this one right -WE WON!!!
Seagulls 105 points, 1066 A 89 points & 1066 B 74 points.
Shame that Bexhill didn't show up. Nineteen individual PBs,
only five Speeding tickets, and we won thirteen out of the
sixteen relay races. Well done to all the swimmers and also to
Richard and June for their expert juggling of the team
selection (in spite of the usual number of drop outs).
It was truly a great team effort.

CRAWLEY JUNIOR OPEN 10th JULY Entries have now closed
for this gala for 9, 10 & 11 year olds and competitors tickets
should arrive shortly and be distributed. Have a good swim all
you competitors.

KEN DEELEY BRIGHTON SPRINTS 24th SEPTEMBER These
50m sprints traditionally start the Autumn season and are
great fun so long as you can find somewhere to park in the
middle of Brighton. However the closing date for entries is
10th July - so if you fancy this gala get your entries in now.

TRI GALA SATURDAY 9th July Woops nearly forgot it.
Usual performance Speeding tickets etc. Look on the Notice
Board for teams and details. It is at Summerfields.

CLUB CHAMPIONSHIPS Thursday 14th July At the time of
writing this Newsletter you can still enter these
Championships. So to paraphrase Sir Bob Geldof "Get your
entries in NOW!!!" Just a thought-do you keep a record of
your times?

BAGGY TROUSERS AND GOGGLES Since my last
Newsletter the number of young boys wearing Bermuda shorts
has reduced dramatically - thank you - it makes sense. One
final reminder about the wearing of goggles to protect your

eyes - please do so - because your eyes can become very sore if you don't. But make sure they are securely on so that when you dive in they don't come off but not so tight that they are pressing against the eyeballs.

POOLSIDE DRINKS Swimmers suffer from dehydration when training and swimming competitively even with all that water around them, so it is essential that they drinks in self sealing bottles at poolside.

NATIONAL AGE GROUP CHAMPIONSHIPS - SHEFFIELD

All the best to Tom Parris for his swimming at the Nationals.
GO TOM GO!!!

INTERNAL GALA Do you remember the fun night earlier in the year when Terry's Turtles team won, well, by popular demand they are planning another one! Provisional date Saturday 17th September so be prepared for another fun night.

MINI GALA 29th September This is for ALL swimmers in Training Groups 1 to 6 and it is where we see our future champions.

SPEEDO LEAGUE The dates and venues for the first two League matches of the Autumn season are as follows:-

8 th October	12 th November
At Maidstone	at Beckenham Spa
Against	Against
Eastbourne	Epsom
Edenbridge	Erith
Maidstone	Hythe
Rochester	Larkfield
Southend	Rochester

These will be tough matches so we need our best swimmers for them so please be available.

SUMMER HOLIDAYS To give people a break it has been decided to close the Club for training sessions from Saturday 20th August to Saturday 3rd September.

Therefore the last training session will be on Saturday 20th August and the next training session will be on Monday 5th September.

LESSONS FROM BURGESS HILL The Triangle Leisure Centre at Burgess Hill certainly gave the parents who accompanied the swimmers something to think about. To start with the actual facility is very new with various types of swimming pools but most importantly 8 lane pool with up-to-date electronic timing and an audible PA system set in the ceiling so that the spectators in their spacious viewing gallery could hear what was going on. There is a rumour that there is a plan to build a new pool in Hastings can we make sure that before anything is decided that the decision makers take a look at places liker the Triangle. One of the best things about this complex was that local club Burgess Hill get EIGHTEEN hours pool time per week. How much do we get at Summerfields - SEVEN AND A HALF hours per week. This really is not a level playing field. How did we manage to get a swimmer to the Nationals. It's got to be on pure talent. One final comment from Burgess Hill. Before the main meet started there were two relay races for schools. 8 local Primary schools and 8 local Secondary had entered teams to compete for two trophies. Why isn't there something like this for children in the schools in Hastings, the simple answer is because it's not football.