

## JULY NEWSLETTER JULY NEWSLETTER JULY

Richard Grundy – Head Coach He is still undergoing treatment in hospital in Portsmouth. President Anne Hamblin reported at the Dinner on Friday 23<sup>rd</sup> June that she had spoken to him that day and that he was cheerful and responding to the treatment. He said that he hopes to come and see us in October before the Speedo League matches start. We all hope he continues to make progress towards a recovery.

Annual Dinner and Dance This was held at the Leeford Place Hotel on Friday 23<sup>rd</sup> June with Steve Paine carrying out his duties as Toastmaster with his usual commanding authority. This year the Guest of Honour was Mrs Chris Hobbs who is current President of the Sussex County ASA and in her speech thanking the Club for inviting her to our Dinner she remembered swimming against our Masters swimmers a “few years ago” in a 55 yards pool, Tim Pearce also seems to remember this as well as Chris Dawson. Circulating during the evening were two scrapbooks with cuttings from the local paper with reports of activities by our swimmers and divers from the days when there was an Olympic training squad down in Hastings at our open air Lido. This has since been bulldozed into the ground and covered in tarmac. One of the projects Richard Grundy was working on before his illness was with the local Council about building a new 50m pool and sports centre for the town to attract pre-Olympic training camps to the town for 2012. Unfortunately two things happened Richard got taken ill and the make up of the local council changed. Goodbye dream. In her speech our President Anne referred to various good things that have happened in the last year and how much stronger the Club has become. In the two leagues we swim in – Speedo and Sussex – we missed promotion to a higher level by just one place in both cases, in the next year we should be strong enough to make that jump up. As always it is vital that we field our strongest team in these events, so if you are chosen please make every effort to make yourself available. 15 boys and girls had qualified for the Counties at Crawley(old pool) in February/March and three of them came away as County Champions. This year we entered relay teams again and just missed out on Bronze medals in three events. The next stage was the South East Region Championships and six of our swimmers had achieved qualifying times for these events held in May and June and they all achieved good placements at these

very tough Championships. Tom Parris has now achieved six qualifying times for the Nationals in Sheffield at the beginning of August and the Club wishes him all the best. Our objective must be to get more of our swimmers up to these high standards. In her speech Anne also drew attention to the Mums and Dads who are now taking part in the Club Championships in greater numbers – long may it continue – please don't be put off just 'cos your 11 year old can beat you. Laura Hoodless and the Masters drew special mention but more about them later. In the water polo section Tim is encouraging more and more young swimmers to try the sport. In the Internal Galas organised by Hayley and June, Terry Fitzgerald continues his winning run with his Turtles. However it has been noted by the other coaches that he always wears well pressed shirts when poolside which could be his edge and helps him win – he also claims he does the ironing. Hayley continues to do a magnificent job with Swim 21 and is one of the unseen organisers in the background who keep the Club ticking over, bringing new swimmers into the club and progressing swimmers through the training groups. The other person involved in this is June Berwick who for her efforts in the background with her computer records assisting the coaches with team selection and processing the movement of swimmers through the groups, she was awarded the Presidents Plate for the year 2006. It was mentioned at this point that as no-one else wanted the job I was to continue my battle as Press Officer to get proper coverage in the Hastings paper of the Hastings Seagull swimming Club. Following the recent AGM Theresa Moon has taken responsibility for organising the Mini Galas and Debbie Bishop has already demonstrated her ability to organise a Social Event because the successful evening at Leeford Place was her first effort for the Club and she was guided round the pitfalls by Maureen Paine. The Dance part of the evening was slightly tame this year as one of the main participants from last year was not here due to sickness but his wife deputised for him by sitting down on the stage in his place however this was done without doing any damage to the disco lights. The Presidents husband Mike once again demonstrated his incredible fitness level and his solo performance of the England football supporters song "Vindaloo" was nearly worth paying money to see – surely he should be in Cologne doing this – I hear they have nice wine over there. One final mention of the dancing, the girls and boys must surely be heading for a good years swimming if they can swim with just half the energy and stamina

they demonstrated on the dance floor. Here's to next years Dinner/Dance.

Mini Gala – Thursday 6<sup>th</sup> July - Theresa Moon will be looking for helpers on this evening as there are lots of races to be swum and they are usually closely contested. So come and watch or even help. This is where competitive swimming starts.

Club Championships – Thursday 20<sup>th</sup> July - Make sure you enter the next round of the Club Championships. Don't leave it till the last minute like some people did the last time and then missed the closing date. Don't forget team selection is based on the times you swim at these events.

Crawley Open Meet – Sunday 9<sup>th</sup> July. I know that this is World Cup Final day but apparently we have 16 young swimmers going over to K2 – some to see what a real swimming pool and sports complex is like for the first time. I hope they enjoy the experience and by the way when I was there on Sunday they have two big screen TVs in the spectator area upstairs for the football.

Assessments for Groups 1 to 7 The next round of assessments for our swimmers to see whether they meet the criteria for moving up to the next Group will take place on 27<sup>th</sup> July and 3<sup>rd</sup> August. Any moves will be notified in writing and should this involve going to an inconvenient time please see Hayley to see if the problem can be resolved.

Outside Meets Two outside Meets are currently being offered on the Notice Board in the spectator's gallery at Summerfields –

Canterbury - 9<sup>th</sup> September – Closing date for Entries 17<sup>th</sup> July

Brighton Sprints – 23<sup>rd</sup> September – Closing date for Entries 31<sup>st</sup> July

Summer Holidays Close down of the Club training sessions –

**PLEASE WATCH THE NOTICE BOARDS**

**DATES WILL BE DISPLAYED** – For the Final session and the restart session.

The Masters If you missed my report in the local paper here it is again. It is such good news I've got to repeat it.

On Sunday 25<sup>th</sup> June seven Masters Swimmers from Hastings Seagull went to the Pavilions in the Park Pool in Horsham for the Sussex County Masters Championships. They came away with a collection of Thirty four medals, 9 Gold, 3 Silver and 6 Bronze in the Individual Events and 8 Silver and 8 Bronze in the Team Events. They also set four new County Age Group records. Of the seven competitors representing Hastings Seagull we had 3 newcomers joining us, firstly Ellis Harper, who has just recently started swimming with the club, and who with no previous competitive swimming background, performed magnificently for her first time out, gaining two 4<sup>th</sup> places in the 50m Breast and 50m Freestyle, as well as being a stalwart in the 160+ and 200+ teams, getting two silver medals in the Team events.

Next there was Amy Moore, previously one of the clubs top swimmers a few years ago, who only recently started fitting training around her full-time job. Amy gained two 4<sup>th</sup> places against some tough competition from some Brighton swimmers, and won two Team Bronzes.

Nick Woolger, who has not swum or trained for some 10 years, turned up and won himself a 3<sup>rd</sup> Individual place in the 50m Free, as well as helping us to gain 2 team bronzes.

Tim Pearce showed his usual form, with very little training, to produce some fine individual and team performances, gaining 2 individual Gold medals, 1 individual Silver, 1 Individual Bronze and 2 team Silver medals.

Chris Dawson, coming back to competing after recovering from a major illness, managed to bag 1 impressive individual Silver medal, 3 individual Bronze medals and 2 team Silver medals.

Simon Hooper, who also swims for the Seagull main squad in the Sussex and Speedo Leagues, made it look easy winning the 3 individual Gold medals and 2 team bronze medals and set County Age Group records in the 50m and 100m Backstroke events.

Laura Hoodless, who like Simon still swims for the Seagull main squad, won 4 individual Gold medals, 1 individual silver, and 2 team Silvers also setting County Age Group records in the 50m Fly and 100m Freestyle. Laura's fitness was severely tested, as she swam in a total of 11 events, 5 individuals and 6 relays, on one occasion swimming '3-in-a-row', jumping out of the water from the individual 100m IM to swim in 2 relays back to back.

Total medal haul – 18 individual, 16 team – Total 34 medals

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.

Do You Know Anybody Mrs Jo Thomas has taken responsibility for processing applications to join the Club and arrange appointments for their assessment on a Saturday morning. So if you know anybody who would like to be assessed get them to phone Jo Thomas on 01424 465087 or 0793 1523017.

Hats in the Pool Did you know that it is a requirement that girls wear hats in the pool and that this applies to any boys with long hair. Please make sure that you comply with this requirement.

Cheryl – Club Kit Cheryl has taken on the task of supplying Club Kit. At the time of going to press she is intending to have a display of what is available by our desk in the entrance on two Thursdays in the month and at that time you will be able to buy or order items of kit in the Club's colours.