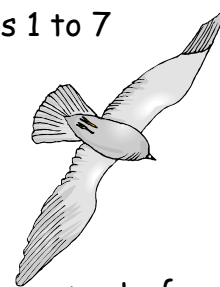


JUNE NEWSLETTER

ASSESSMENTS The latest round of assessments for Groups 1 to 7 started on 19th May and will be completed by 2nd June.

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 takes place.



SUSSEX LEAGUE MATCH Saturday 7th May Hopefully you were part of the spectators who saw a great evening of close and at times, high class competitive swimming. Our swimmers did exceptionally well to get within 9 points of Smiths to come second and with a little bit of luck, judgement and care we could have even beaten them. By getting 31 PBs our swimmers showed that they thrive on competition and they are learning the lesson of swimming against the clock as well as an opponent. By the way, thanks for the support, the noise around the pool for the last few relays was incredible.

NEWSPAPER REPORTS Unfortunately the local paper cuts out what I consider to be interesting side issues in my reports about our Club's activities so I am repeating three items cut from my last press report. During the League match on 7th May the relay races produced some really close finishes - one race was won by 2 hundredths of a second. Also at that meet 3 boys and 1 girl (Hannah Keen, Chris Varrall, Tom Parris and Alex Berwick) went "sub 60sec" for the 100m Freestyle. Finally at the Southern Counties at Crystal Palace the boys (15 to 19 years) all looked like Greek Gods - over 6ft tall with perfect muscle development which has been created by 20 hours a week of swimming and many more hours of gym work. These boys are fit and there were over 100 of them in every event.

HORSHAM OPEN Sunday 15th May Woops!!!

Sorry about this non event. I will just say briefly - Starting Blocks- Fast drying cement that DIDN'T and that the organisers will try to hold it later in the year. I feel sorry for them with all the effort they had put into organising the event and then to have to cancel at the last moment. By the way, although some of the mums and dads said thank goodness I can have a lie in; there were some very disappointed swimmers.

SUSSEX LEAGUE Saturday 21st May at St Bedes School (Upper Dicker)

Our final League Match this Spring season against Chichester and Hailsham. In the strange surroundings of the School's Training Pool we came second to Hailsham and beat Chichester into third place. However the final score has still to be confirmed because, as I am writing this report, we have received two emails altering the final totals. I think we lost by 11 points. Our swimmers produced another 8 PBs and considering the conditions this was very good, however our overall performance was spoilt by three disqualifications which on reflection seemed careless and wasteful. A strange evening was typified by the timekeepers having to walk to the other end of the pool for the under 11 races, which are one length, as there were only starting blocks at one end of the pool. In the Autumn we start again with the Speedo League on 8th October.

AWARDS NIGHT 26th May At the time of going to press the entries have closed for this event and due to the printing schedule I will have to report on this event in next month's issue.

CLUB CHAMPIONSHIPS Thursday 9th June I understand that there are more and more entries for this round of the Club Champs which is great news as these results really do give Richard and the other coaches a reward for their efforts when they see their swimmers performing in these events. The only way we know how the swimmers are improving is by their times NOT their placements - remember it's you against the clock! Do you know what your PBs are!!!

CLUB ANNUAL DINNER AND DANCE Friday 17th June Maureen Paine is still taking bookings for this at the front desk - I've seen the Menu and it looks good to me - so see Maureen, she has all the details.

SOCIAL SECRETARY Last month I asked for a volunteer to take on this job - maybe some of you thought this was a joke but we are serious. The idea is for the taxi drivers (parents) to be able to organise events which are not just swimming, like a BBQ or a disco. Come on who wants to have a go?

PIPPA BARRIE Competition Secretary After two years of carrying out this important job within the Club, Pippa has decided that following a period of ill health, it would be better if someone else took on this task. The Club wishes her a full and speedy recovery and wants to thank her for all her efforts on behalf of the Seagull swimmers in the past.

This news means that we have a vacancy and we need a replacement as soon as possible. Anyone interested in this key function please contact Amanda at the front desk so that someone can explain what the job entails.

SATURDAY 18th June Burgess Hill Interclub Gala

Not the usual gala as all the individual races are over 50m and the age groups are 10,12,14,16 and Open with Relays as well, so it will be fast and furious racing with no time to blink between races. Team selection and all the usual details about transport will be on the Notice Board. If you are available PLEASE TICK YOUR NAME.

SATURDAY 25th June Tri Gala at Summerfields

Back to "Speeding Tickets", tactical swimming, and flat out relays, we need your support that evening. Who knows we may pinch a win that night. Lots of noise please, I know our swimmers with their Pompoms will make some atmosphere. Guess where the team sheets will be?

SOUTHERN COUNTIES AGE GROUP Championships 4,5 & 11,12 June at Crystal Palace Tom Heskett and Tom Parris have both qualified for these Championships and the Club wishes them the very best of luck for their efforts in their events.

SUNDAY 10th July CRAWLEY JUNIOR OPEN

For swimmers aged 9,10 & 11 with events over 50m. The full details are on the Notice Board with entry forms attached. The closing date for entries is 4th June and this would be a good place to start for our new Competition Secretary, whoever that may be.

WATER POLO Section May Report On average we now have over 20 Players in the pool for the 9 to 10pm training session on a Thursday evening with the majority being youngsters. Some of these are beginners and are being coached by William Greenhouse and are our hope for the future. We are currently playing matches in 2 Leagues - the Kent/Sussex where we have had two wins and the Sussex where we have had two defeats.

It is planned to take three teams to Dordrecht on 3rd September - further information about this and anything else to do with Water Polo contact Tim Pearce, Water Polo Secretary at the pool on a Thursday evening.

MASTERS Swimming On 12th June at Eastbourne there is Junior Masters swimming meet (Ages 19 to 25). On 26th June at Burgess Hill the Sussex Masters is being held and there is a rumour going around that we are entering a mixed relay team.

BAGGY TROUSERS AND SWIM HATS

Baggy Bermuda trousers are not appropriate to wear while learning to swim; when they are wet they become heavy in the water and drag you down making it difficult to keep your legs at the supine angle. In addition the teachers/coaches cannot see what your legs are doing. A swimmer needs to be able to see where they are going in the water; swimming hats keep your hair out of your eyes, especially when you need to turn your head to one side to breath. So we suggest you wear a hat. If you find the water hurts your eyes get goggles!! Remember to make sure the straps are tight and don't come off when you dive in!!!

All costumes, trunks and hats can be bought in the Club colours price list on the notice board - see June Berwick. A gentle reminder at this point - it looks much nicer when all our swimmers wear the Club colours and hats when they swim in inter club matches.

"ONE DAY A MAN WILL WALK on the MOON" Last month I referred to the old Birds Eye commercial because looking up some results on the Orpington OJAYS website I ran across their Newsletter page. Instead of chopping down trees to let their members know what is going on, their website carries all the up-to-date information about their clubs activities. They even have a facility to print emails from members relating to the club. When I looked at their website there was a message from a member who had been swimming in Prague and couldn't be at the meet we attended. Seagulls used to have a website, maybe one day we will resurrect it!!!

POOL TIME Hastings Seagulls are the swimming club of Hastings, Summerfields is the swimming pool of Hastings and you would think that the two would get together in an attempt to produce top class swimmers and encourage competitive swimming. Most town pools offer their local clubs 16 plus hours pool time per week, we get 7½ hours per week spread over Monday, Thursday and Saturday. The two boys going to the Southern Counties will be swimming against boys who are doing up to 20 hours training per week and have been for some years and they will see 10 & 11 year olds swimming times that our 14 & 15 year olds are trying to achieve. This is not a level playing field - what can we do about this? Do we want to do anything about this? Your suggestions please.