

JUNE NEWSLETTER***JUNE NEWSLETTER***JUNE NEWS

Notice Boards In my Newsletters I refer to the Notice Boards saying that Results sheets or Team sheets are on the Notice Boards. All our up to date information goes on display either at the bottom of the stairs or at the top of the stairs on the balcony. This is our way of keeping you informed about current events.

Team Selection I have been asked how are teams selected - for instance for the recent Sussex League matches. Briefly and simply, from the computer records which have been compiled over the last few years by June Berwick of all the times recorded by our swimmers. Before Richard Grundy became ill he would use these facts to select teams so it has now become the responsibility of Mark Parris - still using the records and with support from other coaches. How do you get times? By taking part in the competitions below so that we can register your times.

Club Championships The next round of the Club Championships is on the 1st June hopefully you have all entered and will be producing PBs so that June will be busy up dating her records. These times are vital information for the Club so that we can produce the best teams in the future – we hate being told that so and so is faster than Johnny when we have no times to check this out. The next date is Thursday 20th July so make sure you enter that round before going on your summer holiday.

Internal Gala The next Internal Gala is being held on 10th June and this will be another evening of fast and furious racing, lots of screaming and hopefully good times – more PBs please. Coaches have been giving out slips of paper hopefully you have all said yes and everybody turns up on the night. It makes it all so much easier for Hayley and June who organise this event. Closing dates for all these events are final and cannot be extended.

Mini Gala The first Mini Gala of the year takes place on 6th July, it is for Groups 3 to 6 and they will be asked to swim Freestyle and Backstroke on the night. Times recorded on that night by these young swimmers will probably be their first steps on the ladder of competitive swimming and who knows where it might lead to - all our top swimmers started down in the Groups swimming in Mini Galas.

Time Trials If we are short of up to date “times” to help in Team selection we will run time trials during training sessions and it is important that the swimmers treat these seriously or we will not know who are worthy of being selected. Know what your PB is and try to beat it in a trial. Do you keep a record of your times so that you know what your PBs are and when you did them? In this way you can see how much you are improving – each time you enter the water you should be trying to do a PB.

Masters On 4th June at Eastbourne there is an Open Masters meet. It is anticipated that swimmers from Seagulls will be competing. Then the “big” one takes place at Horsham on 25th June – the Sussex County Masters. Hopefully our swimmers will be successful again this year. We will be publishing results so watch out for them.

Sussex League If you have been reading the Notice Boards or even the Local paper you will have seen that we managed to win our last League match of the season jumping us up the League table to second place, however, as one of the teams behind us only needs to score one point in their final match to overtake us we are not likely to finish second. Maybe next year we might do slightly better and win our League. Our next objective is the Speedo League and our first fixture is 14th October, we did well last year and could do even better this year and maybe get promoted but it is a very tough League.

Annual Dinner Dance Leeford Place Hotel – 23rd June. I have paid for my three tickets, so I hope to see you there. It’s a fun night with a Disco so let’s enjoy ourselves.

Bognor Sprints On Sunday 28th May a group of our swimmers will be going over to Bognor during the Bank Holiday weekend and we wish them all the best in their efforts – look out for their results in the usual places.

Age Group South East Region Championships at K2 Crawley
These will take place over two weekends 3/4th & 10/11th June and for Girls up to the age of 13 and Boys up to the age of 14. At the time of writing this Newsletter Tom Heskett and Nathan Thomas have had their times accepted and will be swimming at these most important championships in our region. A top twenty finish at this

level of competition is an achievement – all the best to them from the Club.

National Championships at Ponds Forge, Sheffield

These take place at the beginning of August and Tom Parris has achieved times qualifying times in several events at these National Championships. Full details about this in the next Newsletter.

Drinks Poolside When young swimmers do many lengths of the pool during a training session when they are building their stamina it is necessary for them to have drinks poolside as they may suffer from dehydration. The top swimmers will be doing up to 2,500 meters in an hour meaning they need regular drinks. The harder they work the more they need to drink. By the way are you keeping a record of how many lengths or meters done in training?

Summer Holidays We usually take a break from training sessions sometime in August as most of our swimmers take holidays at this time – details of the dates will be published shortly. However when we get back to training the period from September to December is very busy with competitive swimming. This starts with the County Relays at K2, Crawley on 10th September – so here we go again with team selection – we really need our best relay teams at this event.

Newspaper Reports When we submit our reports to the local Newspaper we hope that what we have written will be printed unfortunately the local Sports Editor has the right to amend or cut out anything he doesn't want to print which in most cases changes the meaning of the report. This is the reason that we publish our text at the pool so that you don't have to buy the Newspaper to see what we are trying to say about the Hastings Seagull Club and our swimmers.

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.

Richard Grundy

We spoke to Richard on Saturday 26th May in Hospital in Portsmouth and he had finished his second course of Therapy that week. The Doctors are pleased with his progress and response to the treatment however he doesn't like the food and has thrown his toys out of the pram about it. He is cheerful and enjoys receiving our cards, poems, jokes and news from people in the Club. Here's wishing him all the best and a speedy recovery.