

JUNE NEWSLETTER**JUNENEWSLETTER**

American Independence Day Friday 4th July 2008

This is a date for your Diary – Location Leaford Place Hotel, just turn left off the A21 for a night of good food and music to dance to- see how fit our swimmers and their coaches are when it comes to hours of non stop dancing. This is the night of our annual Dinner and Dance so come and join us for this fun night. Track down Debbie Bishop the organiser and book your place with her, she has the Menus for you to make your choice. By the way we are starting the evening with a quiz to test your memory about swimming in 2008 with a suitable prize for the winning table, so be prepared. Hope to see you there.

FOOD FOR SWIMMERS

Recently some of our swimmers were invited as members of Sussex Swim Squad to attend a course at Roedean School just outside Brighton which covered many subjects affecting the health of swimmers in training and in competition. One session concentrated on food and drink and included the comment that you wouldn't put diesel into a Formula One Car so don't put rubbish food and drink into your body. At a day long swimming meet don't let your body dehydrate by having a regular intake of liquid in the form of water with a reduced sugar fruit cordial. For food after each event have a light snack the best being a banana or a cereal bar. Another important time for swimmers is after they completed a long training session when they should refuel their bodies

within 30 minutes of finishing training. The suggestions include milk, breakfast cereals, cereal bars and of course bananas. As far as possible keep away from fizzy drinks as they usually contain high levels of sugar and can cause stomach discomfort when mixed with exercise.

SOUTH EAST REGION YOUTH CHAMPIONSHIPS – ALDERSHOT 3rd & 4th MAY

I know this is going over old news but I think it is worth repeating that Hannah Keen overcame an injured right shoulder to snatch a gold medal in the Womens Open 50m Freestyle. It was an incredibly close finish with Hannah and another girl recording 27.41 in a deadheat for first place with a third girl finishing 3 hundredths of a second behind in 27.44 for third place. Well done Hannah our Regional Champion and to our other six swimmers who had qualified for this high level of competition.

SOUTH EAST REGION BAGCAT JUNIOR CHAMPIONSHIPS K2 CRAWLEY 31st MAY, 1st JUNE, 14th&15th JUNE

Four of our younger swimmers have swum qualifying times for these championships, so we would like to wish every success to Chloe Benton, James Milton, Sam Moon and Tom Creed in all the events that they take part in.

CLUB CHAMPIONSHIPS

We have just had the second round of this year's Club Championships and Sue Parris will be looking for entrants for the next round which takes place on

Thursday 10th July. Fifty two swam in the last one, so come on all you Group 7, Transition, Gala and Racing Squad swimmers get your entries in but please remember that the Age Groups refer to the swimmers age as 31st December 2008 because the Championships run all year.

OPEN MEETS – HORSHAM 4TH MAY & BOGNOR 25TH MAY

Sixteen of our swimmers went to the Pavilions in the Park pool in Horsham where they picked up 23 medals and equally important 39 PBs. These Open meets are the perfect opportunity for these young swimmers to check their progress and get used to swimming against other Club's swimmers which helps to prepare them for League matches and Championships. Nine swimmers went to Bognor and they came away with more medals and PBs, it would have been nice if a larger contingent had been there to represent the Club and let the rest of Sussex swimming Clubs know how we are progressing. The next date I have on my calendar is at Eastbourne Sovereign Centre on 19th October, lets try and fill the place.

COACHING COURSES

Three of our swimmers have given up their half term break to do a full time Level 1 Coaches Course at Bexhill College and Battle Abbey pool. Vinny Hourihane, Mitchell Mattocks and Alex Berwick will be an added asset to the Club when they have passed this course. Sophie White has recently completed her Level 2 course and we offer congratulations to her for this achievement.

MANCHESTER MASTERS 20th-22nd JUNE

Hannah Keen, Kevin Pickard and Alex Berwick are travelling up to the Commonwealth Games pool for the Senior section (18 to 25years) of this year's Masters. As usual we wish them all the best and hope they swim some good times.

THE PETITION

We are still wanting more signatures on our petition, people at work, children at school, teachers at school, uncles, aunties, grannies and granddads they all count, lets have a flurry of signatures – Terry Fitzgerald will love them.

BUSINESS BROUGHT FORWARD

In the last Newsletter there were two items which so far have produced a Zero response, I really hoped that someone in the Club would know a Multi Millionaire who would like to back Terry's shiny new pool but so far no response. In the other item we really do need new volunteers, new blood keeps the club moving forward.

THE ANNUAL GENERAL MEETING 18th JUNE

This meeting will be held upstairs in the Welcome Stranger Public House and it is at this meeting that the officers of the Club are elected so if you would like to become a committee member, or hold some other position then come to the meeting in the evening of the 18th June.

BEHAVIOUR IN THE CHANGING ROOMS

It has been reported that "fun" in the changing rooms has started to get out of hand and some of the "fun" is beginning to be out of control for example wet

toilet paper being thrown up to stick on the ceiling means an extra job for the Freedom Leisure staff. Running around and pushing other children when the floor is wet and slippery is dangerous. In addition there have been several instances of bad language being shouted around in the locker area. Please assist the club in curbing this type of behaviour.

THE BROKEN BOOM

Saturday 10th May was a very sorry evening for everyone concerned with the organising of the Sussex League match. Everyone involved was inconvenienced by the bolts shearing and there was nothing we could do but say sorry there will be no swim tonight. At the time of writing this Newsletter I think, I believe and I hope that the re-arranged match will take place on Saturday afternoon 5th July. All of this has to be confirmed and it is to be hoped that some of our swimmers will be fit enough to take part after the night before.