

## MARCH 2005 NEWSLETTER



### CLUB UNIFORMS

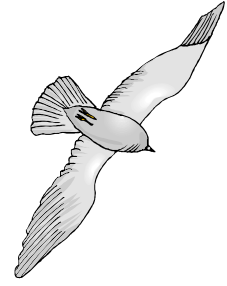
It was great last week to see our swimmers at the Counties in their Club kit. At poolside and walking around the Crawley swimming complex our 11 swimmers "flew the flag" in their new kit. Costumes, trunks, T-bags and hats can be bought from June Berwick immediately. Orders for tracksuits and swim bags can also be placed through her. See the notice board for prices. Don't forget swimming matches against other clubs restart again in March and it looks good when our swimmers wear the Club kit.

### DIETS

Our swimmers burn a lot of energy in the form of calories which need replacing particularly after heavy training sessions and long days poolside at open meets. Currently there is a problem amongst most schoolchildren about their diets and obesity however this is not a problem for swimmers. What they need is the right sort of food to keep up their energy levels. Recently there have been many articles and booklets on this subject so be aware of the swimmers needs. Dehydration is the other problem, with all the water in a swimming pool you wouldn't think that would be the case but it is essential that swimmers have a drink bottle poolside for all training sessions and competition meets.

## KICKBOARDS & PULLBUOYS

These training aids are an essential part of training sessions. Last week at Crystal Palace I watched the Sussex County swim squad being put through their paces and using these training aids. These top swimmers were using their kickboards to develop the strength in their leg kick - not to have a chat to a mate in the next lane but to really work at the leg kick. The same applies to the pullbuoys which are used to develop upper body strength which is vital in all strokes.



## COUNTY CHAMPIONSHIPS

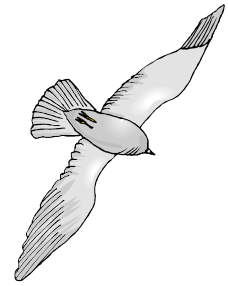
At the halfway stage we already have two swimmers who are now County Champions. Hannah Keen is a double champion winning both the 50m Freestyle and 50m Backstroke. In winning the 50m Freestyle she also set a new County record and achieved a National Qualifying time. Tom Parris is our other champion who won the Boys (14) 100m Fly. So far 12 swimmers have taken part and all the results are up on the notice board. Next year let's see if we can get 30 swimmers up to County standard. It's only hard work that will get them there. The next weekend is the 12<sup>th</sup> /13<sup>th</sup> March - again at Crawley. We wish all our competitors the best of luck and get loads of PBs.

## MINI GALA - THURSDAY 17<sup>th</sup> MARCH

The first Mini gala of the year is for all swimmers in Groups 3 to 6 - come and take part and find out how you are progressing.

## SUSSEX LEAGUE - 19<sup>th</sup> MARCH

Our first League match of the year is at Worthing. There is a coach provided for this away match and details of these arrangements are on the notice board. The selected team is on the notice board. Please tick your name if you intend to take part and alternatively let Richard know if you are not available



## EASTER WEEKEND - 25/26/27<sup>th</sup> MARCH

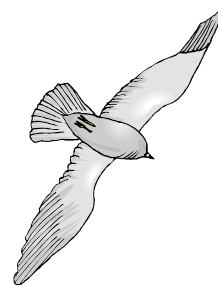
There are two Grade 1 Open meets at Easter this year at Portsmouth Northsea Club at Portsmouth and Leatherhead Club at Crystal Palace (50m pool). Some of our swimmers have entered events at Portsmouth and others at Crystal Palace. Entries for these two meets have now closed. This will be one of the last opportunities for our swimmers to achieve qualifying times for the Southern Counties Championships in June.

## INTERNAL GALA - 16<sup>th</sup> APRIL

All swimmers in Groups 6, 7 and above are invited to take part in an Internal Gala. The swimmers will be divided into four "equal" teams. Races will be over 25m and 50m and will be fast and furious, hopefully with lots of close finishes and lots of noisy support from the other swimmers. Come and enjoy a fun night.

## "B" GALA AT BEXHILL - 23<sup>rd</sup> APRIL

There will be a "B" Gala at the Ravenside Swimming Pool. The team selected for this will be on the Notice Board. Please tick your name if you are available. The usual rules apply with this event with speeding tickets if you swim too fast. Another fun night with swimmers trying to score points for their Club.



## ORPINGTON "O"JAYS- SUNDAY 24<sup>th</sup> APRIL

Grade 2 Open meet at the Black Lion Swimming Pool in Orpington - this is the last chance for swimmers to achieve Southern Counties times. Details of the events and times and closing date are on the Notice Board.

## CLUB CHAMPIONSHIPS - 28<sup>th</sup> APRIL

The first Club Championship of the year. This gala is open to all swimmers in Group 7 and above. All swimmers are expected to enter these events as they are the only true indication of how swimmers are progressing and help the coach, Richard to select teams and suggest Open meets for them to enter.

## 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.