

## March Newsletter 2009

### NEWSPAPER REPORTS

Over the years the reports I have submitted to the Local paper have been subject to what I call “editorial interference” which they claim to be their prerogative. However their performance last week was particularly bad as they completely missed the meaning of what was being said about our swimmers at the Counties, in one instance “cutting” completely a sentence about 9 year old Emily Williams at her first Championship. As a matter of interest if you don’t live in Hastings and buy your local in that area you won’t even see a report about Seagull SC. Try reading about us if you buy your paper in Battle, Bexhill or Rye even though some of our swimmers come from those towns. So as a Club we have come up with a solution..... I will carry on writing my reports- email them to the paper- post them on the Notice Board at the Summerfields next to June’s Results sheets AND.....get Graham Furness to email them to all you Club members who have given him your email address – so get up to date – get electronic!!!!!!

### SUSSEX LEAGUE

Team selection for all Seagull teams is done by Head Coach Mark Parris using “spread sheets” showing the latest times for all the competitive swimmers in the Club as recorded by June on her computer. At Eastbourne our swimmers tried very hard but we knew from the Counties Worthing had some very good young swimmers and we heard they had been to K2 Crawley for a special training session over 50m. In order to select a team for that match we had to call on swimmers who had not experienced this type of intense competition but they performed very well and seemed to enjoy their evening, one of their fathers thought it was great entertainment, particularly the Squadron relay at the end which KP won with a very fast last leg. We have two more matches this season the first is at home on the 9<sup>th</sup> May against 1066 and Chichester and on 6<sup>th</sup> June we travel to Bognor to take them on and Hailsham.

### TRAINING SESSIONS

We currently have some very talented swimmers as can be seen by the fact that we have over thirty swimmers qualified for the Counties and sixteen already qualified for the Youth and BAGCAT South East Region Championships (this means another lovely weekend at Aldershot for me and June) but this means to keep at this level of performance and IMPROVE our swimmers need to get as much as they can from their training sessions. Listen to the coaches, don’t be having a chat when they are giving you instructions, they are probably trying to improve your

technique. Whether it is your dive, streamlining, leg kick, tumbleturn or armpull all these facets of your technique can save you seconds and improve your times. Most of all work hard in your session so that when you are racing you can feel the benefit and you don't die in the last five metres and get beaten. Just remember you can't afford to miss training sessions or take it easy because someone else in your age group won't be slacking.

## WE NEED YOUR HELP

We always need new parents and older swimmers to be poolside "helpers" and get started on the qualification road. These people are very visible around the pool and have volunteered to help during the training sessions and don't they look professional when they are teaching the young swimmers. On competition days we have to have timekeepers, starters, recorders, judges and those unnamed people who get the swimmers to the start at the right time – the "whips". At the big outside meets when we now have up to thirty swimmers, this job of getting swimmers organised for their events is absolutely essential. Mark Parris can remember a few years ago (5 or 6) when we only had a handful of swimmers from our Club taking part and one person could organise them but such is our current success that it is getting to be a three person job. Everyone meets certain non-poolside "helpers" like Amanda Doxford who collects the "subs" and Graham Furness who deals with various bits of paper (he is Club Secretary) and Ian Thomas who deals with entries for outside meets, these "helpers" are highly organised and very professional with the way they do their jobs. There are others who are essential for the smooth running of the Club but I would be writing a book to name them all. The point I am trying to make is that "helpers" is not the correct word for these people, it should be ORGANISERS and we need more people to step forward like Carol Davidson and Fiona Siberry who when Amanda was having her baby stepped forward and are now financial organisers. So come on what can you do to help, it is your club. Five years ago most of us didn't know what we were doing and had to learn by our mistakes but now we can pass on our knowledge and make you look professional. Just remember we were only mums and dads like you.

## RESULTS

Hannah Keen and Kevin Pickard recently went to a Masters Long Course meet, they came back with excellent results from their five events but they knew that there were other Seagull Masters swimming there – including Paul Woolgar who won a medal. So it was decided to wait for the results to come up on a website and then I would write a report for the

paper. Six weeks later and still no results. Fortunately Hannah and Kevin gave us their results and these have been entered into our computer records. The message is if you swim at an Open meet please let us know how you got on and find out if the organisers are sending out results.  
**WE NEED YOUR TIMES.**

### SWIMATHON

We understand there is to be a swimathon for Charity at Summerfields during April – full details are available at the pool – Cheryl Benton is taking part – do you want to join her.

### CRYSTAL PALACE

Now some bad news – the proposed Long Course meet on 18/19 April due to be organised by Bexley SC has had to be cancelled because Crystal Palace pool has not re-opened.

### OUR YOUNG MAN IN AUSTRALIA

Tom Parris is making a flying visit to England specifically for the British Championships being held at Ponds Forge in Sheffield. He will be swimming in the 50m, 100m, 200m and 400m Freestyle events. These will take place from 16<sup>th</sup> to 20<sup>th</sup> March and he then comes home to Bexhill on the Friday but goes to K2 Crawley on the Saturday afternoon for the 800m Long Course event in the County Championships. On the following Thursday 26<sup>th</sup> March he will be at Summerfields for our first Club Championship of the year. Come and see him swim it will only cost you 50p for the programme. After that he flies back to Australia on the 1<sup>st</sup> April.

### DATES FOR YOUR DIARY

I will keep on repeating myself;

ENTER THEM

SWIM IN THEM

GET PBS IN THEM

If you want to be a competitive swimmer these are important dates for you on the road to being the next Tom Parris, Hannah Keen or Kevin Pickard.

MINI GALAS	19 <sup>th</sup> March
	25 <sup>th</sup> June
C LUB CHAMPS	26 <sup>th</sup> March
	18 <sup>th</sup> June
	16 <sup>th</sup> July

Our swimmers are still achieving Qualifying Times for their respective South East Region Championships. The dates are as follows:-

SER Youth at Aldershot Garrison Pool 2<sup>nd</sup> & 3<sup>rd</sup> May

SER BAGCAT at K2 Crawley 30<sup>th</sup> & 31<sup>st</sup> May and 13<sup>th</sup> & 14<sup>th</sup> June  
Please remember that at any outside meet you are representing the Club, so please be proud of our Club and wear a Club hat.

#### AGE AS AT THE DATE

On all outside meet entry requirements – qualification times – a date will be given for the age classification of the swimmer. The date is normally the last day of the meet. It is necessary to understand how this is applied. For example recently I was checking the times of swimmers to see if they qualified for the Regionals where the cut off date this year is 14<sup>th</sup> June. One boy was born 15<sup>th</sup> June meaning he was still 16 and not 17 which I had used to check his times. I made a mistake.

#### OPEN MEETS

Just a reminder to parents that it is their responsibility for entering their children into open meets. If they are not sure if the meet is appropriate then they must consult their child's coach. Notifications of meets are posted on the notice boards along the gallery at Summerfields and together with entry forms they are sent out by email. If you are not receiving the emails and you wish to, please supply your email address to Graham Furness. Finally, please take note of the club closing date. If you do not enter your child before this date then they will miss out!

#### 50 METRE POOL – PROGRESS

Many of you will remember the campaign that Seagulls along with 1066 and Bexhill launched in January 2008 requesting that Hastings and Rother Councils joined forces to provide a 50 metre swimming pool. This request was designed to coincide with a consultant's report into facility requirements for all sports in the area over the next 25 years. This report was originally due to be published for consultation in May 2008 but has still not been released. However, the club attended a meeting with officers of the two councils where the consultant's conclusions were discussed. The consultant felt that there was little justification for a 50 metre pool but on a more positive note did state that additional pool space was required to cope with current and future demand.

Recently the club met with the leader of Hastings Council and again pressed the case for a 50 metre pool. We had a good hearing and have

been asked, along with the County ASA, to submit further justification regarding the benefits of a 50 metre pool. Realistically the problem is likely to be lack of finance but at least the idea is still not totally dead.

#### CLUB WEBSITE

We are hoping to launch a professional club website this summer. As with all such sites the problem is likely to be with keeping it up to date. Is there a keen parent out there who may be able to assist with this process? We have a couple of keen volunteers but they currently lack the necessary skills. Some tuition from someone in the know would help ensure that the site was a success. If able to assist please have a chat with Graham Furness or Ian Thomas on any Thursday evening.