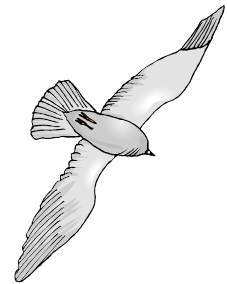


## MAY NEWSLETTER

Assessments The latest round of assessments For Groups 1 - 7 have been completed.

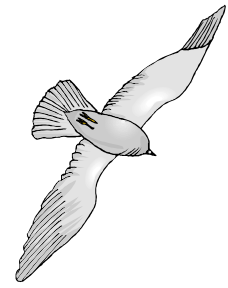
LETTERS to all swimmers who are changing Groups have been sent out and the new Groups will be in operation by Thursday 5<sup>th</sup> May. Some swimmers will have been offered training sessions at the Battle Abbey pool or Charters as it is sometimes called. So where is it?? Very simply next door to the new Bexhill College at the top Hastings Road, Bexhill and in the words of the old song "on the trail of the lonely pine" you'll see what I mean. Hope that explains it!!



Internal Gala What a success - what a great night - we thought it would be good but it was better than we could have hoped for, so if you missed it for any reason you will have to wait for the next one and make sure you are there. Terry's Turtles are convinced that they will do it again but Paul and Mark don't accept that it will be the same next time claiming that it was all luck the first time. The results are on the Notice Board for you to check. As for the next one, well, after the two organisers (Hayley and June) have had new chips inserted in their brains and they have been on long summer holidays abroad, (Contributions towards the brain surgery and holidays gratefully received) maybe they will be able to sort it out again. As I said at the time, "now you know how to do it, it will be easy" - so don't forget don't miss the next one.

Ravenside Gala Saturday 23<sup>rd</sup> April Well did we get that one wrong!!! We turned up with a "B" Team to find County and National Standard swimmers against us. To comply

with "B" Gala standards we had swimmers going up age groups so that they weren't too fast (see Speeding Tickets later in the Newsletter). This meant that we had 10 year olds up against 14 year olds - girls of 11 or 12 swimming against a 15 year old County swimmer. However, from talking to our swimmers they seem to have had a good time and swam loads of PBs -18- but some parents could not understand how it had gone so wrong. The final event of the evening summed it all up - our Squadron relay team had been lapped so our last swimmer did a demonstration 2 lengths entering the water after the other 3 teams had finished the race. It appears that the other teams don't have "B" teams - so that is the answer. By the way the other Clubs were Beacon, Bexhill and Smiths.



Black Lion, Gillingham Sunday 24<sup>th</sup> April The Orpington Ojays Swimming Club held a one day Spring meet at Gillingham. What a different result from the night before - what a fantastic score - EIGHT MEDALS - EIGHT Qualifying Times - 2 National and 6 Southern Counties, and 14 PBs. This was a top grade Gala with 39 Clubs taking part. The results are on the Notice Board and are hard to believe. Thank you to all who took part - especially the Medal winners - Hannah, Tom, Tom and Alex. Hopefully my report will get in the paper.

Club Championships Thursday 28<sup>th</sup> April The results are on the Notice Board with the now expected load of PBs (56) and there are three results of special note. Hannah Keen broke the Championship record for the Girls 18+ 100m Backstroke and Elliot Hooper set a new record for the Boys 9 & under 25m Fly. Third item of note is that the older member of the Hooper family - Daddy Simon - swam 12.72secs for 25m Freestyle to win the Dads Race. This has been noted for

future League matches. Hopefully everyone is beginning to understand the importance of these events and the fact that it is a requirement of Racing Squad members to enter these Championships. They are a major step on the competitive ladder and are a true test of progress being made and are used for team selection by the Head Coach. The more times that swimmers stand on the starting blocks, the better they are able to overcome the nervous tension that builds up before a race.

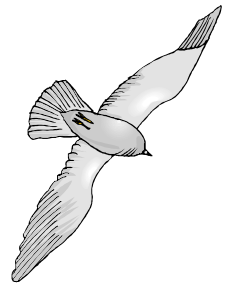


One important factor is encouraging belief in their own ability and being able to rely on a self confidence created by the hours of training they have done. The major thing to realise is that although there are other swimmers in the heat it always comes down to - you against the clock and your PB. If you missed this one make you enter for Thursday 9<sup>th</sup> June. Before leaving the Club Champs I would to congratulate the young supporters who encouraged Cheryl in the Mums race.

Tri Gala Saturday 30<sup>th</sup> April This was a genuine "B" Gala with "Speeding Tickets" playing a key part in the team scores. To explain each individual race has a set time which must NOT be beaten otherwise a "speeding ticket" will be issued and basically that swimmer gets nil points for that race. For example a 10 year old boy or girl swimming 50m Fly must not be faster than 48.0secs. As usual the results are on the Notice Board. To summarise the results were as follows, we got 11 Speeding Tickets, 20 PBs and came second by 26 points. It looks like we needed to do a bit more "Tactical Swimming" to win the match!!

Southern Counties Youth Championships 30<sup>th</sup> April, 1st and 2<sup>nd</sup> May This Championship is for boys and girls of 15 years and over from the whole of the South of England. In most Open

meets there are 5 to 10 top swimmers in the 15/16 year age group. However at this meet there were about 80 in each event for the 6 events that Alex Berwick had qualified for over this weekend at Crystal Palace. It was a complete shock to meet this standard of competition, some of the times being amazing. Most of his placements were in the forties and he swam well.

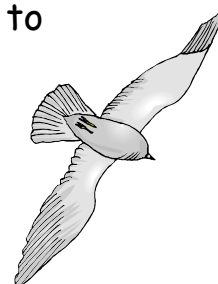


Sussex League Summerfields Saturday 7<sup>th</sup> May This is our second League match of the year and it is at home. Hopefully we will put out a strong team and get a good result as we are against Smiths and Bognor Regis. Watch the Notice Board for the team selection and TICK your name if you available. Remember in this match our swimmers will be swimming in their correct age groups.

Horsham Open Gala Saturday 14<sup>th</sup> May This is a good development gala and improving swimmers will get encouragement from this meet. The Horsham Leisure Centre is set in a nice park and if the weather is good, then the twelve entrants from Seagulls should have a nice day out (and loads of PBs!!!).

Sussex League at St Bedes (Upper Dicker) 21<sup>st</sup> May Our final League match of the season is against Hailsham and Chichester. Another tough match and for that reason we need a strong team. Look at the Notice Board for the team and TICK your name if you are available.

Awards Night Thursday 26<sup>th</sup> May This is open to all Club members to swim for an award. For information on how to enter see Maureen Paine at the desk in Summerfields.



Club Annual Dinner and Dance Friday 17<sup>th</sup> June

This will be held at Leeford Place Hotel, Battle - Adults £21 and anyone in full time education £16. Full details of start and finish times, type of music being played and most important the menus being offered - Maureen Paine can help you with all the details and take your bookings at the front desk.

Social Secretary The Club is currently operating without a Social Secretary so we are looking for a volunteer to take on this interesting task and if you have had experience of arranging coach trips to Barbados you are the person we are looking for. Once again see Maureen Paine!!! This is a serious request!!!

The last word this month is about an item that will be in next month's newsletter. Can you remember the old Birds Eye TV advert when two Middle Ages men were spit roasting an ox and one said to the other "one day a man will walk on the moon". Well I have seen the future and I hope that one day .....

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.