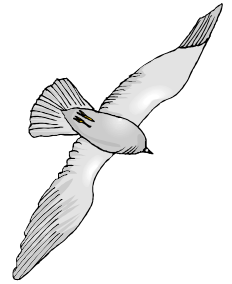


MAY***NEWSLETTER***MAY***NEWSLETTER

RICHARD GRUNDY You may have noticed the absence poolside of our Head Coach Richard over the past eight weeks and you may have heard rumours or read something on the Notice Board. The facts are as follows, some weeks ago Richard was taken ill at work and he was taken to hospital by ambulance. He thought that it was connected to a heart problem that he was waiting to see a consultant about. On the Wednesday after Easter he saw the "heart" consultant in the morning and in the afternoon he saw a "blood" consultant about the level of white cells in his blood. This consultant immediately admitted him to the Conquest under observation as he had been diagnosed with Leukaemia. As his wife Pam lives on the Isle of Wight the Conquest organised for him to be transferred down to a hospital in Portsmouth where he is at the moment undergoing treatment for his condition. He has been speaking to various people from the Club using his "illegal" mobile phone keeping up to date with what his swimmers are doing. He has said he loves to have jokey cards or just jokes sent to him and we will be sending him results sheets and news reports to keep him up to date with what is going on. He has asked that any correspondence is sent to his wife Pam at their home she will then deliver them to him on one of her visits. The address has been on the Notice Board in the Club.



CLUB CHAMPIONSHIPS - 27th APRIL The first round of this years Club Championships took place on Thursday 27th April and as usual the results, times, placements, PBs etc. are up on the Notice Board. In addition there is my report that I sent to the Sports Editor at the Observer, unfortunately not everything that I send to him gets into the paper and many times they completely change the meaning of what I have said - so read the Notice Board as well as the paper. One very important item which needs highlighting from the Club Championships was the performance of the TWELVE Mums and Five Dads who swam in their respective events - CONGRATULATIONS - their times and efforts were great.

Club Championship dates for the rest of the year are as follows:-

1st June - Get entering NOW!!! Plan to get PB's that night

20th July

5th October

16th November

IMPORTANT REMINDER Because we no longer give out cards for competitors to hand in on the night, it is vital that you check in with Maureen in the Entrance when you arrive so that we know that you are there to compete.



SUSSEX LEAGUE The last two matches of this season take place on Saturday 6th May at home (Summerfields) against 1066 and Chichester and on the following Saturday we travel to St Bedes School, Lower Dicker by coach to take on Hailsham and Eastbourne. The teams are on the Notice Board please tick your name if you are available if not let someone poolside know you can't make it. Every swimmer scores points in this competition we need you to swim better than your PB's.

SOUTH EAST REGION YOUTH CHAMPIONSHIPS These took place at the Aldershot Garrison 50m swimming pool on 29/30th April and 1st May - three of our swimmers had qualified for this high level event - Sarah Penney, Alex Berwick and Tom Parris. All three swam well amassing a load of PBs and Tom more National Qualifying times which means he will be going to Sheffield in August. All the details are on the Notice Board.

SOUTH EAST REGION AGE GROUP CHAMPIONSHIPS (Girls up to 13, Boys up to 14) These take place at K2 in Crawley the first two weekends in June. Some of our swimmers have entered times for consideration but we are waiting for notification of whether they have been accepted.

LAND BASED TRAINING This has now restarted back at William Parker - 4.30 to 5.30 on Wednesday afternoon - for further information see Ian Thomas.

NOMINATIONS FOR CLUB OFFICERS There is a sheet on the Notice Board in the entrance with a list of positions within the Club who have to be voted into Office. Please have a look and see whether you could fill one of these positions. We need help and new blood to keep the Club running smoothly.

ANNUAL DINER AND DANCE This will be held on 23rd June at the Leeford Place Hotel - The menu and prices are on the Notice Board. See Debbie Bishop if you want more information - She wants your **BOOKINGS!!!**

WEB SITE Some time ago I said in one of my newsletters that I dreamed of the day when our Club had a Web Site like others clubs. Well Chris Varrall has been working at putting one together so that sometime in the not too distant future we might go electronic and 21st century.



PINK PANT(hers) There are a lot of them about (I'm told they are not dangerous - Just expensive)

MINI GALAS These popular first steps to competitive swimming will be back in our programme of events the first one being July 6th Mrs Moon (Sam's Mum) will be organising this.

THANK YOU To all those coaches, helpers, assistants who have kept the Club operating since the start of Richard's illness a great big thank you. There is no point in naming names as a lot of people have put themselves out to help and I might miss someone out. So all of you thanks!!!

Mark Parris has agreed to "look after" the Head Coach's job while Richard is receiving treatment. He has been carrying out these extra duties since Richard was taken ill, we all hope this is only a temporary measure.

OFFICIALS

I'm sure that those of you who attend club galas (all of you surely?) or open meets will have noticed the number of officials required to run the event. To comply with ASA rules all competitions should have a Referee, a Starter, 6 Judges, 6 Timekeepers, a Chief Timekeeper, a Clerk of the Course a Recorder and an Announcer. No wonder the poolside seems crowded on occasions.

Whilst for club events volunteers can be used we do need a number of qualified officials for when we go to outside events. This is especially the case for Timekeepers and Judges. Qualification now consists of a theory paper (may be taken on-line) followed up by a practical test but examinations have to be taken in a specific order.

It goes without saying that, as children grow up and move on, we often lose the parents as well which is a considerable blow when they are qualified officials. We therefore need a continuing supply of keen parents willing to become officials and (hopefully) move through the

grades. Interested? If so speak to any of the committee or contact Graham on poolside or on 01424-438122. We can arrange poolside training and even tutorials to help with the theory papers (they're quite easy really!). The starting point is timekeeper so if interested why not have a go at the next Club Championships or mini-gala. Don't worry - you won't be thrown in at the deep end (figuratively speaking) but will shadow an experienced official until you get the hang of things.



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.