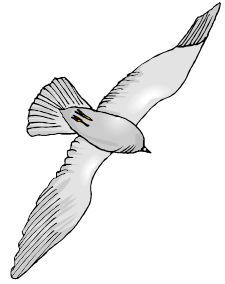


## **LATE NOVEMBER – EARLY DECEMBER NEWSLETTER**

### **WHAT'S BEEN HAPPENING**

Since the last Newsletter you might have noticed that the Contractor for Summerfields has changed to Freedom from the 4<sup>th</sup> November. At present the only major changes are that the licensed bar has closed and the staff have new uniforms.



In the last month we had a Mini Gala and a Club Championship at Summerfields both of them well attended and closely competitive with the younger swimmers producing some good performances which augers well for the future of the Club. Swimmers from the Club have also been to Crawley on three weekends and came away with some really top class results. All the facts and figures about these events have been in the local paper and are displayed on the notice board up in the Spectator's gallery. On the last visit to Crawley on 6<sup>th</sup> November our swimmers were there for the last day of the pool and leisure centre because on the Monday the demolition gangs were moving in but there is no need to worry as there is a brand new leisure centre with an Olympic sized 50m pool just down the road. How about that then Hastings – their old leisure centre was younger than ours. In the Speedo League meet at Maidstone we came a very close Fourth once again with exceptional performances and with a bit of luck we could have finished third. Individual swimmers have also been on their travels. Laura Hoodless and Julia Hourihane went up to Ponds Forge in Sheffield for the ASA Masters National Championships getting thirds and fourths – Laura was particularly proud of her time in the 100m Fly as she had not swum as well as that for some time. Tom Parris has been to two National events one in Sheffield representing Sussex, the other in Manchester representing Region 12 in the English schools. In both events he swam 100m Fly getting two PBs the best time being 1.01.92 in the 25m pool.

So then we went to Beckenham Spa on the 12<sup>th</sup> November and we came SECOND beating four other teams a brilliant performance by our younger swimmers not forgetting that a few of our swimmers were missing through injury – hope you are all back fit for the 10<sup>th</sup> December - the final Speedo meet of the year.

### **COUNTY QUALIFYING TIMES**

In order that swimmers can take part in the Sussex County Championships next February and March it is necessary for them

to achieve qualifying times. These times are on the Notice Board and the Age of the Swimmers will be as at 12<sup>th</sup> March 2006. So far 17 of our swimmers have achieved 50 Qualifying times and as usual there is a list on the Notice Board. Let's see if we can get a really big squad over to the new Crawley pool for the Counties.

The dates for the Counties are as follows:-

Boys 1500m & Girls 800m at Bognor 5<sup>th</sup> February

County Age Group Championships at the new K2 Leisure centre Crawley on 18<sup>th</sup> & 19<sup>th</sup> February and 11<sup>th</sup> & 12<sup>th</sup> March

Boys 800m and Girls 1500m at Hastings 19<sup>th</sup> March

### **DO YOU KEEP A RECORD OF TIMES PERFORMED**

One of the most important back-ups for a competitive swimmer is a comprehensive record of their performances. Before a race the swimmer should be focused on what they are trying to achieve, firstly beat the other swimmers in their heat but secondly and equally important improve on their previous best time for that event. Unless you are Phelps or Thorpe you will meet other people from other clubs who can beat you but you can still "beat the clock". Keep a record of all competitive swim times, a nice simple spreadsheet, date, distance, stroke, time and occasion. This way you will see the improving progression by using hard facts not just an impression. The other day an official poolside said to a young swimmer "Well done that was a good swim" and the young lady replied "No it wasn't it was one and a half seconds slower than my PB". Now that is how it should be.

<b>DATE</b>	<b>DIST</b>	<b>FLY</b>	<b>BACK</b>	<b>BRST</b>	<b>FREE</b>	<b>IM</b>	<b>VENUE</b>
30/09/1999	25M				22.56		MINI GALA
25/11/1999	25M		22.97		20.08		MINI GALA
02/03/2000	25M		24.25		19		CRAWLEY
04/05/2000	25M				18.97		MINI GALA
							CLUB
16/11/2000	4X25					1.45.20	CHAMPS
20/01/2001	50M	45.13					WORTHING
							CLUB
10/10/2001	100M		1.29.06				CHAMPS

Sample on keeping a record of your times.

### **WHERE DID THEY COME FROM**

When you see the older swimmers like Chris Varrall and Hannah Keen cruising up and down in training or winning easily in a competition people think they will never be like that. But that is wrong all swimmers start out an early age just wanting to learn to swim then the competitive bug grabs you and you want to get better and better. There is no easy answer, just hard work during training, if you have spent more time chatting than swimming hard you won't have improved during that session. Listen to the coaches they all know how hard it is but they will encourage you to look and swim like our top swimmers. We had One Olympian at Athens what about 2 or 3 for London 2012.

### **CLUB CHAMPIONSHIPS AND PRESENTATION NIGHT**

The final Club championship meet of the year took place on 10<sup>th</sup> November and the results are on the Notice Board for everyone to see. The number of entrants for these events is now going back up to where it should be. It is important that you enter these events so that we can keep a track of how your performance is progressing. It was pleasing to see that FIVE boys in the 10/11 50m Freestyle event achieved County Qualifying times – the Club needs more like that. Don't forget that this year's Presentation Night is on

### **SATURDAY 17<sup>th</sup> DECEMBER AT HASTINGS AND BEXHILL RUGBY CLUB** (up behind William Parker Sports College)

Come and collect your trophies – have a night out – dance to the Disco.

### **BRIGHTON – KEN DEELEY MEET**

We have been asking people to enter this annual event on the first weekend in the New Year – 7<sup>th</sup> and 8<sup>th</sup> January 2006 and the closing date for entries is the 21<sup>st</sup> November 2005. It is a popular meet and heavily subscribed but it gets you back to competitive swimming after the Xmas break.

### **26<sup>th</sup> and 27<sup>th</sup> NOVEMBER – ALDERSHOT AND EASTBOURNE**

Some of our top swimmers are going up to Aldershot for the Winter Long Course Championships and several others are going to Eastbourne for their Sunday meet, so we wish all those taking part the best of luck.

## **MESSGAE FROM OUR LADY TREASURER – AMANDA DOXFORD**

Can you please pay your subs/fees as early in December as possible so that she can tie up the paperwork before she gets involved with her Xmas arrangements. Thanking you in advance from Amanda for your cooperation.

### **XMAS**

The last training session for the Club will be Thursday 22<sup>nd</sup> December and the next session will be at Charters on Tuesday 3<sup>rd</sup> January 2006. So Wishing you all A Very Merry Christmas and Happy New Year from the Club Committee, Richard Grundy and all his coaches, teachers and poolside assistants.

### **STOP PRESS**

News just in – we finished 6<sup>th</sup> in our Division of the Speedo League after two rounds of the fourteen clubs competing. This means that we go back to BECKENHAM SPA on the 10<sup>th</sup> December and are swimming against – Epsom

Canterbury “B”

Ashford

Maidstone

Redhill & Reigate

Southend

Dorking

Once again make sure you are available if you are picked – this meet **REALLY** matters.