

*****NOVEMBER NEWSLETTER*****NOVEMBER NEWSLETTER

Swim 21 – Co-ordinator Hayley Thomas who has worked tirelessly to achieve Swim 21 Accreditation has received her just reward with Hastings Seagull SC being awarded the Accreditation and Sport England Club Mark. There is to be a special presentation evening at Summerfields on 16th November and various dignitaries will be in attendance to celebrate this recognition of the development of our Club. The ideas of Swim 21 were introduced to the Club by Head Coach Richard Grundy 3 years ago and someone had the foresight to volunteer Hayley to be the Club's Co-ordinator. It was necessary to revamp the way the Club operated and encouraged our swimmers. Paperwork was redesigned, computer records updated and even a new Club Constitution introduced. The main thing that has happened is that training has been formalised so that a swimmer progresses through the training groups by being assessed as to their competence to perform specific tasks/techniques before moving up to the next group. These assessments take place every 6 to 8 weeks and only when a swimmer can perform satisfactorily the skills of that group will they be moved up. Each poolside coach/trainer knows what is expected of their swimmers as it is included in the poolside register which is checked at each session. As Hastings Seagull is a competitive swimming club it is part of our structure to have Mini Galas and Club Championships throughout the year. These give us another way of measuring our swimmers progress. The results of these events are displayed on the Notice Board for all to see and are used in team selection for inter club matches and league matches. Printing results and putting reports in the local paper are also requirements of Swim 21 as is a Newsletter like this to keep everyone informed about Club activities until such time as we get our Club Website operating. Is anyone interested in helping to run our website?

DATES FOR YOUR CALENDAR

28 October – Schools National Championships in Manchester at the Commonwealth Games Pool. Tom Parris goes for a National title this weekend and following his remarkable 52.86secs 100m Freestyle last weekend in Sheffield it must be a possibility.

29 October – South East Region Biathlon Qualifying event at the Blue Coat School in Horsham. Max Thomas got to the National final last year and should do the same again this year. Other Seagull swimmers due to take part in this swim and run are Tom Heskett, Nathan Thomas and Alex Berwick- this is his 6th year of taking part in this event and he got to the National final in Bath in 2005.

29 October – Development Gala – Horsham Leisure Centre – This is a 2 Day meet, the second day being 12th November. This Gala is intended to help swimmers get qualifying times for next year's County Championships. Swimmers who already have fast times are excluded as it is designed to encourage new talent to get to the Counties.

4 & 5 November – South East Region Winter Short Course Championships – Waterlooville. Tom Parris and Alex Berwick have qualified for this competition which has the objective of getting South East swimmers qualified for next years major Championships.

9 November – Seagull Club Championships – Don't forget to enter for this last round of this year's Championships. Group 7 and above can enter. More Cups and medals to be won, records to be broken and loads of PBs to be recorded. Go on get yourself a PB.

11 November – Speedo League – away at the Black Lion Pool, Gillingham. We are up against Southend, Eltham, Dorking, Black Lion "B" and Erith "B". After our win in the last round we need to keep the momentum going, so we need our strongest team possible. Please stay fit, healthy and AVAILABLE!!

12 November – 2nd Half of the Development Gala in Horsham – go and get Qualifying Times and PBs we need lots of entries at next year's Counties.

16 November – Hallo Lady Mayoress – Swim 21 Presentation Night – I say no more. Watch the notice boards for updates.

23 November – Mini Gala – Groups 3 to 6 – your final race night of the year – Breaststroke & Freestyle. Swim your best on the night – we need your times to see how you are progressing.

2 & 3 December – Guildford Early Bird Meet – Another chance for our swimmers to get QTs for the big competitions next year. 15 years ago I saw this leisure complex being built - a rich forward thinking Council built it and it contains – an athletic track, a 42 lane 10 pin bowling alley, a full sized ice hockey rink, a full sized basketball court, badminton and squash courts, cafes and of course three swimming pools – it was at one time a land fill site.

9 December – Speedo League – Final Round – Don't know where or against who until after 11th November – this is the meet at which teams get promoted – last year we came fourth and just missed promotion.

16 December - Club Presentation Night at the Rugby club at the back of William Parker Sports College. This is when we dish out all the cups, medals, trophies and rosettes that have been won during the year. Steve Paine gets a sore throat from doing so much announcing and one or two of our coaches show the swimmers how to dance to the disco music. Have you seen them do YMCA.

21 December – Last training session before Xmas – haven't worked out when we restart but we will let you know.

Watch the Notice Board for early January meets at Canterbury and Brighton

Sussex County Championships 2007- These will be swum at the K2 complex in Crawley in a 25m pool on 24 & 25 February and 17 & 18 March. The Long

distance championships will be swum at Bognor on 4th February for the Girls 800m and the Boys 1500m. On the 4th March they go to Horsham for the Girls 1500m and the Boys 800m. The swimmers ages for these Counties will be their age as at 18th March 07. For example Tom Parris will be 16 and swimming as a Senior. We have displayed the consideration times for these events on the Notice Board. In the Boys it is 15 and under in the Juniors and 16 and over for the Seniors. But in the Girls it is 14 and under for the Juniors and 15 and over for the Seniors. Last year we had over 20 qualifiers for the Counties let's see if you can do better this year.

January 1st 2007 - As far as the ASA are concerned all swimmers are a year older on this day. This rule specifically applies to events like Sussex League, Speedo League and our Club Championships. When entering outside meets check which age rule applies, for instance the Counties, Regional's and Nationals are all clearly shown as Age on Day of Meet.

Entering our Club Championships – You can only swim in your own age group and not “swim up” into the next group because you prefer that stroke. However it is recommended that young swimmers swim in the Open events to gain experience and get times so they can enter outside events.

HDW - Some outside meets have Heats and then Finals but other meets have events which are decided on the basis of HDWs- Heat Declared Winners. This is done by taking all the times swum by the competitors in all the heats in an event and declaring the winner as the person who swam the fastest time in their age group. This saves the necessity of swimming finals but needs a good computer programme.

One Start Rule - I think everyone knows what this means – if you go into the water before the start is sounded you are DQd. This applies even if you topple into the water once the starter has said “take your marks” – don't do it. Even worse if someone next to you false starts, don't follow them in – I saw someone do this last week – you can be DQd for this as well.

News Reports – Nearly every week I submit reports to our local paper – the Hastings Observer – reporting on what our swimmers have been up to. The problem is they have Editorial powers and tend to cut and change my reports. After negotiations – a heated discussion with their Managing Editor – I have managed to get mentions in their other editions (Bexhill and Rye) for two of swimmers. However so that you can see what I have tried to get printed about our swimmers a copy of what I submit to the paper is put on our Notice Board – This could save you money!!

Are You Moving or Have You Moved? Graham Furness who deals with ASA Registration needs to know about any change of address so that our Database can be kept up to date. Your new address and phone number would be a great help, so could you leave the details with the ladies who man our desk on Thursdays.

Head Coach Richard Grundy – People ask me how is Richard – well Alex and June speak to him regularly and we send him copies of our swimming results and reports and I have no doubt that a copy of this will find its way to him. Several of our senior boys and girls have written letters and sent cards to him and we know that he enjoys these contacts from the Club. The last time we spoke to him he had had his 4th lot of chemo and was waiting for the reaction of his blood to this - He is very cheerful and positive – so we can only wish him well.