

## October Newsletter

To start this Newsletter a few gentle reminders in case things have been forgotten during the Summer holiday break with all that lovely sun, sea and sand.

Reminder I - New training groups will be in operation from Monday 3<sup>rd</sup> October 2005. Make sure you know where and at what time you are due to swim.



Reminder II - Goggles are worn by most of our swimmers to protect their eyes from the chemicals in the water. Please, please make sure that they are a tight fit and that they won't come off when you dive in at the start of a competition - if they do - don't touch them - or you will be disqualified.

Reminder III - Boys, those Bermuda shorts look really cool going to the beach but they are no good for swim training - the coaches can't see your legs and the air trapped in them stops you doing proper leg kicks. Real drag pants are worn by some of our swimmers during training as they help to improve stamina.

Reminder IV - Please remember the meaning of the "one start" rule. Once you are on the starting block you must control your movement - when the Starter says "Take your marks" you must make yourself perfectly still - if you move before the start is sounded you will be disqualified. Similarly if you topple over into the water once you are under orders you will also be disqualified - also if anyone else falls in "DON'T" follow them in stay on your block until the starter speaks to you.

### In case you missed these News Items

In August Laura Hoodless went to Stockholm for the European Masters and came away with a Silver medal in the 200m Fly unfortunately she couldn't repeat the magic in the Internal Gala and Laura's Lobsters came 3<sup>rd</sup>.

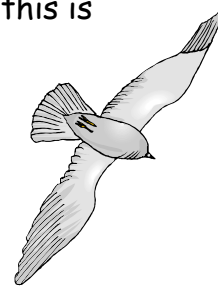
Four boys went to Eastbourne for the County Relays and won Silver in their two events - congratulations to Robert Hawse, Tom Heskett, Tom Parris and Nathan Thomas who won the Medals not forgetting the other 32 swimmers who attended this meet.

Back in the Spring the Sussex schools swimming meet took place and winners qualified for the Division 12 meet in Southampton in September. Tom Parris went to this and won the 100m Butterfly qualifying to go to Manchester 21/22<sup>nd</sup> October for the Schools National Finals.

At the second Internal Gala of the year Terry's Turtles successfully defended their title against Mark's Mackerels and Laura's Lobsters.

Several people finished up in the water after the event whether this is going to set a precedent it is not known.

Finally the Brighton sprints have been and gone for another year - some people love them - as usual our swimmers did very well coming away with medals and trophies and loads of PBs some of them remarkably good - others came away with new costumes, PBs and trophies. Some just rewards for the very long day in Brighton especially Robert Hawse who celebrated his 15<sup>th</sup> Birthday with three PBs.



#### Coming Soon -

29<sup>th</sup> September 2005 - Mini Gala at Summerfields

1/2<sup>nd</sup> October 2005 Early Bird Meet at Crawley

6<sup>th</sup> October 2005 Club Championships at Summerfields

8<sup>th</sup> October 2005 Speedo League at Maidstone against Eastbourne, Edenbridge, Maidstone, Rochester and Southend

30<sup>th</sup> October 2005 Sussex County Development Meet at Crawley age as at 12 March 2006

6<sup>th</sup> November 2005 Sussex County Development Meet at Crawley age as at 12 March 2006

10<sup>th</sup> November 2005 Club Championships at Summerfields

12<sup>th</sup> November 2005 Speedo League at Beckenham Spa against Epsom, Erith, Hythe, Larkfield and Rochester

26/27<sup>th</sup> November 2005 South East Region Winter Championships at Aldershot age as at 31 December 2005

27<sup>th</sup> November 2005 Eastbourne Open Meet at Sovereign Centre

10<sup>th</sup> December 2005 Speedo League location to be advised

17<sup>th</sup> December 2005 Seagulls Presentation night to be confirmed

5<sup>th</sup> February 2006 Sussex County Open and Junior Long Distance Championship at Bognor age as at 12 March 2006

18/19<sup>th</sup> February 2006 Sussex County Age Group Championships at Crawley age as at 12 March 2006

11/12<sup>th</sup> March 2006 Sussex County Age Group Championships at Crawley age as at 12 March 2006

19<sup>th</sup> March 2006 Sussex County Girls 1500m & Boys 800m Qualification Event at Summerfields

#### A BIG THANK YOU

To Catherine - Joint Taxi Driver and Mother of Sarah and Tom- who for the last eight editions of this Newsletter was printer and folder and at times distributor at the pool of these pieces of paper - THANK You Catherine for your HELP