

September Newsletter*****September Newsletter*****

Welcome back after the Summer Holidays to a period full of competitive swimming between now and Xmas with three Speedo League matches, two Club Championships, two Mini Galas, the Sussex County Relays and nine Open Meets where it would be hoped that our swimmers are taking part. All these events mean that our swimmers need to get back into training – NOW! They need to concentrate at each session on trying to improve one part of their technique, for example streamlining, or how far they rotate their head when they breath, how good is their tumble turn and kick off the wall, the length of their stroke and how good is their leg kick – all of these points can shave seconds off their times. The story is simple do you want to be a competitive swimmer, if so train hard and think about what you are trying to achieve, don't just go through the motions there are lots of competitions in the next three months.

Qualifying Times

In February and March next year the County Championships will be held, last time over twenty of our swimmers had achieved Qualifying Times and were able to enter these Championships hopefully we will have even more competing in them next year. The times have not been issued yet but as soon as they are available they will be posted on the Notice Board. Particular note should be made of the age for each swimmer as it will be their Age as at the last day of the Championships and not their ASA age. Ian Thomas has already posted details of several outside meets on the Notice Board and it is at these events that you can achieve the times you need for next year. So if you want to progress as a competitive swimmer train hard, enter competitions and watch your PBs come down. Watching the World Athletic Championships it was interesting to see some of our athletes needing to do PBs to get to their respective finals or even semi finals but they are now looking towards Beijing next year. For this reason PBs do matter so do you know your best times if someone asks you and are you trying to beat it, remember swimming is all about you against the clock and your previous best time and how close are you to achieving a Qualifying Time.

Our Jet Setters

You have probably read in the Local Paper about Tom Parris flying to Belgrade in the summer to swim for Team GB and his programme with the 2012 Squad between now and Xmas. He is currently at

Loughborough University for a two week training session and after a week's break he flies to Oviedo in Northern Spain for a one week training camp. Then another week's break after which he flies to Western Australia for a three week training session on the Gold Coast. He then flies home for four weeks during which he will probably do some competitive swimming to get some "English" times for next year, then at the end of November he goes back to Australia for a four week tour returning home in time for Xmas.

Our other fly away swimmer is Laura Hoodless who has been to Slovenia for the European Masters to a town called Kranj which has an outdoor 50m pool near Lake Bled which is very nice when the sun is shining but not in the middle of a thunderstorm. Laura has written a two page report about her trials and tribulations during her European experience and this has been circulated around various club members with email addresses, it is funny, sad and a perfect description of her week in Slovenia which was a triumph of her determination to succeed. She won 5 individual event Diplomas for coming in the top eight in Europe in her Age Group. She also won two Silver Medals in her two Relay swims. She is back in England now and is swimming for the Club in the County relays. There are a couple of things you can ask Laura when you next see her, the first is when is she going to do another 5K Open Water swim? The swimmers from Eastbourne who were with her at Lake Bled think that she should do another one as she came Fifth in Europe in her first attempt at this type of event. In addition would she recommend Burgers as good food in Bled? Well done Laura what an achievement and the best of luck to TomP, we hope he enjoys the experience and gets a lot out of it.

Forthcoming Events

Although there is a Calendar up on the Notice Board here is a reminder of some of the things you need to be aware of and entering or taking part in if you are selected.

Mini Gala 20th September Groups 3 – 6

Mini Gala 22nd November Groups 3 – 6

Club Championships 4th October (Check which event for Age Group)

Club Championships 1st November (Check which event for Age Group)

County Relays 9th September at K2 Crawley

Speedo League Round 1 13th October Pool in the Park Woking

Speedo League Round 2 10th November Black Lion Pool Gillingham

Brighton Sprints 15th September Prince Regent Pool Brighton
South East Region Schools 15th September Southampton Quays
Canterbury Open Meet 29th September Kingsmead Leisure Centre
Crawley Early Bird (50m) Meet 6/7th October K2 Crawley
Eastbourne Open Meet 14th October Sovereign Centre Eastbourne
National Schools 26/27th October Commonwealth Pool Manchester
Sussex County Development Gala 28th October K2 (25m) Crawley
South East Region Winter Open Meet 3/4th November Location TBC
Sussex County Development Gala 11th November K2 (25m) Crawley
Crawley Time Graded Meet 24th November K2 (25m) Crawley

As you can see there is a lot going on so let's go and get some good results – Don't forget if you aint in it you can't win it.

Talking of winning things, in December last year the Club won a Pennant for winning our Division of the Speedo League but it disappeared. The good news is that the League has arranged for us to have another one but this time it will be kept under lock and key.

Hints For Swimmers

Drinks poolside are necessary whether you are training or competing as you dehydrate when swimming, so remember your drink bottle and Drink From IT.

Hats not only keep your hair out of your eyes and mouth when swimming – Girls and Boys – but helps to reduce drag and improve streamlining when training and competing.

Make sure your Goggles fit and are comfortable and that you have them with you BEFORE you leave home to go to the pool and make sure they stay on when you dive in – how many times have we seen a swimmer with their goggles round their neck when they are swimming a race.

Remember the One Start Rule – Don't move on the Block or FALL IN once the Starter has said "Take your Marks" or there will have a DQ after your name on the results.