



NEWSLETTER

Issue 1

July 2002

Welcome to the first Worthing Swimming Club newsletter. The intention is to publish the newsletter 10 times a year to give members and their parents information on what has been happening at the club, whether it be swimming, water polo, or diving. Also, probably more important, as many members do not look at the Club notice boards, the newsletter will give information on what is happening in the coming weeks.

To compliment the newsletter, the club are in the process of developing its own website, where you will be able to logon to up to date club information. Further details of the launch of www.worthingswimmingclub.org will be published during the summer.

I hope you enjoy this first newsletter – remember it is your newsletter, so if you have any information you would like published, or any general ideas of what should be in it, please speak to the Editor, Rowland Gibson.

Peter McCallum
Chairman

SWIMMING

To kick off we well go back to the County events earlier in the year. We entered the lowest number of swimmers due to the closure of the Aquarena, however, we ended up with the

most finalists and medal holders for years as well. 63 events swum

by 10 swimmers and 61 PBs with some swimmers getting PBs in both the heat and finals Brilliant! 7 x Gold 4 x Silver 2 x Bronze 3 x 4ths 2 x 5ths 4 x 6ths and 6 County Qualifying times. Rachael Gilbert came 1st in the County for Bagcat points with Kevin Chan 3rd and Fraser Gilbert coming 5th. Congratulations to all those that took part, you have made me proud to Coach you.

All those swimmers that have and are putting the effort into training and racing are achieving PBs nearly every time they hit the water, so congratulations to them. To those swimmers that feel they can train once or twice a week I'm afraid you will not keep your competitive edge over new younger swimmers entering the gala squad. Unfortunately, swimming is an intense high input, high maintenance sport, which is totally unforgiving for lazy personalities, and success comes at a price (like all athletic based sports). Long spells in the water eating a proper diet, plenty of sleep and competitions most weekends. However, for all the negatives I think it's the best sport (I would!), there are extremely few injuries, it makes your body super fit (most F1 and Super bike riders all do swimming for stamina) it encourages self discipline, team spirit as well as intense self belief and confidence.

Oh and the best bit is you don't see top male swimmers kissing each other when they win- Yuk!!!

So keep up the good work and thanks for your support and if you have ideas for training or you have problems please talk to me. Last thing when we return from summer holidays ALL training will take place in white WSC swimming hats, both Boys and Girls. When you first purchase or upgrade your fins will you please get the short fins that can be found in the Swim Shop magazines, as these are less damaging to knees and can be used more intensively.

Thanks Ian.

DIVING

Diving in Worthing and Sussex is very limited due to the facilities that are available. There are very few swimming pools that actually have competitive diving boards and there are no highboards at all in Sussex. Divers nowadays, to be able to compete at the top level, must have dry land facilities available to them, such as trampolines and rigs, as most of new movements are learnt using these training aids.

So when divers set foot on the diving board, they are already familiar with the dive they are about to perform. Many swimming pools also have bubble machines installed, which, when in action creates a bubble

of air, so if the dive they are performing goes wrong, the bubble takes away the impact of the body on the water. Diving is certainly not for the faint hearted! We are hopeful at Worthing in obtaining a portable bubble machine and the diving section thank the Executive Committee for their support. We at Worthing are well short of dry land facilities, in fact we have none at all, and so any achievement in the diving section at Worthing is well deserved.

I propose over the next few newsletters to explain about the different movements that are performed and the way that they are marked in competition.

Hilary Wrighton.

WATER POLO

The Junior Water Polo team continue to enjoy success this season. They are particularly proud that Matthew White has again been selected to play for England

L-R



Adam Churcher, Matthew White, Nathan Hart and Paul Vidler celebrate Matthew's selection for the England U17 side

The Worthing girls had a successful start in the inaugural Sussex County Ladies League with a hard fought 6-4 victory at Hastings. With two away wins under their belt we look forward to the next home match against Haywards Heath on 3rd July.

| Squad | Goals |
|------------------|-------|
| Jenny Willet | - |
| Gemma Stirton | 2 |
| Melanie Hart | 2 |
| Karen Wardley | - |
| Hannah Chilton | - |
| Louise Gibb | 1 |
| Geena Hobson | 1 |
| Alastair Roberts | |

OTHER NEWS

NTPS LAUNCHED

During May the Club launched the ASA National Plan for Teaching Swimming. The NPTS is a template for learn to swim programmes and identifies key skills to be taught, the development and performance of these skills and identification of correct stroke performance. It is linked to an award scheme and will give the Club a consistent approach to the teaching in the learner pool and width classes.

The first batch of members to take part in the plan joined the Club on the 18th May and over the coming Saturday morning sessions will follow the NPTS Level 1 – Non Swimmer module. Once the members have been assessed and achieve the necessary level of competence, they will be awarded certificates and move on to NPTS Level 2 – Beginner module, on Tuesdays and Thursdays. Further modules are NPTS Level 3 – Improver 1, NPTS Level 4 – Improver 2, NPTS Level 5 – Advanced 1 and NPTS Level 6 – Advanced 2.

If any parent would like further details of the plan and its implementation by the Club, please see Peter McCallum.

DIARY FOR JULY

Swimming

6th - SCASA Age Group Championships, Crystal Palace. Sussex League – Gala 3, Horsham.

7th - SCASA Age Group Championships, Crystal Palace.

13th - Rother League – Round 2, Crawley.

14th - County Masters. Worthing SC Sea Swim, 3pm (See notice board for details).

Diving

5th-7th - ASA National Intermediate Age Group Competition.

16th - WSC Novice Competition.

12th - County 1m Championships, Brighton

| |
|---|
| Age Group Presentation 19 th – GSK Club |
|---|

| |
|--|
| For full details of all these events, please consult the club notice board |
|--|

Deadline

All copy for the August Issue must be handed to Rowland Gibson by Thursday 18th July.

Articles should preferably be typed in Word format and handed in on a floppy disc. If you put your name on the disc, it will be returned to you once it is finished with.