



Issue 2

## **NEWSLETTER**

August 2002

Welcome to the second newsletter. The Club are pleased with the response to the first issue and welcome any comments on this issue. We have had a rethink on the frequency of the newsletter and have now decided to issue 6 a year compared with the originally planned 10. These will be available on the last Tuesday of September, November, January, March, May and July.

The holidays are now upon us and I would like to wish all members and parents an enjoyable summer period. Sessions at the Aquarena continue during this period, but are closed for the summer break at Wadurs and Lancing College. These sessions will recommence on 8<sup>th</sup> and 9<sup>th</sup> September respectively.

Happy holidays and don't forget to logon to the club website, [www.worthingswimmingclub.org](http://www.worthingswimmingclub.org).

Peter McCallum  
Chairman

### **THE CLUB WEBSITE**

Our Website has been officially launched on 2 July 2002. Since the launch, we have had over 150 visits, which is over 5 visits everyday. We hope that this is just the beginning. It is your website so please support it by visiting it often. We update the news section as it happens with news flashes in the welcome page.

The site carries results from Internal Galas as well as external

Competitions including Counties, Leagues and Opens when they are available. You can download forms, rules, articles, newsletters and all sorts of useful information. There are also links to other sites such as the ASA website. Please feel free to email us with your suggestions. You can find our email addresses on the Contact Us page.

Dave Chan

[Webmaster@WorthingSwimmingClub.org](mailto:Webmaster@WorthingSwimmingClub.org)

### **SWIMMING**

#### **LIFE IS NEVER FAIR**

One of the commonest questions I am asked by swimmers and parents is when will I/they swim faster. The first reply and usually the correct one is that they don't train frequently or enough. Training has to be regular and consistent. It takes approximately 3 weeks for every week missed to return to the same physical condition. The other ingredient for fast swimming is body awareness, what your arms/legs and head are actually doing. Correct stroke technique and streamlining are paramount to fast swimming. Unfortunately swimmers on most occasions just want to get to the other end of the pool as quickly as possible. As soon as you've told them what you want them to do, they dive in and switch their brains off and go into autopilot. Brute force and ignorance has never made an Olympic champion.

#### **GALA RESULTS**

The Club has achieved a 5<sup>th</sup> and 1<sup>st</sup> in the first two rounds of the Rother and a 1<sup>st</sup> in the last Sussex League. The first round of the Rother was against clubs in the higher divisions and we performed exceptionally well against these with a good points total. The second round was against clubs in the lower divisions and we won convincingly. With a win in the last round of the Sussex League it rounds off a good beginning to this year. The overall effort that all the swimmers have contributed to making Worthing a Team again is really pleasing, with special thanks to Mel and Richard the Club Captains for their continued support. I would like to thank all the swimmers that entered the Club Age Group Competition with the highest number of entries for a long time. At Southern Counties Age Group on Saturday the 6<sup>th</sup> July Fraser Gilbert swam the 3 events that he qualified for earlier in the year at Crystal Palaces 50m pool. He swam 200, 100 and 50m Breaststroke and performed exceptionally well in his first major event in a 50m pool. This is always a hard event to perform in, as there are not many southern swimmers with the access to a 50m pool for regular training.

So congratulations to Fraser. And finally I would like to thank all the parents whom have helped at the Galas in one way or another. I will be off for all of August. Enjoy your summer break and when we return the County Relays are our first

priority. Please make sure you are available for this event as it is team based. Slips will hopefully be given out before we break up.

Have a good holiday everyone...

Thanks, Ian.

## **DISABLED SWIMMING**

Swimming is a sport that is enjoyed by all people regardless of physical or mental ability. Many people who find they are unable to move on land find freedom when in the pool as the water can counter their bodies' weight and ease movement, hence the stress on ABILITY.

### Classifications

However, for people who have a difficulty in any area, it is often hard to compete in competitions, which is why different classifications have been introduced in order to give fairness across the whole range of disability. These classifications run from S1 for the least physically able to S10 for those with a slight disability. S11-13 for visually impaired, S14 for those with a learning disability and recently introduced S15 for the hearing impaired. Classifications are carried out by specially trained examiners and to meet strict standards they take into account what the swimmer can and can't do. Often a swimmer will have different classifications for Breaststroke and Medley events.

S14 classification is dependent on educational psychologists reports of a true learning disability.

### Competitions

These are run across the country. They used to be run as purely disability events, but recently all

ability events have been introduced for example at the Commonwealth Games and the ASA nationals in Sheffield. The culmination is of course the ParaOlympics.

### Local connections

Worthing Swimming Club is very active in the field of Disability Integration with several swimmers training regularly in the club sessions. The club has links with The Sussex Squids club, which meets regularly at Littlehampton. Many of Worthing's swimmers are at national and international level.

### Achievements

Wayne Riding is a Paralympic SB5 Medal winner and now trains regularly at Manchester. Lizzie Pidgeon is in the S14 England team, has a World Ranking and has qualified for the European Championships in Czech Republic. Louisa Eames is in the S14 England development squad and together with Lizzie has just beaten a World Record. Kimberley Bailey is in the S6 England Squad and Peter Eames has just attended a Southern Counties all ability development squad in Eastbourne. However our greatest achievement is with James Hazell, who is very paralysed with only small movement in his arms, although he was a junior finalist on his front he has never swum on his back, as he cannot control himself. Phil Hart spent a long time on Sundays with James, who now enters Backstroke events in the S3 class!

### More Details

If you or any swimmer has a disability and is not sure what to do please speak to me, Graeme

Pidgeon on most club nights at the Pool. Or contact [Disability@WorthingSwimmingClub.org](mailto:Disability@WorthingSwimmingClub.org)

## **IMPORTANT DATES**

### Open Championships

25<sup>th</sup> - 26<sup>th</sup> and 28<sup>th</sup> November  
2<sup>nd</sup> - 3<sup>rd</sup> and 5<sup>th</sup> December.

### Championships

Gala 1 5<sup>th</sup> October &  
Gala 2 19<sup>th</sup> October at the  
Aquarena.

Entry forms for the  
Championships will be  
available from 20<sup>th</sup> August  
to be handed in **by** 19<sup>th</sup>  
September.

## **SEA SWIM**

Considering how poor the weather has been this year, we were very fortunate to have a sunny day and relatively calm seas. Eight men and four ladies lined up by the Lido for the start, which was performed by the Deputy Mayor, Councillor Mrs Valerie Sutton, with her consort Hon Alderman, Stan Moore. The men swam a course of half a mile to the Mayfair Hotel near Heene Road, the ladies a quarter mile course to the old coastguard station. They set off at 3.00pm, into a gentle breeze, with many people on the beaches and promenade walkers watching. The men finished in just over 12 minutes, the women in 8 minutes.

Congratulations go to Nathan Hart and Debbie Willett who won the events. Hopefully, next year more swimmers will enter and the event will go from strength to strength. Once again

this event has been an unqualified



L-R Nathan Hart, Debbie Willett

success and I would like to thank all whom participated and helped on the day.

Rob Drage

### Results

#### Men's race

1. Nathan Hart
2. Chris Luseley
3. John Matthews
4. Paul Vidler
5. James Drage
6. Stephen Stacey
7. Allen Goldsmith
8. Andrew Fumagalli

#### Women's race

1. Debbie Willett
2. Jenny Willett
3. Karen Wardley
4. Barbara Willett

### **NTPS CHANGES**

As you may have heard, or read, we are implementing the National Plan for Teaching Swimming (NPTS).

These changes have been brought in so that we can streamline the swimming

programme. We have trouble with numbers attending our sessions therefore one of the benefits will be that the classes will be a maximum of 12 and this will give the teacher more chance to get to know the swimmers. Each swimmer will have their own Record of Achievement so they will know how they are progressing and at the end of each stage the swimmer will receive a Certificate and Badge.

There are 6 levels with 2 stages at each level. Level 1 stage 1 and 2 are on Saturday morning. Level 2, stages 3 and 4 will be Tuesday/Thursday in the small pool. Levels 3, 4, 5 and 6, stages 5 to 12 will be in the large pool.

Some of these changes are in place and others are in the process of being changed now. The small pool changes will be completed by the end of October ready for the new membership year. At the beginning of November the block lessons will start in the small pool. The other changes in the large pool will be in place when we return after Christmas.

When children reach level 6 stage 12 they will be ready for pre-competition training. Those who are selected will move to the Gala Training Squad. Those who are not lucky enough to be selected will be offered swimming sessions at 9 pm on Tuesdays/Thursdays or Saturday morning.

This is only a brief outline of the changes but please make an appointment to see me with the desk staff if you have any specific questions on the swimming side of the NPTS. If you have general questions please speak to any of the Executive Committee who

will be only too pleased to answer your queries.

These changes affect everyone so please read any notices that are on the desk, notice board and on the website. The main changes will be taking place now, at the end of July, August and November.

Peter Woodcock

### **DIVING**

This newsletter I am really pleased to announce some great successes within the diving section. On Friday 19<sup>th</sup> July the Sussex 1metre competition was held at Brighton. Worthing entered 4 divers into 4 competitions with outstanding results. Polly Simon, Phillippa and Megan Warrington entered the girls event and all dived exceptionally well. Polly came 1<sup>st</sup> retaining the title she won last year with Phillippa finishing 3<sup>rd</sup> and Megan finished 4<sup>th</sup>. In the Ladies Polly came 1<sup>st</sup> once again retaining her title that she won last year, and Phillippa finished 4<sup>th</sup>. Charles Milner-Smith dived very well to win a very close fought competition in the boy's event and also won the men's competition. In fact it was a clean sweep for Worthing, not a bad achievement. I believe it is the first time that this has happened at Worthing. Congratulations to all the divers that took part and it is a great reward for the hard work that has been put in by all concerned. Without the continuous support and backing of the parents these results would not have been achievable, I thank them all.

The second success I want to write about is my youngest diver, Samuel Milner-Smith. The diving

world have been granted lottery funding to start a world development programme. All divers from the south were invited to an assessment session at Hillingdon. It was very interesting to watch and also a learning curve for coaches. Over 200 divers from the south attended, and 40 were chosen to attend a further assessment at Crystal Palace, and Sam was chose as one of the 40. This was a great achievement for Sam. Unfortunately, he was not chosen to go into the final programme, but they were very keen for him to attend next year. They said that he just needed to strengthen his gym work, which when you consider he does not do any, is very encouraging. Fingers crossed for next year!

Finally as summer holidays are now upon us please could I ask all parents to inform both Ian, and myself and we will do the same, if they are unable to attend any diving sessions. As we give up our free time we want to be sure that the sessions are well attended.

Hilary Wrighton.

### **WATER POLO**

Worthing Seniors have continued to enjoy success. In a Knock – Out against Crawley, Worthing recorded a comfortable 20-7 victory.

The six-goal handicap that Crawley received based on last season's league position was never going to be enough against a well-disciplined and hard-working Worthing team. Dominating the match throughout, the final score was a fair reflection of the difference between the two sides.

Worthing Seniors enjoyed 2 wins and a draw against teams from the Army and Royal Navy. Worthing enjoyed an 8 – 1 win against the Army in the new 50-metre pool at Aldershot. The following evening Worthing entertained the Army at the Aquarena and enjoyed another 16 – 5 win. The last match was an 8 – 8 draw against the Royal Navy at H.M.S. Collingwood in Gosport.

There was disappointment for Worthing in the inaugural Ladies League when they suffered a 7-13 home defeat to Haywards Heath.

Alastair Roberts

### **OFFICIALS NEWS**

Worthing Swimming Club takes part in many galas during the year. Apart from our own Age Group Competition and Championships, we also swim in the Rother, Sussex and Speedo Leagues. That is before you consider open meets, Sussex County, Southern Counties, right up to the national events and possibly beyond! As you can see, we not only undertake our swimming lesson programs, but also have many commitments throughout the year. Many of you who have attended any of the above named events will have noticed how much organising they take and the number of officials who are needed to operate them effectively. It is therefore my task to try to persuade some of you to come forward to take the Timekeeper, Judge & Starter qualifications. The next round of courses starts in September 2002 and run for approximately 6 weeks. There follows a written exam in November 2002 followed by a practical test during the County

events early next year. This may sound ominous to you, but the courses are quite enjoyable and the exams are quite easy, particularly the Timekeeper exam. Anyone who would like to know more can ring me on Worthing 234388, see me on any club night or look at the club notice board. Please remember that these swimming galas can only take place if people are prepared to come forward and help.

Rob Drage  
President & Club Captain

### **DIARY FOR SEPTEMBER**

#### **Swimming**

14<sup>th</sup> - Rother League – Round 3, Guildford.

15<sup>th</sup> – County Relay Gala, Crawley

28<sup>th</sup> – Rother League – Round 4, Woking.

Parents are reminded that children are <b>not</b> allowed barefoot in the spectator's area
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#### **Deadline**

All copy for the October/November Issue must be handed to Rowland Gibson by Thursday 12<sup>th</sup> September.

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.