

Newsletter

Issue 1

May 2008



Welcome to the first edition of our Newsletter. The Newsletter has been introduced to help keep everyone involved in swimming, diving, synchro and waterpolo up to date with what is happening in Sussex.

Does your club have a competition planned? Do you have a special event you would like publicised? Have you swum in an unusual place or had a really good (or bad) swimming experience? We want to know about successes and failures, what's worked and what hasn't. All you have to do is write to newsletter@sussexswimming.org

Here are the important dates for your information:

Publication date	Final copy date
13 July 08	23 June 08
16 September 08	25 August 08
17 November 08	20 October 08
20 January 09	22 December 08
17 March 09	23 February 09
19 May 09	20 April 09

SUSSEX COUNTY ASA ANNUAL COUNCIL MEETING

To be held at 3.00pm on
Saturday 28 June 2008 at:
Tangmere Village Centre
Malcolm Road
Tangmere
West Sussex

Have trunks, will travel

When it comes to planning a holiday in the sun David Cumming (pictured) from Eastbourne Swimming Club and Muriel Hitchcock from Chichester Cormorants take a different view.

Not for them a lazy time on the beach and few late nights. When most people are planning how to make the most of their holiday David and Muriel were pounding the lengths and planning starts and turns to make the most of their trips to the XII World Masters Championships in Perth, Western Australia.

And all that planning and training paid off.

David (70), a member of Eastbourne for the past 60 years, came away with a medal haul to make any souvenir hunter jealous. He opened his campaign with 34.92 sec in the 70-74 age group 50m butterfly to take silver having been narrowly beaten by Hiroshi Matsumoto of Japan in a time of 34.59 sec.

The following day he took gold in the 100m butterfly with 1:24.21 and beat his nearest rival, David McLachlan of South Africa, by more than 4 secs.

David's strongest event is the 200m butterfly. With a time of 3:21.42 he beat the Championship record by more than 2 seconds but had to be satisfied with a bronze as Claudio



Negri of Italy took gold in 3:13.74 sec, with a new world record and David McLachlan picked up the silver with 3:14.18.

After the pool events David headed outdoors for the 3 km Open Water race to lead the British contingent home with a 6th place and a time of 56:08.

Muriel also came away with a haul of gold by winning all the breaststroke events for the 70-74 age group. Her winning times were; 50m 46.95, 100m 1:47.66 & 200m 3:57.32

If you know of any other Sussex swimmers who took part in the games let us know how they got on – we will give them full credit in the next issue. Just email newsletter@sussexswimming.org

Open water

With open water swimming featuring for the first time in the Olympic programme in Beijing its profile has never been higher. But that is hardly news to anyone who swims in Sussex. We have a history of developing talented open water swimmers.

During the 2007 season St Bedes put out the strongest squad in the Region; Ed Castro (right) ended the year as ASA National 5 km Grand Prix Series Champion with team mate Nick Ayers finishing fourth. As a bonus Nick won both the Open and Junior titles in the South East Region series.



Add to this the achievements of Charlotte Woolliscroft (Shiverers) as a member of the British Team at both the 10km in South Africa and 5km World Open Water Championships in Seville.

It doesn't end there. *Sussex swimmers currently hold all but two of the twelve regional Open Water Masters titles.* And we mustn't forget the recent success of David Cumming in Australia.

With the 2008 season almost here there is a lot to look forward to. Brighton's famous pier to pier (1km) race will start at 2pm on Saturday 20 July. This year entries are open to swimmers aged 13 and over on the day of the race. The action then moves to Eastbourne for a full weekend of competition. The inaugural Sussex Open Water 5km championships off Eastbourne takes place Saturday 26 July. And on Sunday 27 July Eastbourne SC will host their own 2km open water race.

All these events are part of the SER championships so entries are expected to be high with hot competition.

More information on open water swimming is available at www.britishswimming.org

Details and entry forms for all Sussex Open water competitions are available from:

www.sussexswimming.org

www.brightonsc.co.uk

www.eastbourneswimmingclub.org.uk

Sussex County ASA Annual Dinner and Dance

President Ray Barber Esq.

Saturday 27th September 2008

Brookfield Hotel, Emsworth, near Chichester, Hampshire

7.30pm for 8.30pm

Tickets £30 available from Sally-Ann Bray, Inglewood, Gibson Road, Tangmere, West Sussex, PO20 2JA

Email: sallyannbray@btinternet.com

For menu options please log onto www.sussexswimming.org

Masters

If you have never swam in a Masters competition before, now's your chance – and you don't even have to be a registered competitor to enter.

This year's County Masters Championships will be at the Horsham's Pavilions in the Park on Sunday 13 July with a 3:30pm start. Entries start at group X (18yrs-24yrs) and cover all strokes over a 50m & 100m and 100 medley event. Relays are categorised for combined years of 72+, 120+, 160+, 200+ and 240+.

Closing date for entries is **Tuesday 10 June.**

Entry forms and rules are available at www.sussexswimming.org.

50m pool study starts

Everybody knows that to be really competitive we need good facilities and that normally means a 50m pool. The problem is that there aren't enough 50m pools in the country to meet demand let alone in Sussex. But that could soon change.

With Hastings Borough Council already thinking about a replacement for the Summerfields complex and Rother District Council looking at options for the pool at Glyne Gap there is a real chance that the two council might work together to build a Regional Sports Centre similar to K2.

Sport England have already made a grant available to allow the councils to commission consultants to complete a strategic review of key community sports and leisure facilities in the area. This will be followed by public consultation.

You can show your support for the scheme by emailing senlac-50mtr@yahoo.com and ask to sign the petition or log onto www.hastingsobserver.co.uk and download a petition form.

Welcome to the team



Lyndsey Hollands has been appointed Partnership Swimming Development Officer. Her appointment is the result of a partnership between Sussex County ASA, Freedom Leisure, ASA South East Region and Sport England.

Based at Freedom Leisure's Hailsham Leisure Centre, Lyndsey will be key to delivering the National, Regional and County development plans for all the swimming disciplines.

Commenting on her new role Lyndsey said: "I will be working closely with clubs to provide the help and support they need to continually develop and achieve Swim 21 accreditation and I will also be supporting the work of the County's Management Committee to deliver their Development Plan."

Natalie Cunningham, Regional Development Officer, ASA South East said: "The Region is dedicated to providing opportunities for everyone to achieve their full potential through aquatics, as an athlete, teacher, coach, official or volunteer. Our partnership with Freedom leisure demonstrates our commitment to working with partners to achieve our common aims."

Lyndsey, who lives in Bexhill, was a competitive swimmer with 1066 SC where she competed at County and Regional events.

Championships roundup

If you were there you would know how busy they were and you would know how good the competition was. If you weren't there here's a quick roundup of the stats from the 2008 Championships.

Since the introduction of the development gala the championship entries have reduced. This year 418 swimmers entered the 18 events with the number of entries from boys (214) just beating those from girls (204)

The introduction of long course racing for the 800m & 1500m proved popular with swimmers looking for NQT's. No long course records were broken but Charlotte Woolliscroft, (Shiverers) did come within 3secs of beating her own short course record in the womens 1500m.

Records broken this year were:

Mens

50 Free 22.64 championship & open short course

Guy Sherwin, Shiverers

100 Free 49.82 championship & SE Region open

Guy Sherwin, Shiverers

200 Brst 2:20.99 championship & open short course

Peter Ross, Burgess Hill & Haywards Heath

Womens

100 Back 1:04.18 Championship

Charlotte Woolliscroft, Shiverers

Cameron Bax, (14) from Crawley was the only swimmer to win every event in any age group. Although this has been achieved before; in 2005 by both Adam Harrington and Harriet Lambourne, Cameron topped these by also winning the junior 1500 free championship giving him a total of 12 wins.

Charlotte Woolliscroft with 12 wins won the most open championship events.

The most successful swimmer overall was Crawley's Callum Hillicks who took 9 junior championships, 5 senior championships and 2 age group wins. Add to this 2 junior relay titles and 1 senior relay title you have a superb 19 gold medals.

Youth Council

As part of our county development programme we would like to establish a Youth Council. **Members of the Youth Council will be asked to help the Management Committee identify what competitions, training and activities we need to provide.**

Members of the Council will be selected from volunteers to represent all ages and parts of the county and all disciplines.

If you're interested in becoming a member of the Youth Council and are aged between 12 and 18 you need to email Lyndsey Hollands at lyndseyhollands@freedom-leisure.co.uk. Tell her your name, club and age. We also want to know a little bit about you and why you think you would make a good candidate.

Get your names down by the end of July to be in with a chance of helping to develop the future swimming in Sussex.

Thanks for the memories

As my time as County President comes to an end I am left with some wonderful memories.

Since I was installed as the county's 113th President in December 2006, I have had the opportunity visit many of the clubs in the county and attend most of our competitions. I've also shouted myself hoarse supporting our teams to Sheffield and Maidenhead. I've also had the honour of representing Sussex at events all over the Region.

My outstanding memory is of all the people I've met who are dedicated to our sport and who give up their time so freely. They provide the support for everything we do. Without skilled volunteers our swimmers, divers and waterpolo players would not have had the successes they have enjoyed.

Ray Barber will take over as President in July and I want to wish him all the best for his time in office and I hope you support him as much as you have supported me.

It has been an honour to represent Sussex and an experience I will never forget.

Margaret Simmonds



What a day!

Everyone who was there declared the first of our County special training days (picture above) a great success.

Led by Commonwealth Games gold medallist Alex Scotcher, 67 members of our junior and senior squads were at Roedean School to pick up tips from Alex's experience of 10 years of top-level competition. And when they weren't in the pool there was land training and presentations on race preparation and sports nutrition.

The day was such a success that we have already started planning for the next one – in November – If you're in the squads look out for your invitation.

Officials

Love them or hate them without timekeepers, judges and referees there would not be any competitions and there would not be any champions. Whether it's club or county championships they do not run themselves.

With more and more events coming onto the swimming calendar each year we need more qualified officials to help make everything run smoothly and provide the best environment for our competitors.

To help meet demand Sussex County ASA will be running a number of training courses this year. The first two courses will be for Club Timekeepers and Judge Level 1.

Changes to rules and duties of officials mean that some of our volunteers might not be as up to date as others. To help bring everyone up to date we are planning a seminar for swimming officials. More details will be available nearer the time.

There are also plans for Water Polo officials' courses.

For more information about these courses contact Chris Hobbs on 01323 728649 or email melandchris.houseofhobbs@btinternet.com

You can also find out information about training as an official for swimming, syncho, diving and waterpolo at www.britishswimming.org.

For more information about swimming in Sussex log onto the Sussex Swimming website www.sussexswimming.org

Or you can contact Lyndsey Hollands on 07725 201603 or at lyndsey.hollands@freedom-leisure.co.uk