

# Newsletter

Issue 2

July 2008



## From the President

During my year as President I want to focus on developing our volunteer base and properly recognise everyone who gives his or her time so that our sport can continue to grow and develop. I want this be the year that all our clubs promote and emphasise the roll of the volunteer.

I can't think of a club in the county that could survive without volunteers. From the people who do the administration and run the club shop to the coaches and teachers on poolside, they all do a vital job in making our sport work and they are all helping to achieve the goals of our swimmers. Many of these goals will involve taking part in some form of competition, whether its club, local leagues or County Championships.

Without timekeepers, judges and administrators on poolside none of these competitions would take place and none of the goals would be achieved.

Swimming is probably the sport that requires more officials than any other sport because of its technical nature; each discipline has its own set of laws and its own set technical rules. If we are to continue to give competitive opportunities we need a lot more qualified officials who are able to give their time to get trained so that they can apply these rules and run the competitions.

Last year the ASA changed the way that people could qualify to become judges and referees. Practical, hands on structured poolside learning experiences have replaced most classroom based theory sessions. This means that the process of learning has become less time consuming and far less daunting to people who don't like exams.

Are you someone who could help make a difference? Instead of sitting in the gallery watching why not get on poolside and help run the events. In the autumn we will be running seminars and training for all sort of volunteering roles. Your club will be able to give you the details or you will be able to them on our website.

During the coming year I am looking forward to being able to join club sessions, attend committee meetings as well as continuing to referee at competitions and I will do everything possible to promote the valuable work of our volunteers.

Ray Barber, President



## Council

The annual Council meeting took place at the end of June. Disappointingly only nine clubs sent representatives.

Without the involvement of clubs and the feedback they can provide it's very difficult to know what the county is doing well and what its not doing well enough.

Information about the Council is circulated to all clubs well in advance and its also advertised on our website. All clubs should make a special effort in the future to send a representative to this important event in the county's calendar.

### What you missed:

- Hon. Treasurers report gave assurance that our development programme will continue
- Breaking news about a "Sussex Abroad" training and competition trip for our squad early next year
- Ray Barber installed as our new President – see his feature article
- Sheila Paice installed as Vice President
- Natalie Cunningham was presented with the President's Plate by outgoing President Margaret Simmonds
- Changes to some of our rules; and
- A great tea provided by the members of Chichester Cormorants – many thanks.

Lets see more clubs getting involved in the future please.

## Old Pool, new Tricks

They said it couldn't happen, they said you needed to have flush sides and deep water and they said that you needed electronics. But in a pool built four decades ago using old technology we saw records tumble at Eastbourne SC's annual Masters Meet at the Sovereign Centre.

With a little help from new anti wave ropes, new starting blocks and the water temperature being dropped for the occasion the six-hour programme was completed with just five minutes to spare.

Highlight of the day was Kings Cormorants mixed 280 years+ relay team (Elizabeth Savidge, Geoffrey Bishop, Jane Asher, & John Seabrook) setting a new European 4 x 50m medley standard by shaving .4secs of the old record with a time of 2 min. 40.51 sec. The same quartet clocked 2 min. 22.91 sec. to reduce their own 4 x 50m freestyle GB record by 1.5secs and just missing the European record (2 min. 22.26 sec).

Chichester Cormorants' Muriel Hitchcock shaved 0.13 sec off her own 70~74 years 50m breaststroke record to set a new GB mark of 46.55 sec. Stan Clark from Romford recorded the fastest time this year in 70~74 years 50m freestyle with a 30.34 sec. to confirm his no. 1 UK ranking. Philip Muspratt (Salisbury Stingrays) posted 54.42 sec. for the 100m freestyle to keep him on top of the UK rankings. In the ladies 30~34 years 50m freestyle Stephanie Brakespear (Nottingham Lender) posted the 2nd quickest 2008 UK time with a 28.61 sec. and Burgess Hill & Haywards Heath's Alison Gwynn (60~64 years) impressed in both the 100m (1min. 18.29 sec.) and 50m (34.29 sec.) freestyle to confirm her first and second rankings respectively.

Burgess Hill & Haywards Heath were clear winners of the top club trophy over runners-up Eastbourne; Croydon Amphibians came 3rd.

All records and times are subject to ratification



*Kings Cormorants 280 years+ quartet of (left to right) Elizabeth Savidge, John Seabrook, Jane Asher, & Geoffrey Bishop who broke the 4 x 50m European medley, and GB freestyle records at Eastbourne.*

## Beijing opportunity

Charlotte Woolliscroft from Shiverer's will join 17 other aquatic athletes and coaches invited to take part in the British Olympic Association (BOA) 'Britain's Olympic Ambition 2012' programme.

The programme, designed to enhance athlete medal success at the London 2012 Olympic Games by providing talented potential team members with an opportunity to experience the Beijing 2008 Olympic Games, will see athletes from 33 disciplines spend seven days in Macau and Beijing during the 2008 Olympic Games.

Whilst there, athletes will visit the Team GB preparation camp in Macau, the Olympic Village and the Athletes' Lodge. They will also have a press conference fronted by their mentors, Olympians like Denise Lewis, Ed Coode and Alison Mowbray. In addition participants will be given the opportunity to watch two competition sessions for their specific discipline.

This programme's focus is based around providing sports specific event exposure and to replicate, as closely as possible, an athlete's overall Olympic experience.

Commenting on their involvement:

Simon Clegg, Team GB Chef de Mission for the Beijing 2008 Olympic Games, said:

*"This programme is unique worldwide and is expected to provide a real competitive edge to the participants. With the BOA's aspirational target to finish fourth in the overall medal table in 2012, and research showing that a significantly high percentage of medallists at any Olympic Games have attended previous Olympic Games, this experience can form a vital part of the athletes preparation for Olympic success."*

# Dates for the Diary

## 2008

### September

- 7 Relay Team Gala, Eastbourne
- 14 Newly selected Senior Squad Training, K2
- 20 Ken Deeley Sprint Meet (Level 3), Brighton SC
- 27 Sussex County Dinner/Dance

### October

- 18 / 19 National Inter-County, Sheffield
- 26 Development Gala, Brighton

### November

- 9 Development Gala, Brighton
- 30 Squad training day Roedean School (provision)

## 2009

### January

- 10 / 11 Tom Handley Open Meet, Brighton SC  
Sussex Abroad (Luxembourg Euro Meet) to be confirmed

### February

- 8 Long Distance Championships (Venue TBA)
- 21 / 22 Sussex Championships & Age Groups (Venue TBA)

### March

- 7 Long Distance Championships (Venue TBA)
- 21 / 22 Sussex Championships & Age Groups (Venue TBA)

If your club has any events it wants included in the competitions calendar let us know. Write to [lyndsey.hollands@freedom-leisure.co.uk](mailto:lyndsey.hollands@freedom-leisure.co.uk)



Introducing the 2008 Development Squad

## Swim 21 for Chichester

### Cormorants

Chichester Cormorants have achieved Swim21 accreditation.

The club, which has 136 members was founded in 1957 and now caters for swimmers of all abilities. Starting in the Swim School members regularly progress right through to County and Regional Championships and form teams for the Sussex and Speedo Leagues.

Cormorants' commitment to long-term athlete development (LTAD) is paying dividends with their divisional win last year in the Rother League where they picked up Junior, Senior and Veteran trophies.

Their Masters section is also extremely successful. Both Edward Askew and Muriel Hitchcock have achieved British Records in the last 6 months and, as reported in the May edition of this newsletter, Muriel won gold at the World Championships in Perth.

If you would like more information about Chichester Cormorants visit [www.chichester-cormorants.co.uk](http://www.chichester-cormorants.co.uk) or contact Lyndsey Hollands, Sussex Swimming Development Officer, at [lyndsey.hollands@freedom-leisure.co.uk](mailto:lyndsey.hollands@freedom-leisure.co.uk).

### The Ken Deeley 50m Sprint Meet

(Licensed Level 3 (3SE8394))

**Saturday  
20th September 2008**

Prince Regent Swimming Complex, Brighton.

Entry pack available on Brighton SC website

[www.brightonsc.co.uk](http://www.brightonsc.co.uk)

## Brighton and Hove Schools

Schools from all over Brighton and Hove came together just before the end of term at the Prince Regent pool for the Brighton & Hove Schools Swimming Championships. The championships, which this year were part of the Brighton and Hove TakePart Festival, have become one of the most popular events in the City's school sports calendar.

Organised every year by Brighton Dolphin Swimming Club the Championships help develop school swimming, in particular Key Stage 2, which is part of the national curriculum.

Teams made up of both club and leisure swimmers (as well as some parents and teachers) from twelve primary schools and five secondary schools had support from a full crowd in the gallery as they battled for medals and trophies in 35 events.

### Results

#### Junior Schools

Parents and Teachers - Cottesmore  
Small School - Windlesham  
Most Improved - Mile Oak  
Holman Cup Girls - St.Marys Hall  
Holman Cup Boys - Westdene  
Ian McLean Shield - Windlesham  
Overall Girls - Windlesham  
Overall Boys - Windlesham.

#### Secondary Schools

Freestyle Challenge and Ottaway  
Trophy - Hove Park  
Overall Girls - St.Marys Hall  
Overall Boys - Dorothy Stringer

Lyndsey Hollands, Sussex Swimming Development Officer, is already working with schools in the east of the county to develop similar competitions – if you would like to become involved in these competitions please let Lyndsey know.

### Swim Clinics

Streamline Sports will be running a series of swim clinics for 8-16 year olds between 5 and 15 August at St. Bedes Senior School.

For more information look at their website at  
[www.streamlinesports.co.uk](http://www.streamlinesports.co.uk)



### Jack makes GB Senior Team

Hailsham SC's Jack Waller has been selected for the Senior GB Water Polo Squad.

Jack began his water polo career at the age of ten at Hailsham where he quickly moved on to representing Sussex and later started playing for the Southern Counties Squad.

In 2006 he moved to Manchester and joined the National Water Polo Academy in Grantham in 2007. He has been a member of the GB Junior Squad for several years and has competed in Canada, Romania, Slovenia and Ireland.

Jérôme Reed, Head Performance Coach for GB Men's Waterpolo, welcomed Jack to the squad by recognising his skills and a deft touch. He went on; "He has the opportunity to progress and fast track his skills with the Senior Men's team by putting into practice all the advice and direction he is receiving at the GB Waterpolo High Performance Centre in Manchester. It is always pleasing to see potential getting their first chance. It is even more pleasing when that potential really does make the most of it, as Jack did."

We believe Jack is the first Sussex player to have made the GB Senior squad since Brighton's Peter Paoletta won his caps in the 1970s. If we are wrong, perhaps Newsletter readers can put us right!

## 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](mailto:sallyannbray@btinternet.com)

For menu options please log onto [www.sussexswimming.org](http://www.sussexswimming.org)