



SPLASH! Newsletter of Worthing Swimming Club

Issue 13

www.worthingswimmingclub.org

June/July 2004

AGE GROUP PRESENTATION EVENING

The Age Group Presentation will take place at the GSK Club on Saturday 24th July at 7:30pm. Tickets are available at £1 for award winners and £2 for adults and children. Following the presentation, food will be served and there will be a disco. A raffle will also be held. In order to maintain the good relationship we have with the GSK Club, The Club would like to ask parents to ensure their children behave in a sensible manner at all times.

Will all members who have a Club tracksuit please bring the top for a Club photograph.

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SMARTIES CHALLENGE

The total raised to date is £217. Katie Goulder won the prize for the most number of tubes filled (10) and raised £62.13. The next Challenge has just started and finishes at the end of July.

It is not too late to bring in your old tubes.

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SWIMMING - Allan Tate **Head Coach**

Rother League

Congratulations to all who swam in the Rother League Round 1, at Fleet. Everyone put on a good show with many personal bests (PB's), so soon after the Club Age Group Competition. It was good to see such good team spirit; well done your hard work in training is beginning to show.

Open Meets

It's good to see a few more swimmers attending Open Meets. Any swimmer who has completed their ASA Competitive Start Award and swim in lengths are able to attend Open Meets. If you would like to have a go, keep an eye on the Club notice board and Website and see Dave Yeandle, (Zoë's dad), Carol Tate or myself.

Havant and Waterlooville Open Meet

The following Swimmers attended: Georgina Higson, Daisy Todd, Charlie Jones, Jimmy Phouang, Navada Phouang, Claire Redman, Chris Luesley and Jade Tate. Almost every swimmer did a PB. The following swimmers all gained a place in the top 8 and received an award: Navada 5th-100m Backstroke and 4th - 100m Breaststroke. Chris 5th-100 backstroke, 7th-100m Butterfly and 7th-100m Freestyle. Jade 1st-100m Backstroke, 2nd-100m Butterfly and 3rd-100m Freestyle. Jade and Chris also qualified for the skins final. Jade Tate won Top Girl for the 15 years and over age group

Littlehampton Open Meet

The following swimmers attended: Georgina Higson, Navada Phouang, Viyada Phouang, Claire Redman, Zoë Yeandle, Ziggy and Jade Tate. The following came in the top 6 and received awards: - Navada 1st-50m Breaststroke, 6th-50m Backstroke and 6th-50m Butterfly. Claire 3rd-50m Butterfly, 4th-50m Freestyle and 4th-50m Backstroke. Zoë 1st-50m Butterfly, 2nd-50m Freestyle, 2nd-50m Backstroke and 5th-50m Breaststroke. Jade 3rd-50m Butterfly. Ziggy 5th-50m Backstroke.

Portsmouth Northsea Open Meet

This was attended by Jade and Ziggy Tate. Jade finished 4th in the 800m Freestyle, in a Southern Counties qualifying time.

Bognor Open Meet

The following Swimmers attended: Georgina Higson, Charlie Jones, Zoë Yeandle, Claire Redman, Viyada Phouang, Navada Phouang, Jimmy Phouang, Jade Tate, Ziggy Tate and Chris Luesley. The following received awards: - Zoë 4th-50m Backstroke and 8th-50m Freestyle. Navada 5th-50m Breaststroke, 7th-50m Butterfly and 4th-50m Backstroke. Viyada 7th-50m Breaststroke. Jade 6th-50m Butterfly, 5th-50m Freestyle,

4th - 50m Backstroke. Ziggy 6th - 50m Breaststroke, 6th-50m Butterfly and 8th -50m Freestyle. Chris 8th -50m Butterfly and 6th - 50m Backstroke. Zoë, Claire, Charlie and Ziggy were all swimming in double age groups so they were a year younger than most of the other swimmers and will be in the same age group next year. Zoë was 1st two occasions and 2nd in her own age group. Claire was 1st and 4th on two occasions in her age group. Charlie 1st and 2nd on two occasions his age group. Ziggy, 2nd, 3rd and 4th on two occasions in his age group. Well done to all.

New Lane Structure

As from Tuesday 1st June swimmers who swim 1 session a week (not including Saturday morning) will swim in lane 6 as their endurance is not as great as those who attend 2, 3 or more sessions a week. Lane 6 will be a coached lane and working to a similar set as lanes 1-5.

Allan Tate, Head Coach

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SEA SWIM

The Club's annual Sea Swim will take place on Sunday 18th July at 1:15pm. The Mayor of Worthing will start the race and present the awards at the end of the swim. Girls swim 0.25 mile and Boys swim 0.50 mile. If you are 14 years or over and would like a challenge, please see the Club notice board for details

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CALENDAR FOR JUNE/JULY

Sat 12th June - SCASA Age Group Championships- Crystal Palace

Sun 13th June - SCASA Age Group Championships - Crystal Palace

Sun 13th June - Cranleigh SC Open Meet - Cranleigh

Sat 19th June - SCASA Age Group Championships- Crystal Palace

Sun 20th June - SCASA Age Group Championships - Crystal Palace

Sat 26th June - Rother League, Round 2 - Fareham

Sat 3rd July - Sussex League, Gala 3 - St Bede's School

Sun 4th July - County Masters - Horsham

Sat 10th July - Rother League, Trophy Gala - Waterlooville

Sat 17th July - Fareham Nomads SC Open Meet - Portsmouth

Sun 18th July - Worthing SC Sea Swim

Sun 18th July - Fareham Nomads SC Open Meet - Portsmouth

Sat 24th July - Age Group Presentation, GSK Club

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RESULTS

The results of the Rother League, Round 1 are on the Club notice board and website.

The results of the Age Group Competition are on the website. Congratulations to Laura Joseph, Bethany Grand and

Charlie Jones on winning the Minnie Wingfield Memorial Trophies. These will be presented at the Age Group Presentation.

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SCHOOLS GALA

The Club organised the annual Middle Schools Swimming Gala on the 19th May, at the Aquarena. 9 schools took part with Thomas A' Becket winning the event

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SPRINT AWARDS

If you have achieved any ASA Sprint Award badges, please see Sarah Stirling.

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FOR HIRE

The Club have purchased a portable sound system that can be operated without mains power. If any parent would like to hire it for an event. It is available at £40 for the weekend. Further details can be obtained from Phil Hart

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CLUB SHOP

The Club is having difficulty in obtaining the white Club swimming hats from the suppliers. They are on order and will be put on sale soon as they arrive. In the meantime we have some plain Speedo hats in a selection of colours priced at £2.50 each.