



# SPLASH! Newsletter of Worthing Swimming Club

Issue 14

[www.worthingswimmingclub.org](http://www.worthingswimmingclub.org)

August/September 2004

## SEA SWIM

Windy weather and a freezing cold sea greeted Club members who took part in the annual Sea Swim on Sunday 18<sup>th</sup> July. The Mayor and Mayoress of Worthing started off the swim and presented the awards afterwards.

Nathan Hart won the Men's race for the third year running in a time of 9.39.79. Jade Tate won the women's race in a time of 5.53.00.



**Club members who took part in the Sea Swim**

Others who took part were:- men Chris Luesley, John Coppin, Neale Maloney, John Matthews, Stephen Stacey, Allen Goldsmith & John Whiteside, women, Debbie Willett & Ann Maloney.

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## SWIMMING

### League results.

I would like to congratulate all the squad on an excellent result in the Rother Relay gala where

we were seeded 6<sup>th</sup> and finished 2<sup>nd</sup> at Fareham.

In the Sussex League Round 2 we finished with another 2<sup>nd</sup> place. Special congratulations to the junior squad (under 14s) where out of 8 clubs we brought home the trophy by achieving a convincing 1st placing. Everyone swum excellently with lots of personal best times being achieved. The club could not have achieved these results without all your hard work and dedication. I would like to thank all the teachers on poolside from learner pool, widths, right through to length instructors who have all played a vital part in the development of the squad.

### Open meets.

Chris Luesley attended the Sussex County Masters at Crawley bringing home 2 gold, 1 silver and 1 bronze, well done Chris.

### Cranleigh Open Meet.

This was an excellent turn out with 37 swimmers from the Club attending, for several swimmers it was their first open meet. Of the 37 swimmers, 27 received top 6 awards:- Zoë Yeandle 2 gold, 1 silver, 2 5<sup>ths</sup>. Claire Redman 1 silver, 1 4<sup>th</sup>, 2 6<sup>ths</sup>. Naomi Humphreys 1 5<sup>th</sup>, 2 6<sup>ths</sup>. Jade Tate 6 gold. Viyada Phouang 1 gold, 1 silver, 2 bronze. Elizabeth Wingrove 1 6<sup>th</sup>. Georgina Higson 1 4<sup>th</sup>. Bethany Grand 1 5<sup>th</sup>. Rachel Piper 1 bronze. Emma Piper 1 silver, 1 4<sup>th</sup>, 1 5<sup>th</sup>. Navada Phouang 2 gold, 1 silver, 1 5<sup>th</sup>. Charlie Jones

3 gold, 1 silver, 1 bronze. Tom Mendes 1 silver, 2 bronze, 1 4<sup>th</sup>. Daniel MacDonald 1 gold, 1 silver, 1 bronze, 1 4<sup>th</sup>. Jacques Williams 2 4<sup>ths</sup>, 1 5<sup>th</sup>. Peter Winter 1 gold, 2 bronze. Matthew McClumpha 1 5<sup>th</sup>. Ashley Thompson 1 6<sup>th</sup>. Stuart Stirling 2 silver. James Kilby 1 4<sup>th</sup>. Ryan Geall 1 silver, 2 bronze. Alastair Hardinge 1 silver. Lawrence King 2 gold, 1 silver, 1 bronze. Ziggy Tate 4 silver, 2 4<sup>ths</sup>, 1 5<sup>th</sup>. Alexander Moreton 1 silver, 1 5<sup>th</sup>. Jimmy Phouang 1 4<sup>th</sup>. Chris Luesley 4 gold, 1 silver.

Well done to all, keep up the good work.

### Southern Counties

Navada Phouang represented the Club at the Southern Counties Age Groups and Championships at Crystal Palace, competing in the 100m and 200m Breaststroke.

### Sussex County Relays.

Invitation slips will be handed out soon. If you are selected to swim please return your slips soon as possible so I can ensure we have full teams.

Many thanks

Allan Tate  
Head Coach

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If your child has recently moved classes and has completed an ASA Award Level, please see the Instructor who moved them, for

the Assessment Sheet so they can collect their certificate and badge Any not collected will be available at the pay desk.

Reminder – the date of the next advance payment period is Tuesday 14<sup>th</sup> September.

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It has been noticed a number of Club members are arriving early for their sessions and playing in an unsafe manner on the patio area outside the main entrance to the Aquarena. The Aquarena Management has brought this to our notice and in the interests of safety this **must** stop.

Will parents please ensure your child is not involved.

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**ASA LEVEL 1 TEACHER SWIMMING, COURSE**

Club members Carol Tate, Jade Tate, Dave Chan, Sid Phouang, George Eames, Marion Eames and Chris Luesley have just completed the ASA Level 1 Teacher (Swimming) course and are waiting the results of their theory exams. Peter Eames successfully completed the ASA Helper course. The course was organised by the Worthing Swimming Development group which is a joint partnership between the Club, Worthing Leisure and the Aquarena. Also congratulations to Dawn Osborne on passing the ASA Level 2 Teacher (Swimming) course. If any parents would like to volunteer to help on the poolside, please see Peter McCallum.

**CONGRATULATIONS TO:**

Zoë Yeandle and Rebecca Anderson for being selected to represent the Southern Counties in the girls' 1989 age group at Grantham. This is especially good as both players have only been playing for about a year.

Chris Humphreys on passing the ASA Judges Theory and Practical exam. Brian Osborne has passed his Theory exam and will be taking his Practical exam at the County Relay Gala in September.

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**CALENDAR FOR AUGUST/SEPTEMBER**

Sun 1<sup>st</sup> Aug – ASA National Age Groups, Sheffield

Mon 2<sup>nd</sup> Aug – ASA Youth Championships, Sheffield

Tues 3<sup>rd</sup> Aug – ASA Youth Championships, Sheffield

Wed 4<sup>th</sup> Aug – ASA Youth Championships, Sheffield

Thurs 5<sup>th</sup> Aug – ASA Youth Championships, Sheffield

Sun 12<sup>th</sup> Sept – County Relay Gala, Horsham

Sat 25<sup>th</sup> Sept – Rother League, Round 3, Bognor Regis

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**MEMBERSHIP DETAILS**

To ensure Club details are up to date it is essential we are informed if you move address or change your telephone number.

Please contact the pay desk and

fill in a form. Also it is essential the Club is informed of any medical conditions – Asthma etc.

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**RESULTS**

County Masters, Horsham, Sunday 4<sup>th</sup> July: –

Chris Luesley did well in all four events. 2<sup>nd</sup> 50m Freestyle with a time of 27.40, 1<sup>st</sup> 50m Backstroke with a time of 32.69, 3<sup>rd</sup> 100m Freestyle with a time of 1.02.09 & 1<sup>st</sup> 100m Backstroke with a time of 1.12.89.

Rother League Trophy Gala, Waterlooville, Sat 10<sup>th</sup> July:-The Club performed extremely winning the gala by 41 points.



**The Victorious Squad**

[www.worthingswimmingclub.org](http://www.worthingswimmingclub.org)

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**OPEN CHAMPIONSHIPS**

Entry forms will be available from 17<sup>th</sup> August.

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**SMARTIES CHALLENGE**

The total amount raised to date is £250.

Finally the Club would like to wish all its members a very enjoyable summer holiday.