



# **SPLASH!** Newsletter of Worthing Swimming Club

Issue 16

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

December 2004/January 2005

## **CHAMPIONSHIP PRESENTATION**

The annual Championship Presentation took place on Saturday 20<sup>th</sup> November at the GSK Club. The event went well and everyone had an enjoyable time. Special thanks to Dawn Osborne and Fanny Chan, who came up trumps once again with their delicious food, John Dommen, Club President,



### **Dawn Osborne & Fanny Chan with their delicious spread.**

for an excellent disco that was much appreciated and to Carol Tate, Tina Redman and Rob Drage for their help with the raffle. Also, to all those who have helped at the Club, whether on or off poolside, during the past year.



### **Club members enjoying the disco.**

## **SWIMMING REPORT**

### **County Training**

Well done to Navada Phouang who qualified on all criteria to be selected to go on a two-day training camp at Crystal Palace. This involved lots of training including land training. Jade Tate also attended this camp as she qualified on one criteria. Well done to both girls and good luck with the next camp.

### **Rother League Round 3**

Well done to all who swam in the in the last round, an excellent result. We have now gone up a division for next year so this means it will be much harder.

### **Speedo League Round 1**

This round was hard as several swimmers were unable to attend. We finished in 5<sup>th</sup> place.

### **Speedo League Round 2**

On this occasion we had a stronger team with only a few swimmers unable to attend. We finished in 3<sup>rd</sup> place, everyone swam excellently.

### **Speedo League Round 3**

This will be held at The Quays, Southampton on 11<sup>th</sup> December. Please keep this date clear so we can compete with a full and strong team.

## **County Development Gala**

The County Development Gala took place at Crawley Leisure Centre on the 7<sup>th</sup> & 14<sup>th</sup> November.

The following Swimmers won awards:- Joshua Goldsmith, Stephen Stacey, Kevin Chan, Ziggy Tate, Lawrence King, Daniel MacDonald, Matthew McClumpha, Jacques Williams, Chris Luesley, Tara Osborne, Laura Joseph, Jade Tate and Zoë Yeandle, Dominic Cranford, Alexander Cranford, Jake Higson, Charlie Jones, Tom Mendes, Jimmy Phouang, Peter Winter, , Natalie Smith, Emma Piper, Georgina Higson, Ami Windibank, Katie Goulder.

For the full results see the [www.sussexswimming.org](http://www.sussexswimming.org) website.

## **Swimming Hats**

Several swimmers are turning up at galas without their gala squad hats saying that they have either lost it or cannot find it, so why not put your name down for a gala squad hat with your name printed on it. This will cost just £2.50 and at least you should have it returned if you lose it. If you want to order one please speak to Sarah Stirling at the pay desk on Thursdays or give your name to Carol Tate.

Please can all swimmers try to wear a hat to training sessions. If you use hair gel, please shower off before coming on poolside. The gel reacts with the water and unsettles the chemical balance of the pool.

## Land Training

Land Training is well attended and Scott (the instructor) and I have seen a great improvement by all those who attend. Keep up the good work.

Head Coach, Allan Tate



**A very tired Head Coach!!!!**

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## CHAMPIONSHIPS

The Club held its Championships at the Aquarena on 2<sup>nd</sup> and 23<sup>rd</sup> October. The events, all over 100 metres, were keenly contested with many Personal Best (P B's) achieved. Laura Joseph and Charlie Jones won the Heasman Construction Trophies, which are awarded to swimmers in the 9 yrs age group, who achieve the highest number of points over the 4 strokes. The full set of results are available on the Club website.

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## FUN NIGHT

Fun Night will be held on Thursday 16<sup>th</sup> December at the Aquarena. There will be two sessions, 7pm-8pm & 8pm-9pm

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## DIVING REPORT

October and November have been a busy time in the diving section as we held the club championships and also hosted the Sussex plain diving competition. This was the first time that we entered competitors into all age groups of the Sussex competition. We are currently trying to build up the diving section again and it was nice to see that we entered more divers than any other club in the County.

Elizabeth Fairs has gained her 1<sup>st</sup> level diving teachers award and it is nice to see that both she and Phillippa Warrington have decided to take up coaching. Elizabeth hopes to take her level 2 exam in the New Year and Phillippa her 1<sup>st</sup> level. Good luck to both of them.

If anybody is interested in joining the diving lessons please come along and see us on Tuesday and Thursdays between 7 and 8. There is currently a waiting list but I am hopefully going to introduce a new group in the New Year for divers who show potential, or who have already attended lessons, to try and reduce it. We are now introducing the ASA award scheme and will be testing children on a regular basis to see if they have achieved the necessary level.

Hilary Wrighton, Diving Coach

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## MAYORS CHARITY SWIMATHON

The Mayors Charity Swimathon will take place on Saturday 26<sup>th</sup> February 2005 between 5pm and 8:45pm. This year the Mayor is supporting The Worthing Churches Homeless Project.

However, as a concession to the Swimathon, 25% of funds raised will be donated to the West Sussex branch of the Motor Neurone Disease Association. Sponsorship forms will be available in the New Year.

Over £23,000 has been raised from the Swimathon since 1999.

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## SMARTIES CHALLENGE

Ziggy Tate won the recent Smarties challenge by collecting the most number of tubes, 19, and raising the most amount of money, £32.80



**Ziggy Tate collects his prize from Club Captain, Rob Drage**

## CHRISTMAS BREAK

The last Club session at the Aquarena will be on Thursday 16<sup>th</sup> December (Fun Night). Club sessions at the Aquarena will recommence on Tuesday 4<sup>th</sup> January. The last sessions at Wadurs will be Friday 17<sup>th</sup> December and Sunday 19<sup>th</sup> December, the last session at Lancing College will be on Monday 20<sup>th</sup> December. Sessions at Wadurs will recommence on Friday 7<sup>th</sup> January and Sunday 9<sup>th</sup> January. Sessions at Lancing College will recommence on Monday 10<sup>th</sup> January.

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## COUNTY PLAIN DIVING COMPETITION

On Thursday 11<sup>th</sup> November the Club hosted the Sussex County Plain Diving Championships at the Aquarena. The awards were presented by Liz Hartley, Sussex County ASA President.



**Sussex County ASA President, Lis Hartley and Club President, John Dommen.**

The following Divers won awards:- Karen Chan, Phillippa Warrington, Megan Warrington, Jennifer Whiteside, Courtney Evans, Alex Thatcher, Charlie Reeves, Joshua Reeves, Samuel Milner-Smith, Charles Milner-Smith.



**Members of the Worthing Diving Squad.**

For the full result see [www.sussexswimming.org](http://www.sussexswimming.org).



## PARENTS - PLEASE

### NOTE

Recently one of our younger members sustained a nasty leg injury on the steps of the Aquarena when leaving. She was taken to hospital, and thankfully, her mother was with her as she was present at the Club session, as she always is.

However, it highlighted the continual problem that many parents are still using the Club as a "baby sitting" service. It is noticeable that children are being dropped off and then picked up at the end of their session. It is Club policy that parents of Children under 14 years old remain for the duration of their children's session. Of course, it is difficult for the Club to police this policy and we rely on parents being responsible in their actions.

We do not want a similar incident to happen in the future and have a situation when we cannot contact the parents.

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## AGM

The Club held its AGM on the 6<sup>th</sup> October at Field Place. John Dommen was re-elected President, Rowland Gibson elected Social Secretary and both Jade Tate and Chris Luesley elected Girls and Boys Captains respectively. Details of all Club Officials are on the Club website and notice board

If any parent would like to be involved in Club activities please see Peter McCallum.

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## BACKSTROKE CLINIC

The Club held a very successful backstroke clinic at Lancing College on the 4<sup>th</sup> October. The clinic was run by Nicholas Loxton from Floaters Sports Management and was attended by over 40 swimmers and 10 instructors. This follows a similar clinic last year for butterfly and early next year a breaststroke clinic is being planned.

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## NPTS

The National Plan for Teaching Swimmers is now fully established for the Non Swimmer groups on Saturday mornings and learner pool and width classes on Tuesdays and Thursdays. There are still a number of swimmers who have not collected their Assessment Forms when they achieved an Award Level. These are available from the instructor who assessed them or from the pay desk. Certificates and badges cost £1.50 and are available

from Peter McCallum. Peter also has a limited amount of leaflets giving a Parental Guide to the NPTS. These can be viewed by seeing Peter. Hopefully, in time, the Club will be able to obtain a large amount from the ASA so that each parent can have a copy.



For shop items see Rowland Gibson on Tuesdays and Thursdays.

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**CONGRATULATIONS TO-**

Rob Drage, Club Captain, on passing the ASA referees course. He is now one of only two qualified ASA referees in Sussex.

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**COUNTY PRESIDENT**

Club Chairman, Peter McCallum, will be installed as Sussex County ASA President at the County ACM on 4<sup>th</sup> December

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**SEA CADET GALA**

Robert Osborne and Makeisha Birdene both qualified for the Sea Cadet National Swimming finals held at HMS Caledonia, Rosyth, after having qualified at district level at HMS Collingwood, Gosport. From there they went to an area competition held at the Royal Military Academy, Sandhurst. Makeisha winning gold for 66m Butterfly, gold Individual Medley relay and gold for Freestyle relay. Robert winning bronze for 4 X 1 Individual Medley and gold for Freestyle relay.

Well done.

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**GALA SQUAD HATS**

The Club would like to remind swimmers that the green gala hat must **not** be worn for training or internal galas. If they are worn other than at external galas and become damaged or lost they will not be replaced by the Club.

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**CLUB SHOP**

If you are looking for the perfect gift this Christmas do not forget your Club shop. We have recently re-stocked and have items to suit all tastes including:-

- Goggles from £4.00
- Large swimming bags £22.00
- Rucksacks £20.00
- Medium swimming bags £18.50
- Small swimming bags £11.50
- Ladies costumes from £6.00
- Men's briefs from £5.00
- Paddles S, M, L £6.00
- Kickboards from £5.00
- Pull buoys £3.50
- Swimming hats from £2.50
- Net bags £5.00

**LOST PROPERTY**

Over the past year the Club has amassed a huge collection of lost property, these include:-

Clothing, goggles (by the ton!), costumes, water bottles, fins, swimming hats, shampoo and many other items.

We do not have a large amount of space to store these items indefinitely, if they are not claimed soon, they will be disposed of.

The Club would like to remind parents of the need to ensure that **all** property is clearly marked with your child's name. Valuables should not be brought to Club sessions, if they are, they should never be left on the poolside but placed in the lockers provided.

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**IMPORTANT NOTE**

**All** membership cards must now be shown at **all** club sessions at the Aquarena. **NO CARD, NO ENTRY**

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**AND FINALLY!!!!!!!!!!!!**

The Club would like to wish all its members a very Merry Christmas and a Happy and successful New Year in 2005