



SPLASH!

 Newsletter of Worthing Swimming Club

Sponsored by JOHN WILDMAN & SONS – FAMILY BUTCHERS
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GALA RESULTS

The gala squad performed well at their 2nd Sussex League gala, held at Bognor Regis on 16th April. Gala points were as follows:-

Worthing	318pts
Bognor Regis	314pts
Hailsham	245pts

from Division 3 and 1 from their own Division. Points totals were as follows:-

Bracknell (Div 1)	271.50
Alton `A` (Div 1)	199.50
Farnham (Div 3)	191
Worthing (Div 2)	161
Dorking (Div 2)	135.50
Epsom (Div 3)	102.50

A good performance in the last gala, at St Bede's School on 16th July, will ensure promotion to Division 1.



The Squad at Bracknell

The next Rother League gala is on 25th June, at Bognor Regis. We will be swimming against Elmbridge, Dorking, Sutton & Cheam, Fareham and Bognor Regis, all Division 2 clubs. For this gala the age groups change to U12, U14, U16 & Open.



Swimmers from the Sussex League Gala

The squad continued their excellent start to the year with a good performance at the Rother League, Round 1 gala, at Bracknell on 14th May. Worthing are in Division 2, having been promoted from Division 3 last year. In the 1st Round, Division 2 clubs swim against 2 teams from Division 1, 2

The following swimmers took part in this popular meet:- Kevin Chan, Alexander Cranford, Dominic Cranford, Alastair Hardinge, Charlie Jones, Lawrence King, Chris Luesley, Robert Osborne, Ziggy Tate, Georgina Higson, Tara Osborne, Claire Redman, Natalie Smith, Jade Tate and Zoe Yeandle.

Zoe Yeandle achieved Top Girl in the 15 years Age Group.



Zoe Yeandle

Congratulations to Charlie Jones who took part in the Portsmouth Northsea Open Meet over the Easter weekend. Charlie finished 7th in the Boys 9/10yrs 200m Freestyle in 2:55.04 and 8th in the Boys 9/10yrs 50m Freestyle in 35:62. Both times were personal bests.



Charlie Jones

Littlehampton SC Open Meet

19 swimmers took part in the Littlehampton SC Open Meet, held at Portsmouth on 24th April. A total of 37 personal best (PB's) times were achieved with the following swimmers gaining top 3 places:- Navada Phouang – 1st x 1, 2nd x 1, Emma Piper – 3rd x 1, Rachel Piper – 3rd x 1, Jade Tate – 3rd x 1, Zoe Yeandle – 1st x 2, 2nd x 1, Alexander Cranford – 3rd x 1, Dominic Cranford – 1st x 1, Lawrence King – 1st x 2, 2nd x 1, Chris Luesley – 3rd x 1. Congratulations to all who took part.

The Club took part in the Haywards Heath Easter Challenge Gala on 2nd April. It was an opportunity for a number of swimmers to swim in a Club gala for the first time.

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MAYORS RECEPTION

On 16th May Club Chairman Peter McCallum, Press Secretary, Rowland Gibson and Girls Captain, Jade Tate, accompanied by her Grandmother, attended a Civic Reception at the Town Hall hosted by the Mayor and Mayoress of Worthing, Councillor Jack and Mrs Lyla Saheid. Jade was presented with a trophy to honour her performance in swimming 12,400m (372 lengths of the Aquarena) at the Mayor's Charity Swimathon .



Girls Captain, Jade Tate with the Mayor of Worthing.

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DIVING

The Club recently hosted a judges course for diving. Congratulations to Judy Warrington, Phillippa Warrington and Elizabeth Fairs who all passed. Judy officiated at the County 1m Diving Championships, which were held at Brighton on 22nd April, with the Club achieving great success.

Megan Warrington won the Girls Championship and Charles Milner-Smith won the Boys Championship, with his younger brother, Samuel, finishing 2nd. Charles did the double by winning the Mens Championship and

Phillippa Warrington winning the Womens Championship. Peter McCallum, as County President, presented the trophies. It was nice to see all the titles won by Worthing divers and good luck to them for the County 3m Championships, which is being held at Brighton on 21st June.



Coach Hilary Wrighton and her Champion Divers

On 7th April the Club hosted the County Inter-Club Novice Diving Competition, which gave an opportunity for some of the Club's younger divers, Catherine Helmer, Courtney Evans, Karen Chan, Maxwell Felton and Joe Hazeldine, to take part.

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PHOTOGRAPHY

There are a number of occasions when the Club's authorised photographer, Rowland Gibson, will take pictures of members on the poolside and at presentations, which may be displayed on the Club website and newsletter. On rare occasions these photographs are sometimes sent to the local press. It is the responsibility of any one having problem with this to ensure that the Club are aware, in advance, so that the relevant member is not photographed.



Rowland Gibson

WORTHING OTTERS
YOUTH AQUATHLON
SQUAD

Worthing Swimming Club and Worthing Harriers are working together in a new multi-sport venture – Worthing Otters, a youth Aquathlon squad. This is a multi-sport event consisting of a swim, transition and a run. The Otters currently have a squad of 30 year 6, 7 & 8 children (including 20 Worthing Swimming Club members) training regularly on Wednesday evenings (run) and Saturday mornings swim/transition.

A squad of 18 will be selected from the Otters to represent Team Worthing at the Sussex Youth Games, which will be held in Eastbourne on 12th June. On 14th May, 17 of the squad travelled to Crowborough for their first competitive event and all successfully competed, despite some pre-event nerves and adverse weather conditions. The next event is on 28th May at the Aquarena, after which the Youth Games squad selection will be completed.

Julian Stevens, Debbie Gatland and I have been impressed with the commitment of the squad and their hard work at training sessions. It has been a pleasure to take a group of youngsters who are keen to learn, willing to work hard and enjoying the challenge of a new sport. We would like to thank all the squad for their efforts and making the sessions enjoyable for us all. Enthusiasm of the squad is high and it is planned to continue training after the Youth Games, until the end of July, in order to enter one or two more events in the summer.

The Otters are keen to develop into a Youth Triathlon Squad (that includes a bike ride between the swim and run) and this will be

discussed this summer between Worthing Swimming Club, Worthing Harriers and Worthing Excelsior Cycling Club and if all goes well, training will start next spring.

If anyone is keen to join the Otters Youth Squad, please contact Ann Maloney at the Swimming Club on a Tuesday evening.

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CLUB AGE GROUPS

The Club held its annual Age Group Competition on 7th and 21st May, at Lancing College. A number of records were broken and many personal best times achieved. The Wingfield Trophies, awarded for the performances by the 9 year old swimmers, were won by Karen Chan and Samuel Wildman. Awards are also presented to the first 6 swimmers in each age group. These will be presented at the Age Group Presentation, to be held at the Thomas Beecham Club, on Saturday 18th June. Tickets are now available from the pay desk.

Many thanks to Gary Wildman who, despite a broken leg, was one of the timekeepers at the 2nd gala.

A few parents commented on the late start of the galas. Unfortunately this was beyond our control as the pool had been booked on both days from 6:00pm to 7:00pm by another organisation. On both occasions the pool was not used or the booking cancelled. Hopefully we can avoid this problem next year.



Action from the Age Groups

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INTER-SCHOOLS GALA

The Club, as part of the Worthing Swimming Development Group, organised the annual Inter-Schools Gala, held at the Aquarena on 27th April. This is the seventh year of the competition and 9 middle schools, with many Club members, keenly contested the Worthing Swimming Club Trophy. Thomas A` Becket were winners, retaining the trophy they won last year, with West Park 2nd and Vale 3rd.

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CLUB DONATES £1,000

The Club has donated £1,000 to St Barnabas Hospice. The amount was made up of £500 raised through the Club's Smarties Challenge and the fund held in memory of Arthur Barnett, who was Patron of the Club from 1984 until his death in 1999. The Smarties Challenge, organised by Girls Captain, Jade Tate and her mother Carol, has been a huge success. Katie Goulder has been a major contributor and was present, along with Jade, when Club Chairman Peter McCallum handed over a cheque to Andrew Shaerf, Community Fundraiser for St Barnabas Hospice, on 6th April. Peter said ` It was a wonderful effort by younger members of the Club in collecting so much for the Smarties Challenge. It was also a pleasure that the donation also included the fund in memory of Barney, who played a large part in the development and success of the Club.

The donation will fund part of the cost of new curtains for the day room at the hospice, in Durrington.



Peter McCallum presenting the cheque with Katie Goulder and Jade Tate.

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IMPORTANT – SECURITY

Will all members make sure they do not leave any of their possessions in the changing rooms at the Aquarena. They must either be placed in a locker or taken onto the poolside in a bag, which must not be placed on the balcony side for safety reasons. Also, parents must not leave any of their possessions unattended anywhere within the Aquarena complex. There have been 2 thefts recently, including a parent who had her handbag stolen by an opportunist thief, when she left it unattended for a few minutes, in the spectator area. It is impossible to stop anyone coming into the Aquarena, so will everyone please report to the Aquarena management or a Club official anyone they are unsure about or they consider is acting in a suspicious manner.

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PLEASE NOTE

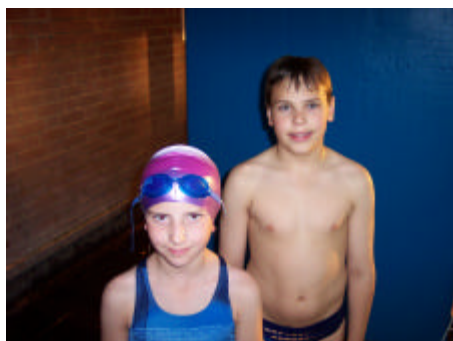
It has been brought to the notice of the Club that a few parents are using the opposite sex changing rooms at the Aquarena when helping their children to get changed. This should be discouraged as it could be embarrassing for some of the other children. However, the Club understands that there are

occasions when this cannot be avoided.

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CONGRATULATIONS

Congratulations to Laura Joseph and Daniel MacDonald on being selected for the County Junior Development Squad. The squad have a training day at St Bede's School, during the half-term break. Laura and Daniel were selected on their performances at the recent County Age Groups.



Laura and Daniel

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SEA SWIM

Reminder to all Club swimmers who are 14 years or older, that the Club is holding its annual Sea Swim on 10th July, at 2:45pm. The entry form will be on the Club notice board in June. The Mayor, Councillor Nick John will be starting the event and presenting the awards at the end of the race. We would like a record number of entries this year. Further details are available from Peter McCallum or Rob Drage.

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LENGTH CLASS AWARDS

The length class awards for May went to the following:- Lane 1- Sarah Blacker, Lane 2- Holly Matthews, Lane 3- Florence Scordoulis, Lane 4- Robert Osborne, Lane 5- Emma Piper and Lane 6- Katie Goulder. Well done!



Award Winners

INTERESTED IN TEACHING?

Are you interested in becoming a swimming teacher? All the Club's instructors are parents who, over the years, have volunteered to become teachers. The Club organise teacher training courses and if we get enough parents interested, we will organise an ASA Level 1 Teacher (Swimming) course. If you are interested please see Peter McCallum

ASA TIMEKEEPERS COURSE

Congratulations to Katy Hazeldine, Sarah Stirling, Ian Helmer and Gary Wildman on successfully passing the ASA Timekeepers theory exam. In the coming months they will be aking their practical exam, and when passed, will become an ASA official.

SMARTIES CHALLENGE

The new Smarties Challenge has started and runs until the end of July, so keep collecting and bringing in the tubes. Smarties can be obtained and returned to Carol at the Club Shop on Tuesdays and Thursdays.

DIARY FOR JUNE/JULY

Sat 4th /Sun 5th Jun – SCASA Age Group Championships, Crystal Palace.

Sat 11th / Sun 12th Jun – SCASA Age Group Championships, Crystal Palace.

Sun 12th Jun – Cranleigh SC Open Meet, Cranleigh.

Sat 18th Jun – Worthing SC, Age Group Presentation, Thomas Beecham Club.

Sat 25th Jun – Rother League, Round 2, Bognor Regis.

Sun 26th Jun – County Masters, Haywards Heath.

Sun 26th Jun – Leatherhead SC Open Meet, Cranleigh..

Sat 9th Jul – Rother League, Trophy Gala, Waterlooville

Sun 10th Jul – Worthing SC Sea Swim, 2:45pm

Sun 10th Jul – Godalming SC `B` Open Meet, Cranleigh

Sat 16th Jul – Sussex League, Round 3, St Bede's School

Sat 16th /Sun 17th - Fareham Nomads Open Meet, Portsmouth

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A WORD ABOUT PARKING

You should all be aware Worthing Council has given Parking Control in all car parks over to NCP. Unlike parking restrictions on the public road NCP charging for parking does not end at 6pm but continues overnight. NCP's powers apparently exist over the yellow hatched School Bus lane despite the absence of notices in that section. If you get a ticket it is £10 if paid on the day, £25 up to 15 days thereafter then £50. NCP personnel do ticket vehicles up to at least midnight (How sad are they?). You have been warned