



NEWSLETTER

Issue 3

October 2002

Welcome to the newsletter. The Club are pleased with the response to the first two issues and welcome any comments on this issue.

Rowland Gibson

THE CLUB WEBSITE

Since the launch of our website on 2nd July 2002, there have been more than 250 visits. This is an average well over 3 visitors every day from our members only, as we have not told the world about the existence of our website yet.



Our Webmaster!

Statistics aside, we hope that the website will gradually become the central depository of Club news, results, reference material and links to other sites of interest, which, hopefully, our members will find useful and make use of frequently.

There have been quite a few alterations to the website since our launch, such as using the Club logo as the watermark on the web page, introduction of news scroll and page update scroll on the welcome page

to speed up access to the latest news and page updates. However, the biggest addition to

the website has been the inclusion of the photos taken on 19th July at the Age Group Presentation evening. This has proven quite popular.

For technical reasons, the resolution of the photos on the website has been reduced. If any member requires photos with a higher resolution that can be used to produce better quality prints, please email your request noting each photo reference to the web master.

We need your comments, good or bad. Only with members feedback can we improve our website. Do email us with your suggestions. We will be listening.

Dave Chan

Webmaster@WorthingSwimmingClub.org

NPTS UPDATE

Changes in the learner pool have now taken place. All sessions are now 30-minute duration and payment in advance will commence on 12th November. All swimmers will be communicated on this nearer the time and it is essential that all reply slips be returned. Also there will be a further bulletin issued to all parents in the next couple of weeks explaining in detail how the changes will be finalised.

Changes in the width classes will start happening in the New Year and the instructors are starting to assess the swimmers now.

Payment in advance in these classes will commence in March.

Peter Woodcock
NPTS Co-Ordinator

SWIMMING

I hope everyone had a nice holiday and are now raring to go. So just to put the swimmers in the picture, training wise, we will be mainly concentrating on technique and endurance with a little sprint work thrown in just to bring you back to fitness. Our focus point will be the County 50m Sprints in November. Yes it seems a long way off, but it will soon be upon us. All swimmers should be setting themselves a goal to achieve at this event (those that have the County Consideration Times). For those that have not achieved the times you should set your goals for the Club Championships and individual swims at Opens or League Galas. Swimmers should sit down and look at their times, (they should be recorded in your red books) and if you swim regular sessions each week you should be looking at reducing your times by between 2 to 5% every 6 months. Set reasonable targets that you can achieve not ones that are impossible, it is far better to achieve lots of small targets than miss one big one. ALL swimmers should be

targeting their swimming in one form or another. This includes aiming to improve your strokes as well as speed. These are linked very closely because without technique speed cannot follow. Use 6 monthly targets and write them down so that you have something to compare with, whether it is going from 2 dolphin kicks underwater from your start or turn, to 6. It is all improvement.

Enter your training sessions on a positive note. Aim to complete something in that session that you would not normally achieve, it may be something simple like holding your breath out of your turns etc. But once you have achieved it you can then move onto the next challenge. Without any sort of challenge all sport becomes pointless and boring. You must challenge yourselves, push yourself to the limit every session, only then will you know if you have the potential to reach the top. All of you should break through that pain barrier once to realise that it is worth that extra effort. Those that never try will always look back and say if only I had given that extra 1%, I could have come first.

This also applies to your training. Without that extra effort you may always remain at the back of the lane. Be brave and put in that extra 1%. Champions become champions through self-belief, inner confidence and sheer hard work, nothing is for free. Just look at the difference in our top swimmers between the Olympics and the Commonwealth Games to see what giving that extra effort in training and mental preparation achieves. Those medallists are no different to any top swimmer at any Club, all they

have done is utilized that extra 1%.

Training session at Wadurs and Lancing have resumed and would like to remind swimmers that these sessions are for Gala Squad and invitation only, and that if you have been invited that you should make use of the extra sessions.

Failure to use these sessions may well result in them being dropped through lack of support, so if you have been invited please make use of them or at least give the opportunity to someone else by saying you cannot participate regularly.

There is nothing more disheartening for instructors than giving up their precious home life to find they are teaching to a few swimmers that can bother to turn up. So when you think you've got something better to do just stand back and think? **yes so have we!** Yes we all love teaching but not to an empty pool!

Remember apathy from the swimmers breeds apathy from the instructors, we like to enjoy it too so a *smile*, and a *thank-you* wouldn't cost you swimmers much would it?

If you think the sessions are pants and you have good reason other than the fact that you can't keep up, find it hard or it's not your stroke then speak up. If you don't tell us we don't know and cannot change anything.

WELL DONE, NAOMI

There are lots of swimmers in the Club happily plodding away keeping fit and learning life saving swimming skills. They Seldom win Club medals and rarely have the opportunity through lack of

swimming speed to compete outside of the Club in galas. These swimmers and parents seldom get a mention



Naomi Humphreys

One particular swimmer though has often caught my attention, I have to say (I hope she doesn't mind). She is not the strongest of swimmers mainly due to having asthma, but what she lacks in all out speed is replaced with some extreme self determination to train regularly work hard and never complain (something I wish some in the Gala Squad would copy). She regularly enters Club Competitions and last year she even entered the 200m Open Championship Butterfly event, which I am ashamed to say was not even entered by most of the Gala Squad. At the last County Relays at Crawley in September, Father and Daughter, at very short notice, saved the day by driving up to Crawley when a swimmer failed to show, and made an invaluable contribution to the team. So a very large thank-you to Chris and Naomi Humphreys.

Ian Laker

DIVING

Well the summer has now been and gone and now is the time in diving, during the winter months when all the hard work begins, sorry kids if you thought you

were in for an easy ride! Divers will be trying new dives, and hopefully if we purchase a bubble machine, the children will become more adventurous in the dives that they wish to perform. We have recently had access to a gym as well which will help improve their body strength, as well as their techniques, but unfortunately it is only available on a Thursday when we train at Brighton during school term. If anybody knows of a gym that we could use please could they contact me.

Recently in the Sussex 1 metre competition was held at the Prince Regent Brighton and Worthing won all the titles, first time this has been achieved, but we have got to build on this and aim to repeat this great result in the 3-metre competition as well. We have got to start getting recognition outside of the county, which to be fair I think we have started doing, but we have got to try and achieve greater recognition from other diving clubs. A team is going to Southampton on the 22nd September for the English Schools trials for selection to represent Division 12 in the finals at Southampton in November. Good luck to them and I will let you know how they get on in the next newsletter. Apart from the 1 metre competition things have been very quiet on the diving scene in Sussex but if anybody was inspired by the English diving success at the Commonwealth Games at Manchester, ask Ian for a form to join the section!

Hilary Wrighton

WATER POLO

The Worthing Ladies and Junior Teams have enjoyed success recently.

In the last match of the inaugural Ladies County League, Worthing comfortably beat Hastings by 11 goals to 5. Playing with a high level of skill and no little determination, Worthing controlled the match throughout and the final score was a fair reflection of the difference between the two teams.

In the Sussex County Junior League Worthing enjoyed a comfortable away victory at Hailsham by 15 goals to 2. Against an enthusiastic and improving opposition, Worthing dominated throughout. Worthing was again fortunate to benefit from a virtuoso display from Matthew White who not only scored 8 of the goals, but also contributed to the set-up of several others. Robert Dove also played with great skill and dominated the opposition defensively.

Finally, mention must be made of 12 year old Daniel Gibb who scored an excellent goal on his debut in the under 18 competition.



Daniel Gibb

Alastair Roberts

DIARY FOR OCTOBER & NOVEMBER

October

5th WSC Championships-Gala 1, Aquarena

12th Speedo League - Round1, Maidenhead

19th WSC Championships-Gala 2, Aquarena

November

3rd County 50m Age Groups, Crawley

9th Speedo League - Round 2, Fareham

10th County 50 Age Groups, Crawley

18th WSC Open Championships, Lancing College

19th WSC Open Championships, Aquarena

21st WSC Open Championships, Aquarena

25th WSC Open Championships, Lancing College

26th WSC Open Championships, Aquarena

28th WSC Open Championships, Aquarena

Please note – The last club session at the Aquarena before the Christmas break is THURSDAY 5TH DECEMBER. This will be FUN NIGHT. More details in the next newsletter