



Welcome back! The Club would like to wish all its members a Happy New Year for 2003.

Our first social occasion of the year was the Annual Club Christmas Dinner, held on the 4th January at The Bull in Goring. 17 Club members sat down to a delicious 3-course meal. We would like to say a big thank you to John Dommen, the current Club President, who organised what proved to be a most enjoyable evening. John is hoping that more members will come next year. If you are interested please see John.



John Dommen

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SWIMMING



Welcome to 2003, I hope Santa fulfilled everyone's hopes and you've all recovered from your 2 weeks of over indulgence.

I would like to thank all of the swimmers that took part in the

Speedo League last year! Everyone commented on the improved cohesion and team spirit displayed in the last gala. We managed to beat the 5 teams that we had lost to in previous Galas. We need to build on this over the coming months, firstly by transferring that will to achieve into training at a higher tempo.

I would like to welcome the new Junior Club Captains (Nathan Hart and Louise Gibb) to their first full year and wish them luck as they take on a challenging task to keep spirits up when things go wrong. Please use your Captains to ask any questions that you either cannot ask me or you are too embarrassed to.

Over the next 2 months I will be moving the lanes around, as there are a number of new swimmers that will be entering the Gala Squad. I am afraid to say there will be some tough decisions to make by both swimmers and parents, the pool can only take a certain number of swimmers safely and only those that can show the attendance and competitive edge will remain in the Gala Squad Lanes. Some Swimmers will have until the end of March to show a substantial improvement in attendance, discipline in training and on poolside and a willingness to push themselves from within. I will be speaking to as many swimmers and parents as possible before any decisions are taken but please think long and hard if both you and the swimmer really do enjoy,

and are willing to persevere with an extremely focused sport.

Obviously we aim to keep as many children swimming for as long as possible but as with any competitive sport there is a huge dropout percentage. It must be said that when swimmers leave the learner pool into widths there is no guarantee that they will make it to length classes. Firstly there is not enough space and secondly all swimmers have to show a willingness to improve rapidly, give full attendance to the sessions offered and enter the Club Age Group Competition and Championships.

The entry forms for this year's County Championships and Age Groups are now available. A list of consideration times will be put on the club notice board so if you have any of these times please make sure you ask for a form and **enter**. For those with times that are very close/out of date or if you were ill for the Club Championships I will try to arrange time trails for those that need them. I will not be running these for those with an existing consideration time. Please let me know ASAP.

Please make sure you receive a copy of the Club Calendar and mark off the necessary dates in your diaries, and please let either Clare Moore or myself know well in advance if galas clash with holidays etc.

Ian Laker – Chief Coach

RESULTS



Havant & Waterlooville Junior Sprint Meet, 7th December.

Rachel Gilbert collected medals in all the events for her age group. She also won the Top Girl award for the Meet. Over 300 took part in this gala and to win this award was a fine achievement.

Fraser Gilbert did not take part in this meet as he was representing Sussex County in the Inter County Championships at Aldershot.

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Bognor Regis Long Distance Meet, 15th December.

Club members collected Gold, Silver & Bronze medals at this meeting. Many of those who took part collected PB's and medals were won by Jade Tate, Ziggy Tate, Rachel Gilbert, Fraser Gilbert.

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Brighton Age Group Meet, 11th/12th January.

Many Club members took part in this Meet, all of which performed with distinction.

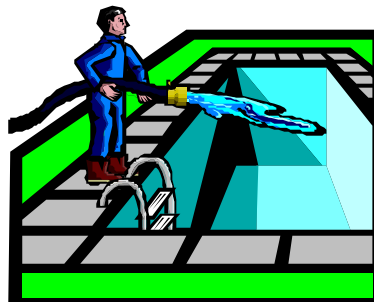
Heat Wins were obtained by many Worthing swimmers and PB's were obtained by most of those competing. Rachel Gilbert collected no less than 6 awards. Kevin Chan also won an award for a fine swim. Over 41 Clubs participated in this meeting with swimmers from as far away as Sweden competing.

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Portsmouth Northsea Junior Meet, 19th January.

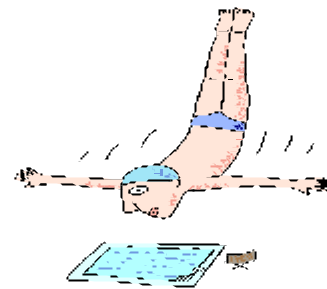
Many Club members competed in this meet. All of those taking part did well obtaining Heat Wins. Many PB's were obtained. Rachel Gilbert won 2 Gold, 2 Silver and 1 Bronze medal. Ziggy Tate won a Bronze medal.

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NOTE: Any swimmers wishing to take part in Open Meetings should contact Peter Hart for details. There are many Galas taking place during the coming months. Details of these are shown on the Club notice board and website. Entries should be made as soon as possible to avoid disappointment, as these meets are very often over subscribed.

DIVING



Whilst you are sitting watching your offspring swimming, you have probably glanced over, more than once to the diving Boards. Your child can join in the diving fun too!

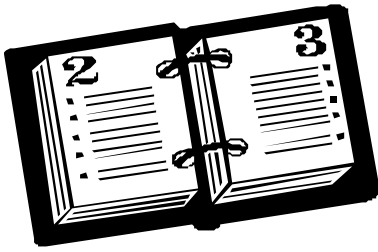
We have sessions both on Tuesday evenings and Saturday mornings. They are designed for those who can't dive at all through to those who want to get better. Diving is not just about going into water headfirst. It is about practicing safely, about congratulating each other when someone achieves something and offering support if something doesn't quite work first time.

The only requirements are to be a member of the Club and confident in deep water. A form is available from Ian, poolside, by the diving pit.

We are a belly-flop free zone!

Ian Silvester-Diving Teacher





DIARY FOR FEBRUARY & MARCH

Hastings-County Long Distance Championships, 9th February

Crawley-County Championships & Age Groups, 22nd February, 1st March & 8th March

Hastings-County Championships & Age Groups, 15th March

Hailsham-Sussex League Gala 1, 22nd March

Horsham-County Championships & Age Groups, 29th March

DISCIPLINE

It has been noticeable that there have recently been a number of disciplinary problems by certain members during Club sessions and afterwards in the changing rooms.

The Executive Committee of the Club would like to point out that they consider this totally unacceptable and ask parents to ensure their children behave in a responsible manner at all times.

Continued infringement will result in the initiation of the Club's disciplinary policy.

CONGRATULATIONS!

To Rachel Gilbert who is now top of her Age Group in the ASA National Ranking for the 100m Individual Medley (under 11).



Rachel Gilbert

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ARE YOU ASA REGISTERED & TAKING MEDICATION

If you are an ASA registered member and currently taking medication, please see the Club's Membership Secretary, Joy Elliott ASAP. This is important.

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CHAMPIONSHIP PRESENTATION EVENING CHANGE OF DATE



Please note that this will now take place on Friday **14th February** at the GSK Club, Worthing, 7:30pm, and **not** on Saturday 8th February as previously stated in the December Newsletter. **Tickets now available from pay desk.**

A raffle will be held, tickets are £1 each. The prize will be a newly designed Club Swimming Bag worth £18.50. For tickets, see the Club's Social Secretary, James Drage.

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NOTICES

For Sale

Brand New pair of Pool Shoes size 8, £7.00 o.n.o. See Dawn Osborne,

Swimathon

The 5th Annual Mayor's Charity Swimathon will take place on Saturday 8th March, at the Aquarena, between 5:15pm and 8:45pm. This year money raised with benefit 3 charities. Leucan, a support group for parents of children with cancer, Crossroads, supporting carers and people with care needs, & Worthing Shopmobility, a wheelchair and scooter loan scheme to improve access to shops for disabled people within the Town Centre.

Since 1999 the Swimathon has raised nearly £14,000. See Rowland Gibson for sponsor forms and an information pack.

