



Welcome to Issue 6. In this issue there are some important notices that affect everyone in the Club. We are also introducing a crossword with a prize of a Club T-shirt for the first correct answer drawn.

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St Valentine's Day was the setting for our 2002 Championship Presentation. The evening was a great success and the Club would like to thank all those who participated in the Championships and all those who regularly help behind the scenes, whether on or off the poolside.



A hectic time sorting out 105 cups and trophies in just 30mins!



Ziggy Tate, Gala Squad Swimmer's Swimmer of the Year

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LES BOWLEY

Sadly the Club learnt of the death on 7th March, of Les Bowley a Past President and Life Member of the Club. Les played a significant part in the history of the Club as a swimmer, water polo player, parent and coach.

Les was elected President of the Sussex County ASA in 1960, and in 1974 became President of our Club. As a coach, Les along with Arthur Barnett and Arthur Brookes had tremendous success coaching Club member Angela Barnwell to her success at the 1952 Helsinki Olympics.

The Club sends its sincere condolences to his wife Marjorie and family.

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The Club Swam in the first Sussex League gala at St Bede's School on the 22nd March. Unfortunately, there were occasions before, during and after the gala, on the coach, when the behaviour of some of the swimmers let themselves and the Club down. The Club consider such behaviour totally unacceptable and we hope those responsible (we know, and they know who they are) offer an apology to the Club.

Peter McCallum
Chairman

MIDDLE SCHOOLS GALA

The Aquarena hosted the annual Middle Schools Gala, on the 26th March. The event was organised by the Worthing Swimming Development Group – a partnership between the Club, Worthing Leisure and the Aquarena. West Park were the winners for the second year running. Many Club members swam for their respective schools and performed well. Unfortunately we experienced some problems with the scoring and the Club would like to apologise for the delay in announcing the result.

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SWIMMING

The last 6 Saturdays have been taken up with the Sussex County's and our 1st Sussex League Gala.

I'm immensely pleased with the results achieved by those that entered the counties this year; all but one swimmer, 11th managed top 10 positions with 7 swimmers reaching the final 6. For a club that can only train a maximum of 8 hours a week against many other clubs who swim up to 20 hours, they achieved excellent results. (Results on website) Personnel best times set by most with some taking 20secs of their previous best.

Rachael Gilbert also won the girls 10yrs Bagcat Trophy for the second year, an outstanding achievement, my congratulations to her.

Two main things allow these swimmers to achieve so much on limited pool time: 1st-They attend as many sessions as practicable and train hard with no complaint and so gain from working on the edge of their endurance.2- They enjoy their swimming and they are swimming for themselves, in general they are self motivated. I have yet to meet a swimmer who swims exceptionally well when forced to train or compete by their parents. It is impossible to motivate children in any sport if they do not want to be there in the first place.

Our first Sussex League Gala was marred by both poor poolside behaviour and manners, and this was carried over into the swimming with below standard starts, turns and finishes. A number regular squad set an extremely poor example to the new U11 swimmers; if some of you have no pride in your Club then perhaps you shouldn't be competing at all. No pride in your training outlook translates to no pride at galas. The results reflect on the swimmers-if you look at the County results those that put the effort in reap the rewards. For example, lane 2 on Tuesdays and Thursdays is and always has been an hour and a half session, how many get out at 9.00, that's an hour a week 4 hours a month of lost pool time. Perhaps those swimmers that give 100% start nagging at those that are letting the rest down.

This does not diminish the effort

of those swimmers that achieved PB's in this gala and your efforts are appreciated.

I would just like to remind **all** swimmers that entry forms are out for the Age Group Competition and should be entered by all gala squad swimmers.

Ian Laker
Chief Coach



DISABLED JUNIOR NATIONALS

5 members of WSC were successful in qualifying for the Junior Championships representing **Greater London and the South East Region** at Pond Forge in Sheffield over the weekend of 8/9 March 2003. This is run in two age groups Under 14 and Under18.

Louisa Eames (S14) managed to break 2 GB records in 100m Backstroke and 50m Butterfly, only to have the records taken away in the next heat. She managed 5 individual Silvers, 3 Bronze and a 4th place in an extremely strong field. This is Louisa's last outing at the Juniors (Under 18). Also in S14 were **Lizzie Pidgeon**, who despite being ill over the weekend managed 3-4th place , 2-5th ,a 6th and an 7th all with personal best times. Lizzie still has a couple more years in the Under 18s. **Peter Eames (S14)** had his first year in the Under 18 and finished in the top 15 on most of his events.

Kimberley Bailey (S7) managed

Gold in the 50m Breaststroke 2 Silvers and a Bronze with a further Gold and a bronze in the relays. In her first outing new swimmer

Clair McDermott (S7) achieved 3 personal bests in her events. Worthing Swimming club actively promotes integration for swimmers of all abilities and anybody who knows of a swimmer who has any disability should talk to Graeme Pidgeon (PIDGE) who will be pleased to offer help and advice on how to proceed. Just because you are not as fast as the able-bodied swimmers or have a severe disability does not mean that you are excluded. There are now 15 categories of swimmers, which will suit all persons.

Very recently it has been announced that S14 swimmers, those with a learning disability, will not be permitted to swim at the Athens Paralympics. This is a blow for our Worthing swimmers Louisa and Lizzie who are both in the England squad. The ban is due to the cheating of Spain at Sydney and the inability of the sports governing body INAS-FID to come up with a foolproof definition of a learning disability. A lot of work is being put into this grading and our Worthing swimmers have all "passed" the latest testing methods. It is hoped that the international standards will be re-introduced later in the year which will make them able to go to the 2008 games in China. Kimberley is still working to get to Athens in the S7 category.

Graeme Pidgeon

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**AGE GROUP
COMPETITION**

Entry forms are now available from the pay desk.

WEBSITE

Don't forget to regularly look at the Club Website

www.worthingswimmingclub.org

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DIARY

12th April – Sussex League, Gala 2 at Bognor.

27th April – Arun SC Open Meet at Portsmouth. Haslemere SC "B" Open Meet at Haslemere.

3rd-5th May – SCASA Youth Championships at Crystal Palace. (If you have achieved the consideration times for any of the events -Times are on the Club notice board – please see **Clare Moore**, for an entry form)

10th May – WSC Age Group Competition, Gala 1 at Lancing College.

17th May – WSC Age Group Competition, Gala 2 at Lancing College.

25th May – Bognor Regis SC Open Meet at Bognor.

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SWIMATHON



I would like to take the opportunity to thank all those

who took part in the Swimathon. The event was a great success attracting over 125 swimmers. Several Club members completed over 100 lengths. I would like to specially mention Naomi Humphries who completed 200 lengths and Alastair Hardinge who completed 204 lengths, the highest number.

Rowland Gibson

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EASTER DRAW



Looking forward to Easter! Why not enter our Easter draw and win one of 5 mouth-watering eggs. Tickets are £1 a strip from Rob or James Drage. The Draw will take place on Thursday 17th April.

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CLUB SHOP

The Club shop is open between 7:30pm and 8:45pm on Tuesdays and Thursdays. It stocks a range of items including goggles, swimming hats, costumes, T-bags, T-Shirts, fins, bags etc. We are currently looking into the availability of a bigger range of bags

See the Club notice board and website for price list.

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SESSION FEES

The Executive Committee of the Club are pleased to announce that

session fees from April 2003 will remain unchanged

There has been no increase since April 2000!

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**ARE YOU INTERESTED
IN BECOMING A
SWIMMING TEACHER?**

The Club are continually looking for parents who would like to help on the poolside. All our current instructors started this way and achieved their qualifications through ASA courses, organised by the Club. Interested? – Please see **Peter McCallum**.

NOTICES

It has been noted that there have been a number of instances, recently, where children have been left at the Club, long before their session is due to start. We would like to remind parents that the Club must not be used as a crèche and children under 14 years must not be left on their own.

Valuables should not be brought to the pool. When using the lockers, keep your key on you; **do not** leave your locker key on the poolside. A recent incident occurred during a public session when a member of the Club had £250 worth of valuables stolen from her locker after she had left her key on the poolside.

Please be careful.