



SPLASH! Newsletter of Worthing Swimming Club

Issue 7

June/July 2003

NPTS UPDATE

The National Plan for Teaching Swimming is progressing well in the width classes and in the next few weeks the swimmers will be tested for their particular Award Levels. Individual Record of Achievement forms will be given to the swimmers when they have achieved each level. Please bring these to the pay desk and a certificate and badge will be awarded to the swimmer. These will cost £1.50 for each level.

Reminder – There have been a number of Individual Record of Achievement forms given to swimmers in the learner pool who have yet to ask for their certificates and badges.

STOP PRESS

Best wishes to Alistair Hardinge for a speedy recovery following a road accident.

WORTHING SWIMMING CLUB SEA SWIM

Sunday 13th July 11:45am. Start – Beach Office (East of Lido)

If you are 14 years old or over why not take the plunge in our annual Sea Swim. Women swim a quarter of a mile, Men half a mile. The Mayor of Worthing, Councillor James Doyle will start the race and present the awards afterwards. Entry form will be in the Club notice board from 12th June.

AGE GROUP PRESENTATION

Friday 20th June, GSK Social Club. Tickets now available. £1 for award winners, £2 for adults and children.

CLUB SHOP

Bags – New green swimming bags are now in stock at £16.50 Rucksacks also available at £20.00. The Shop is open from 7:30-8:45pm Tuesdays and Thursday s.

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DIVING

Diving at Worthing is going from strength to strength and as a diving coach who is still 'learning the trade' it is very exciting. We are beginning to put together a very good squad with a lot of talented divers and proving to be the number one in Sussex.

This was substantiated by the results in the Sussex 1m competition where Polly Simon, who is still only 12, regained the title of the 1m girls and ladies for the third year in a row, not a bad achievement of somebody so young. In fact Worthing, who filled the first 3 places in both the girls and ladies events, dominated the female competition. Katie Hamilton, who has only been diving for 5 months, finished 2nd in both the girls and ladies events with Phillipa Warrington

finishing 3rd in both. Megan Warrington was 4th in the girls

and Charles Milner-Smith won the boys event and finished 2nd in the men's. Sam, Charles's brother, in his first Sussex event dived really well and finished 5th. In the previous month Katie entered her very first competition at Crystal Palace and won the Southern Counties Novice, which was an excellent achievement. Megan finished 12th in the same age group and Emma O'Shea, also her first competition, finished 15th in the younger age group. All of them dived brilliantly.

We have to build on these achievements. Polly and Katie will be entering the National Age Groups this year, which be held at Southampton. This will be the first time I have entered any divers into the Nationals.

The Club, as I have previously mentioned, is purchasing us a bubble machine, but we are in desperate need for new diving boards. The boards at the Aquarena are not up to competition standard and it is very unfair to expect our divers to train on these boards and then compete on ones that are far superior to ours. I am now actively seeking sponsors, not only to try and help fund some new diving boards, but also to help pay the expenses of the young divers. We are very fortunate in the respect that both

my sister and brother-in-law are Great Britain coaches who are prepared to help train our divers by letting us use their facilities. However, as their pool is in Luton it is still costing a lot of money to travel there as well as all the competitions in Leeds, Plymouth, and Sheffield. The diving parents, who are tremendously supportive towards me, are now racking their brains to try and come up with fund raising ideas. If anybody has any suggestions please let us know.

Hilary Wrighton
Diving Coach

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DISCIPLINE

The matter of Club members' behaviour has recently become a matter of concern. Some of you will be aware that one member has recently left the Club by mutual agreement following a particular incident. This incident has been accompanied by other occurrences of general hooliganism on the coach travelling to and from galas, in the changing rooms at galas and on Club training evenings. These incidents range from verbal harassment, misuse of equipment, interfering with property and clothing, lack of obedience, effort, attention and commitment during training sessions (resulting in disruption of lanes), minor bullying and other loutish foul behaviour.

Several complaints of varying degrees of seriousness have been made by parents and Aquarena staff. The frequency of these complaints is such that several members and their parents have already been spoken to about their behaviour. The other

members involved should be very conscious that the Club are well aware of who the repeat offenders are. It is not funny and suggests that the swimmers in question are not putting their full effort into their swimming and as a result have too much energy left at the end of the evening.

As a result of these events a Code of Conduct is to be introduced shortly and it will be mandatory that all members of the Club sign up to this Code (and their parents if under 16 years). Sanctions will be taken if infringement occurs, ranging from suspension from training sessions, competitions and ultimately from the Club.

Please take note

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ROYAL NAVY GALA

Worthing Swimming Club were well represented at the recent Royal Navy Sea Scout Swimming Gala at Plymouth. Worthing has two Sea Scout groups, 8th Worthing and 2nd Durrington. Not only was there competition between groups from all over the UK but also the Town's groups and the individual Club members. The two groups shared roughly equal honours in terms of many medals and both teams won silver salvers for winning relay events. The 2nd Durrington team just came out on top coming joint 4th overall in the country whilst 8th Worthing shadowed them in 6th place. Club members represented were: 2nd Durrington – Nathan Hart, Stephen Bartlett, Chris Butcher (ex), Kevin Chan and Josh Sinden. 8th Worthing – Fraser Gilbert, Rebecca Anderson, Peter Winter, Joel Abbott and Hanna Squibb (ex). Phil Hart judged at the event. Group photos of the event can be

viewed on the Club website: www.worthingswimmingclub.org

DIARY

1st June; Haslemere SC Open Meet

7th June; Rother League, Round 1 – Woking

28th June; Rother League, Round 2 – Fareham

5th July; Sussex League, Gala 3 – Worthing

6th July; County Masters – Horsham

12th July; Rother League, Round 3 – Bognor

13th July; WSC Sea Swim, Portsmouth Northsea SC 'B/C' Open Meet

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LOST PROPERTY

The Club has amassed a large quantity of lost property; items include costumes, fins, water bottles, goggles and a fleece. If you have mislaid an item please see Rowland Gibson on Tuesday and Thursday evenings.

We only have a limited amount of storage space so any items not claimed after 2 months will be disposed of.

EASTER DRAW

Two prizes remain unclaimed, ticket nos: GREEN 353 & YELLOW 226. See Rob or James Drage If these prizes remain unclaimed by 1st July they will be auctioned