



SPLASH! Newsletter of Worthing Swimming Club

Issue 8

August/September 2003

NPTS UPDATE

Implementation of the NPTS plan is going very well and the benefits for both the Club and the swimmers on the programme are clear to see. The next stage is to introduce the Pre-Competition Level 1 and 2 into the system in September. These will be introduced over the coming weeks in lanes 1 and 6.

We hope to complete the move to pre-payment for the rest of the lanes during 2004, and that will be coupled with pre-payment at both Waders and Lancing College. As swimmers now progress, the goal for each swimmer is to join the competitive squad. With this in mind, as swimmers go through the widths classes, certain equipment should be acquired. As you already know swimmers should wear hats and goggles, the other basic equipment that all swimmers will require if they wish to carry on to competitive swimming are fins, pullbouys and kickboards. (Available from the Club shop).

However, we must point out that should a place in the competitive squad not be offered to a swimmer, then we can only offer limited swimming after level 12. We hope that by the end of 2004 and certainly by early 2005 the

swimmers who first started the NPTS last year should be training in our competitive squad, giving us hope to find some committed swimmers that will be proud to represent Worthing at club galas.

Peter Woodcock, NPTS Co-ordinator

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SEA SWIM

Glorious sunshine greeted the 13 swimmers who took part in this year's Sea Swim on 13th July.

The Mayor and Mayoress of Worthing, Cllr James Doyle and Mrs Mel Doyle came to start the race off and present the awards.

The men's title was retained by Nathan Hart in a time of 9:22; the Women's title was won by his sister Melanie in a time of 6:56. A truly family affair.



Nathan & Melanie pictured with the Mayor and Mayoress, Club President, John Doman and the other competitors

AGE GROUP PRESENTATION

A big thank you to all those who took part in this year's Age Group galas and to everyone who helped with organising the Presentation on 20th June. The evening went swimmingly well (please excuse this corny pun). A special thank you should go to Dawn Osborne and Fenny Chan who organised the food, a magnificent spread. Well done!

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SPECIAL HONOUR FOR WORTHING COACH

Graeme Pidgeon has been selected as an assistant Coach to the England Squad for People with a Learning Disability. The squad trains 4-6 weekends per year and also competes internationally.

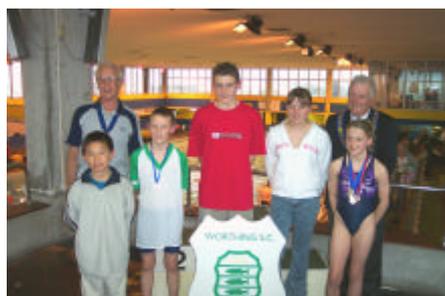
Graeme has been a member of Worthing Swimming Club since 1969 and has held several posts on the Executive Committee over the past 25 years. (Chairman, Secretary, Water Polo secretary, Vice President) and is currently a life member. He started as a swimmer and represented the club and county for backstroke during the 1970's. He also played Water polo for Worthing at Junior and senior level and Sussex at junior level.

He also played for Southampton University and England Universities squad. Graeme started to coach and officiate for swimming when his own children joined the club in 1986. He qualified as an assistant Club Coach and Teacher and took over coaching several lanes.

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COUNTY FINALISTS PRESENTATION

The Club was pleased to welcome Alan Putland, Sussex County ASA President, when he visited the Club on 22nd May to present medals to Gala Squad members who achieved success in the County Finals.



Alan Putland, (right) and Club President, John Doman, (left) pictured with Gala Squad members

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GALA SQUAD REPORT

The swimmers have been very busy the last 3 weeks and looking at the results I am pleased to see there have been some excellent swims.

The result against Bognor was very encouraging as they fielded their strongest team and previous Sussex League encounters with Bognor have yielded poorer results. The results from the Rother League show the new u11

teams are progressing well and we will continue to improve our entry-level gala swimmers. Feedback from these galas concerning behaviour has been greatly improved and I am happy to pass on my thanks to the swimmers involved.

The only hiccup in this improved team effort and a reoccurrence from last year's galas is the notion that swimmers can turn up and then decide what events they feel they are best qualified to swim or faint instant illness just before their event and miraculously recover later to swim their favourite event.

The order of events and who is swimming what is based on many variables, whom we are swimming against, previous results, availability of swimmers and experience of events. Once the team has been discussed and arranged with the necessary people, and all the swimmers allocated their swim turn up for the gala the only reason a change should take place if there is an injury, someone has been sick or the team manager makes a tactical decision on poolside.

We train using all strokes so there is absolutely no reason why any swimmer however slow cannot race any event to score a point to help the overall score. All swimmers at one time or another will be required to swim all of the strokes, unless restricted by medical reasons and if so a doctor's certificate is required at the desk for insurance and safety reasons.

Swimmers are not allowed up into the balcony at **any** Gala for discussions on what they swim or not swim, or any other reason except for illness or injury, and

staff must be informed of your absence. (this applies during training as well). In future any swimmer who decides that they are more important than the team will be withdrawn from future events until they decide where their priorities lie regardless of the effect it has on the squad. The same applies to poolside assistants no changes to the programme will be accepted without the team manager's consent.

We are extremely fair in our choices and most swimmers are given a swim during the year so I don't expect to have to explain every detail or reason at every gala. If you are lucky to be picked make absolutely sure you want to swim as a team member, the fastest swimmer does not make a winning team, all working together getting the best effort overall will win galas and that **Does mean** working and supporting each other both during training and racing.

Unfortunately I am absent due to personnel reasons and I may not be around till after August so please have a nice summer break and a big thanks for everyone's efforts recently to cover my absence including the swimmers.

Ian Laker
Chief Coach



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GALA DISCIPLINE

Please note:

- 1) No swimmer will swim for WSC in a gala unless they have completed, handed back &

comply with their Code of Conduct. 2) You will swim the event for which you are selected unless you have prior approval by the named coach on your gala selection slip. 3) No swimmer is to leave the gala poolside unless you have prior approval by the named coach.

Failure to comply with either 2) or 3) will result in you not participating further in the gala.

4) Reserve swimmers are not guaranteed a swim but regardless their coach trip is free.

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DISABILITY SWIMMING

The British National Open swimming Championships were held at Ponds Forge International swimming Centre over the weekend 6-8 June 2003.

This high profile event which is the “Wimbledon” of disability swimming was well supported with competitors from over 50 countries competing. This is an OPEN competition with most of the world’s top swimmers competing with no age group restrictions. National squads had been brought by France, Spain, Catalina, Switzerland, Denmark, Croatia, Czech republic, Canada plus strong sides from South Africa, Iceland, Israel, Australia and of course USA. Over 50 World and National records were broken over the weekend.

Following on from their fantastic showing at the National Juniors in March, three Worthing swimmers qualified for this event. Louisa Eames (S14) Lizzie Pidgeon (S14) and Kimberley Bailey (S7, SM7, SB6). All are still juniors and performed very

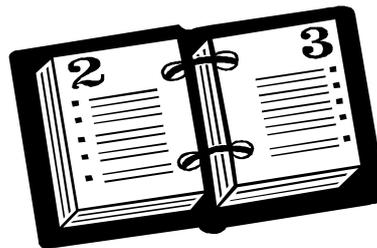
well in the strong senior events. They made it to the finals in the 10-lane pool at Sheffield and all achieved several Personal Best times. Louisa and Kimberley came away with Bronze medals.



L-R: Louisa Eames, Kimberley Bailey and Lizzie Pidgeon

Graeme Pidgeon

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DIARY FOR SEPTEMBER

14th September, County Relay Gala, Crawley

27th September, Rother League Round – 4, Fleet

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PERSONAL PROPERTY

The Club would like to remind parents of the need to ensure that **all** property is clearly marked with the swimmer’s name.

Swimmers are reminded that they should not bring valuables down to the pool and to ensure that they keep their locker key with them at all times.

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SWIMATHON UPDATE

I would like to say a big thank you to all those club members who supported the event. This years total was £4,782, an increase on last years figure. A particularly pleasing result baring in mind it was achieved with fewer swimmers.

Well Done!

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AND FINALLY!!!!

The Club would like to wish all its members a happy and enjoyable Summer Holiday.



