



KETCHEN KING ESTATE AGENTS  
Proudly supporting Worthing Swimming Club  
[www.ketchen-king.co.uk](http://www.ketchen-king.co.uk)

# Worthing Swimming Club



Spring Newsletter 2012

[worthingswimmingclub.org](http://worthingswimmingclub.org)

Follow us on Twitter - @worthingsc

## Sussex County Championships

Worthing had 17 swimmers qualify for this annual swimming event, a great achievement for those involved.



A number of our qualifiers.

Nicholas Savill was victorious in the boys 13 years 50 metres Backstroke. Joe Hazeldine won 3 age group events for 15 year olds, 1500 metres freestyle, 100 & 200 metres Breaststroke. Archy Burnell won the 12 years 200 metres Breaststroke and William Clark won the 9 years, 200 metres Butterfly.



Boys 9 yrs relay team, Lydon Gladman, William Groom, Joshua Coulson & William Clark.

Every year, Worthing enter a team into both the boys and girls 9 years relay teams.

These races are often the swimmers 1<sup>st</sup> experience of competition, so a lot of effort goes into team preparation.



Girls 9 yrs relay team, Cerys Nicks, Gigi Casey, Isabel Robinson, Lily McCardle.

The boys swam well to finish 4<sup>th</sup> in their freestyle relay. The girls came 2<sup>nd</sup> in the Medley relay on the 1<sup>st</sup> weekend and went 1 place better a couple of weeks later securing 1<sup>st</sup> place in the freestyle relay.

The County Championships also act as an ideal competition to gain Regional qualifying times. 8 Worthing swimmers have now achieved qualifying times for the South East Region Competitions in May and June.

The Littlehampton Open Meet is on Sunday 15<sup>th</sup> April and provides a last chance for swimmers to gain these exclusive qualifying times.

## Girls and Boys Captains

Laura Joseph, Girls Captain



I would like to say well done to everyone who swam in the Counties this year, all doing so well. A special well done to the 9 year olds relay teams who all did exceptionally well, as i could tell how nervous they all were.

I remember when i first started Counties swimming, in the old Crawley pool. They had a special race for 8 year olds and i swam in the 50 metres freestyle.

This year was the 1st that i wasn't swimming in the Counties & in some ways i was glad, as i didn't have to worry about being nervous for races, but i did miss the whole experience & atmosphere that comes from participating in the Counties.

## Joe Hazeldine, Boys Captain



I've been swimming at the Club since i was 7 and was recently appointed Boys Captain of the Gala Squad.

I enjoy swimming and love taking part in all the Club Gala's, as well as Water Polo and Diving Competitions.

It's great to see all the members of the Gala Squad coming together, especially when we do really well.

We could be even better if everyone could join in cheering on those swimming at Galas and contribute in being the loudest Club there. Good luck everyone and get training.

\* \* \* \* \*

## Water Polo



At the end of 2011, Worthing entered a team in the under 14 London Winter League. Despite a lack of experience, Worthing won 3 out of 4 games to set up an exciting 2012.

The 2<sup>nd</sup> tournament was in January and saw our promising youngsters win 3 games out of 3 to set up a tournament deciding day in March.

Another 3 wins resulted in Worthing topping the league with our quickly improving team.

Squad : Louis Czaja-Rogers, Ben Curtis, Robert Scott, Daisy Hazeldine, Archy Burnell, Gemma Coulson, Elliott Moore, Milo McCardle, Jacob Nash, Ellis Bubb and Ben Goddard.

Scoring more than 35 goals in the 3 tournaments, Ben Goddard has recently been selected in the newly formed England talent squad for his age group. Well done Ben.

While preparations continue for National League later in 2012, Worthing have been busy with Regional Water Polo.

Convincing wins against, Southampton, Brighton and East Invicta, put Worthing in a strong position in the mens South East Region, after 1 tournament.

Squad : Wesley Connellan, Gregg Candy-Wallace, Rob Osborne, Richard Hooper, Alastair Hardinge, Nathan Hart, Sam Abbott, Ben Alcorn, Matt White, Ziggy Tate.

Ellis Bubb, Nathan Jones, Joe Hazeldine and Ben Goddard represented the South East in the Inter Regional Academy Boys (97's) Water Polo Championship.

In winning all 4 games, congratulations to Ben and Joe who both scored over 10 goals in the tournament, with Joe being named Most Valuable Player by the other teams.



\* \* \* \* \*

## Age Group Championships

Every year, the Age Groups are held at Lancing College. Entries are now open to all members of the Club, from small pool to lengths, and from under 8's to masters swimmers.

Online entry is available as well as paper forms from our sessions at the Aquarena. There are 50 metre swims for all strokes as well as 100 and 200 metre Individual medley's and 25 metres for 8 years and under.

As a licenced competition, times will be recorded on the asa websites ranking system and will count towards County qualifying for 2013.

All current and future Gala Squad swimmers are expected to be in attendance.

If it is to be your 1<sup>st</sup> Age Groups, ask your teachers for advice, as to what races you should be entering. We look forward to seeing you all on the 12<sup>th</sup> and 19<sup>th</sup> May.

\* \* \* \* \*

### Karen Pickering Clinic



On the 3<sup>rd</sup> April, Wadurs Swimming Pool, Shoreham hosted a clinic, organised by Southern Water and taken by former Olympic Swimmer Karen Pickering.

This free clinic was advertised across Sussex and was aimed at 10 - 14 year old County Standard swimmers. With only 20 places available, it was pleasing to see 13 Worthing swimmers in attendance.

Karen represented Britain for 20 years, competing in 4 Olympics and winning 4 World Championship titles and won 13 Commonwealth Games medals.

Karen now runs her own Swim School and is often found commentating on big events for radio 5 live, such as the

recent British Swimming Championships.

The focus of the session was on preparation and maintaining correct technique at all times. Controlling the session from the poolside, Karen got the swimmers to perform a number of drills, on the different strokes.

At the end of the session, each of the swimmers had the chance to have a photo, poolside with Karen and once changed, Karen was grilled in a question and answer session.

Karen highlighted the phenomenal efforts required to make it to World level in swimming and gave great advice to the talented young swimmers in attendance.

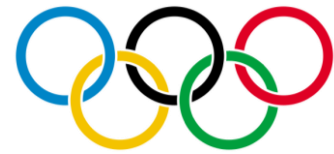
Many thanks to Southern Water, Wadurs and Karen Pickering for making this session possible and to our 13 swimmers who made the effort to attend during the Easter Holidays. (Photos to follow on website, soon)

\* \* \* \* \*

### Sussex County Development Squad

Congratulations to Michelle Hepworth (12 years) and to Luke Moore (11 years) who have been selected in the Sussex County Development Squad after their recent results in the County Championships.

### Young Aquatic Organiser Award



T

A course is being organised, for 14 - 18 year olds and is likely to start towards the end of June. Following on from a similar course, run in 2009, junior members who sign up to this course, will be expected to organise and run an event to be held in mid July.

The theme for this event will be the London 2012 Olympics and is expected to involve a majority of the 4 aquatic disciplines. Participants will also learn about how a Swimming Club is run and will be expected to complete a 3 hour voluntary placement within the Club.

Please see Chris Luesley for further details about this asa course, with application forms being available by the end of April.

The date for the event will also be released soon and it would be great to see you all in attendance, for what should be a fun summer evening event.

\* \* \* \* \*

### Newsletter ideas

See Chris Luesley, Newsletter Editor with any ideas for the next edition.

## Open Water Swimming

The summer months are ideal for venturing out of the pool and into an open water environment. Opportunities over the summer include our own sea swim on 7<sup>th</sup> July (3pm), as well as both the Brighton and Southsea pier to pier swims in July and September respectively.

The Sussex Open Water Championships are held in Eastbourne in August. If you require further information about how to enter Open Water events, please see Chris Luesley.

\* \* \* \*

### Mini Calendar

21<sup>st</sup> April - Rother Junior Trophy Gala - Guildford - (Selection list now available)

12<sup>th</sup> & 19<sup>th</sup> May - Club Age Group Competition - Lancing College.

26<sup>th</sup> May - Rother League - Round 1 - Gosport.

3<sup>rd</sup> June - Vanessa Knight Memorial, Arun Leisure Centre

10<sup>th</sup> June - Summer Open Meet, Cranleigh (Get your entries in now for these 2 Open Meets)

16<sup>th</sup> June - Rother League - Round 2 - Woking.

7<sup>th</sup> July - Sea Swim - Worthing Lido.

21<sup>st</sup> July - Age Group Presentation Evening.

Please see the website - [www.worthingswimmingclub.org](http://www.worthingswimmingclub.org) for a calendar for the remainder of the year.

\* \* \* \* \*

## Club Helpers

Thank you to everyone who has helped out recently within the Club. We still need help getting the lane ropes into the pool. Many swimmers just walk past and expect the lane ropes to fall into the pool, while they wait at the other end.

As well as swimmers taking the lane ropes down, helpers are still needed, so that Coaches can be preparing for the session ahead. Training can be provided if you are unsure of what is required.

Thanks also go to Matthew Laker and Stephen Hirst, who have recently completed teaching and coaching courses. If you are interested in Coaching, please speak to Chris Luesley about obtaining qualifications.

\* \* \* \* \*

### Club Structure

The lane structures are under constant review as the Club prepares for moving into the new swimming facility in Spring 2013.

Monthly Cards are available to purchase on the 1<sup>st</sup> Tuesday of every month.

Some swimmers are not prepared for this purchase each month. Please try to have payment ready each month, so that all cards can be processed efficiently.

In addition to late payments, many swimmers are attending sessions late, especially at our satellite pools. It is important for swimmers to be ready for swimming at the start of the session, so that the important warm-up lengths are not interrupted or missed.

It is appreciated that there are sometimes reasons why a swimmer is late to a venue, such as traffic, parking etc, but once on site, a swimmer must make every effort to be prepared to get in as soon as possible.

### Swim 21



Worthing Swimming Club have held Swim 21 Teaching level for the past couple of years. During the next few months, every effort will be made, for us to make the transition to being a Swim 21 Skill Development Club in addition to our Teaching Level.

Changes to be made, relate to our Competitive structure and will be made in time for October submission.

Swim21 Club Accreditation is the ASA's 'quality mark', recognising nationally and regionally, Clubs that are committed to providing safe, effective and quality services for the benefit of their members.

\* \* \* \* \*