



OTTER NEWS



Hello there and a very Happy Christmas to all Otters. This last edition of 2006 contains confirmation of the Club's first Captain, a report on the Steyning Gala, the programme for January to March, and details about Worthing Swimming Club's Awards Evening. Before all that, ON would like to extend a huge and warm welcome to new members Matthew and Joe Isaacs and Nathan Jones.

Club Captain Election Result

Thank you to everybody who cast a vote for one of the candidates who stood for the post of Club Captain. There was an excellent turnout so we can be confident that the Club's views were well represented. The result was very close, which was no surprise because in Alastair Hardinge, Luke Helmer and Bethany Taylor we had three outstanding individuals from whom to choose. In the end as in sport there could be only one winner and when all the votes were counted up

ALASTAIR HARDINGE

had finished ahead of the other two to become Worthing Otters first ever Club Captain. Well done to him and best of luck for the next 12 months. Praise too to Bethany and Luke who demonstrated important qualities that all sportspeople must have which is to be able to cope with disappointment with character and dignity. We are a stronger club for having members like this who set such an excellent example for others to follow.

THE ATHLETES FORUM

ON is pleased to report that Beth and Luke will be joined by Max Felton and Iain Taylor on TAF which will have its first meeting early in the New Year.

Awards Evening

On **Saturday 20 January 2007** Worthing Swimming Club will be holding its Annual Awards Evening, at which the achievements of all its members will be celebrated, at the GSK Social Club. For the first time there will be awards made to Worthing Otters for their feats in the world of multi-sports. Tickets are only £2 for adults and £1 for juniors and they are available from 6 December at the Club's regular swimming sessions on Tuesday or Thursday evenings. Otherwise speak to Julian on any Saturday beforehand and he will arrange to get you tickets. It promises to be a great evening so if you are free please come along and support the occasion. It is a great chance for the Otters to make themselves known to the wider club.

BRITISH TRIATHLON SOUTH EAST REGION VOLUNTEER OF THE YEAR

During October British Triathlon announced its Volunteer of the Year Regional Award winners for 2006 and the winner of the south east award was Julian Stevens.



"I am amazed that I should have been nominated let alone voted for," commented Julian at the time. "There are so many people doing good work on behalf of triathlon in the region that to be singled out is a little overwhelming. I am delighted to be part of The Otters set up because we have a very strong management group that is made up of individuals with a more impressive background in triathlon than me. We also have a fantastic group of young athletes who never cease to impress me with their enthusiasm and willingness to help each other and they themselves are encouraged and supported by their parents who get involved with all our activities. I am very touched by the recognition but must pay tribute to all the other volunteers in the club and especially to Ann Maloney, who helped found the club". Julian received a BT fleece as part of his award.

2006 STEYNING GALA

The second fun gala involving Worthing Otters and Steyning AC took place on Saturday 18 November. It was Worthing's turn to host the event although it was held at Steyning Leisure Centre. Once again the emphasis was on participation and enjoyment with the programme made up of a mixture of traditional swimming events and ones involving obstacles and other cunning ways of slowing a swimmer up. There were two teams from each club and all the swimmers put on a fantastic display. 21 Otters from across the age groups took part along with 5 parents that included the Team Captains, Colin Flynn and Neale Maloney, who both worked extremely hard in the hot and humid conditions. Battling against the crescendo of noise Master of Ceremonies, John Scott, kept the show on the road and everybody who took part declared that it had been another great success. The result? Oh ok, in the interests of balanced reporting: Steyning retained the Shark Trophy by the narrowest of margins – just 2 points – so very well done to them but in reality sport was the real winner thanks to the magnificent spirit that both clubs displayed. Each team was asked to select a swimmer that had made an important contribution and for Worthing Ella and Maia Coates were nominated – well done, girls. Many thanks to everybody who took part and to those who brought food and goodies to the buffet afterwards. Special mention must go to Ann Maloney for co-ordinating the Worthing teams and helping to organise the event. On the

CONGRATULATIONS & THANKS!

Very well done to **Niki Treacy** who passed her BT Level II Coach Award and to **Ann Maloney** who has obtained the Level I Award. Both had to give up 2 week-ends to do their courses but in doing so they have strengthened our Club's coaching credentials.

Niki Treacy will now be our Head Coach but with mentoring support from **John Scott**. Everybody associated with the Otters pays a huge tribute to John who has been a guiding influence from the very early days. Without his advice & encouragement it is doubtful that we would have made such progress and all of this on top of his commitments with Steyning AC and his own competitive ambitions. Now that's what ON calls a Volunteer of the Decade!

Training Programmes

Thank you to all the Otters who have attended the training sessions in the last 12 weeks - sometimes in awful weather conditions and even when it has not been raining or windy the ground underfoot has been very boggy. Everybody has put in loads of effort and the coaches appreciate all the co-operation they get which helps make the sessions run smoothly. Many thanks also go to all the parents who have to turn out on a Saturday morning to bring the athletes to the sessions. Top attenders going into the Christmas period are:

Hannah Seth (87%),
Nina Reymond (80%),
Victoria Seth (80%),
Sam Popeliers (73%) and
Iain Taylor (73%).

Especially well done to these triathletes for their commitment.

The pre-Christmas programme has been about keeping things ticking over but as we move into the New Year the coaching staff are turning their attention to providing the athletes who want to do some races in the 2007 season with more specific training. Elsewhere in this edition we have published the dates of the Regional Multisport and Triathlon series events, and in a later edition we will announce which events will be included in our Top Otter Group Awards (TOGA) competition. We would like to make this as inclusive as possible so any feedback about which dates or events are most popular with the members would be welcome. Please contact Otters HQ.

Meanwhile, the coaches have divided the club members into 2 training groups for the period January to March 2007. In order to help some of our weaker swimmers prepare for the season the coaches feel it would be better at this stage to group individuals on swimming ability rather than age. This was not easy and it is appreciated that some may be disappointed about which group they have been allocated. If you are really unhappy about the way this has been done please speak to one of the coaches, but we hope that you understand that the decision is based on trying to help you develop as a triathlete. The groups are not permanent and we will look at them again when the next programme is drawn up.

Group A

Lewis	Baker
Reece	Baker
Maia	Coates
Sam	Empson
Elissa	Flynn
Joseph	Isaccs
Matthew	Isaccs
Nathan	Jones
Sam	Poppeliers
Polly	Reymond
Becky	Rodemark
Millie	Rodemark
Iain	Taylor

Group B

Sarah	Blacker
Kevin	Chan
Ella	Coates
Max	Felton
Peter	Flynn
Alastair	Hardinge
Toni	Harris
Luke	Helmer
Dan	MacDonald
Louise	Maloney
Sam	Maloney
Lewis	Morton
Nina	Reymond
Amy	Rodemark
Hannah	Seth
Victoria	Seth
Bethany	Taylor

OTTERS TRAINING PROGRAMME (JANUARY TO MARCH 2007)

Training focus - Jan - Work on Technique and start to build Endurance
 Feb - Work on Technique and build on Endurance
 Mar - Build Endurance and include Strength work

Day / Date			Groups A	Group B
Sat	06/01	Activity Venue Time	Bike (run if wet) (Peter) ALL GROUPS St Andrews 09.30	
Sat	13/01	Activity Venue Time	Swim (Ann) Aquarena 08.00	Run (Julian) Sea Lane Café, Goring 09.30
Sat	20/01	Activity Venue Time	Run (Julian) Sea Lane Cafe, Goring 09.30	Bike (run if wet) (Paul) Downs Link 09.30
Sat	27/01	Activity Venue Time	Swim (Ann) Aquarena 08.00	Run (Julian) Sea Lane Café, 09.30
Sat	03/02	Activity Venue Time	Run (Julian) Sea lane Cafe 09.30	I Swim (Ann) Aquarena 08.00
Sat	10/02	Activity Venue Time	Swim (Ann) Aquarena 08.00	Run (Julian) Sea Lane Café, Goring 09.30
Sat	17/02	Activity Venue Time	Run (Julian) Sea Lane Cafe, Goring 09.30	Bike (run if wet) (Paul) Downs Link 09.30
Sat	24/02	Activity Venue Time	Swim (Ann) Aquarena 08.00	Run (Julian) Sea Lane Café, 09.30
Sat	03/03	Activity Venue Time	Bike (run if wet) (Peter) ALL GROUPS St Andrews 09.30	
Sat	10/03	Activity Venue Time	Swim (Ann) Aquarena 08.00	Run (Julian) Sea Lane Café, Goring 09.30
Sat	17/03	Activity Venue Time	Run (Julian) Sea Lane Cafe, Goring 09.30	Bike (run if wet) (Paul) Downs Link 09.30
Sat	24/03	Activity Venue Time	Swim (Ann) Aquarena 08.00	Run (Julian) Sea Lane Café, 09.30
Sat	31/03	Activity Venue Time	Easter Egg Bike Ride (Peter) ALL GROUPS Southwater Country Park 09.30	

N.B. Session organiser's name in brackets
WSC Awards Evening on 20.01.07
Half term is Monday 19th February - Friday 23rd February inclusive.
No Training on 07.04.07

2007 BRITISH TRIATHLON SOUTH EAST REGION SERIES

Dates for your diary. Entry details will be supplied nearer the time. If you have never done one of these before why not make your New Year's Resolution to have a go in 2007? Speak to John Scott or Niki Treacy about which one to aim for.

Multisports: 18/03/07 Thruxton Duathlon
12/05/07 Crawley Aquathlon
24/06/07 Brighton Aquathlon
26/08/07 Fareham Aquathlon
09/09/07 Bicester Aquathlon

Triathlon: 26/05/07 Deal
16/06/07 Arun
01/07/07 Crawley
15/07/07 Bicester
28/07/07 Fareham

Remember please let us know which of these races or dates are most convenient so we can build the TOGA's around the most popular events. To qualify for a TOGA an athlete must do 3 of the designated races but as well as those listed above we will be staging 1 or 2 club events that will qualify as well

USE OF IMAGES

Occasionally ON uses images of athletes in bike and run action for use in the newsletter which is published on the Worthing Swimming Club website. If any parent / carer / or young person would prefer not to have his/her image used in this way, please contact Otters HQ.

2007 Membership

We have 31 people registered on the Otters members' database at the moment but not everybody has returned their form confirming that the details we have are correct. Please would the following return the form as soon as possible:

Kevin	Chan
Antonia	Harris
Joseph	Isaccs
Matthew	Isaccs
Daniel	Macdonald
Polly	Reymond
Nina	Reymond
Victoria	Seth
Hannah	Seth

If you need another form or if you have already sent the form in but we have not received it please contact Jane Stevens via Otters HQ.

Many Thanks!