

Newton Abbot Swimming Club

NEWSLETTER

May 2010

www.newtonabbotswimmingclub.co.uk



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"Sports do not build character. They reveal it."

- Haywood Hale Broun

Devon County Championship Success

We achieved some outstanding results at this year's County Championships. A big round of applause to the following medal winners -

Abbie Clarke (age 13)

Silver 200 fly

Chloe Kemp (age 14)

Gold 800 free

Connor Brodie (age 12)

Bronze 200 free

Emma Silk (age 13)

Bronze 800 free

Jess Sanders-Wyatt (age 10)

Gold 200 free, Gold 200 back, Silver 200IM, Bronze 200 fly

Rosie Allen (age 11)

Bronze 100 breast

Seb Vaughan-Burleigh (age 14)

Silver 200 free, Bronze 100 free, Bronze 50 free

Every swimmer that represented Newton Abbot swam outstandingly and the following either made it to the finals,

gained pbs or had achieved the county qualifying times to enter this competition.

Brogan Mace, Charlotte Wright, Emmy Shaddick, Eric Perkin, Gabby Martin, Jamie Lowden, Kate Burford, Katie Squirrell, Matthew Penney, Molly Burford, Nicole Wickens, Rachel Spooner, Riki Smith, Sam Booth and Sofiya Cox.

Well done to you all.

Good Luck

Congratulations to Connor Brodie, Jess Sanders-Wyatt, Kate Burford, Katie Squirrell and Seb Vaughan-Burleigh who have all achieved the much sought after qualifying times to enter the South Western Regional Championships at Millfield.

We wish you all the very best and every success in your events during the coming months.

Congratulations to Tommy Whiting

Following attending the National Water Polo Academy last year Tommy was selected, along with 80 others, to attend selection camps for the England 1995/1996 Talent Squad. This consisted of two, 2 day camps at the Cardiff International Pool. From this he was selected as a member of the 35 Talent

Squad, subsequently attending another squad two day training camp at the same venue. There are numerous training camps planned including a one day camp at Lancaster on 30th May, a two day camp at Cardiff on 26/27 June and a training camp also planned for August in Hungary. The aim of this squad is to produce a

team of approx 20 for Great Britain in the European Youth Championships in 2012. At all camps there will be players who have been previously deselected trialing to get their place back in the squad so every camp is important to retain their place in the squad. Congratulations Tommy and good luck with your training and final selection.

Lateness to Training – Junior & Senior Squads



Mini League Team
Photo

Please would all swimmers ensure they are on time for the start of the session. This will allow the maximum time in the water to be used for training. Anyone who is late on a regular basis and without good reason will be recorded in the register and the appropriate action

taken as outlined in the Club's Discipline Policy. This includes the Saturday 6.15am start (Senior Squad) training session where lateness has been a problem. If you are unsure of any session start time please check the website, notice board or speak to your

swimming coach who will happily advise you. Any Squad member who didn't attend the recent Swimmers Meeting please collect their copy of the Swimmers Agreement, Code of Conduct and Discipline Policy from Coral.

Dates for your Diary

May

Sun 30th – Bank Holiday – No Training Sessions

Mon 31st – Bank Holiday – No Training Sessions

June

Sat 5th – Cornwall & West Devon Final – See board/web for Team Selection

Fri 18th - Schools Gala @ Kingsteignton Pool

Sat 19th - Mini League Gala

Sat 26th & Sun 27th - Development Galas @ Tiverton

July

Sat 3rd & Sun 4th - Development Galas @ Exeter

Sat 10th & Sun 11th – Taunton Deane Summer Open Meet

Wed 14th – Scot Ormsby Gala

Sat 17th – NASC Ribbon Gala – 25m events for mostly learn to swim section

August

Sun 29th – Bank Holiday – No Training Sessions

Mon 30th – Bank Holiday – No Training Sessions

September

Sat 11th – NASC Sprints Gala - including the 100IM

Sat 18th - NASC Sprints Gala including the 200IM

Tue 28th - NASC Club Gala - 400M

October

Sat 16th - NASC Gala

Tue 19th - NASC Gala – 400IM

November

Tues 16th - NASC Gala - 800M

Sat 20th - NASC Gala

The man who can drive himself further once the effort gets painful will win.

- Roger Bannister

I'm so fast that last night I turned the light switch off in my bedroom and I was in bed before the room was dark.

- Muhammad Ali

Club Vacancies

Committee Post –

We are looking for an enthusiastic person interested in actively helping the existing committee. No specific duties are allocated to this post but you need to be able to help at galas, social events etc. The committee meets once a month, normally Wed or Thurs for approx. 2 hrs.

Non Committee -

We have still not filled the following vacancies;

Newsletter Editor
Social Secretary
Swim 21 Co-Ordinator

These posts do not involve attending meetings but you will need to work with and support existing committee members.

If you are interested in any of these posts or would like further details please speak to any committee member. We look forward to hearing from you.

**WE NEED YOUR
HELP!**

Learn to Swim Section - Update

Teachers and helpers in the learn-to-swim section met a few weeks ago to review lesson progression. We have decided to trial a new plan which will see a change to the timing of the stage 4 & 5 lessons. From Sun 6th June stages 4 & 5 will be taught at both 5pm and 5.30pm thus increasing the flexibility for teaching all stages 1 to 5 at the same time. For each session there will be two classes of stage 4 towards the shallow

end of the pool and two classes of stage 5 towards the deep end. Further information will be issued by letter to your child on Sun 23rd May – it is imperative that your child attends on this date to receive this letter or alternatively request a copy using email below.

To help with communication an email address has now been set-up, it is: learn2swim@newtonabbotswimmingclub.co.uk. You

can use this address to email me, Jane Booth, any questions or queries that you may have about the learn-to-swim function of the club. Please be aware emails will not be read on a daily basis and I may need to gather information about your query but I will get back to you asap.

You can pick-up the email address by going onto the 'Find Us' page of the club website.



*Jane Booth
Learn to Swim
Administrator*

Where to Find Information

There are a variety of ways we try to keep you informed about your club –

1. **Website** - www.newtonabbotswimmingclub.co.uk – Our website is updated on a regular basis and displays all the information you need to know. Contact the webmaster if you have any comments.
2. **Noticeboard** – Located on the first floor pool spectator area. Up to date notices, competition results, team lists etc are all on display here. Not sure where to find it? Just ask any club volunteer or poolside helper.
3. **Emails** – We send information via email. If you have changed your email address or are not receiving emails from us please contact Coral on enquiries@newtonabbotswimmingclub.co.uk
4. **Newsletter** – Sent by email, displayed on noticeboard and website and copies left with Coral on the front desk. We do our best to create newsletters. If you are good at creative writing and would like to help with our newsletter please speak to any committee member.

A Little Reminder



Please would parents dropping off their children for swimming at the Leisure Centre, particularly in the early morning, check that the session is going ahead.

Occasionally shortage of lifeguards or unforeseen circumstances may mean the session is cancelled at very short notice.

Would your Child like to Attend an Extra Training Session?

At the moment we have a few spaces in our sessions. Please check our Training Timetable, found on the website or noticeboard for a suitable day and time and speak to your child's coach/teacher who will happily advise on the most appropriate session to match your child's ability.

Alternatively speak to any committee member who will pass on your request.

Payment of Club Fees – Consent Forms – Membership Cards

Please could all parents check the club fees they pay by standing order for their child/children actually correspond to the number of sessions their child/children attends? If your child is now attending the 2 hour Friday session or is swimming in the earlier Monday session please ensure you adjust your monthly payment to reflect this change.

Coral is able to advise you if you need to update or check the amount you are paying –

email: enquiries@newtonabbotswimmingclub.co.uk

In order for the club's finances to run efficiently it is imperative that we all keep up to date with paying for the sessions attended.

If you have not yet filled in a white ASA Data Protection Consent form please see Coral who also has a number of ASA membership cards waiting to be collected.

Water Polo Report



Sam Webber/Tom Whiting

Last year in the Devon League the Ladies and U15 teams won the league and cup double and the U17's won the League and were runners up in the cup final. In addition, the U15's won the ASA South West Club Competition. This year, Ladies have won the Devon Ladies League title already.

In the Bristol and West League Ladies and Mens teams have had good results to date and the Junior team start playing their games soon. Fixtures and results are on the club notice board and all are welcome to come to the Lido to support the teams.

We are looking for players, 8 years+ to start playing polo. Training is at Teignmouth Lido, Wed, 7-8pm. Anyone interested please contact Lynne (Water Polo Secretary) on waterpolo@newtonabbotswimmingclub.co.uk

2 Water Polo Taster Sessions have been arranged for Wed 18th and 25th August at NALC from 9-10am. Anyone interested please book direct with NALC. Further details will be displayed on notice board.

Les Vanstone Tournament



Photo left to right: Natalie Morris, Phil Whiting, Sam Chaffe, Tom Whiting, Archie Hailstone, Ellis Abbot, Harrison Boulton, Laura Shears, Adam ElZein, Laura-Beth Morrison, Joe Millward, Tommy Heywood, Phil Shears & Elliott Heywood.

After a lapse of several years the Les Vanstone Memorial Water Polo Tournament was held at the Teignmouth Lido on 1st May. The Junior Competition was between Weston, Barnstaple and NASC. Newton beat Weston easily and narrowly won vs Barnstaple so winning event. Barnstaple was 2nd.

The senior competing teams were Newton Abbot Oldies, Newton current team, Basildon, Barnstaple, Weston Super Mare, Welsh Wanderers (from Cardiff) & a joint Exeter/Paignton side. Newton current side lost in the round robin matches and narrowly lost to the joint Ex/Ptn team who went on to beat the Welsh

Wanderers in the final. Players on the day were Phil Whiting, Phil Shears, Dave Shrubbs, Jack Beer, Mike Maddicks, Jason Quiterio, Tom Mcleman, Ben Davis, Wayne England, Dan Taylor, Jon Trist, Rob Harvey & Greg Latto. A big thanks must go to Stuart Noyce for organising the event and Dane Vanstone who presented the trophy.

LAURA IN GB SQUAD

Laura Shears after many hours of trials and training has been selected to play in the 93/94 GB Water Polo Squad. This is a great achievement for Laura and her coaches and one that should be commended. Laura, now part of the England talent pool went to Germany with GB in March for a 5 day training camp. We are all very proud of her and wish her lots of success for the future.

COMPETITION RESULTS

Devon County Sprints Gala –

Congratulations to everyone who swam in this competition. We won 13 medals and achieved 14 top six placings.

Brogan Mace – 2nd backstroke, 3rd freestyle
Clara Smith – 1st freestyle, 2nd breaststroke, 3rd backstroke
Jamie Lowden – 3rd freestyle
Kate Burford – 3rd freestyle
Matt Penney – 3rd backstroke
Oliver Palmer – 3rd fly
Rachel Spooner – 1st freestyle
Riki Smith – 2nd backstroke
Sofiya Cox – 2nd freestyle, 3rd breaststroke

Devon County Relay Competition -

Girls 9/10yrs – 2nd medley, 2nd freestyle
 Boys 9/10 yrs – 4th medley, 3rd freestyle
 Girls 11/12 yrs – 3rd freestyle
 Boys 11/12 yrs – 4th medley, 3rd freestyle
 Girls 13/14yrs – 4th medley, 3rd freestyle
 Boys 15/16yrs – 4th freestyle

William Shield – 3rd Place

Cornwall & West Devon League Round 2 –

1st place – Now placed 3rd overall - League Final on Sat 5th June
 Team Selection now on noticeboard and website.

Devon Interclub Competition –

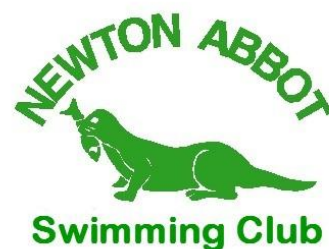
7th Place

South Western Regional Relays –

Congratulations to our Girls 13/14yrs freestyle team – 3rd place
 Team: Abbie Clarke, Nicole Wickens, Charlotte Wright and Chloe Kemp

Congratulations to all the swimmers who took part in these exciting competitions. We are very proud of you all.

Attitudes are contagious. Are yours worth catching?



You may be disappointed if you fail, but you are doomed if you don't try.
 - Beverly Sills

Webmaster –

www.newtonabbotswimmingclub.co.uk

Hello, my name is John Wickens and I am the club's webmaster.

The website holds a host of useful information, especially if you are a new member.

Information includes regular updates on news and notices, club competitions, open meets, water polo, learn to swim and messages regarding holiday closures etc.

We have a 'Members Only' Section where you can find important information such as minutes of committee meetings and competition results.

If you do not have access to this area and would like this set up for you please email me on webmaster@newtonabbotswimmingclub.co.uk.

