



SwimTalk

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From Your Chairman



Hi Team !

2013 has already brought great success to Littlehampton swimmers. The Zonal Championships were held last weekend and we had Jess Frayne and Will Jagger competing. This high level competition was extremely hard to even gain qualification for and saw the best swimmers from the South East swimming against swimmers from the South West and London Regions.

Jess had a strong swim in the 50 free and Will's fast swims gained qualification for all 3 finals of his events. They are getting ever closer to National qualification and I'm confident they will achieve their goal.

Littlehampton has a record number of qualifiers for the Sussex County Championships already and we are hoping for a few more before the closing date this month. Well done to all of 43 of you !

Entries have been sent out for our Novice gala and I hope to see lots and lots of Adlington and Jackson swimmers there. It is an excellent first taste of competition for most of you and you will learn a lot as well as enjoy the experience.

Good luck to all of you competing this month and let's continue 2013 with more fantastic swimming from Team Littlehampton.

Bernie x



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New Newsletter Editor

Thank you to Fliss McHale who has agreed to take on the role of Newsletter Editor from next month. You can send your items to her at: FELICITY.MCHALE@sky.com

PARENTS
Please make sure your children read this newsletter - it is for them as well as you. Thank you!

Yoga

We have some spaces available in our Club Yoga sessions on 7-8pm Monday evenings at Angmering School with our fully qualified and insured teacher Fliss McHale.

These sessions are excellent for developing good posture, balance, flexibility and core strength, all essential for your swimming.

Please email me at secam21@aol.com if you would like to join in with these sessions. Priority will be given to swimmers age 11 & over on a first come, first serve basis.

Swimmer of the Month!

Congratulations to our January winners!



- PHELPS SQUAD
Bex Groves-Excell
- THORPE SQUAD
Charlie Hodges
- FOSTER SQUAD
Stephen Redman
- JACKSON SQUAD
Owen Hartley
- ADLINGTON ACADEMY
Grace Fryer

Head Coach Report



Hello Everyone,

Well the number just keeps going up and we now have **43 swimmers** with over 230 licensed **County Qualifying Times**. Fantastic! Entries are now in for the events they have chosen to swim and we are just waiting for any final times that might be gained at the Sussex Schools Championships this weekend or the Atlantis Open Meet next weekend.

Congratulations to 10 yr old **Amelia Wright** on gaining her first ever **Regional Qualifying Time** in the 200m breaststroke. She joins James Fairlie, Nic Savill, Jess Frayne and Will Jagger who also have Regional Qualifying Times for this year. Several more swimmers are edging closer so I look forwards to seeing this list added to over the coming months.

Splash into 2013 Level 3 Open Meet, 06/01/13

This was a very busy meet with over 280 swimmers attending from around the region. As usual all went well despite a slight hiccup after the first couple of heats which saw an unexpected 30 minute delay whilst they cleaned the pool! Well done to Anna Mantle (2), Charles Redwood, Sophie Wayman (2), Charlie Hodges and Gemma Charman who all gained county times at this meet. Our swimmers also swam 98 personal best times. Thank you to EVERYONE who helped throughout the day and especially to our Chairman Bernie who master minded the whole meet.

Tom Handley Brighton Level 2 Open Meet, 12-13/01/13

15 swimmers participated in this meet which saw Amelia gain her regional time. County times were achieved by Lewis Smart, Amelia Wright (2), Charlie Bond, Ella Porter and Ollie Hodges. Others managed to improve theirs, brilliant!

Portsmouth Long Course Level 1 Open Meet, 12-13/01/13

A few of our top swimmers went the other direction along the coast to the level 1 long course open meet in Portsmouth to gain vital experience in the lead up to the Regional Championships. Jess Frayne, James Fairlie, Lauren Boothby and Will Jagger all won Gold medals!

ASA South Zonal Level 1 Meet, K2 Crawley, 26-27/01/13

Jess Frayne, Will Jagger and Will Condron qualified for this very high level meet. In fact some of the qualifying times were harder than National! This meet brought together clubs from across the South covering the South East Region, South West Region and London Region. All did really well. Jess was right on PB, whilst Will Jagger qualified for 3 finals. We decided to withdraw Will from the 400m free final (he still had his 200m free to swim), but he came 5th in both the 50m fly and 200m free-style events. Simply brilliant Will!

For those of you who are newer to the club, Will Condron is our Chairman's eldest son. We took him to his first National Championships in 2009 at age 13. He now swims for Portsmouth Northsea SC as he aims for European level, but he remains a member with us and is swimming for us in the forthcoming Sussex League gala. Will qualified for 5 finals coming **1st** the 50m & 100m fly, **2nd** in the 100m freestyle, **5th** in the 100m backstroke and **8th** in the 200m IM final - an amazing achievement.

Cancelled Sessions

Please remember to check the website Club diary for any changes to the training programme, particularly during the county championships as coaches will be at K2 and not available for training.

Novice Gala

Invites have been emailed for our Novice Gala in February. This is open to all swimmers in Adlington and Jackson Squads and is run as a teaching gala giving an excellent introduction to competition for our younger and inexperienced swimmers. I would urge you all to enter!

Video

We are increasing the use of video in some training sessions, particularly with the senior swimmers, so we can give swimmers instant visual feedback on their skills. This will mainly take place at the Arena Pool. I am aware that many of you have not completed photography consent forms and therefore have sent out an updated form for all to complete. Please return these as soon as possible to the help desk. Thank you.

Behaviour

I have read the moan from Sarah later in this newsletter, spoken with her and seen the poor behaviour from a few of our swimmers in the late session. Please remember Sarah and other coaches are volunteers who give their time freely to help the swimmers maximise their potential. We are very fortunate to have these expert coaches who also gave up their time to attend their ASA coach courses - they do know what they are talking about and don't need any answering back saying things like 'no I don't' when being told what they need to correct to improve their stroke. Above all the swimmers must **STOP TALKING** and **LISTEN** when the coaches are speaking to them. We are currently reviewing our Child Welfare Policy which includes Coaches, Swimmers, Volunteers and Parents Code of Conduct. All swimmers will be expected to sign up to these when the review is complete. So parents please emphasise the importance of good behaviour and training ethic to your children.



Phelps Squad

If I have done your goal review with you please can you give me a copy of your new goals as soon as possible. Remember to keep a copy for yourself. I will try and catch up with the rest of you in the next couple of weeks. We are now preparing for the County Championships so it is really important to know your split goal times for the race pace work we will be doing. Make sure that every start, turn and finish is swum as if you are racing - it is vital to practice these skills as often as possible. Work hard and you will achieve!

Finally good luck to *everyone* swimming in galas this month, it looks like some of you are going to be very busy with Sussex Schools, Sussex league, open meets, Novice Gala and Sussex County long distance all coming up in February!

Happy Swimming, Sue X

Squad Coach Chat

Weismuller Squad

The masters squad will be cheering Drew on, in their own special way, when he attempts to obliterate records in the South East Region Long Course Masters @ K2, Crawley on Sunday 10th February 2013. I shall be there in the flesh supporting him and officiating.

Mick

Thorpe Squad

Hi Guys!

Firstly, I would like to say goodbye to Lauren Hunter who left this month.

Well, the first galas of the year have now taken place but there are still a few to go before the Counties.

The Splash into 2013 was a home gala that was very well attended by the following, Charlie H, Lewis S, Luke, Taylor, Isaac, Lewis C, William, Charlie B, Tom, Ben, Caleb, Anna, Maddie, Hannah, Rebecca, Tess, D'Arcy, Jess, Tyler and Josie. Nearly everyone swam a pb, so a huge well done.

The Tom Handley at Brighton was attended by Lewis S, Tom, Hannah, Rebecca, Maddie, Charlie H and William. A couple of pbs were swum, which was great and Lewis swam another CQT for his 100m Fly. The same weekend saw Lauren swimming in Portsmouth, where she gained a pb, and a 1st place in her 100m backstroke.

This weekend is the Schools gala, so good luck to all of you who have entered this one. The following weekend is the Sussex League so again, good luck to the selected swimmers. There are a couple of long course meets coming up in Portsmouth and Crawley and you should look to enter these if you have, or are close to, a Regional Time for a particular event. There aren't many long course meets so this would be really good practice for those who are able to enter.

Finally, perhaps I didn't make myself clear in the last edition of SwimTalk. I do expect EVERY swimmer to arrive on time and do their pre water mobility exercises to make sure they are fully warmed up before they swim. I also expect them to bring enough drink to make sure they are rehydrating properly throughout the session. Lastly, I expect every swimmer to listen their coaches and not have a chat amongst themselves whilst they are being told what to do and to BEHAVE! I'm all for you guys having fun in your sessions, I know how sociable you all are but please do as your told by the people who are trying to give you instructions, feedback etc...! Can this moan now finally be over, parents please help??

If you need to get in touch with me for any reason at all you can contact me on swhitcombe692@hotmail.co.uk.

Sarah xx

Jackson Squad

Hi All,

You have all settled straight back into training very well after the break at Xmas, well done!!

I would really like you all to focus on streamlining this month, every dive, every backstroke start and everyone turn you should be streamlining as soon as you are into the water or pushing off from the wall, it is so important and so efficient! Believe me it will knock seconds of any race you are swimming. We practice it a lot at training and you all know you need to be doing this so we shouldn't have to remind you, it should be second nature. Once you are about to finish streamlining, in freestyle and backstroke, and about to start your stroke don't forget it is the hand that is nearest the floor of the pool that leaves the 'arrow shape' of your arms first. As soon as your bottom hands leaves to start a full arm pull then you must start to flutter kick and just to remind you this is at the start and every turn. Once you have done this a few times it will become a habit and you won't need to think about it too much. So lets all give this our best shot this month? I WILL BE CHECKING!!

That's all, Denise xx

Squad Coach Chat Continued

Foster Squad

Hi Guys,

Welcome to Abigail, Faith, Joseph and Matty who have joined us from Jackson. Well done and we hope you enjoy your swimming with us and are ready to work hard!

Goodbye and good luck to Anna & Josie who have moved on to Thorpe Squad, we'll miss you lots.

Well done to everyone who swam in the Splash Open Meet and the Tom Handley. It was great to see everyone swimming well and Amelia got our first Regional time in Foster Squad in the 200 Breaststroke – Amazing!! Well Done!

County Qualifying Times achieved so far (in no particular order):

Will – 50m free, back, breast, fly & 200m back, breast & free, 200IM, 100IM (9)

Amelia – 50m breaststroke, 50 free, 200m breaststroke, 200 free, 200 IM, 100IM (6)

Abby – 50m backstroke, 50 breaststroke, 200m backstroke, 200 breaststroke, 200 Brussel Sprout 200IM, 100IM (6)

Anna Mantle – 50m back, breast, free, fly, 100 free, 100IM & 200 backstroke (7)

Leah – 50 breaststroke (1)

Akos – 50 backstroke & 200 breaststroke (2)

Anna Dedman – 50 backstroke (1)

Charlie – 50 Butterfly & 50 free (2)

Jamie – 200 Breaststroke, 50m Freestyle, 50 breaststroke, 50 Backstroke, 100IM (5)

Ollie – 50 Freestyle, 50 backstroke, 50 fly, 100IM, 200 backstroke & 200 free (6)

Holly – 50 Backstroke (1)

Sophie – 50 Fly, 50 backstroke (2)

Matty – 50 Backstroke, 200 Breaststroke (2)

There is a packet of sweets on offer for the first person to spot the random words in Foster squad chat (just to make sure that you all read it (and Sue you don't count!!)).

My address is helsandmark@btinternet.com so feel free to send me any updates or anything else you'd like me to mention in swimtalk. It's also good for any questions too.

Good luck to those of you that are swimming in the Atlantis open meet, let's hope for lots more PB's and CQT's. I'll be there cheering you on.

Keep up the good work!

Helen x

The Adlington Academy

Hi Team,

Welcome to Grace, Harry and Leo who have joined us this year. We hope you enjoy your swimming with us.

We had our 'Splash into 2013' Open meet this month. An open meet is a gala where swimmers from other clubs can join in too. You can only swim in them if you are 9 or older. We don't very often have Adlington swimmers in these so I was very impressed that Chloe Sargent entered because it was her first ever gala. Chloe swam in the 50m freestyle (2 lengths front crawl) in her best time of 1:03.44. Well done Chloe! I can't wait to see you in your next gala and if you work hard you may even be under a minute next time!

On 23rd February we have our own Novice Gala. This is only for children at our club in Adlington and Jackson Squads so everyone swimming is either quite young or hasn't been with us for very long. The races are mostly one length so I know that you can all do that as you have to show this to Sue when you come and trial for the Club and I see you do that at the start of your session every week! It is a lovely first gala to enter because everything is explained at the start of the race so there's nothing to worry about. All of your coaches and friends will be there and lots of the older swimmers help too. (Maybe any big brothers or sisters would like to?) Everyone gets a ribbon, their photographs taken with their ribbons and a lollipop too! (yum yum!!). I would absolutely love it if everyone in Adlington could try and swim at least two races (see Me, Amanda or Sue if you're not sure which one/s). Oh yes, and you will get your name mentioned in Swimtalk next month too so that's lots of good reasons to enter – Good Luck, I'll be cheering you on!

Keep trying your best all of the time.

Helen x

Club Captains



Hi everyone,

I want to say well done to everyone who completed in the splash into 2013 gala last month, I know that a lot of you got PB's and county qualifying times, I hope we can continue this year as we started. Good luck to those of you swimming in the schools gala Saturday and at the upcoming Atlantis meet, keep trying for those county times.

Josh



Hello everyone,

I hope you have all had a lovely January, I can't believe how fast it's gone! Good luck to everyone swimming in the Atlantis L2 meet, the Sussex League and the Sussex County long distance gala. There is also our very own Novice gala this month which is open to Adlington and Jackson members only, so make sure you go along and get some good times and some exciting racing experience!

Keep up the training and make sure you listen well to all our fantastic coaches who give up their time so freely for our benefit.

Love Zoë xxx



Hi there,

January has flown by and the count down to the Counties has begun. If you don't have County times yet, don't worry, just keep training hard and take every tip you can get from your coaches and eventually you will get there. We have the Atlantis OM coming up which is our last chance to get County times. Good luck to those of you that are entering that, I'll see you there. We also have Sussex League on the 10th Feb to look forward to – I think we are going to do well. There is a Novice Gala also at the end of February and this is a great chance for those juniors who have never taken part in a Gala and want to find out what it is all about.

Keep training! Sam

Pictured are some of our proud Masters swimmers with their medals from the recent Sussex County Masters gala:

Cathy Baily, Fliss McHale, Phil Jagger, Denise Hunter & Sally Hodges



100 Club Winners

21	William Le Merle	27	Hilary Chellingworth
29	Strachan Robertson	36	Jane Homer
43	Alexandra Hunter	58	Albie Condron

Winnings for both the Quote of the Month and the Club 100 can be collected from our Club Treasurer at the Help Desk.

If you would like to join the Club 100 please see the Help Desk. Each number costs £1.00 per month payable with club fees.

Every month there are six £10.00 prizes and the remaining money goes towards buying club equipment and to help pay for training courses.



"You've got to be in it to win it!"

Happy Birthday!

All of these swimmers celebrate their birthday in February.....

Jamie Bond, Charlotte Cole,
Tierney Cox, Zac Evans,
Lucy Ferguson, Hannah Furlong,
Jack Grover, Owen Hartley,
Lloyd Howe, Oliver Lamb,
Luke Lamprell, Fay Mugridge, Archie Oakden,
Charlie Oliver, Paige Powell, Victoria Relf,
Leonie Wells, Sophie Whittington



We wish them all a very Happy Birthday!

Diary Dates

Sat	2 Feb	Sussex Schools Championships, Horsham
Mon	4 Feb	No swimming due to LSSC staff training
Sun	10 Feb	Atlantis L2 Meet, Horsham
Sat	16 Feb	Sussex League Round 1 at ALC (Chichester hosts)
Sat	23 Feb	LSC Novice Gala, all in Jackson & Adlington Squads
Sun	24 Feb	Sussex County ASA Long Distance Champs, K2
Sat	2 Mar	Sussex County ASA Championships, K2
Sun	3 Mar	Sussex County ASA Championships, K2
Mon	4 Mar	No swimming due to LSSC staff training
Sat	9 Mar	Puffin Trophy Team Gala (non-county swimmers)
Sat	16 Mar	Sussex County ASA Championships, K2
Sun	17 Mar	Sussex County ASA Championships, K2
	28-31 Mar	Portsmouth Northsea Easter Festival
Mon	8 Apr	No swimming due to LSSC staff training
	13-14 Apr	Crawley L1 long course open meet
Sun	21 Apr	Littlehampton L3 Open Meet, ALC
Sat	27 Apr	Atlantis L3 Open Meet, Horsham
Sun	28 Apr	Atlantis L3 Open Meet, Horsham
	4-6 May	ASA SE Regional Youth Championships
Sat	11 May	Sussex League Round 2 (1066 hosts)
Mon	13 May	No swimming due to LSSC staff training
Sat	18 May	Bracknell LC Open Meet at Aldershot
	25-26 May	ASA SE Regional Age Group Championships
Mon	3 Jun	No swimming due to LSSC staff training
	8-9 Jun	ASA SE Regional Age Group Championships
Sat	29 Jun	Sussex League Round 3 (Worthing hosts)
Sat	6 July	LSC Sibyl Tarvis Age Group Gala L4
Mon	8 Jul	No swimming due to LSSC staff training
Sat	13 Jul	Annual Awards Evening & Disco

Latest PBs

Well done to these swimmers who all swam new personal best times in January:

Saffron Ahern, Ellie Barnes-Smith, Charlie Blower, Jess Blower, Charlie Bond, Jamie Bond, Lauren Boothby, Amber Brown, Jessica Brown, Heidi Cameron, Gemma Charman, Sarah Henry Condron, William Condron, Lewis Cox, Tierney Cox, Hannah Dunn-Coleman, Rebecca Dunn-Coleman, Zac Evans, James Fairlie, Jess Frayne, Bethany Fryer, Caleb Grace, Charlie Hodges, Ollie Hodges, Ryan Holter, Taylor Holter, Abigail Homer, Oliver Iden, Will Jagger, Felicity James, Finlay Jefferis, Tom Jefferis, D'Arcy Kosla-Rule, Luke Lamprell, Ryan Lamprell, Tess Lauretani, William Le Merle, Haydn Lewis, Anna Mantle, Sam Munro, Ben O'Connor, Amelie Pearce, Alfie Peck, Josie Peck, Ella Porter, Holly Porter, Emily Pryke, Stephen Redman, Charles Redwood, William Redwood, Zak Rigby, Lewis Smart, Maisie Smart, Anna Thompson, Lauren Wayman, Sophie Wayman, Josh Whitcombe, Isaac Woods, Amelia Wright



Welcome to our New Members

Nic Savill, Harry Crampton, Leo Dearnley, Alivia Burford and transfer from iSwim Grace Mitchell

Club Records

Congratulations to the following swimmers who have had club records ratified this month:

Ella Porter Amelia Wright Lewis Smart

If you have swum a club record please remember to complete the form on our website. Go to club diary, then club records to download a form. I know there are still more to come in from the Club Championships!

Closing Date for next newsletter: Mon 25th Feb
E-mail to Fliss: FELICITY.MCHALE@sky.com