



# Swim Talk

Volume 10 Issue 1

Friday 5th September 2014

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Provide accountancy services free of charge to Littlehampton Swimming Club

## From Your Chairperson



Welcome back everybody, hopefully you all enjoyed our lovely weather over the summer break.

Back to training now! Jess Frayne, Lewis Smart, William Jagger and Georgie Howell all swam at the Nationals during the summer, fantastic achievement from them all to have qualified to get there and having spoken to Sue I know how proud of you all she is. Well done!

Congratulations also to William Condron who had a fantastic meet at the Nationals. Although William no longer trains with us he still rocks up to swim for us when asked, fantastic to see him doing so well.

You should have received emails concerning squad changes, standing order changes and 100 club numbers. Any questions please do not hesitate to speak to a committee member, usually there is someone on help desk most club nights at Littlehampton.

I'd like to thank Steve Bond for his commitment he has shown to LSC over the last few years, he has been a fantastic asset to the club, however, due to our pool time, late finishes and the long journey home after training, the Bond's have moved to Worthing SC where the training times will suit the family better. Charlie, you have been a great role model when helping coach the younger swimmers. Thank you. Thank you too Steve for all your hard work at the club, it is much appreciated, on behalf of LSC we wish you much luck at Worthing and look forward to seeing you at our Open Meets.

I'll be contacting those of you who will be taking part in the Activity Day, Saturday, 4th October, for your choice of food and will be able to confirm times etc.

A huge welcome to any new swimmers, I'm sure you'll enjoy your time here and look forward to meeting you. Lots of luck to you all for the new season.

That's all, Denise x

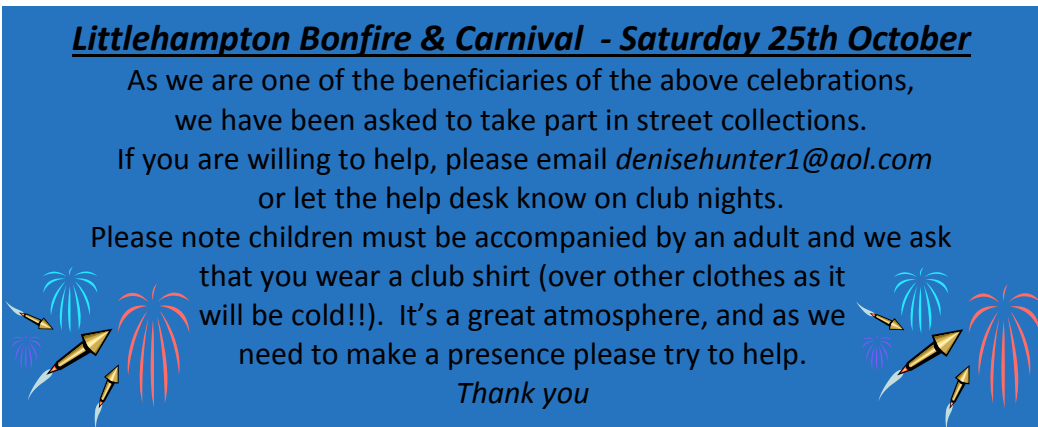
## Littlehampton Bonfire & Carnival - Saturday 25th October

As we are one of the beneficiaries of the above celebrations, we have been asked to take part in street collections.

If you are willing to help, please email [denisehunter1@aol.com](mailto:denisehunter1@aol.com) or let the help desk know on club nights.

Please note children must be accompanied by an adult and we ask that you wear a club shirt (over other clothes as it will be cold!!). It's a great atmosphere, and as we need to make a presence please try to help.

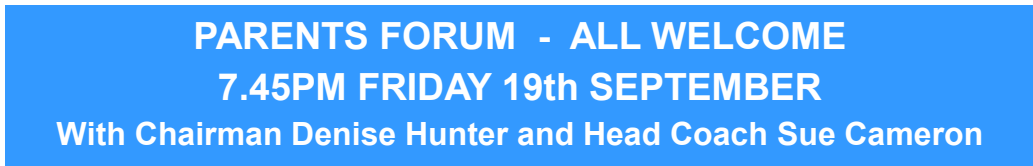
Thank you



**PARENTS FORUM - ALL WELCOME**

**7.45PM FRIDAY 19th SEPTEMBER**

**With Chairman Denise Hunter and Head Coach Sue Cameron**



## Head Coach Report

Welcome to the 2014-15 season! I hope you've all had a good summer and are now raring to go.

Some swimmers were of course busy competing over the summer:

### BRITISH GAS ASA NATIONAL AGE GROUP CHAMPIONSHIPS 02/08/14

13 year old Lewis Smart swam a very exciting race with a 1.3s PB and new Club record in his first Nationals. He got a great start, was fast on the turn and really dug deep to finish superbly in 16th place overall in a time of 1:14.98. Well done on a brilliant swim Lewis!

### BRITISH GAS ASA NATIONAL YOUTH & MC CHAMPIONSHIPS 05-10/08/14



Will Jagger was up next with his 200m freestyle. Will picked up a knee injury earlier in the year which has seriously disrupted his training and meant he had lost some of his great leg conditioning, so despite his best efforts and a great first 100m he finished a couple of seconds outside of his PB in 35th place. A couple of days later came the 100m freestyle and with another good start he finished less than a second off PB in 58th place.

11yr old S6 swimmer Georgia Howells swam in the 100m breaststroke in the Multi-Classification Championships.

In these Championships all the disability swimmers are in one age group. Georgie was the youngest (in fact the only 11yr old) and the smallest, up against swimmers as old as 27yrs. Each swim is awarded British Disability Points based on their classification and time swum, but disregarding age, with the highest points winning. Georgie swam an amazing 7 second

PB to finish 19th, finishing ahead of a 15yr old S7 Guildford swimmer in both points and time!

Last to swim was Jess Frayne in the 50m freestyle. Some call this the 'splash and dash', but in fact it is a very technical and unforgiving race. For Jess a slightly too deep dive at the start meant she was already half a second down at 15m so despite a good finish it was just too much to catch up on in such a short race and she unfortunately missed out on the semi-finals this year.

Overall it was a great week and a half in Sheffield. A huge well done to all four swimmers who competed, just getting to the Nationals is an amazing achievement – I am so proud of you all!

There was time for training between the heats and finals, plus plenty to do around Sheffield. We saw many top swimmers race, with Olympians such as Ben Proud and Ruta Meilutyte competing. Not forgetting of course our very own Will Condron, who now competes for Portsmouth Northsea. He had a great week and some very exciting finals. In his 50m butterfly final he missed out on the bronze medal by an agonizing 3/100th of a second!

### BRITISH GAS WALES SUMMER NATIONALS, 02-08/08/14



Ella Porter, Anna Mantle, William Redwood and Caleb Grace headed for Swansea for their Nationals. Aimed at swimmers who don't make British National standard it is run just like the British Nationals, with call rooms for finals, providing excellent experience. There were a large number of competitors so making finals was going to be tough. Ella finished 57th in her 50m freestyle (with a PB!), 33rd in the 50m butterfly, 22nd in the 50m breaststroke, 21st in the 100m backstroke and superbly made the 50m backstroke final finishing 7th. Anna finished a very good 13th in the 100m backstroke, whilst Will swam excellent PBs in both his events finishing 25th in the 50m freestyle and 16th in the 50m butterfly. The star

of the show though was S14 swimmer Caleb who amazingly won Gold in all five of his multi-classification events – 100 back, 100 fly, 100 free, 50 back and 50 free!

### BRITISH GAS ASA 3K OPEN WATER MASTERS CHAMPIONSHIPS, 03/08/14

Masters swimmer Drew Gowland competed in the National 3K Open Water Masters Championships at Rother Valley Country Park, just outside Sheffield. He was up against a very strong field including GB swimmers and wow, what a swim! He finished 2nd in the 35-39yr age group to take Silver in a time of 42 minutes (42:00.40)! Congratulations Drew.



## Head Coach Report continued

### **SOUTH EAST OPEN WATER CHAMPIONSHIPS, 19/07/14**

2 of our young swimmers competed in the South East Open Water Championships: Charlie Bond and Tess Lauretani. This was held at the Chichester Watersports Centre. Charlie finished 27th overall in the girls 1.5km race (10th fastest 13 year old), whilst Tess finished 6th in the girls 2km race! Well done girls.

### **SQUADS**

First I'd like to say a big thank you to Jackson Squad Coach Steve Bond who is sadly leaving us as his children are now pursuing water polo at Worthing SC alongside their swimming, plus it is much easier for them with where they live. We will miss his excellent coaching and also his daughter Charlie who helped Steve on Jackson Squad. We are very lucky to have a fantastic team of squad coaches and lane coaches, all of whom are volunteers. We also have a number of senior swimmers helping on the lanes. Congratulations to Gareth Matthews who has passed his ASA Level 1 Coach course over the summer.

As you will have seen from the information I sent out every swimmer has been allocated to one of the five core squads. Swimmers who meet certain criteria and are able to commit to additional sessions have been allocated to one of the performance groups within their squads. Our squads are aligned closely to the Long Term Athlete Development Plan for swimming.

**Adlington Academy:** Helen Smith is your Squad Coach, assisted by Dan Boreham. This squad is our entry level where the focus is largely on developing skills and technique, as well as building stamina. So if you see your child spend 20 minutes just floating, rotating, gliding or sculling please do not worry as these skills are vital to your child's swimming development.

**Jackson Squad:** Denise Brown is your new Squad coach, assisted by Gareth Matthews. This is the first of two junior squads for swimmers aged around 7-12yrs. The skills and technique work continues here and the swimmers work towards their preliminary competitive start awards, which includes shallow end diving. There is some fast swimming and of course plenty of endurance work.

**Foster Squad:** Helen Smith is your Squad Coach, assisted by Mark Edmondson. This is the second junior squad; the Junior County group sits in this squad. The distances and repetitions swum pick up in this squad, whilst maintaining good technique. Technique and skill are continually developed as swimmers progress through the squads and we often take them back to basics. This squad will work towards their full competitive start awards, which includes diving off a block into the shallow end.

**Thorpe Squad:** Sarah Whitcombe is your Squad coach, assisted by Donna Strowger and Sally Hodges. This is our age group squad for swimmers aged around 11-14yrs; the County & Regional Age Group sits in this squad. The Annual Plan for this squad is split into two cycles of about 24 weeks, the first leading up to the Sussex Counties in Feb/March. Each 24 week cycle is split into approximately four 6 week cycles of work.

**Phelps Squad:** I am the Squad coach here, assisted by Phil Jagger, Keith Hunter and Chelsey MacDonald. This is our large Youth squad for swimmers aged around 14-18yrs; the County Youth, County & Regional Youth and Regional & National groups all sit in this squad. The Annual Plan for this squad is split into three cycles of roughly 15-18 weeks each. The first cycle takes us to the new year meets, the second to the South East Youth Regionals and the final one to the Nationals.

It is difficult to be more precise about planning at present due to the major British Competition Review that has been taking place. We should know the outcome of this following the next British Swimming Board Meeting which is being held on 5th September, but a few things have already been confirmed verbally to us. First, all county and above competitions will move to Age at 31st December. I would assume that they will take into account that many swimmers will jump an age group for the counties as a result and will set qualifying times accordingly. Some counties have already done this. We also know that the method of qualification for the Nationals will change, with there being a short qualifying window around the regionals and the top ranked swimmers from that period being invited to take part in either the British Championships or the home nationals (England/Scotland/Wales/N Ireland).

All swimmers: Please remember to only enter meets on our calendar. This is very important as your training is planned with the different meets in mind. If you wish to enter a meet not on our calendar please come and speak to me first.

### **NATIONAL ARENA LEAGUE 2014**

I am really excited this year as we have entered two teams into the National Arena League for the first time. Even better, these galas will be licensed at level 3 this year so you can achieve county times in them now. Our 'A' team will compete in South Division 1 West and our 'B' team will compete in South Division 2 West. The fastest swimmers will be in our 'A' team as we aim to finish higher than our 10th place last year, though having looked this will be very tough for us. I am expecting most swimmers in Phelps and Thorpe, plus many from Foster and possibly a few from Jackson to be selected for the two teams – around 64 of you! There are 3 dates: 11th October/8th November/13th December. These are always the 2nd Saturdays in Oct/Nov/Dec. We will arrange a coach where teams have extra distance to travel. Our A team is in Basingstoke for their first gala and will have a coach, but our B team is only in Waterlooville so we will not have a coach there as it is quite close and will be cheaper for people to drive. Where a coach is arranged all team members will be expected to travel on the coach. Parent spaces will be on a first come first serve, with gala helpers getting priority. The cost of coach travel will be £5 again this year, with the club subsidising the rest.

### **KINGSLAND PAPER TROPHY GALA**

Our first friendly gala of the season will take place at K2, Crawley on the evening of Saturday 20th September. Normally I select swimmers who are not selected for the Arena League, however with two teams in the Arena League this year many of those selected are doing this as practice for the Arena League. Selection has already gone out for this gala.

## Head Coach Report continued

### NATIONAL PARALYMPIC DAY

Georgia Howell and I were lucky enough to be invited to the British Disability Talent Day as part of the National Paralympic Day at the London Aquatic Centre last Saturday. This was Georgia's first training event since being selected to the Spotlight Programme for disability swimmers and my first time working with British disability talent coaches so we were both very excited. It proved a tough session for Georgie, but she did very well. I was able to watch some of Georgie's swimming, talk with the other coaches there, listen to a talk about the disability talent pathway and spent some of the time coaching a group of S8/S9 swimmers with another coach. All in all it was a great afternoon.



### LITTLEHAMPTON DEVELOPMENT CHASER OPEN MEET

You will have received an email about entry into our first home open meet of the season, due to be held at Arun Leisure Centre at the end of September. This gala is suitable for all our swimmers who are age 9 years and over on the day so please do enter and support the Club in this major fundraiser.

Finally, good luck to the 20 swimmers competing in the Ken Deeley Open Meet this coming Saturday. This is a 'swim through' meet, as are most competitions at this point early in the season, so swimmers are expected to attend training as normal. Also good luck to our masters swimmers Phil Jagger and Drew Gowland in the County Masters later in the month.

Happy swimming! Sue x

## Squad Coach Chat

### Adlington Academy



Hi Team,

I hope that you have all had a brilliant summer and eaten lots of Ice Cream – I have!!

Welcome to the following swimmers who are joining our club; Lauren, Hattie, Henry, Joseph, Georgia, Riley and Libby. We hope you enjoy your time with us and get even better at swimming. It's hard work but fun too!

Congratulations and good luck to Connor, Seb, Molly, Amelie, Marissa and Ella Thornberg who are moving to Jackson Squad. You'll be swimming for longer now which is good but remember to always work hard even when you're tired then you will get better and better.

Our family bought a sailing dinghy this summer and it made me realise how lucky we all are being able to swim so well. It means that we can enjoy all sorts of different water sports without worrying (even when the boat turns over and we fall out!) and that means lots more fun! I haven't been at many of the Summer swimming sessions but I've heard great things about you so well done all of you that have been training and managed a whole hour and a half!

It's nearly time to start training every week again so get those swimming heads on and go for it!

Keep trying your best all of the time. Helen xx

### Jackson Squad



Greetings,

I hope you all had a brilliant summer. Maybe you've been showing off your marvelous swimming skills in the refreshing sea around our coast or further afield.

I have recently been thinking back to the last few sessions before we broke up for the Summer. It is only right that I tell you all how immensely proud I am of all of you. There was another set of remarkable swims in the 200m freestyle time trial, with many of you showing further improvement. I was even more impressed with the level of maturity you showed, when the Coaches challenged you to time your own rests so that they could focus on your technique. I know that Sue has now sent out the new squad groups, there has been lots of changes, embrace them, you are in a lucky position to be members of such a successful club.

It is only fair to let you know that Charlie, Jamie and I will not be returning to LSC in September. The 'club' has been such a big part of our lives for the last 5 years and that made it a very difficult decision to make. I was particularly excited when Charlie and Jamie took up playing water polo, it is a sport I played, coached and refereed for over 35 years. I have some wonderful memories and met many of my closest friends through water polo. As many of you know, we live out of the normal catchment area for LSC. With Charlie and Jamie still wishing to be competitive swimmers, as well as playing 'polo, I found the only practical solution was for us all to move to Worthing Swim Club – of course this is a well-trodden path in both directions! It is difficult to describe the pleasure we have all derived from being members of LSC. It is a wonderfully friendly club! Charlie and Jamie are the good swimmers they are, as a result of the skill and dedication of Sue and the other coaches. Seeing the perseverance of the younger swimmers I coached, was always the antidote I needed to some stressful work days. Good luck for all your future swimming and I look forward to seeing you at galas.

Tatty-Bye, Steve

## Squad Coach Chat continued

### Jackson Squad continued

Hiya All,

Firstly I would like to bid a fond farewell to Steve Bond and his family who left the club over the summer and would just like to say a big thank you for all his help over the years.

Gareth and I hope you've all had a fantastic summer break and would like to take this opportunity to welcome you to the Jackson Squad. We hope you're all ready and raring to go so just a few reminders about what you should be bringing along to each session. Please could you ensure that you bring a drink to EVERY session (nothing fizzy), this is very important as you will get very thirsty poolside especially when you are working hard! You also need to bring your goggles, swim cap, kick board and fins. Please check out details of our forthcoming gala at Arun Leisure centre on the 28th September 2014, this can be found on our website <http://littlehampton-sc.btck.co.uk/home> under LSC Open Meets, I'm sure you can all find a couple of events you can enter and as it's a home gala it's a great way to support our club!

Lastly, it's very important that we don't stop mid-set as this interferes with the other swimmers in the lane and doesn't help in building up your stamina and fitness. We will also be working on our streamline over the coming weeks as we've spotted some very interesting ones over the summer period!

We look forward to seeing your happy smiling faces when normal sessions resume on Tuesday 2nd September 2014 and hope you're all prepared to work hard (and have fun!)

Denise xx

### Foster Squad



Hi Team,

I hope that you've all had a brilliant summer and done lots of exciting things!

I'm sure that you've all been very sad that I haven't been coaching you but don't worry, I'm boat next week so you all have something to look forward to !!

Welcome to Oliver, Freya, Tierney (Tiny), Amelia A, Adam, Chloe, Alexander, Heidi (Munchkin), Hannah, Regan, Lawson, Evie and Amelia H-W who are joining us. Wow, what a lot of you! Some are new to our club and others from Jackson. I think I know most of you from either coaching you, when you were in Adlington, when I did your trial or from iSwim. I've known Munchkin since she was 3 and cute. She's now a bit bigger and cheeky but also one of the hardest workers in the whole club. I'm hoping you are all going to train as hard as she does! Hopefully now you are in my Squad you'll read my bit in the newsletter, spot the random word and win some sweets! Just tell me what the random word is.

Congratulations and well done to Hannah, Amelie, Owen, Katie, Zac, Faith, Abigail, Akos, Hannah, Isabel, Stephen and Meghan who are moving to Thorpe squad and the late session, we'll miss you!

Now it's back to hard training (yippee!) and it's gala season so try and enter at least one of the galas that Sue has sent details about. Our own Development Chaser is best but any others would be good too. Let's try for lots of PB's and some County times too.

My address is [helsandmark@btinternet.com](mailto:helsandmark@btinternet.com) if you have any questions.

Keep up the good work.

Helen x

### Thorpe Squad



Well, yet again another summer has flown by and here we are back at swimming already... I hope you had a fantastic holiday and are all refreshed and ready to go!

Big changes have happened over the summer and I would like to say a huge welcome to all the wonderful swimmers joining us from Foster or for the first time: Hannah E, Amelie, Owen, Katie, Richard, Faith, A'Kos, Gus, Hannah C, Bel, Stephen, Chloe and Madi. I'm looking forward to getting to know you all better and hope you soon settle into swimming in the late session. So, I must say good luck to all the Thorpe swimmers who have now moved over to Phelps, you know who you are... be nice to Phil and keep working hard!

I did say in the last Swimtalk that I would go through the results of the STAG in more detail this month. However, Sue has emailed the full results to everyone, so make sure you all have a good look at that to see how you did and what you need to aim for next year.

Over the summer, a couple of swimmers were lucky enough to qualify for the Nationals and Welsh Nationals. Lewis S swam the 100m breaststroke in Sheffield and achieved a pb of 1.5s to swim an amazing 1:14:98 and gain 16th place, well done Lewis! Will R and Anna travelled all the way to Wales for their Nationals; Will competed in the 50m free and 50m fly, achieving a pb in both and now a proud member of the sub 30s club for 50m free, well done Will. Anna swam the 100m back and came a very commendable 16th, well done Anna!

## Squad Coach Chat continued

Hopefully many of you will have entered the Ken Deeley sprint meet at Brighton. This is a good first gala of the season to see where you are competitively and what you need to work on for the rest of the season. Also coming up is our own Development Chaser meet at the end of September, so make sure you get your entries in for that, to improve your times and support the Club.

Some of you may be chosen to swim in the Arena League which is soon approaching and that will be our focus for training this quarter. For those of you that don't know what that is, the Arena League consists of three galas, always the second Saturday of October, November and December. It is a team gala and all the swims earn points, which are added together to decide where each team finish. The galas are held at different venues and will be against different teams each time. If selected, you should try to be available for all three and wear your Club t-shirt to the event; you will also need to wear the white and blue club hat and blue or black swimwear. All of this is available to purchase from Helen James, and the t-shirt and hat can have your name on them.

The last gala to aim towards this quarter will be the Winter short course Counties. This is held either side of October half term and, if you achieve the qualifying times, will be a good warm up for the long course Counties in February.

So, just a few things I'd like you to focus on in the coming months: technique! All the coaches are excellent at making sure your technique is the best it can be but I'm a bit of a monster... so be warned!! Also, please make sure you know your pbs. Lots of sets in the late session are based around your pbs, particularly freestyle and your A-stroke, and you MUST know what they are to be able to get the best out of your session.

Ok, that's it, have fun and I look forward to seeing you on poolside!

If you need to get in touch with me for any reason at all, including to let me know what you have achieved, you can contact me on [swhitcombe692@hotmail.co.uk](mailto:swhitcombe692@hotmail.co.uk).

Sarah xx

## iSwim Chat



Hi to our iSwimmers,

I hope that you're all having a lovely summer and that you haven't eaten too many Ice-creams like I have!!

We had some wonderful new achievements during the last term so well done each and every one of you.

Good Luck to Alexander Roberts who is one of our strongest swimmers and is moving to our competitive Swimming Club. I'm glad to say he's got a lovely coach there who will make sure he works hard (me!!)

I will list the White Meadows badges next month when all is finalised. Here are our badges awarded from Oak Grove this term:

NPA 1 – Alexi and Rowan Brook, Oscar Chandler, Amber Cotten, Sarah Landy, Lara Parker, Ethan Strong, Owen Watkins, Eleanor Wood.

NPA 2 – Flynn Ellis, George Grover, Abigail Harrison, Alex Howell, Natalie Keywood, Connie Marshall, Chloe Payne, Denver Premathilaka, Courtney Sparks, Ethan Venes, Jed Warner, Lucy Zeegers.

NPA 3 – Grace Cankalis, Bjorn Chesterman-Keane, Alfie Davey-Lyons, James Hill, Poppy Kendall, Harry Meeten, Lillie O'Callaghan, Sammy Smith, Macauley Stride, Luke Stephenson, Emmeline Turner.

NPA 4- Madeline & Joel Allen, Archie Clark, Harmony Cummins, Will Forrest, Louie Funnell, Katie Hickling, Ben Howell, Archie Oakden, Jessica Plater, Quinn Ryan, Josh Stephenson, Will & Millie Widdows.

NPA 5 – Asha Fallon

NPA 6 – Toni & Macie Batchelor, Thomas Lamb, Peter Marshall, Melvina Premathilaka, Chelsea Sibley.

NPA 7 – Amy Johnson, Silas Turner.

5 meters – Ben Batson, Louis Batson, Edward Condron

10 meters – Olivia Davis, Gaby Keywood

50 meters – Madeleine Ryan

100 meters – Emma Hill, Lydia Rand

Special Achievement Award – Amy Balfour

Happy Swimming!

Helen x

## Club Captains Chat



Hi guys,  
I'm Charlie your new junior boys club captain.  
I hope you are all having a good summer and are looking forward to the new swimming season. I hope to see you all at our development meet this September.  
I would like to say well done to Jess Frayne, Lewis Smart, Will Jagger and Georgie Howell for competing at the nationals this summer.  
If you need to talk to me about anything just come and see me at the club.  
Charlie



Hi I'm Tyler,  
I am your girls junior club captain for the next year. I swim most nights so will be around if you need me and I will be helping coach some of you on Tuesdays and Fridays, and leading your pre water mobility.  
I'll also be at a lot of galas to help and cheer you on. The first one is The Kingsland Paper Trophy gala in September.  
If you need help with anything please come and see me. I am usually on pool side and I look forward to seeing you.



Hi everyone  
Training has started up again so don't forget to do your warm ups! Oh and just a quick note to say a big "well done!" to all of you that competed at national, regional and county levels last season, also a massive "you're the best!" to Sue and all the team that do so much for us the year round, and to say how brilliant it is to see so many proud and happy parents sitting around the pool, thank you for your support. Finally welcome to all our new swimmers, you've joined a superb club and this is going to be a great year for us, but if you need help with anything you can come straight to me and I'll do my best to see you get it.  
Turner James; Senior Club Captain

### **\*\* REMINDERS \*\***

#### **LSC Development Chaser Open Meet - Sunday 28th September**

Closing date for entries is Friday 12th September, please had completed entry forms to the club helpdesk

#### **Team Building Activity Day - Saturday 4th October - Southwater Country Park**

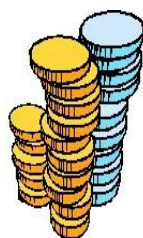
A fun day of group outdoor activities! Closing date is also Friday 12th September, please see the club helpdesk to put your name down and pay a deposit.

## 100 Club Winners

No draw in August - next draw will be end of September - Sign up now at the Help Desk for your number!

Each number costs £1, payable in advance yearly, so £11 for the year.

Every month there are usually 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!"*

## Swimmers of the Month

*Congratulations to our July & August winners!*

### **PHELPS SQUAD**

Jess Frayne & Ella Porter

### **THORPE SQUAD**

Leah Nicholls & Will Redwood

### **FOSTER SQUAD**

Katie Haywood & Amelie Pearce

### **JACKSON SQUAD**

Hannah Halfacree & Lawson Pearce

### **ADLINGTON ACADEMY**

Millie Iden & Erik Chapman





## 2014 Annual Award Winners

**Congratulations to all those that won an award for their hard work, dedication and commitment to the club in 2014.**

### **TOP CLUB SWIMMER**

Awarded for the highest number of points gained during the year in individual events at County, Regional & National Age Groups & Championships.

**Will Jagger**

### **SENIOR SWIMMER OF THE YEAR**

Awarded for the consistent hard work, commitment and achievement both at club level and beyond. This takes into account points from County & Regional events at Youth level.

**Caleb Grace**

### **JUNIOR SWIMMERS OF THE YEAR**

Awarded for consistent hard work, commitment and achievement both at club level and beyond. This takes into account points at County & Regional Age Group level.

**Lewis Smart & Georgie Howell**

### **WHIPPS TROPHY**

Awarded to one boy & one girl who always support the club, demonstrate great teamship and continually work hard in training

**Callum Strowger & Holly Alman**

### **INSTRUCTORS TROPHY**

Awarded to two swimmers who have shown great improvement during the year

**Anna Mantle & Lauren Wayman**

### **SIBYL TARVIS TROPHY**

Awarded to the swimmer who has shown great commitment to the club over a number of years.

**Harry James**

### **21ST ANNIVERSARY TROPHY**

Awarded to an up and coming swimmer who was too young to compete in the County Age Groups

**Rebecca Smith**

### **30TH ANNIVERSARY CUP**

Awarded to a young swimmer who has a great training ethic, shows good improvement & competes regularly.

**Anna Thompson**

### **MALCOLM BELCHAMBER TROPHY**

Awarded to an adult or young person who has made an outstanding contribution to the club over many years.

**Lindsey O'Connor (Our swim school administrator)**

### **PARTNERSHIP AWARD**

Awarded to one of our partners who has supported and helped the club over a number of years.

**David Macdonald & The Martlet Partnership Accountants**

### **Special Recognition Award**

A one-off award recognising exceptional commitment to both the Club and County

**Mark Savill (Our officials training co-ordinator & Sussex County ASA Treasurer)**



## 2014-15 LSC Management Committee

President: Malcom Belchamber MBE

Vice Presidents: Richard Sykes, Dr. James Walsh

Chairperson: Denise Hunter

Secretary: Vacant

Treasurer: Bernadette Condron

Membership Secretary: Mick Warren

Home Gala Secretary: Daniel Le Merle

Gala Secretary: Sally Hodges

Open Meet Secretary: Donna Strowger

Welfare Officer: Carolyn Jefferis

iSwim Administrator: Lindsey O'Connor

Officials co-ordinator / County Rep: Mark Savill



## Diary Dates

Sat	13/09/14	Ken Deeley Open Meet
Sat	20/09/14	Kingsland trophy 'B' team gala, K2 Crawley
Sun	21/09/14	Sussex County masters Champs Eastbourne
Sat	27/09/14	Regional Disability Meet, Southampton
Sun	28/09/14	LSC Development Chaser Open Meet
Sun	28/09/14	<b>No training due to home open meet all day</b>
Sun	04/10/14	Team Building Day, Southwater Country Park
Mon	06/10/14	Training at ALC 7.45pm due to LSSC staff training
Sat	11/10/14	National Arena League Round 1 - 2 teams
Sun	12/10/14	No morning training at ALC
Sun	26/10/14	Sussex County Winter Championships 1
Sun	02/11/14	Sussex County Winter Championships 2
Mon	03/11/14	Training at ALC 7.45pm due to LSSC staff training
Sat	08/11/14	National Arena League Round 2 - 2 teams
Sun	09/11/14	<b>No morning training at ALC</b>
Sun	16/11/14	<b>No morning training at ALC—pool closed</b>
Sat	29/11/14	Club Championships Gala 1 at ALC
Sun	30/11/14	<b>No training at ALC or Arena</b>
Sun	30/11/14	Club Championships Gala 2 at Arena (400 free)
Tue	02/12/14	Club Championships Gala 3 at LSSC
Fri	05/12/14	Club Championships Gala 4 at LSSC (400 IM)
Sat	06/12/14	Club Championships Gala 5 at ALC
Sat/Sun	6-7/12/14	SE Region Winter Championships
Sat	13/12/14	National Arena League Round 3
Sun	14/12/14	<b>No morning training at ALC</b>
Mon	15/12/14	Training at ALC 7.45pm due to staff training
Fri	19/12/14	Christmas Fun Night
Sun	04/01/15	LSC Splash into 2015 L3 Open Meet
Sun	21/02/15	LSC Novice Gala, Lancing College 1-3.30pm
Sun	22/02/15	Sussex County 800/1500m Championships
Sat	28/02/15	Sussex County Championships
Sun	01/03/15	Sussex County Championships
Sun	08/03/15	Sussex County Relay Championships
Sat	14/03/15	Sussex County Championships
Sun	15/03/15	Sussex County Championships

Please remember to check the club diary on our website regularly for any changes, last minute cancellation notices due to weather conditions are here too.

## Happy Birthday!

**All of these swimmers celebrate their birthday in September:**

*Happy Birthday to you all!*

Amy Balfour, Jessica Blower, Bethany Groves, Akos Hausknecht, Abigail Homer, Thomas Lamb, Connor McHale, Amber Oakden, Amelie Pearce, Lydia Rand, Seline Searle, Isabella Searle, Dylan Simmons, Sophie Simmons, Ella Thornburg, Isaac Woods



## Latest PBs

**Well done to these swimmers who all swam new personal best times in July/August:**

Amelia Atterbury, Ellie Barnes-Smith, Beth Bashford, Jessica Blower, Jamie Bond, Evie Boreham, Amber Brown, Hannah Coupar, Chloe Edwards, Hannah Edwards, Daniel Fernandes, Caleb Grace, Bethany Groves, Hannah Halfacree, Oliver Harvey, Katie Haywood, Georgia Howell, Regan Matthews, Grace Mitchell, Lawson Pearce, Abigail Pendleton, Ella Porter, Faith Powell, William Redwood, Zak Rigby, Ellen Sanger, Lewis Smart, Maisie Smart, Becky Smith, Matty Smith, Nicola St Quintin

## Club Records

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

**Jessica Brown, Charlie Hodges, Ella Porter, Lewis Smart**

If you have swum a club record please remember to complete the downloadable form on our website Club Record page



swimgraphics.com

**Closing Date for next newsletter:**

**Friday, 26th September**

**E-mail to Rachael Davis: [shoe.queen1@hotmail.co.uk](mailto:shoe.queen1@hotmail.co.uk)**