



SwimTalk

Volume 6, Issue 10

Friday 3 June 2011

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From Your Chairman



Hi Team

Another month has flown by with more success for Littlehampton swimmers. Lauren and Tyler have both competed in the South East Regional Championships and both swam excellent PBs and improved greatly on their seeded positions. Well done to both of you and to Sue for preparing them so well and who gave up yet another weekend to be there to support them. Good luck to Sam and Connor who will be competing along with the girls at the 2nd weekend of these prestigious championships in June.

There's lots of events coming up both social and swimming so look out for more information on the following :

- STAG gala on Sat 2nd July – a great chance for all members of the club to compete in this internal gala.
- Summer swimming programme – letters go out soon to sign up for August sessions
- Summer BBQ – 15th July
- Club AGM and Annual Awards evening (and disco, woohoo!) – 9th July
- Bath Camp – Mon 24th to Thu 27th Oct. A fantastic way to improve your swimming and have a fun week too.

Good luck to all Team Littlehampton swimmers competing in our last Sussex League gala at Arun Leisure Centre this month. A strong performance will ensure we stay in the 1st Division.

Bernie x



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New - Standing Orders for All

Please note that from September monthly squad fees will be collected by standing order.

This is due to increased bank charges relating to processing cash and cheques. Forms are available from Jayne or Mick at the help desk.

If you wish to continue to pay by cash or cheque this will incur a monthly charge for processing.

Head Coach Report



Hello Everyone,

First I must congratulate William Condron on his selection to the England South team for the UK School Games in September. As most of you know Will, our Chairman Bernie's eldest son, has attended St. Bede's School since he first achieved National success with us. This is a huge achievement, on top of his 6 national qualifying times this year!

Hants & South Coast Premier League Gala at Woking, 7th May

What a great gala this was, with the result being fairly close between 2nd to 5th places. This was the top gala in the league. The youngest age group shone with all gaining PBs, Leah Nicholls, Charlie Bond and Henry Condron each getting 3 second pbs and Charlie Hodges gaining his first 2012 County Qualifying Time! Ryan Lamprell, a last minute addition to the team due to swimmer illness, produced a further 2 sec PB on his 50 fly having swum a 5 sec PB in training on Friday when I was assessing him for the team! William Redwood's finishes were simply brilliant and 9 year old Henry was awesome in his first relay going under 17 seconds on the last leg! Lauren Boothby was especially busy swimming in 9 races as she had to swim in two age groups in the relays. In most cases where PBs weren't swum, those times were very close to their PB which is excellent in these fast and furious team galas where swimmers get little rest between events. Poolside behaviour was very good and the swimmers supported each other magnificently with their cheering. They definitely won the 'Give me an L' at the end! Well done to EVERYONE! Thank you to our helpers on the day – Sarah Whitcombe (judge), Cathy Baily (timekeeper), Steve Bond & Pip Redwood (team managers), Keith Hunter & Club Captain Katie McHale (lane ends). **Final Result:** 1st Rushmoor Royals 191; 2nd Hart 152; 3rd Haslemere 147; 4th **LITTLEHAMPTON 137**; 5th Woking 132; Bournemouth didn't swim.

Bognor Open Meet, 29th May

15 swimmers competed in the Vanessa Knight Memorial Sprint Open Meet last weekend. 25 PBs were swum, with the backstroke, butterfly and IM producing the most improved performances. Lewis Cox gained 5 PBs! A very well done to all who entered: D'Arcy Kosla-Rule, Jasmine Seager, Leah Nicholls, Jack Wheaton, Charles Redwood, Turner James, Lewis Cox, Charlie Hodges, Lewis Smart, William Redwood, Haydn Lewis, Lucy Warren, Esme Durlston-Powell and Isabelle Munro. Thank you to Pip Redwood and Jen Durlston-Powell who were our team managers, and to Denise who judged & Keith Hunter who helped manage the AOE computer system for Bognor Swimming Club. We had planned to go to the Cranleigh Open Meet in July, but as we only received one entry we have withdrawn from this event.

South East Regional Age Group Championships

10 year olds Lauren Boothby and Tyler Whitcombe both competed brilliantly in their first Regional Championships at K2, Crawley last weekend. These are swum long course in the 50m pool. Lauren came 15th in her 200m individual medley (seeded 23) and 6th in her 100m backstroke event (seeded 18), both with personal bests and club records for 50m butterfly & backstroke (from official AOE split times) and 100m backstroke. Tyler came 13th in her 100m breaststroke (seeded 23) also in a great PB and a club record for the 50m breaststroke (from the 50m AOE split time). As you see, both swimmers improved hugely on their seedings. Lauren competes again at the next weekend (11th/12th June), along with Sam Munro and Connor McHale. Good luck to you all.

Good luck also to those competing for the Team in the Sussex League on 25th June (against Atlantis Horsham and Mid-Sussex Marlins) and the Gadstone Voller Relay Gala at Crawley this weekend. The Atlantis Endless Pools Trophy scheduled for 18th June has unfortunately been cancelled.

Sussex County Training

Charlie Hodges, Lewis Smart, Natalia Boothby, Lauren Boothby and Sam Munro all attended the Sussex County Development Squad training at Christ's Hospital, Horsham this half term. This included a short briefing, 1½ hour pool session and 1 hour land session led by coaches from across Sussex, including myself. The focus of the day was STREAMLINING.

Sibyl Tarvis Age Group Sprint Gala, Saturday 2nd July

Entry forms will be out very shortly for this gala. All events are 50m, except for the 8 & under age group who do 25m races. I would like to see EVERYONE enter this fun sprint gala. It is your chance to improve your times, achieve



a Competitive Performance Award and to gain valuable gala experience. If you are not sure which strokes to enter just ask your coach who can tell you if your stroke is legal (for butterfly and breaststroke).

Annual Awards, 9th July

We will be presenting our Major Annual Awards and our achievement certificates at our Annual General Meeting on Saturday 9th July. Everyone is invited so please book this date in your diary. Further details will be available soon.

Summer Fun Swim and Annual Beach BBQ, 15th July

Another diary date for you! The swimmers have an hour of fun in the pool with the inflatable and floats, after which we meet on the beach for our Annual Beach BBQ, weather permitting! Timings will be in next month's newsletter.

Summer Swimming

This year we are re-introducing a summer break of 2 weeks, which will benefit both the swimmers and the coaches. This will be the first two weeks of the school holidays. Summer swim sessions will then run 3 times a week until the end of August, with normal swim sessions resuming in September. Letters will be going out shortly for you to book your summer swim sessions.

September Training Schedule

Most of you in Thorpe and Phelps Squads will have received letters about proposed changes to our training schedule for September. The proposed aim of the changes will be to:

1. Increase the Adlington Academy session length to 45 minutes, whilst reducing the size of this squad to two lanes thus minimizing the length of time swimmers spend in this squad.
2. Increase the Friday Foster Squad session length to 1½ hours.
3. Reduce the amount of swim time for those older swimmers who no longer wish to commit to the full training programme, in particular the 2 hour Friday session and the number of sessions currently available to them, and to enable those who are just moving up to the late session to ease into the increased number and length of sessions.
4. Reduce Squad fees for those who do not attend all sessions, hours/fee payable to be agreed on a 6 monthly basis in advance.
5. Ensure that we cover all our pool hire fees.

Please return your reply slip as soon as possible. Remember that this does not commit you to anything at this stage, but it will assist us with the allocation of the pool time we have to the different squads, in particular whether we are able to increase pool time as per (1) & (2). *I must emphasise that swimmers who are aiming to achieve County, Regional and National Times should look to attend as many of the sessions available to them as they can in order to reap the benefit of the full training programme.*

Bath Swim Camp

As you have probably seen, information is available about our Annual Bath Swim Camp in the October half-term, held in the 50m Bath University Pool. This really is great fun and a superb training opportunity for our swimmers. It is open to everyone in Jackson Squad and above the more of you who come the better it is. If anyone in Adlington wishes to attend they must come and discuss this with me to see if their son/daughter would cope with the level of training we do. We do much more than just swim, there is land work, a quiz evening, a fun swim and shopping too! There will be a power point available for you to watch at the desk over the next couple of weeks. Please take a look.

Sue X

LSC Spectators

Littlehampton Swimming Centre Management has asked that parents do not sit along the wall on the far side of the pool. If all the blue seating is full when our session has started then we may use this as overflow seating, but you must remove your footwear first.

Only coaches may go round prior to the start of our sessions at 7pm as LSSC lessons are still taking place.

Thank you for your co-operation with this.

Squad Coach Chat

Thorpe Squad 


Hi Everyone

Well done to all our 13 years and under swimmers who took part in the Premier League Gala last month, we ended up in 4th position with some incredible swims. A fantastic result!!

Sunday 30th May I was helping Bognor SC with their annual gala, The Vanessa Knight Memorial Meet. It was brilliant to see 16 LSC swimmers attending. This is such a great gala for all of our swimmers to attend, it's predominantly a sprint meet but there are some 100 metre events too. This year Littlehampton SC came 3rd overall. Gemma Spofforth, now the 100m Back stroke World Champion, set the 13 year old 50m Backstroke record there in 2000, so if it's good enough for her.....?

We are looking forward to the third and final round of the Sussex League on June 25th. I'd like to wish all of those swimmers who have been selected to represent the club the very best of luck at this event. It's going to be quite a tough one but let's give it 'all we've got.' I should be able to attend that one so I'm expecting to see you all swim your very best!!

That's all

Denise xx 

Foster Squad 

Hi Guys,

Welcome to Sam Page who is another new member of Foster Squad! We hope you enjoy training with us.

This month we have only had one busy weekend with the Vanessa Knight Meet and the Regional Championships. The following people swam at the Vanessa Knight – Lewis Cox, Charlie Hodges, Leah Nicols, Will Redwood, Jasmine Seager, Lewis Smart, John Wheaton. I was really impressed with the PB's and must make a special mention to Lewis 'Scooby' Cox who told me that he swam a PB in every event he entered. He has been working really hard on his streamlining this month and it has paid off big time!

Tyler Whitcombe was the only Foster Squad member at the Regionals and she came an amazing 13th in her 100m Breast. That means that only 12 ten year old girls in the whole of the South-East of England can swim faster than her - Go Tyler!

We've had quite a few lane moves this month so you'll all have to work a bit harder to fit in to your new places. You must remember though that there is a place for speed, but technique is the most important thing at this stage.

Keep up the good work Foster Squad!

Helen

CLUB RECORDS

Congratulations to our Swimmers who have had Club Records ratified this month:

Lauren Boothby
Tyler Whitcombe

Reminder: swimmers need to complete the form on our website, club records page when they swim a club record at open meets.

Jackson Squad

Hi guys,

I would like to say well done to everyone this month for putting in lots of hard work and improving so much, especially in butterfly after the training session the other week. This is a hard stroke to master, so keep up the good work.

Our own Sybil Tarvis Gala is on 2 July, and I hope lots of you enter as this is a great introduction to galas if you haven't done any/many before. Make sure you get those entries in when you can.

If you compete in galas, you can also look to see if you have achieved any competitive performance awards. These are badges in each stroke and in sprint, middle and long distance. If you swim fast enough, you can earn a badge. Next time you compete, have a look on the website to see how well you did. Badges can be bought poolside.

Sarah
xx

The Adlington Academy

Hello Swimmers

I would like to welcome our new swimmers and say a big well done to those swimmers who have moved up a lane or moved up to Jackson Squad.

The club will be holding the LSC Sibyl Tarvis Age Group Gala on Saturday 2 July. This is open to all swimmers and is a good opportunity to enter some 50m races. Entry forms will be out in the next few weeks, so look out for them!

With that in mind, I have a challenge for you all. During your session, I want you to all try really hard not to stop swimming until you get to the end of the pool and, if you are swimming 2 lengths or more, keep going after your touch turn! This will improve your fitness and means that other swimmers are not getting held up.

It is things like this that the coaches look for each month when they are asked to nominate swimmers for Swimmer of the Month - so keep focused and always try your best!

See you on poolside

Amanda x

Club Captains



Hi Everyone

I'm looking forward to our final round of Sussex league in June. I think it will be a hard gala for us but I know we can do it!

Don't forget we have our Beach BBQ to look forward to on July 15th, I really enjoy these nights as we get to meet everyone and there is loads of food too.

We also have our AGM in July where you will be able to vote for new club captains so I hope to see you there.

Rob

Latest PBs

Well done to the following swimmers who all swam new personal best times in May;

Rachel Baily, Charlie Bond, Lauren Boothby, Natalia Boothby, Georgia Churchill-Wright, Henry Condon, Lewis Cox, Esme Durlston-Powell, Francesca Harrison, Sara-Lucy Heap, Charlie Hodges, Rob Hunter, Turner James, Will Jagger, D'Arcy Kosla-Rule, Ryan Lamprell, Haydn Lewis, Isabelle Munro, Leah Nicholls, Ben O'Connor, Will Redwood, Jasmine Seager, Lewis Smart, Lucy Warren, Lauren Wayman, John Wheaton, Tyler Whitcombe

100 Club Winners

This months lucky winners are:

26	Heather Leggett	56	D'Arcy Kosla-Rule
65	Karen Whittingham	79	Jess Frayne
90	Lucy Warren	97	Harrison Fletcher



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

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

The 100 Club is currently full. If you are unsure what your numbers are you can find out at the Help Desk or the Notice Board. 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.

Coming Up.....

Sat	4 Jun	Gadstone Voller Relay Gala, K2
Mon	6 Jun	No swimming at LSSC due to staff training
Sat	11 Jun	South East Region ASA Age Group Championships
Sun	12 Jun	South East Region ASA Age Group Championships
Sun	19 Jun	Cranleigh Level 3 Open Meet
Sat	25 Jun	Sussex League Round 3 at the Arun Leisure Centre
Sat	2 Jul	LSC Sibyl Tarvis Age Group Sprint Gala
Mon	4 Jul	No swimming due to LSSC staff training
Sat	9 Jul	LSC AGM & Annual Awards Evening
Fri	15 Jul	LSC Annual Fun Night & Beach BBQ
Thur	21 Jul	British Gas ASA National Age Groups - 5 days
Fri	22 Jul	Last day of normal swimming (two week break)
Wed	27 Jul	British Gas ASA National Youth Champs - 5 days
Mon	1 Aug	No swimming due to LSSC staff training
Tue	9 Aug	LSC summer swimming programme begins
Thur	1 Sep	Return to normal swimming
Sun	4 Sep	Sussex County Relay Championships
Mon	5 Sep	No swimming due to LSSC staff training
Sun	25 Sep	LSC Development Chaser Open Meet
Sat	8 Oct	National Arena League Round 1
Mon	3 Oct	No swimming due to LSSC staff training
Mon	7 Nov	No swimming due to LSSC staff training
Sat	12 Nov	National Arena League Round 2
Sat	10 Dec	National Arena League Round 3
Mon	19 Dec	No swimming due to LSSC staff training

Quote of the Month

"Success isn't how far you got, but the distance you travelled from where you started"

This month's quote was from
Luke Lamprell.

Get your thinking caps on for next month's quote, bet you could do with £5!
Please leave your 'Quote of the Month' at the Help Desk for Keith or email him at Denisehunter1@aol.com

Happy Birthday!

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



Mark Alchin, Mila Attril, Rachel Baily, Antoinette Batchelor, Charlie Bond, Georgia Churchill-Wright, Jack Collins, Hannah Dunn-Coleman, Rebecca Dunn-Coleman, Caleb Grace, Charlie Hodges, Alexandra Hunter, Freya Jagger, Turner James, Samuel Page, Rebecca Precious, Abigail Smith, Stuart Woolley, Jake Woolley

We wish them all a very Happy Birthday!

Swimmer of the Month!

Congratulations to our May winners!



Phelps Squad: Gemma Charman

Thorpe Squad: Jack Wheaton

Foster Squad: Charlie Hodges

Jackson Squad: Emily Pryke

The Adlington Academy: Joseph Alman

Closing Date for next newsletter: 21 June 2011
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