



SwimTalk

Volume 7, Issue 2

Friday 7 October 2011

Microsoft



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From Your Chairman



Hi Team Littlehampton

I've just about recovered from our very busy Development Chaser open meet. Once again our fantastic team of volunteers did us proud and the day ran smoothly and even finished on time! Thanks to all of you who make our meets so successful, I have had so many complimentary comments from visiting clubs about how friendly and well run our meets are.

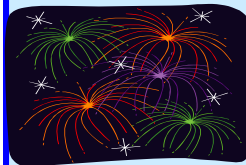
Most importantly there were some fantastic swims, an amazing percentage of PBs and many County qualifying times so well done to all our swimmers who competed.

We are now back in full swim schedule with many club galas coming up. Good luck to our National Arena League team who are competing in this prestigious league this month and also to those swimming in the County Development gala at the end of the month.

Have a great October and enjoy your swimming.

Bernie x

BONFIRE PROCESSION, SATURDAY 29TH OCTOBER



Every year the club enters a float in the Littlehampton Bonfire Procession. We are extremely fortunate that Rabbit Skips very kindly allow us to use their Double Decker bus to ride through the town centre. Please contact the Helpdesk, where there will be a list, if your child wishes to ride on the bus. The children need to be wearing club shirts or T bags and must be collected by an adult. We also NEED help to decorate the bus in the afternoon, please write your name down on the list to indicate you are willing to help.

- 1
- 2-3
- 3-4
- 4-5
- 5
- 5
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- 6
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Membership

If you have joined between Feb 2010 and July 2011 and have not yet received your ASA card, please see me poolside or at the help desk on training nights.

Mick Warren

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Head Coach Report



Hello Everyone,

The season has started with great success in the County Relay Championships, but for me has also been tinged with sadness as we say goodbye to a few more of our senior swimmers.

Bubba Hunter, Bex Groves-Excel and Patrick Atherton have all decided to concentrate on their A level studies. I have known these swimmers since they joined the club in 1999 (Bubba) and 2002 (Bex, Patrick) and have watched them develop into the successful young people they are today. They are shortly to be followed by Rachel Leggett, who also joined in 2002 and has now started her Sports Psychology degree at Chichester University. Rachel will be swimming in the first Arena League before leaving us, but she won't be hanging up her costume quite yet as she plans to swim with the university team. All of these swimmers have played a hugely important part in the club over the years, gaining success both individually at County and Regional level, and as part of the team. They will all be greatly missed and we wish them all the best for the future.

This also means we have a new **Senior Girls Club Captain** whom I am delighted to announce is **Katie McHale**. You will often see Katie helping on Jackson Squad on Fridays.

Sussex County Relay Championships, 4th September

Despite a long and difficult day with all the delays, the children all swam fantastically. We did have a few disqualifications, but they are still learning and for some this was their first team gala. Our 9/10yr boys and 11/12yr boys both did the double, winning Gold in their freestyle and medley relays convincingly - the best in Sussex! There was Silver for the 9/10yr girls medley team, just missing out on a bronze by 0.08s in the freestyle relay to come 4th, whilst the 9yr boys won Silver in the medley and Bronze in the freestyle relays. The 9yr girls won Bronze in the freestyle relay. The 15/over girls and the 15/ova boys were finalists too. 34 of the split times recorded were faster than their pbs, which is great right at the beginning of the season. Congratulations to everyone! A huge thank you to Helen and Sarah who helped me poolside acting as our team managers.

LSC Development Chaser Open Meet, 25th September

I was delighted with the swimmers' performances at our open meet. Out of 190 individual Littlehampton swims there were 126 PBs and 27 County Qualifying Times achieved - fantastic! There was great support for each other too and plenty of cheering at the end of the lanes. We have spent a lot of time this month concentrating on starts, turns and finishes and this really showed in many of the swims and their times.

I was a little disappointed in the number of backstroke turn disqualifications and we immediately revisited this in training. Swimmers need to be confident with their stroke count, without looking round, and initiate their turn as soon as they roll onto their front. Any gliding or kicking into the turn before somersaulting will result in a DQ. This takes practice, lots of it, so that means every time they swim backstroke swimmers must tumble turn and not wait for a separate practice!

The meet ran superbly due to our many fantastic parents who helped. It takes a huge amount of organisation before as well as on the day, Bernie spent many hours preparing the meet and Denise booked all our officials and helpers. Thank you to everyone who helped make this a huge success!

Sussex County Development Meet

I have emailed details of the forthcoming County Development Meet to eligible swimmers. Entries should be in by tonight (7th October). This is a vital opportunity for those who are after their County Times and an excellent development opportunity for any swimmer age 9 years & over to improve their times.

Bath Swim Camp

Well it's not long until we go now. A total of 35 swimmers are attending this year, including a few from St. Bede's again. I must however congratulate Foster Squad for having the most attendees, indeed Foster 3 have 7 out of 9 swimmers coming. There will be a pre-camp meeting for parents and I will shortly be sending out the itinerary. New to look forward to this year will be the X-bikes and a fun swim at the Bath Leisure Pool with slides and floats!

LSC Club Handbook

I emailed out to everyone the latest version of our Club handbook. Future updates will be on our website on the 'About Us' page. Please take time to read this, you will find a lot of useful information about the club and about galas.

Pre-Water Mobility Reminder

Every swimmer should do some loosening and dynamic stretching exercises before they swim. This helps prevent injury and ensures swimmers are ready to train. I would encourage all swimmers to arrive poolside 10 minutes before their session to do these. If you are in the early session these exercises are led by Junior Girls Captain Lucy Warren and I have to say is brilliant, making this great fun. On Tuesdays this is done over the far side of the pool and on Fridays Adlington and Jackson Squads

do theirs near lane 6 (as lessons are still going on). Senior swimmers in Thorpe and Phelps Squads are expected to carry out their own exercises.

Finally, good luck this weekend to the Arena Team who are swimming in Round 1 at Maidenhead. This year will be very tough for us having lost a few open age group swimmers to college and university, let's hope other teams have the same problem. We have some really strong age groups too, especially the 13/u boys – no pressure lads!!

Sue X

Squad Coach Chat

Thorpe Squad 

Hi Guys,

First, I'd like to welcome Tyler, who joined the squad this month from Foster. Well done Tyler.

Well done to all those swimmers who entered and swam at our Development Chaser Meet in September. I was really pleased to see so many of you enter and you should all be really proud of the pbs you achieved. Special mention must go to Holly, Rachel, Lucy and Ryan L for their huge pbs (between 18 and 20 seconds each) and Turner and Ryan M for an outstanding performance in the 100 freestyle.

Another well done for our Sussex County Relay teams, who again swam brilliantly against some tough competition. The boys, Connor, Jack, Hayden, Strachan and James (Phelps) securing the golds and the girls, Lauren, Tyler, Jasmine and Amy (Foster) winning silver and 4th. Our other team members, Alice, D'Arcy, Abigail, Bethany, Rachel, Tom and Ben all swam fantastically in their various teams as well.

At any gala, should you get disqualified, please make sure you find out why and speak to me or your lane coach so that we can discuss how to stop it happening again.

I hope lots of you have entered the County Development Meet in Brighton. I hope to see you all there.

When training, make sure you arrive in time to do your pre-water mobility exercises with Lucy and Connor, it does help! Yoga on a Monday with Fliss is also fantastic so come along – thank you Fliss. Also, please make sure you arrive ready to swim and listen to your coach. The coaches are there to help you and it is very difficult to do this when you sit out or mess around – hopefully nagging over now!

Finally (phew) a little plea. If any parents are sat poolside and can see that we are short of coaches, please, please don't be afraid to come forward and offer to help. We would be only too glad to have some extra bodies, eyes and voices to help your children improve their swimming!

See you poolside.

Sarah xx

Foster Squad 

Nothing to report from Foster Squad this month. Keep up the good swimming!

Helen

Squad Coach Chat

Jackson Squad




Hi All

Thanks to all those parents who played a part in our hugely successful Development Chaser Open Meet recently. Without your help we could not run these events. I ask any parent to come forward to help the club in any way they can, helping pool side, admin work etc. It would be great for us Coaches if anyone would offer to stand at the end of the lane to set the swimmers off, that way we would be able to give the children feedback at the other end of the lane. You don't have to be able to Coach, just be able to read!!

Swimmers, please be sure to bring with you EVERY session a drink! You are supposed to be drinking 1 litre of fluid for every hour you train. Plus, bring your fins, kickboards and pull buoys if you have them. Ensure they are all named and bring them to the end of the lane please.

Some of you may now be working towards achieving your County Qualifying times, be selective in the Open Meets you choose to attend. It's unlikely that you'll achieve a qualifying time for every race you enter on the same day, it's better to space your swims out. Don't hesitate to speak to Sue or myself concerning this. You will find details of forthcoming meets on our website.

Denise x 

The Adlington Academy



Hi Swimmers

I cannot believe that we are in October already! I don't have much to report on this month but I do just want to remind you of a few things.

Please make sure that you wear a swimming hat for training, it will help to keep the pool filters clean as well as keeping your hair away from your face. Also, try to visit the toilet before swimming as this will reduce interruptions during the session. There is a pre-water mobility warm up with Lucy which is on the poolside at the deep end. This starts 10 minutes before the start of your session, so please come and join in. Warm up is very important, it gets you ready for your swim as well as ensuring that you are waiting by your lane on time for the beginning of your session and this will cause less delays and interruptions.

That's all from me, see you all on poolside!

Amanda

Weissmuller Squad



Just like a mighty oak, we have grown.

The Monday masters lane is now brimming with would be Tarzans and Janes. We now have three and a half relay teams for our first master gala on Sunday 4th December 2011 at Horsham. Two more Janes are needed to bring this up to four fantastic teams to be reckoned with! You do not have to super fit like Phil to join in with us. You can also enter individual events. On Monday 10th October there will be time trails and team selection. You have to be Cat 3 ASA registered, £4.10 per year and squad fees are payable by standing order. If anyone would like to attend please contact me on training nights, or email me at mickwarren1@hotmail.co.uk.

Mick

Club Captains



Hey again!

Been lovely to see you all after the summer! Since Bex has left after such a long and successful time at our club, I have been asked to step in and take her place as Senior Club Captain, looking forward to what lies ahead; good luck to Bex in the future. ☺ Well done to all those who competed in our open meet this month, especially those of you who gained pb's! Good luck to everyone in the National arena league coming up!

Hope too see you all poolside, and at upcoming Galas;

Katie xx

Club Captains

Welcome back all swimmers ☺

It's good to see so many of you back for another year at swimming club and so many of you already finding some great form, most notably the teams who won medals at the relay gala just gone.

Being club captain is an exciting opportunity to get to know younger members of the club better and to help them in any way I can to get the most out of the club and the sport as a whole, so feel free to come and find me. I'll do my best to help. That also goes for older swimmers too.

I know training at the start of the season is a killer, believe me I do know, but as they say 'No Pain No Gain' haha. See you at training.

Charles



Hi Everyone,

1st, a big thank you to everyone who comes and joins in with pre water mobility, we could do with a bit more enthusiasm. It was lovely to see a lot of young swimmers at our development meet 25 Sept. The next galas for you to enter are our Club Championships at the end of the year. These are great fun and it would be fantastic to see you all there.

Top Tip. Make sure you have the correct equipment and plenty of fluid for your training sessions!

Lucy xxx

Hi All,

I would like to congratulate everyone who participated in the county relays and the open meet at the end of the month, because everyone who took part swam really well and represented the club fantastically. I hope everybody keeps up the good work and for the people in the arena league and any other galas to come, I hope we all swim that well again.

Thanks for reading,
Connor

Happy Birthday!

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

Madeline Cooper, Winifred Farrow, Callum Fuller, Nicole Funnell, Corey Gowans, Amelia Gravett, Joshua Hassett, Emily Locker, Gary Martin, Regan Matthews, Leah Nicholls, Kit O'Brien, Phoebe Palmer, Faith Powell, Charles Redwood, Ben Shaw, Joshua Tomley, Jack Wheaton



We wish them all a very Happy Birthday!

Latest PBs

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

Holly Alman, Rachel Baily, Amy Bignall, Charlie Bond, Sarah Chegwin, Albert Condron, Henry Condron, Lewis Cox, Hannah Dunn-Coleman, Rebecca Dunn-Coleman, Esme Durlston-Powell, Rosie Edmondson, James Fairlie, Harrison Fletcher, Corey Gowans, Daniel Hazelwood, Sara-Lucy Heap, Charlie Hodges, Taylor Holter, Freya Jagger, William Jagger, Felicity James, Turner James, Tom Jefferis, D'Arcy Kosla-Rule, Luke Lamprell, Ryan Lamprell, Haydn Lewis, Alice Mantle, Anna Mantle, Ryan Marshall, Katie McHale, Isabelle Munro, Sam Munro, Ben O'Connor, Emily Pryke, Abigail Ramsey, Charles Redwood, Strachan Robertson, Jasmine Seager, Lewis Smart, Abigail Smith, Lucy Warren, Tyler Whitcombe, Madeline Wright

ASA Competitive Performance Awards

Well done to those of you that have gained times for ASA Competitive Performance Awards.

If you would like to purchase badges for these please email Tracey Alman at andyalman@yahoo.co.uk or ask for her poolside.

**Please note the new cost for badges:
Stroke Flashes 61p each
Sprint and Competitive Award badges £1.65 each**

100 Club Winners

This months lucky winners are:

28	Ben Shaw	50	Will Jagger
67	Jules Dedman	96	Jon Leggett
98	Emily Pryke	99	Rosie Edmondson



"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.

There are 4 numbers available to join the 100 Club. Remember you've got to be in it to win it! 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	8 Oct	National Arena League Round 1
Mon	24-27	Bath Swim Camp
-Fri	Oct	
Sun	30 Oct	Sussex County Development Gala
Mon	7 Nov	No swimming due to LSSC staff training
Sat	12 Nov	National Arena League Round 2
Sun	13 Nov	Sussex County Development Gala
Sat	26 Nov	Littlehampton Swimming Club Champs Gala 1
Sun	27 Nov	Sussex County Finalists Training day
Tue	29 Nov	Littlehampton Swimming Club Champs Gala 2
Sat	3 Dec	Littlehampton Swimming Club Champs Gala 3
Sat	3 Dec	SER Winter Championships Day 1
Sun	4 Dec	SER Winter Championships Day 2
Sat	10 Dec	National Arena League Round 3
Fri	16 Dec	Christmas Fun Night
Sun	18 Dec	Southampton Level 3 Open Meet
Mon	19 Dec	No swimming due to LSSC staff training
Sun	8 Jan	LSC Splash into 2012 Level 3 Open Meet
Sat	14 Jan	Brighton Tom Handley Level 2 Open Meet Day 1
Sun	15 Jan	Brighton Tom Handley Level 2 Open Meet Day 2

Quote of the Month

"The more you swim, the more you win."

**This month's quote was from
Turner James**

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

NEW MEMBERS

Littlehampton Swimming Club warmly welcomes the following new members...

Anna Dedman, Caleb Grace, Tobias Collyer, Elizabeth Hazelwood, Amelie Pearce, Zak Rigby-Cole, Darragh McSporran, Bethany Fryer, Stephen Redman, Lucy Dedman

Club Records

No new club records this time around.

Train your hardest and it could be your name appearing here soon!

Swimmer of the Month!

Congratulations to our October winners!

Phelps Squad:	Charles Redwood
Thorpe Squad:	Holly Alman
Foster Squad:	Charlie Bond
Jackson Squad:	Ben Shaw
The Adlington Academy:	Toby Collyer



**Closing Date for next newsletter:
25th October 2011**

E-mail to Trudi: Trudi.Bignall@gmail.com



Club Welfare

We live in a fast-changing world with technological advances daily and so it is important that, as a club, we do everything we can to help keep our members safe and happy. It is very easy for people to take pictures of each other using mobile phones and the ASA have recently released new guidelines, particularly in relation to posting pictures on social messaging websites such as Facebook. **The guidelines include children taking photographs of their friends at a club environment (including galas and Bath Camp) on their mobiles.** The ASA guidelines stipulate;

- No photographs should be taken at galas without permission from the host club's committee and registering your contact details.
- No photographs should be taken if a child is 'inappropriately dressed' (i.e.: changing rooms, dorms at Bath Camp etc)
- If you wish to take photographs of your friends while you are at the club you must get permission from the person you are photographing, your parents and their parents, as well as from the committee.

These guidelines do not relate to children taking photos of their friends outside the club, although good sense would still tell you to ask your friend's permission before posting the picture online. For more information, or to read the guidelines visit:

<http://www.swimming.org/asa/library/document/good-practice-guidelines-on-the-use-of-social-networking-sites-wavepower-09> or come to the help desk to read a copy.

Remember;

Once you post a photograph on Facebook or similar, it is on the internet and you no longer have any control over how that picture may be used or by whom!

Our Child Welfare Officer is Carolyn Jefferis. She can be contacted at the help desk every Friday from 7pm.

ASA Swimeline telephone: 0808 100 4001