



SwimTalk

Volume 7, Issue 1

Friday 2 September 2011

Microsoft



From Your Chairman



Hi everyone and welcome back!

I hope you've all had a fantastic summer break and are back and raring for training action. It was good to see so many of you at our summer sessions and I'm sure you'll notice your fitness levels have been maintained and it's easier to get back into normal training. Thank you to Sue and all the coaches who gave up their summer evenings to coach you.

We are straight back into competition in September with the County Relay Championships and good luck to those of you selected to represent our club. It is our Development Chaser Open Meet on the 25th and as long as you're 9 or over you'll be able to compete so get your entry in asap (closing date is 11th Sept).

Enjoy being back part of Team Littlehampton and here's to a successful swimming season.

Bernie x

LSC Development Chaser Open Meet

Level 3 Licensed

Sunday 25th September

at

Arun Leisure Centre, Felpham

Entry £4 per event

Entries close: **Sunday 11th September**

For all swimmers aged 9yrs and over. If you are unsure which events to enter please speak to Sue or your lane coach.

Any queries please email dettecondron@aol.com

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Head Coach Report



Hello Everyone,

I hope you all had a lovely summer and you are refreshed and raring to go for the next season.

Several of our swimmers received their GCSE and AS/A2 results over the summer, well done to you all. Special mention must go to Matt James who is off to Birmingham University this month to study medicine. Matt has been a key member of the team for as long as I can remember, having joined in 1999, just a couple of months after my family. He very quickly earned the title 'workhorse' of the lane, and won his first major Annual Award in 2004. He has also won Senior Swimmer of the Year twice and Top Swimmer of the

Year. He has represented Sussex Schools in the Divisional Championships. Matt has swum in every Sussex County Championships since 2002, in Regional Championships the last 3 years and last year swam at the National Championships. Matt has also broken many Club Records and currently holds 21 short course and 4 long course club records; I hear he has his eye on some Birmingham University records too! Matt, we wish you all the best and hope to see you in the team and training with us when you can.

Annual Award Presentations, 16th July

Every year we present our Annual Trophies to deserving swimmers. Every swimmer in Adlington, Jackson, Foster, Thorpe and Phelps Squads receives an Annual Award Commendation Certificate in recognition of the hard work they have put in over the year. If you have not yet received yours please collect it from the Help Desk.

Congratulations to our 2011 major award winners:

Top Club Swimmer of the Year – **William Jagger**

Senior Swimmer of the Year – **Matthew James**

Junior Swimmer of the Year – **Lauren Boothby**

Whipps Trophies – **Ryan Lamprell** and **Zoe Chellingworth**

Instructors Trophies – **Connor McHale** and **Tyler Whitcombe**

Sibyl Tarvis Trophy – **Bex Groves-Excell**

21st Anniversary Trophy – **Abigail Smith**

Malcolm Belchamber Trophy – **Mick Warren**

New Club Captains

I would like to welcome our new Club Captains Lucy Warren and Connor McHale (Junior Captains), Bex Groves-Excell and Charles Redwood (Senior Captains).

Summer Fun Swim and Annual Beach BBQ, 15th July

Thank goodness, it didn't rain, though it was rather windy! Everyone had a great time, both in the pool and at the BBQ. Thank you to our Committee members Carolyn and Lindsey who organised this and to our Chefs – Keith, Mick, Kip and Simon.

The following Friday was our last swim session before the holidays and we did another relay challenge. All our junior swimmers teams completed their mile challenge faster than before, whilst Thorpe and Phelps Squad swam the Channel! Yes, between them they swam a total of 34km, the shortest distance across the channel, which is 1,360 lengths, in just over an hour. When each of the 5 teams times were added together the total was 5 hours 6 minutes. This was much faster than the 7 hours 53 minutes they had done before, however we can't call this a record as we were short on time so swimmers doubled up in their lanes to complete the challenge for a very exciting finish!

Summer Swimming

Summer swimming was very busy this year. We ran a very successful water polo session at Lancing College, with thanks to our resident water polo coach Steve Bond – the session was excellent and great fun. Unfortunately the specialist turns clinic had to be cancelled as the College and pool were closed due to the Shoreham Air Show. Unfortunately we had not been informed of this closure, the closure dates we had been given stated Sunday 21st to Monday 29th August! All swimmers booked into that session will be refunded.

September Training Schedule

Our first cycle of training is all about improving your aerobic fitness and most importantly improving your technique. There will be speed work too with lots of swimmers after those important county qualifying times. This means lots of hard work in training and good stroke control, remember Perfect Practice Produces Perfect Performance! I am holding a Phelps Squad Swimmers Meeting on Friday 9th September at 8pm prompt for **all** squad members. Here I will be explaining a bit more about the training our youth swimmers will be doing and we will be practising the different types of training so everyone knows what is expected of them.



Sussex County Relay Championships, 4th September

Good luck to all those who are swimming in the Sussex County Relay Championships this weekend in Brighton. This year we have 14 teams (56 swimmers) competing. I have emailed full details to all team members.

Bath Swim Camp

We still have a few spaces on our annual Bath Swim Camp in the October Half Term. This is really worthwhile and I would encourage you to attend if you can. Children under 14 years do need to be accompanied by an adult. Please see Bernie Condron at the Help Desk or email dettecondron@aol.com asap.

Sussex County Championships Qualifying

The Sussex County Qualifying times are now available. You will find them on our notice board and on the county website www.sussexswimming.org. The times have changed this year, with some being easier, especially the younger boys, and some a little harder than last year. Please look at your times and see what you need to achieve. All entry times must have been achieved at a licensed meet since 1st April 2011. You will find open meet information on our website. Check out the Club Diary page and click on the buttons on the right hand of that page for further details.

Licensed meets you should enter if you are age 9 years or over:

25th September LSC Development Chaser open meet – entry closes 11th September

30th October & 13th November Sussex County Development Gala – you will receive entry details for this nearer the time

26th & 29th November, 3rd December LSC Club Championships – you will receive entry details for this nearer the time

18th December Southampton open meet, details not yet available

8th January LSC Splash into 2012 open meet – details on website

14th & 15th January Tom Handley Open Meet, Brighton, details not yet available

Swimmers who have qualified can also do the South East Winter Regional Championships. Long distance time trials will be held in the Christmas holidays as usual. Unfortunately times achieved in the National Arena League or any other league gala cannot be used for county entry.

Even if you don't think you will get a county time, you should still enter as many competitions as you can; apart from regular training, this is the best way to get faster. Please come and see me or the Help Desk if you are unsure about entering open meets.

Parents Forum

We are organising a Parents Forum on Friday 16th September to run during training. This will be a question and answer session covering both training and competition. We will start at 7.10pm. I look forward to seeing you there.

Sue X

Squad Coach Chat

Thorpe Squad A decorative horizontal line consisting of a sequence of colored circles: red, blue, grey, and white.

Hi Thorpe Swimmers,

I hope you have all had a fabulous holiday! Well done to those who made it to any summer sessions, I hope you are ALL now ready to get back into some quality training.

Before we broke up for summer, some of you earned your Competitive Start Award so congratulations to Lucy, Emily, Ryan L, D'Arcy and Florence. Our squad also did well at the Awards held at the AGM so again, congratulations to the winners of The Whippets Trophy: Ryan L and Zoe, The Instructors Trophy: Connor (and Tyler from Foster), Junior Swimmer of the Year: Lauren Boothby and finally our two junior club captains: Connor and Lucy. A fantastic effort from you all and I'm sure Connor and Lucy will do us proud this year!

Welcome to the new swimmers who have joined our squad over the summer: Abigail, Lewis, Maddie, Rosie (welcome back!) Holly, Sam, Georgia and Jasmine. Good luck to those who have moved up to Phelps: Zoe, Bex, Florence, James, Elle and Beth.

There are a few galas coming up soon, including the LSC Development Chaser, so make sure you get your entries in. It would be great to have as many Thorpe swimmers as possible entering these galas. Finally, lets start as we mean to go on this year. Remember all your equipment (especially a drink, goggles and hat), work hard when you're training, finish the whole set properly and do your best!

Sarah xx

Squad Coach Chat

Foster Squad



Hi Guys,

I hope you've all had a fabulous summer and have enjoyed some time off as well as our summer swimming sessions. I've been coaching Adlington so I haven't seen much of you. I can't wait to see you all again and the things that you have improved on this month.

Good luck to those of you who are in the Sussex County Relays on Sunday, I'll be poolside if you've got any questions.

I'd like to see plenty of hard work in September, we've got a lot of catching up to do with our fitness levels and need to do a good few lengths to get rid of excess ice-cream eating! (me too!)

And finally, we've got quite a few newbies joining us after the summer so we can look forward to finding out who they are!

Helen

Jackson Squad



Hi All


I hope that you all had a good time during the summer holidays and I bet you just can't wait to get back to school. I have had a lovely break and managed to get away to Las Vegas!

I look forward very much to coaching you all this new season. Try to attend as many sessions as you possibly can and always bring your full kit with you, that's, **fins, goggles, pull buoy, kickboard** (parents if your child doesn't have kickboards or pull buoys we do provide them, Xmas is not too far away and these are good stocking fillers?) and the most important one, **a drink**. You should be drinking 1 litre for every hour you train and I do check every session that you have got one with you, however, if you have rushed out of the door to come swimming and have forgotten you can always get a bottle of water from one of the machines in the cafe area.

We hold another of our Open Meets on September 25th at Arun Leisure Centre and it would be good to see you there. If you are unsure as what races you can enter then please come and speak to Sue or myself. This really is a lovely meet with 50m, 100m and 200m events, check our website for more details but your entry needs to be in **NOW!**

I look forward to helping you with your swimming but above all ENJOY IT!

That's All

Denise x 

The Adlington Academy



Hello Swimmers

Well, it's good to be back! I hope you have all enjoyed your summer break and feel rested. It's now time to get back into training and put lots of effort in!

I just want to say a big welcome to our new swimmers. Please speak to your lane coach or to myself or Sue if you need help with anything.

Also, very well done to those swimmers who have now moved up to Jackson Squad.

As you know there have been some changes to swimming times with a slight increase on a Friday and, for Adlington 3 swimmers, an extra swim on Tuesdays. Again, if there are any queries regarding this, please speak to myself or Sue.

Looking forward to seeing you on poolside!

Amanda x

Club Captains



Hi everyone,

I am your new junior girls club captain for the next 12 months. It is a great honour to be selected for this position. I will try my hardest to help and assist you to the best I can.

I will be poolside on Tuesdays + Fridays 10mins before the start of the first session to lead pre water mobility. All swimmers need to be poolside 10mins before you swim. Joining in with pre water mobility will help warm up your muscles so you can swim faster.

We have our development meet on Sunday 25th September 2011 and everyone over the age of 9 can enter. If you are unsure of anything please come and talk to me.

TOP TIP: If you have a banana before you swim it will help prevent cramp.

See you soon,
Lucy W

Happy Birthday!

All of these swimmers celebrated their birthday in August.....

Emilia Barsley-Pivoraitis, Georgia Brotherhood, Henry Condron, Will Condron, Elizabeth Hazelwood, Robin James, Martha Jones, Mae Kerr-Smith, Rachel Leggett, Haydn Lewis, Freya Marshall, Jack Meeten, Meghan Murphy, Sam Niepold, Callum Noyce, Ben O'Connor, Rebecca South, Edward Thomas, Bennett Thomas



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

Jessica Blower, Rob Hunter, Dylan Hurst, Ryan Marshall, Lola Martin, Daisy Martin, Connor McHale, Freya O'Brien, Amelie Pearce, Alfie Riley, Sophie Simmons, Dylan Simmons, Abigail South, Isaac Wood

We wish them all a very Happy Birthday!

Latest PBs

Well done to the following swimmers who all swam new personal best times in July or August;

Saffron Ahern, Holly Alman, Joseph Alman, Finlay Atherton, Patrick Atherton, Rachel Baily, Bethany Bashford, Bradley Bell, Amy Bignall, Jessica Blower, Charlie Bond, Jamie Bond, Lauren Boothby, Natalia Boothby, Amber Brown, Jessica Brown, Heidi Cameron, Zoe Chellingworth, Bethany Chivers, Jack Collins, Tobias Collyer, Henry Condron, Will Condron, Lewis Cox, Tierney Cox, Hannah Dunn-Coleman, Rebecca Dunn-Coleman, James Fairlie, Harrison Fletcher, Jess Frayne, Corey Gowans, Jacinta Gowans, Caleb Grace, Maya Grenier-Cooper, Daniel Hazelwood, Elizabeth Hazelwood, Charlie Hodges, Oliver Hodges, Taylor Holter, Elle Hunter, Rob Hunter, Freya Jagger, William Jagger, Felicity James, Harry James, Matthew James, Turner James, Finlay Jefferis, Tom Jefferis, D'Arcy Kosla-Rule, Luke Lamprell, Ryan Lamprell, William Le Merle, Bethany Lewis, Emily Locker, Florence Mahoney, Alice Mantle, Anna Mantle, Freya Marshall, Connor McHale, Darragh McSporran, Fay Mugridge, Isabelle Munro, Meghan Murphy, Leah Nicholls, Sam Niepold, Ben O'Connor, Faith Powell, Paige Powell, Emily Pryke, Abigail Ramsey, Charles Redwood, William Redwood, Zak Rigby, Lewis Smart, Abigail Smith, Matthew Smith, Harry Squire, Lily Squire, Jasmine Strange, Grace Tapley, Ziggy Tate, Edward Thomas, Philipa Thomas, Joshua Tomley, Lauren Wayman, Sophie Wayman, Tyler Whitcombe, Sophie Whittington, Emily Wootton, Amelia Wright, Madeline Wright.

Quote of the Month

"If you think training is hard, try losing!"

This month's quote was from
Rob Hunter

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

100 Club Winners

This month's lucky winners are:

9	Sarah Frayne	12	Anna Seager
21	Lily Squire	22	Sam Niepold
25	Jessica Brown	98	Emily Pryke



"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.....

Sun	4 Sep	Sussex County Relay Championships
Mon	5 Sep	No swimming due to LSSC staff training
Sat	10 Sep	Sussex County Junior & Senior Squad training - eve
Fri	16 Sep	Parents Forum question & answer session 7.10pm
Sun	25 Sep	LSC Development Chaser Open Meet
Sun	2 Oct	Crawley Level 3 Long Course Open Meet
Mon	3 Oct	No swimming due to LSSC staff training
Sat	8 Oct	National Arena League Round 1
Mon	24-27 Oct	Bath Swim Camp
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

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 July winners!

Phelps Squad: Esme Durlston-Powell

Thorpe Squad: Rachel Baily

Foster Squad: Lauren Wayman

Jackson Squad: Felicity James

The Adlington Academy: Katie Haywood

Congratulations to our August winners!

Phelps Squad: Sarah Chegwin

Thorpe Squad: Rebecca Precious

Foster Squad: Amy Bignall

Jackson Squad: Matty Smith

The Adlington Academy: Saffron Ahern



**Closing Date for next newsletter:
23rd September 2011**

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