

NEWS SPLASH!



Welcome to the Havant & Waterlooville
Swimming Club Newsletter Nov/Dec 2010

NEW BRITISH RECORD FOR TEAM MASTERS



Saturday 02 October 2010 saw 8 members of the H&WSC Masters squad come together to proudly represent their club at the South East Regions Senior Age Group and Masters Meet held at The Spectrum, Guildford.

The event (a step away from the nationals) would prove to be a harder event than most had swam at before! 6 of the team were swimming in the individual events and the remaining 2 volunteered to give up their Saturday evening for the good and benefit of their club and swim in two Relay events. (Respect to Lynne and Paul).

The Meet started promptly at 10 am and saw 5 of the team participate in the 200m Freestyle (all gaining season best times) Stephen Tomlinson and Adrian Roberts set New Club Records in their age group. This was to set the standard for the rest of the day.

The highlight of the morning session was the last event 4 x 100m Freestyle Relay in the 160+ age group where 7 teams participated (1 team had an American & Canadian in and so were illegible to go for the British Record! – its all rules etc etc that we didn't understand). The team (Pauline Hogg, Trish Ellam-Speed, Stephen Tomlinson & Adrian Roberts) took their place on the blocks following the team briefing from Adrian "this is for fun and team work - just enjoy the race" ringing in their ears.

The starter sounded and in a hard fought race, Havant & Waterlooville broke the existing BRITISH RECORD by 3 seconds. (So much for the chat "it was all for fun!"). Congratulations to the team and to the remaining team members who were cheering them on and out shouting a number of larger participating club

The afternoon session brought another two Club Records and another hard battled 4 x 100m Medley Relay SILVER medal, again beating the British Record by 11 seconds but loosing the new title by 2 seconds (NEXT TIME!).

The evening session started with a 4 x 50m Freestyle relay where Lynne & Paul had travelled up to participate. Another club record was set in the 200+ age group relay, but they unfortunately finished outside the medals (This spurred the four members to give everything they had for the last event of the day 4 x 50m Medley Relay) the team Pauline Hogg, Lynne Jones, Paul Wickland & Adrian Roberts finished the day with a well-deserved SILVER medal.

Throughout the day Tom Peddell went from strength to strength set 5 new season and personal best times in his age group and as always Sue Dewar led throughout the day by example in her 7 events. Trish Ellam-Speed gained the respect of the team even more when she set a new PB & Season best time in the 200m Ind Medley (The event before the Record breaking Relay! – What a warm up!).

Congratulations to Adam Parrot, who would normally swim for H&WSC but on this occasion, swam for his national club to try and break his National Record. Cheered on by his H&WSC teammates, he managed to beat the National record by 1 100th of a second!

"this is for
fun and
team work -
just enjoy
the race"



Our Mission

"As a competitive swimming club, our aim is for all our swimmers to participate in and enjoy the sport of swimming. Whatever your ability, we will provide the opportunities throughout the year for you to train and compete, both as an individual and as part of a successful swimming team"

Successful swimming

Posted on Hampshire ASA Website 22/10/10

British Gas ASA National Inter-County Team Championships in Sheffield on 17th October.

Ollie Jermy was selected for the team representing Hampshire at the recent ASA National Inter-County event. Ollie pushed himself hard in his two individual events, cruising into FIRST place in 100m Back in 1.02.33 and SECOND in 100m Free with a time of 56.26, breaking 2 Hampshire records.



Ollie is now officially ranked as the not only the fastest boy in the south, but the fastest 13yr boy in the country to swim 100m Backstroke.

Well done Ollie!

ASA TALENT DEVELOPMENT PROGRAMME

Ollie has also been selected to take part in the ASA Talent Development Programme which consists of 2 training camp days Portsmouth & Northsea Swimming Club taking place in Oct and Jan 2011.



“Congratulations to all who took part in the National County Team Championships in Sheffield on 17th October. Hampshire celebrated its return to the top division by coming 12th overall, the best position for several years.

Special mention must go to Oliver Jermy, Havant & Waterlooville, who came second in 12/13 years 100FS and 1st in 100BK. “

School Swimming Championships

Following his initial success at the Division 12 School Swimming event in May, Horndean student, Ollie Jermy and Oaklands Joe Duffy were selected to swim for the Wessex Division at the 2nd round of the School Swimming Championship at Southampton in September. Ollie was on top form, winning all 3 of his Junior individual events. 50m Free 26.54, 200 IM 2.19.40 and 100m Back 1.01.82. Joe Duffy did well, winning the Senior boys 100m Free in 54.75, placing 3rd in 50m Free TT and placing 4th in 200m IM in 2.21.83. Joe also formed a vital role in the Senior Boys Relay 4x50m Free .

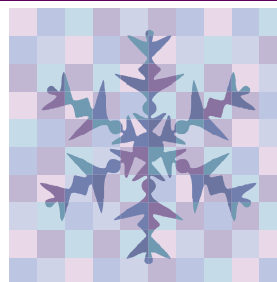
Ollie also swam for the Junior Boys Team relays, helping his team into FIRST place in the 4 x 50m Free Relay and place 4th overall in the 4 x 50m Medley.

Using results from this competition, another swimteam was selected to go on and compete at the **Inter-Division Championship in Watford on 29/30 October 2010.**

Our 100m Backstroke specialist Ollie J swam even faster this time than he did in Sheffield, taking **FIRST PLACE** in just 1.01.61 placing him into the finals, in which he gained yet another first place, winning the event overall, earning him a National Qualifying Time for Boys aged 14.

Also, having been selected to swim in the two team events, Ollie was delighted to make the finals in both relays, taking **FIRST** in the 4 x 50m Free and 5th overall in the 4 x 50m Medley.

Ollie's success doesn't stop there, as he has now been selected to represent English Schools at the W.I.S.E. International event in Dublin in March 2011. (WISE = Wales, Ireland, Scotland, England)



ASA WINTER REGIONAL CHAMPIONSHIPS

The Three Amigos

H&WSC top swimmers took part very recently in the SE

Region round of the Winter Regional Championships held at the Mountbatten Centre in Portsmouth.

Barrie Stewart, Joe Duffy and young Ollie Jermy between them took part in many events, with two into the Finals.

Barrie swam his way into the Final of the 50m Breast, earning himself a very respectable 7th place overall with 31.52.

Joe Duffy, at 16 yrs in 100m Free placed 10th as a Junior with a time of 55.28 which gave him an overall placing of 24th in the Open results. Joe also competed in 50m Fly with a time of 27.89 giving him a Junior place of 8th and an overall place of 15. Joe pulled out all the stops in the 50m Free, earning him Silver in the Junior results with a time of 24.84 and 4th in the Final.

Ollie performed well in several individual races. With a time just tenths off his Watford record he achieved 5th place in the Junior Results and 12th place overall in the 100m Back. For the 200m Back Ollie managed 10th in the Junior and 11th in the overall open results.

800m Free in 8.51.23 earned Ollie a well deserved 4th place in the Junior results giving him 5th place overall in the Open.

Well done boys—great swimming



Big thanks to Liz Ward as she retires from Coaching

Following her decision to retire from coaching, Graham Pople on behalf of everyone in H&WSC, would like to take this opportunity to thank Liz Ward very much for all her work and efforts within the Club.

Liz has contributed immensely, not only working hard on poolside with her squad but also for her dedication behind the scenes, providing the much needed support and assistance, that no-one ever sees. Liz successfully introduced Novice Galas at Eastney and Winchester to our younger swimmers, giving them the the invaluable experience of competition and increasing their confidence and courage to go on to compete in other events.

Liz has been also been an active member on the Club Committee and in 2009/10 took on the challenge of helping to complete Swim 21, which is still ongoing. You may still see Liz in the gallery occasionally, watching daughter Katie, swim in Performance Squad.

Liz has worked closely with Amanda Beauchamp over the last few weeks to ensure a seamless and successful take over of the Squad.

Introducing New Coach for Intermediate Squad— AMANDA BEAUCHAMP

It is certain Liz Ward will be delighted to see some of her young swimmers continue to progress from Intermediate Squad onto bigger and better achievements as they develop their swimming talents under the beady eye of new coach Amanda.

Amanda, already a familiar poolside personality to many, as she is swims in Masters Squad. Amanda, in her younger days, was a successful and National Level Swimmer, so she knows exactly what it takes to be a competitive swimmer, and understands the effort that it requires.

Amanda is also one of our few qualified timekeepers and recently instigated a successful training course for several young officials and parent timekeepers, and is now acting as their Mentor. Earlier in 2010, after rigorous



training, she qualified as Level 2 Judge and was recently invited to judge at the British Gas ASA Inter County Championships in Sheffield on 17 October. Amanda hopes to complete her Level 2 Teaching Certificate in December.

Amanda has this September stepped down from her role on the Club Committee as Welfare Officer after several years of service to the Club. Amanda has always been active member of the H&WSC and is recognised for her extensive knowledge and experience in the sport of swimming and also for the ins and outs of H&WSC!

Amanda is very much looking forward to the challenge of coaching her own squad, and would welcome the opportunity to meet any parents before or after a training session to answer any questions you may have. Savannah Beauchamp has recently moved to swim with Club and Frazer Beauchamp swims with JP, so if she isn't coaching, she is watching, if she isn't watching or coaching, she will be swimming, and if she isn't doing any of the above, you will find Amanda timekeeping or judging!

TEAM MANAGER REQUIRED Can a parent please come forward and offer to be Amanda's **Team Manager**—you will very much appreciated and will provide a much needed contact point for both coach and parents. Please do get in touch with Amanda if you are interested.

Cancelled



**FUN GALA
PORTSMOUTH
13 NOVEMBER**

To all those parents of swimmers 10years and younger who have been waiting to see if your child will be picked for the above forthcoming fun gala. This gala sadly has been cancelled. PNSC have assured me although 2010 has seen a lot of cancellations, they DO plan to continue with this fixture and will announce their 2011 dates very soon.

Don't forget though, we have Time Trials the following Saturday (20th November) and for 9yrs up Peter Bull Open Meet 5 & 6 December.

Sorry for the disappointment and thank you for keeping these dates in your diary.

Kind regards Amanda Beauchamp

SQUAD NEWS

JUNIOR PERFORMANCE

Welcome to

Mollie Shepperd

Ella Francis

spring boarding into JP

Well done girls—keep up the good work!

Whilst Mark was away on holiday earlier this month, Amanda Beauchamp covered some of his training sessions and has chosen

KATIE BYRNE

as JP Swimmer of the Week because she absolutely whopped the pants off the boys during training on Friday 5th Nov. Good work Katie, keep it up!!

FOUNDATION

Congratulations to the following swimmers on their recent promotion up to Intermediate Squad

Chloe Efford
Poppie Grossett
Olivia Shaw
Charlotte Voller
Nick Hall
Thomas Walker
Tom Bonnett
Victoria Chant

HIGHER SQUAD

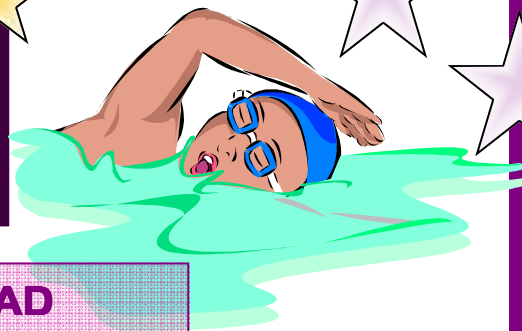
Recently promoted to Advanced are

Jack Kelly
Lawrence Pople
Holly Davy
Joel Richardson
Adela Barrett.

Springboarding* into Advanced are

Lois Parry
Matthew Knight
Beth Elms
Sophie Grimes
Georgia Blomfield
Ellie Gutteridge
Nathan Montgomery

*training one extra session with Advanced



INTERMEDIATE SQUAD

Congratulations to the following swimmers on their recent promotion up to Higher Squad

Joe Elliot
Dan Elliot
Katie Hall
Jasmine Hall
Jo Marinaccio

INTERMEDIATE SWIMMER OF THE MONTH IS **DAN ELLIOT**

For his consistent hard work and excellent attitude to his training and great attendance. When Dan is taught anything, he takes it on board, he does it and applies it successfully. Well done Dan.

CLUB SQUAD

Most Improved Swimmer in Club goes to **LAUREN RABBETS**

PERFORMANCE SWIMMER OF THE MONTH

Daniel Gilbert
James Faull
Francesca Rowland

For 100% attendance in **October**

Also special congratulations to Ollie Jermy on his outstanding achievements throughout Sept and October and for an impeccable record of 102% attendance (including additional training and competitions)

Whats New?

HORNDEAN TECHNICAL COLLEGE TEAMS

to swim at National Swimming Championships for Secondary Schools at the Quays, Southampton.

Sunday 21st November, 2pm

The Hampshire Schools Relay event is taking place on Sunday 21st Nov in the afternoon.

From within H&WSC there is a considerable number of Horndean Technical College pupils and plans are being made to make up teams for both boys and girls for the Junior and Intermediate age groups.

Following a meeting recently with Assistant Head Mr Matthew Evans, HTC are more than happy to give the teams as much support as possible, and have offered to pay the entry fees and to provide



the transport to the competition. Mr Evans is planning to take the School Minibus and get the teams to the venue in true school style. Mr

Evans, a keen and successful triathlete himself, would like to be able to remain poolside with Graham Pople to help give the team his full support during the competition.

From this event, the top 16 teams nationwide will be selected for the National Finals held at the end of February 2011 in Stockport. Watch this space for the results!

CODE OF CONDUCT

Sadly there have been several reports recently of H&WSC BOYS misbehaving in the changing rooms.

Squirting water, mucking about, general running around and towel flicking seems to be rather high on the boys agenda, rather than getting changed quickly and quietly.

Please may all swimmers be reminded that they are expected to behave themselves not only on poolside but ALSO in the changing rooms. The changing rooms are in use by the public and these episodes of misbehaviour must STOP before a public complaint is made to Horizon Leisure Management or even worse, before someone is seriously injured.

Parents are kindly asked to remind their young swimmers of the expected Code of Conduct— No matter how innocent they may seem!!



On Monday 8th November H&WSC Website

MASTERS—The New Look Welcoming Masters Page is launched with shortcuts to upcoming events, Club Masters Records & the ALL NEW Club Masters Relay Records Sheets.

Take a look!

Haslemere Masters Medley & Sprint Meet being held on 12th February 2011. (The first Masters Meet of 2011). It would be great to try to lift the team trophy this year—we need at least 12 swimmers attending. Closing date is 14 Jan 2011.

WHAT ARE THE BENEFITS OF BEING A 'HELPER'

- ⇒ If you are a helper, you get in free—no door charges for you!
- ⇒ You get a poolside view of the Gala—you can usually get a close up of your child swimming and they might actually hear you cheering them on!
- ⇒ Your child is better off without you watching their every move like a hawk.
- ⇒ You put less pressure on your child by being otherwise occupied. There is nothing more frustrating and stressful than helplessly watching your child fiddle and fidget and being at their beck and call every 5 minutes up and down those stairs (sound familiar?).
- ⇒ Time goes so much quicker when you have a job to do.
- ⇒ Believe it or not, your child would be secretly proud that you are helping out (even if they say it is embarrassing) - they soon get used to it.
- ⇒ This Club needs you. There are never enough people to help out with big galas and events.
- ⇒ **There is nothing to get hot and bothered about—Make the next one your first one.**



**HELP
WANTED**



**TEAM
MANAGERS**

**Parent Volunteer
Team Managers are still required.
Higher—wanted
Intermediate—wanted
Team Managers are a non-committee role.**

WANTED

A PLEA FOR RAFFLE PRIZES & CHRISTMAS HAMPER GOODIES



Dear Members and Families

In an attempt to raise some much needed funds for the club and to restock our sadly depleted prize stock, the committee will be holding a Christmas Hamper Raffle this year. To facilitate this we are asking every family to donate a small gift for general raffle or to go into a hamper with a Christmas theme .

(Please no fresh produce and check best before dates are well in advance.) If all 200+ members give a Raffle Donation, we will be able to hold an exciting and interesting raffle

Things we would like

- * Duplicate or unwanted childrens toys (unopened unused)
 - * Unwanted presents
 - * Unopened bottles of wine/spirits
 - * Unopened tins of food**
 - * Unopened packets of food, like crisps, biscuits, snacks and nice stuff**
 - * Unopened and unwanted cosmetics, toiletries and perfume.
 - * Jigsaws/Games (unopened and sealed)
 - * Big teddy bears—must be new or in excellent almost new condition
 - * DVDs in excellent condition—no scratches & in original box
 - * Anything you have that would be a good raffle prize
- **please no fresh food and check best before dates are well in advance**



**PLEASE GIVE ANY ITEMS TO THE CLUB DESK ON
SATURDAYS OR HAND TO ANY COMMITTEE
MEMBERS**

Thank you for your support

HAPPY BIRTHDAY

Birthday Boys and Girls

Wishing everyone a very happy birthday from all of us in H&WSC, especially from your own squad coach and all your swimming friends.

Sorry if you are a very new member and have been missed off the birthday list—

we will get you next time round!

October Birthday Boys

Andrew Fry—Foundation
Ben Tweedle—Foundation
Adam Goff—Intermediate
Thomas Walker—Intermediate
Callum Harrison—Advanced

November Birthday Boys

Jack Bonnett—Foundation
Joseph Bratty—Foundation
Aidan Morgan—Foundation
Tom Sturt—Foundation
Michael Rutten—Higher
Jack Kelly—Advanced
Tom Payne—Advanced
Toby Reed—Advanced
Mark Voller—Masters

December Birthday Boys

James Daniel—Performance
Eliot Patten—Higher
Daniel Peddell—Masters
Joseph Rabbetts—Club
Michael Robinson—Club

October Birthday Girls

Laura Baker—Foundation
Elena Farrow—Foundation
Mollie Hayes—Foundation
Amy Hall—Intermediate
Chloe Efford—Intermediate
Beth Elms—Higher
Loise Parry—Higher
Chloe Salmon—Performance
Lauren Wood—Club
Helen Saunders—Masters

November Birthday Girls

Annie Spencer—Intermediate
Sophie Grimes—Higher
Victoria Harrod—Higher
Olivia Burden—Advanced
Amy Woodham—JP
Antonia Ebbage—JP
Lauren Efford—JP
Sophie Ormston—Performance
Lynne Jones—Masters

December Birthday Girls

Ellie Doherty—Foundation
Heidi McKeand—Advanced
Katie Byrne—JP
Emily Jones—Club



AGM Highlights

Thank you to everyone who attended this year's AGM. We had a much better turnout than previous few years—this is very encouraging.

Below are the highlights (and lowlights) of the Annual General Meeting held at Waterlooville pool on 23rd October 2010. Any questions please do ask any member of the committee.

A massive big THANK YOU to the 2009/10 Club Committee, for all their exceptional hard work, the time and the effort that they have put into the Club to make it what it is today.

This Club would not have been successful without you, so thank you everyone, particularly those members that have stood down this year, after many years of dedicated service.

Hayley & Brian Meaden

Liz Ward

Amanda Beauchamp

Sally Wallace-Cook

Julie & Gary Turner

Claudia Hewett

And thank you to our ever patient Chairman

Ian Stirzaker



Thank you to our young coaches who, due to hard work and dedication, are largely responsible for the ever improving strength at the novice end of the club.

***Once again,
a very big thank you!***

THANK YOU

Create an environment where all swimmers can reach their full potential, even if this means making necessary changes to swimming pool venues and schedule

Create opportunities for parents to become more involved and more supportive of the club

To try and raise a sub-committee to help arrange fundraising events. All ideas welcome.

As a competitive club we aimed to promote competition from an early age to increase confidence. This was achieved through the novice galas at Eastney and Winchester.

Encourage parental help throughout the club

We need to monitor home events as entries were not reflecting our 210 strong membership. We still need to focus on overcoming this issue and promoting competitions.

To raise expectations and participation of all the swimmers and parents, right across the board, Foundation through to Masters.

To promote the Club in every way possible

The club is in danger of folding, if the stranglehold Horizon has over it regarding pool time and pricing is not addressed urgently. The situation is reaching near crisis and the club will have to resort to using satellite pools unless an agreement with Horizon is reached.

WELCOME to all our new Committee Members for 2010/11

A list of all our 2010/11 Committee Members will be issued shortly.

We are still seeking to fill several roles for the committee, if you can help in ANY way we would be grateful. Please ask.

Thank you

Encourage and actively seek potential sponsors by whichever means

Parents can help overcome confidence issues by supporting their child and encouraging them to enter time trials, home competitions etc.



2010/2011

FORTHCOMING

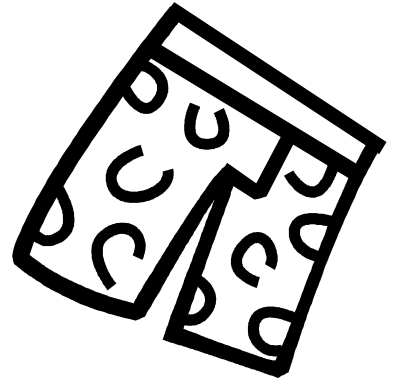
Dates for Diaries **EVENTS**

| | | | |
|----------------------|--|--|---|
| November 2010 | Sat 13 Nov | National Arena League Round 2 | By Selection only* (see noticeboard 1 week before) |
| | Sat 20 Nov | Time Trials 4-6pm W'ville | EVERY SWIMMER TO SWIM |
| | Sun 21 Nov | Secondary Schools @ The Quays | Selected Teams on noticeboard |
| December 2010 | Sat 4 th & Sun 5 th December | Peter Bull BAGCAT competition | ENTRY FORMS TO BE IN BEFORE 23 OCTOBER |
| | Sat 11 Dec | National Arena League Round 3 - Final Round CLUB CHAMPS ENTRY FORMS | By Selection only* (see noticeboard 1 week before) GET THEM IN! DATE TBA |
| December | Postponed | CHRISTMAS PARTY! | Postponed |
| January 2011 | Sat 8 th Jan | Chris Hunt Memorial Swim the Channel Challenge | £4 suggested donation to swim. Fundraising event - All swimmers and parents requested to take part. See below |
| | 14 Jan | Haslemere Masters Medley Closing entry date | |
| | Sat 15 Jan | CLUB CHAMPIONSHIPS CLUB CHAMPIONSHIPS CLUB CHAMPIONSHIPS | ALL SWIMMERS TO PARTICIPATE ENTRY CLOSING DATE TBA |
| | Wed 19 Jan Sat 22 Jan | | |
| February 2011 | TBA | Presentation & Party Night | EVERYONE INVITED TICKETS AVAILABLE SOON |
| | 12 Feb | Haslemere Masters | Sign sheet to go on board |
| | 21-23 Feb | Half Term Workshop | |
| March 2011 | Date to be confirmed | Hampshire County Championships | TBC – Qualifying Times to enter |
| April 2011 | Sat 3 rd April | Spring Open Meet @ Waterlooville | All swimmers to enter |
| | | Easter Party | To be confirmed |
| May 2011 | TBC 21-23 May | Maurepas 2011 Approx. £150 per person | Date to be confirmed. Minimum times. To be put on list – contact Jane Rowland or Tina Lewendon |

Good websites to check for dates and events are:

British Swimming
Southeastswimming
Hampshireswimming
Hampshire Schools Swimming
H&WSC

*** Selection to be made by Coach**



There are lots & lots of swimming items ready for sale and are available from the Club Desk on Saturday evenings.

Please do come along for a browse, there are plenty of useful things.

If you want to sell an item
—bring it along.

You can sell your unwanted good quality swimming kit such as fins, goggles, suits through the Club Desk and give 10% of your profit to H&WSC.

Or you can donate any swimming items described above to the Club and allow them to sell it for you and keep the profit.

All you have to do is bag it up, put your name and telephone number on the bag and clearly state how much you want for it and give it to Jane Rowland or give in to the Saturday Club Desk.

(If you wish to donate the item (i.e. you don't want the money) please label the item as CLUB PROFIT.

You want to see a particular item, try it on or buy? Just ask

Please see Jane Rowland—available during most Performance Training Sessions to arrange.

