

# NEWS SPLASH!



## Welcome to the Havant & Waterlooville Swimming Club Newsletter Sept/Oct 2010

**B**lue skies, burgers burning, bangers sizzling—ahh.... The Annual Club BBQ—you can't beat it!

### Club BBQ a sizzlin' success

A welcome change to the weekly training schedule, H&WSC held their annual family BBQ and Games at the QE County Park on Saturday 4th September.

A good turnout, of about 80 people, including several new members from the younger squads to more familiar 'old' faces (you know who you are!). Several family dogs came along and added to the fun. Oggy (Gibbons) successfully wore out most of the young girls, whilst Steel (Harrison) went for long run (by himself!) and had everyone running after him!

All the Squad Coaches were there for a bit of R & R. Tom Peddell, not satisfied with having the afternoon off

with his feet up in the sun, played footie with the boys (and girls) until they pleaded exhaustion.

For the first time, we had a tug of war with a proper 100 ft tug of war rope which was extremely long and heavy. Ian Harrison was determined to have 4 children, 3 men and 2 women either side to make it fair, but no one listened and in reality there were at least 8 men, 20 children and 6 or more women, - no matter how many times he told us! It was a tough contest, but the team with the most initiative won, when they tied their



rope to the gate.

All food was organised by Ian Harrison, assisted by Lisa his wife and assistant chef, Steve Faull and many other incompetent members of the committee.

Two birthdays were celebrated on the day—old Steve Faull and young Jacob Gibbons. Jacob had a huge doughnut mountain to share with his friends and Steve had a massive slab of chocolate cake presented to him by wife Liz, on a piece of wood. We all had a least one bit of that and it was yummy (and no splinters!)



"who's pinched me sausages?"

Trevor organised the traditional rounders games. However, since the rules were considerably 'relaxed' it was difficult to know who had actually won



the tournament. The Apples cheated just as much as the Oranges. The real stars of the game were definitely the younger members who had the distinct advantage of being able to run a lot faster than the oldies could.

Graham's famous annual waterpistol fight was somewhat delayed in the day. Having exhausted himself by rowing a canoe for a charity event earlier in the day, Graham thought he might get away with it—but finally had to give in to the tormenting and entered the battle of the pistols, getting extremely soaked. The climax of the water fight was when Graham had the contents of the ice box poured over his head, bringing the afternoon to a timely end! No doubt, revenge is on the cards for that one.

If you didn't make to the BBQ this year, you missed out.! Try and come along next year. 1st weekend in September.

## 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"

# The Great North Swim



By Chris Pitman



The dreaded Blue Green Algae struck Lake Windermere just before The Great North Swim ( 1 mile swim, for wimps in wetsuits) in Lake Windermere was scheduled to take place on 4th September, forcing it to be cancelled.

However, luckily or otherwise, my 10.5 mile swim (no wetsuits allowed!) from the South of the Lake to the North, wasn't cancelled as it turned out that we don't go near where the

algae area was causing the problem. Blue Green Algae has been proven fatal to animals and humans if ingested, so that was a bit of luck.

This annual event is organised by the British Long Distance Association at Lake Windermere in the Lake District, which is ten and a half miles long and 219 feet deep - and is England's largest lake. Its name comes from the Scandinavian for 'lake of a man called Vinandr'.

This year the weather couldn't have been better at the start. The sun was shining, there was no wind and the lake was as flat as a pancake.

Naturally, this didn't stop it being cold, the temperature hovering most of the time at about 15°C. Later in the day however, the wind got up and of course the sun went in which made it feel even cooler. The boat users on the lake tended to create rather large wakes behind them at times, but nothing too bad. As I was swimming, I was surprised how strong the currents were and I could feel the water getting colder around me as I swam past certain points where the underwater streams enter into the lake.

To be truthful, it was cold, actually, very cold! There was never a time when I felt warm during the swim however, all my shivers and chilly bits were sorted out by a hot drink and a sandwich afterwards.

Each competitor has to be accompanied by their crew in a rowing boat, and they are responsible for looking after their swimmers safety and feeding program throughout the swim.

33 competitors started the race, which was freestyle. There was actually a competitor who opted to swim butterfly! (it's nice to know that there is someone madder than me). Out of the 33 starters, only 2 didn't make the finish, one due to the cold and the butterflyer due to exhaustion.

I chose to swim front crawl and was delighted to successfully complete the course. At first I was disappointed with my time, but after I found out that not only was I the oldest swimmer by quite a few years, I also found out that my crew had had a slight navigational error (!) bringing me in on the wrong line which accrued extra mileage! So, most probably I swam about 11.5 miles rather than the 10.5m I should have done. So, not too bad after all.

Would I do it again?

Of course! In fact I'm looking for a crew to row up and back next year, which will make it 21 miles (if they manage to row in a straight line). Some of this will be rowing in the dark too! If you are interested in applying please do contact me via the Newsplash Editor on [avsr17@dsl.pipex.com](mailto:avsr17@dsl.pipex.com)



## MASTERS BULLETIN

On Saturday 2 Oct 2010, 8 members of our Masters Squad are competing in the South East Regional Masters Meet at Guildford. We all wish them luck and look forward to hearing their results in the next issue.

Another major competition coming up for the Masters is taking place on the 29 to 31 Oct 2010, when 3 members are travelling up to Sheffield to take part in the National Masters event. Once again, watch this space for an update on the results.

After the Nationals, the Masters Squad can then take it easy until January, which kicks off with The Annual Chris Hunt Memorial swim followed by the Club Championships and then two meets in February.

Take a few moments to check out the new home page for the Masters section on the H&WSC Web Site (There is information available about Master's training session times and forthcoming events for 2011).

Once the aforementioned events have taken place, the Masters' Club Records page will be updated (assuming we will have some new records - no pressure guys!) In addition to this the Masters Relays Records will also be updated on the website.

## ADVANCED SQUAD NEWS

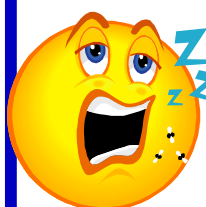
### JP Promotion for Jack Ford

**Congratulations!**



*Olivia Burden, Braden Daniels, Jess Allington and Deelan Sabir are all currently springboarding into JP. Excellent progress—well done.*

*The Tuesday Morning Record for the distance swum has been beaten again and now stands at a fantastic 3600m! If you are*



*finding it difficult to get up in the morning to come swimming on a Tuesday YOU ARE*

**SO MISSING OUT!**

## CALLING ALL NOVICE SWIMMERS .....

The first Novice gala of the seasons is taking place this coming weekend on

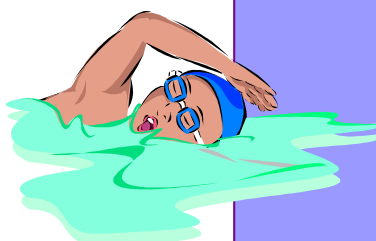
**Saturday, 2 October 2010**

at the home of Winchester Penguins. Check out the noticeboard for more details or ask Amanda Beauchamp or Liz Ward.

It has also been confirmed that the PNSC (Portsmouth Northsea Swimming Club) fun/novice galas are **back on**, which will give us 3 more novice fixtures for the last quarter of the 2010. Watch this space for details.

It is **really important that parents keep checking** the noticeboard at Waterlooville for Selection Sheets for any forthcoming events.

It is the start of the swimming season and there will be numerous events coming up.



## Congratulations

to the following swimmers on their promotion from  
**Intermediate up to Higher Squad**  
on 1st September 2010

**Jack Kelly**

**Beth Elms**

**Scott Towsey**

**Matthew Knight**



Well done and keep up your hard work!

## Higher Squad Test Set coming up

The next Higher Squad test set will be on Sunday 10 October. We are changing the test set to take place on a Sunday this time because we are currently a very full squad, so we need the extra lane that we are able to have on a Sunday.

The test set is important to measure your general progress and to see if you are able to achieve the necessary targets to move on up to Advanced Squad. **MAKE NOTE:** you need to pass this test set in order to be promoted, so make sure **YOU ARE THERE!**

I need timekeepers for two lanes – Parents—please do let me know if you are able to help. Please don't be shy—you don't need experience and you will get help! Many thanks, Zoe



## NEW COMPETITIVE START AWARD

**(to be confirmed)**

As a Club and as part of the Swim21 process, we have to ensure our young swimmers are 'competitive start ready', and therefore we are very pleased to announce that we now have a new award to add to our badge scheme.

All our swimmers in H&WSC have to show their competence in competitive starts and finishes. One of the criteria to move from Intermediate Squad to Higher Squad has been for swimmers to show their abilities in this area.

If you are currently in Higher squad or above you will qualify for the COMPETITIVE START AWARD.

In order to qualify for this award, swimmers will need to meet the necessary criteria, which they will complete during their time in Intermediate Squad before moving on to Higher Squad.

Please ask Amanda Beauchamp/Liz Ward for more details.

# October Half-Term



## 3 Day Swimming Workshops

October Half Term Holiday Swim Workshops will be run by Head Coach Graham Pople at Staunton Park School Pool (now known as Havant Academy).

The programme will run for 3 consecutive days on

**Monday 25, Tuesday 26, and**

**Wednesday 27th October.**

**10am to 2.30pm**

This offer is open to both Senior and Junior Squads and will concentrate offer a variety of swimming and dryside training each day.

36 places maximum available. First Come First Serve basis.

Please write your name on the sheet on the Waterlooville noticeboard and make cheques payable to H&WSC for £30.00 per swimmer.

Please put your payment in the Club Post Box at Waterlooville and mark the envelope : For the attention of S. Montgomery, "OCTOBER HALF-TERM WORKSHOP £30" and state the SWIMMERS NAME.

All swimmers must bring their own packed lunch and drinks every day as there are no facilities on site.

If you have any queries relating to this Half Term Holiday Workshop—please see Graham Pople



**ARE YOU A PARENT OR OLDER CLUB MEMBER?**

**DO YOU WANT TO 'GIVE' SOMETHING BACK TO THE CLUB?**

**ARE YOU FRUSTRATED BECAUSE YOU CAN'T GET ENOUGH INFORMATION ?**

**YOU WANT TO HELP BUT YOU DON'T WANT TO COMMIT TO MEETINGS AND GALAS?**

**YES TO ANY OF THE ABOVE?**

### Then you might like to consider becoming a Team Manager

We are still desperately seeking more parent/older member volunteers to give some time to assist the coaches. Particularly for the lower squads such as Foundation, Intermediate and Higher. It is not particularly time consuming or a major commitment.

#### A Team Manager would

- Be ideally suited to a Parent or older Club Member
- Provide a simple & effective 2 way communication from the Coach to the swimmer/Parents and vice versa.
- Spend time poolside during training, with parents from the same squad, particularly newcomers.
- Be the primary point of contact for that squad for both coach and parents.
- Not be required to attend monthly committee meetings
- Check the noticeboard for forthcoming events. Inform members of the squad or their parents of events.
- Check the selection team sheets as & when they go up . Ensure swimmers selected to swim from their squad are informed of the event . Communicate YES/NO/WHY to the Head Coach.
- Maintain a list of swimmer birthdays within the squad. Arrange for Squad Birthday Card to be signed and inform Coach.
- Remind Coach every month to complete a 'Swimmer of the Month' certificate.
- Squeeze information from Coach to put in the Newsplash , i.e. promotions, test sets etc. and pass on to Editor.

Thank you to both Sandra Russell, our new TEAM MANAGER for Junior Performance Squad working with Coach Mark Rooks and Sarah Gibbons for Advanced Squad working with Tom.

# ARE YOU A TALENTED ATHLETE?

**Applications for HAMPSHIRE TALENTED  
ATHLETE SCHEME grants are now open!**

**Apply by 15 October 2010!**

**CHECK IT OUT NOW!**

Hampshire County Council, in partnership with Southampton and Portsmouth City Councils provide support services to help Hampshire's most talented athletes reach world class podiums. Support is based on performance levels and can include

- Monetary grants up to £500
- Free access to [participating leisure centres](#)
- [Fast track physiotherapy](#) care at Basingstoke and Southampton hospitals
- Free bus travel cards from Stagecoach, Bluestar and First Group
- Annual sport science conference at Southampton Solent University

Further details and the application form is available online. [www.sportshampshireiow.co.uk/funding-and-support-htas](http://www.sportshampshireiow.co.uk/funding-and-support-htas) or Google Hampshire Talented athlete 2010.

Athletes need to follow these steps if they would like to apply:

- 1) Check that they are eligible using the information on the HTAS webpage
- 2) Download the application form
- 3) Fill the form in electronically
- 4) Print off the form and sign it.
- 5) Send the form to the address stated, along with 4 passport photos and evidence from their NGB (National Governing body) i.e. your ASA Membership details.

**The closing date for  
applications is  
15 October 2010**

## Who can apply?

Hampshire residents including the 13 local borough and district councils together with Portsmouth and Southampton city councils. Athletes aged over 11 years. Check the website for further details.

## How to apply

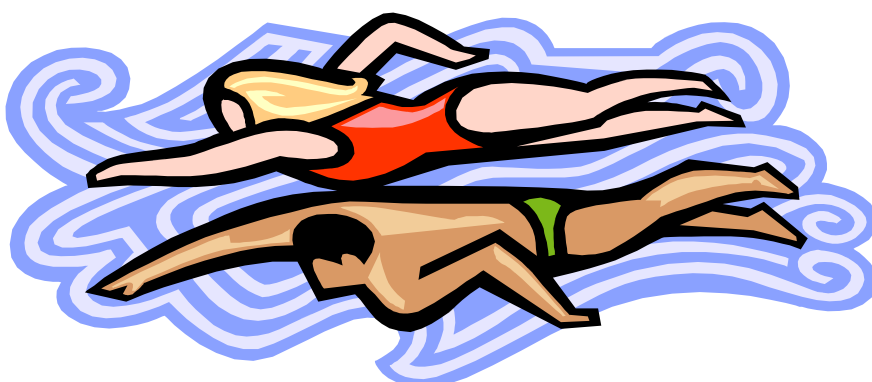
For a monetary grant, as well as the other support services, please complete the [grant application form](#) and return between **1 September 2010 and 15 October 2010**. A panel meets in November to decide on all grants awarded. All awards are at the discretion of the panel.

For fast track physiotherapy and free access cards for participating leisure centres, please complete and return the [non-grant application form](#). Applications are accepted throughout the year and processed on the 1<sup>st</sup> and 15<sup>th</sup> of each month.

Applications require evidence from National Governing Bodies (NGBs) e.g. The Amateur Swimming Association (ASA). Evidence can include results from NGB's website, letters of invitation into county, regional or national squads or a letter of support from your NGB. A maximum of 5 sheets of evidence will be accepted.

## Contact

For further information, please call Nicola Wright, Sports Development Officer (Performance) on 01962 845163 or email [nicola.j.wright@hants.gov.uk](mailto:nicola.j.wright@hants.gov.uk)



# What's New?

Following their earlier success at the Hampshire Schools event in May earlier this year, Joe Duffy, Ashleigh Guttridge and Ollie Jermy were selected to swim in the Hampshire Schools Division 12 Team at The Quays, Southampton on 18 September 2010.

There are no results currently posted on the Hampshire website following this event. However, if our swimmers were successful, they will be picked to represent Hampshire in Sheffield at the end of October.

Joe swam in 50 free relay, and 100 free and Ashleigh is also swam in the 50 free relay. Ollie swam the individual 50m Free, 200m IM and 100m back. Results to follow.

Ollie Jermy is still in the spotlight following his National success in the summer as he has been selected to take part in the Inter County Competition in Sheffield on the 17th October. In addition to this, our very own Amanda Beauchamp, who recently qualified as Level 2 Judge, has had the honour of being invited to judge at this event.

Ollie has also been selected to take part in the ASA Talent Development Programme which consists of two training camp days at Portsmouth Northsea at the Mountbatten Centre in October and January.

A very impressive turnout for the Timekeeping Course run by George Adamson at Waterlooville on 17th September.



8 parents have taken this opportunity to train as Timekeepers. They have all received a pack to complete and will need to attend 4 galas in order to complete their poolside assessment.

4 H&WSC members aged 14–17 yrs—Chris Weekes, Matt Lovett, Savannah Beauchamp and Katie Ward, also took up the timekeeping training to put towards their 'Young Officials' Award. They will be mentored closely by Amanda Beauchamp and will have to undergo full assessment before completing the course and receiving their 'Young Officials' certificate.



**Congratulations to Jane Rowland** who has finally qualified as 'Official Timekeeper'! Jane is now working towards completing her Judge Level 1 qualification. So watch out for her beady eye watching you whilst you are training!

The Club desperately short of qualified Judges to assist at Galas and Meets—if you are interested in training to be a swimming judge, please do speak with Amanda Beauchamp to find out more details.

**H&WSC are seeking Club Captains.**

**We need a Boy and a Girl Captain for both Juniors (14 and under) & Seniors (15 + over).**

Your role will be

- ◆ To help out at League Galas, Open Meets, Development Meets— assisting coach, looking after the team and generally providing support to the swimmers.
- ◆ You will need to be friendly and approachable.
- ◆ Senior Club Captains should be prepared to help officiate at galas (timekeep etc).
- ◆ Captains will be invited on occasion to attend a Committee Meeting to put forward any suggestions and ideas from the swimmers. You will be the "voice of the swimmers".



If you are interested (**OR** if you would like to put forward someone you know that would be good at the job) please put your/their name up on the Club Captain sheet at Waterlooville. Once all nominations are received there will be a club vote. Nominations up by 23rd October please. Make sure you ask first before putting someone else's name up.

**CLUB**  
"Voice of the Swimmers"  
**CAPTAINS**

# Competitions Explained

## Open Meets

Open Meets are available for all standards of swimmer, from novice to senior international. Each meet has a licensing level according to the purpose of the competition and they all have qualifying or consideration times.

- **Level 1:** is aimed at National qualifiers, or swimmers close to National qualification who are looking to achieve National qualifying times\*\*.
- **Level 2:** is aimed at District qualifiers \*and swimmers who are looking to achieve Regional or National qualifying times.
- **Level 3:** is aimed at swimmers looking to achieve County qualification and are for all swimmers below Regional level.
- **Level 4:** is aimed at swimmers looking to achieve County qualification and are for all swimmers below County level.

\*\*National qualifying times are accepted from meets licensed at level 1 & 2.

\*District qualifying times are accepted from meets licensed at level 1, 2 & 3.

## League Galas *(eg Premier League, Hants Minor League, Junior Cup and The National Arena Swimming League, formerly Speedo League)*

The club selects a team to swim against other clubs. This is an opportunity to practice racing, make friends and to enhance the team spirit. The swims usually comprise individual swims as well as relay swims. Premier League is for children aged 9 years to 12 years, while the National Swimming League is aimed at 10/11 years to 16 years plus. Junior Cup is for under 14 yrs. Check the notice board for Annual Fixture List for diary dates and nearer the dates let the coach know whether you are able to swim by ticking against your name.

## County Championships

This competition happens once a year, over several weekends, in February and March. Entrance to the Championships is through qualifying times. Swimmers can start competing at County level from the age of 9 years as long as they have gained the qualifying standard.



## A guide to competitive swimming

### Regional Championships

The Region/District have three competitions per year, the Youth Championships for swimmers aged 15 to 19 & over (boys), 14 to 18 & over (girls), BAGCAT Age Group Championships for swimmers aged 10 to 14 years (boys), 10 to 13 years (girls), the Open Championships for Senior (aged 17 years & over), and Junior (aged 16 years and under) swimmers. The Youth Championships are held in May, the Age Groups in June and the Open Champs at the end of November.

All the competitions are Long Course, which means they take place in a 50m pool. Swimmers have to gain qualifying times from licensed meets in order to compete at these championships.

### National Championships

These are the next step up from the Regional Championships; again swimmers have to attain the qualifying standard in order to compete. As with the Region there are three levels of competition. The first is the National BAGCAT Championships, for swimmers aged 11 years to 14 years boys and 11 years to 13 years girls and is usually held late July early August. Then there's the National Youth Championships for boys aged 15/16 years and 17/18 years and girls aged 14/15 years and 16/17 years and these are usually held early to mid August and directly follow the Age Group Competition. Selections for all the World Class Start and Potential Programmes come from these competitions. The last National event is the ASA Long Course Championships, which is open to any age group attaining the qualifying times, but is mainly a senior event.

All National events are held Long Course (50m pool) and the venue is normally in Sheffield.

### British Championships

The British Championships are held each year. The first is the Long Course (50m pool), held in March/April and doubles as trials for Olympic, World, European Championships, Commonwealth Games, European Junior Championships and European Youth Olympics.

# DIARY DATES

**AGM**  
Annual General Meeting  
**Saturday**  
**23 October 2010**  
**4pm**

The Annual General Meeting for Havant & Waterlooville Swimming Club is taking place on

**Waterlooville Swimming Pool**  
**The Studio**  
**4pm**

**Can we please have lots  
of Parents attending**

The meeting has been especially scheduled for this time and day to enable parents to attend this meeting while their child swims.  
There will be Coach and Committee representatives present at the meeting to answer any questions or queries that you may have.

**PLEASE SUPPORT YOUR CLUB**

## **Havant & Waterlooville Swimming Club**

In association with Hampshire County ASA  
Present the

### **PETER BULL AGE GROUP BAGCAT DEVELOPMENT COMPETITION**

License Level 3

At Waterlooville Leisure Centre

**Saturday 4th December and Sunday 5th December**

For Boys and Girls ages 9 to 11 years & 12 to 14 yrs, & 15+ Mixed Challenge -H&WSC Swimmers Only

Ages at 5th December 2010.

**CLOSING DATE FOR ENTRIES IS SATURDAY 23 OCTOBER 2010**

Individual Entry Forms are now available from the Noticeboard at Waterlooville.

Please complete and submit with your payment (£4.50 per event)  
to the Saturday Club Desk or post in Club postbox.

**ALL SWIMMERS ARE ENCOURAGED TO ENTER THIS COMPETITION. IF IN DOUBT—PLEASE ASK.**



# FORTHCOMING Dates for Diaries EVENTS

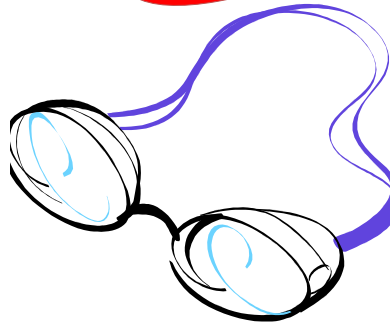
Month	Date	Event	Notes
<b>2010</b>			
<b>October</b>	Sat 2 Oct	ASA South East Region Masters and Seniors Short Course Meet	@ Guildford, Closing Date: 4 Sept
	Sat 2 Oct	Novice Meet @ Winchester	See Amanda Beauchamp/Liz W ★
	Sat 9 Oct	National Arena League – Round 1	By Selection only * (On the Noticeboard NOW) ★
	Sat 16 Oct	Junior Cup Round 2 - Final	By Selection only* (see noticeboard 1 week before) ★
	23 Oct	Peter Bull Entries Closing	
<b>November</b>	Sat 13 Nov	National Arena League Round 2	By Selection only* (see noticeboard 1 week before) ★
<b>December 2010</b>	Sat 4 <sup>th</sup> & Sun 5 <sup>th</sup> 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!
<b>December</b>	TBA & VENUE TBA	<b>CHRISTMAS PARTY!</b>	Ticket Event. Available from October. All Parents, swimmers and family welcome
<b>January 2011</b>	Sat 8 <sup>th</sup> Jan	Chris Hunt Memorial Swim the Channel Challenge	£4 suggested donation to swim. Fundraising event - All swimmers and parents requested to take part.
	Sat 15 Jan Wed 19 Jan Sat 22 Jan	CLUB CHAMPIONSHIPS CLUB CHAMPIONSHIPS CLUB CHAMPIONSHIPS	ALL SWIMMERS TO PARTICIPATE ENTRY CLOSING DATE TBA
<b>March 2011</b>	Date to be confirmed	Hampshire County Championships	TBC – Qualifying Times to enter
<b>April 2011</b>	Sat 3 <sup>rd</sup> April	Spring Open Meet @ Waterlooville	All swimmers to enter
<b>May 2011</b>	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

Watch out for the 3 Portsmouth Northsea Novice events

being organised October to December

★ **Selection to be made by Coach**  
**Please keep this date available to swim**

# SWIM BAY



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

Or you can give any swimming items described above to the Club for them to sell and donate all the money gained to the Club.

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?**

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

Green 5/6 split fins £8 slight mould, but should clean up well.



Yellow/ blue short fin 3/5 £3 bit mouldy but should clean up.



Yellow/ blue 3/5 short fin £5—excellent condition.



Swimsuit 11-12 yrs £3



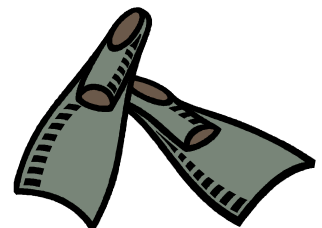
Zoggs 28ins £5



Speedo Racing Suit 26ins £20



Speedo Endurance 30ins £5



***THERE ARE MANY MORE ITEMS FOR SALE—PLEASE DO LOOK AT THE NOTICEBOARD FOR MOST RECENTLY LISTED ITEMS.***