

WAVELENGTH

Newsletter

JULY '05

CHIEF COACHES REPORT:

We had the second round of the Diddy League, which was held at Amersham, this was always going to be a hard competition, and after a very hard fought competition, we unfortunately finished joint 4th, which means we do not make it into the final. The third and final round will be held in September, and our aim is to finish higher than 9th.

The only other Gala held in July was the Westminster meet, which was held at Westminster, Staines put out a strong team from 1996 and upwards, and we won the competition quite convincingly, and won nearly every race. Our team swam extremely well and the team spirit on poolside and in the balcony was very good to see, it was good to see all team members rallying and cheering on their fellow team mates, it made it a very exciting Gala. I think this helped our swimmers to do some good p.b.'s.

Well Done to all who took part.

Forthcoming Events:-

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| September 10 th | - | Inter Club Gala at Teddington – Team selection
(this Gala is to be confirmed nearer the time) |
| September 17 th | - | Diddy League 3 rd Round |
| September 24 th | - | Brighton – Open Meet |
| October 1 st .2 nd | - | Club Championships – Staines |
| October 8 th | - | Speedo 1 st Round – Team selection |
| October 15 th /16 th | - | Club Championships – Staines |
| October 29 th /30 th | - | Club Championships - Staines |

Club Championship forms will be given out after the summer holidays.

Sponsor Swim

The Sponsor Swim was a great success, with a lot of members taking part in the event, the money raised will go towards equipment for land training etc., and tiles for the small pool floor. A Big Thank You for all those who took part. A list of swimmers, the number of lengths they have done and the distance badge they achieved is on the notice board, along with the winner of each group for the most lengths swam.

You can obtain the badge and certificate from Juliet for £2.00

BADGES:-

A list of swimmers who have Badges to come is on the Notice Board and is updated Twice a month,
Flashes £1.00 Rounds £2.00

CLUB NOVICES:-

Photos that were taken at the Club Novices are now available to purchase from Juliet at 50p each.

COMMUNICATIONS:-

We send nearly all our Correspondence via e-mail If you have not yet passed Your e-mail onto Karen - Communications please do so.
comms@stainesswimming.org

NOTICE BOARD:-

Please check the SSC notice board as it has important information that you will need to know and is regularly updated. Thank You.

NB: There is no Land Training through August..

SUMMER TIMETABLE:

There is no swimming from Monday 8th August to Sunday 14th August inclusive.

There is no morning training from Monday August 15th to Sunday 28th August inclusive.

Normal training re-starts on Monday 29th August.

There will be no swimming at Sunbury from Monday August 8th until Monday 29th August.

The Summer Timetable is on the notice board and was in the last newsletter; if you need more information please speak to Juliet.

GOOD LUCK

We would like to wish Oliver Read good luck this weekend; he is competing at the Nationals which are being held in Sheffield.