

# WAVELENGTH

*Newsletter*

*JUNE '05*

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## **CHIEF COACHES REPORT:**

**Southern Counties:-**

Oliver Read and Jodie Willis both won Bronze Medals at this years championships, which was a great achievement.

**Diddy League Round 1:-**

We finished 2<sup>nd</sup> in this years first round and would have won but for a very dubious disqualification in the last relay

If we now finish 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in the next round we will then make the final, which will be the first time that we, as a club have achieved this.

**Diddy League 2<sup>nd</sup> Round:-**

This was a very tough competition, and we had some hard teams up against us, but despite the result (we finished 5<sup>th</sup>, but only 13 points away from 3<sup>rd</sup>), we had some extremely good swims, most of our swimmers swam p.b's and put in some very good performances, a big Well Done to all who took part.

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## **Forthcoming Events:-**

- July 16<sup>th</sup> - Westminster Inter Club Gala
- July 31<sup>st</sup>-Aug 7<sup>th</sup> - National Age Groups – Sheffield
  
- September 10<sup>th</sup> - Inter Club Gala at Teddington – Team selection  
(this Gala is to be confirmed nearer the time)
- September 17<sup>th</sup> - Diddy League 3<sup>rd</sup> Round
- September 24<sup>th</sup> - Brighton – Open Meet  
(This forms will be given out by Lynn/lane coaches over the next couple of days, please make sure you return to Lynn by the DUE DATE. Thank you)

Lynn Carter is our Fixtures Secretary, any Gala Forms must be returned to Lynn or John (Chief Coach). Any queries please speak to Lynn (Elliot – D and Ashley – Black).

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## **Sponsor Swim**

We will be holding our Sponsor Swim on July 17<sup>th</sup>, this will be held in your normal training sessions, and everybody should have had their sponsor forms if you need anymore please see Juliet a.s.a.p.

On the day I would like some volunteer's parents to help count the amount of lengths that the children do.

There will be a little prize for the swimmer who does the most amount of lengths in each swimming group.

All money raised is going to purchase a new cover for the small pool and for land training equipment.

You will be able to purchase a Distance badge and certificate stating how far they have swam i.e. 1500m, 2000m etc, the cost for this is £2.50.

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#### **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.

#### **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.

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#### **CONGRATULATIONS:**

A big congratulation to Alex Garnett who won a Gold Medal in the 50m freestyle at the Youth Games – Well Done.

#### **SUMMER HOLIDAY SESSIONS:-**

Sessions for August are as follows:-

Lady Eleanor Holles – Last session is Friday 22<sup>nd</sup> July.

There will be no swimming from Monday August 8<sup>th</sup> to Sunday 14<sup>th</sup> August inclusive.

There is no morning training from Monday August 15<sup>th</sup> to Sunday 28<sup>th</sup> August inclusive.

Normal training re-starts on Monday 29<sup>th</sup> August.

There will be no swimming at Sunbury from Monday August 8<sup>th</sup> until Monday 29<sup>th</sup> August.

All swimming from August 15<sup>th</sup> until August 29<sup>th</sup> will be held at Staines:-

|           |              |                              |
|-----------|--------------|------------------------------|
| Sunday    | 6.00 – 7.00  | Grey/Black/Bronze            |
|           | 7.00 – 8.00  | Silver/Gold/ C, D            |
|           | 8.00 – 9.00  | B, A Seniors, Masters        |
| Monday    | 7.30 – 8.45  | A, B, C, D, Seniors, Masters |
| Wednesday | 6.30 – 7.30  | Silver/Gold, D squad         |
|           | 7.30 – 9.00  | C, B, A                      |
| Thursday  | 6.30 – 7.30  | Black/Bronze                 |
|           | 7.30 – 9.00  | D, C, B, A                   |
|           | 9.00 – 10.00 | Seniors, Masters             |
| Friday    | 7.00 – 8.00  | Bronze/Silver/Gold           |

Any queries please speak to John or Juliet.

Attached to newsletter is a profile on Peter Allinson a masters swimmer.