



Newsplash

October 2006

Fanshawe Pool
Park Road
Ware
Herts

Swimmer of
the Month will
be chosen in
October

- Remember, it
could be you
next month!

I hope you are all feeling refreshed after the glorious summer weather, and ready for the Championships and galas ahead. Now that the clock is fixed training is back to normal! Thanks Derek! Our fundraising is continuing and despite competing with England's World Cup Match on Carnival Day, the Tea Tent still made a healthy profit. The barbecue and fun swim also added to funds. However, we still need to raise more money if we want to keep our membership fees at a reasonable price. Please support our forthcoming events, and let us have any ideas for fundraising. You will have seen that some of our lane ropes are starting to disintegrate. These are not cheap to replace, but it would be nice to raise some money for new ones *before* they fall apart! We continue to welcome new members to the Club, and we wish them every success with their swimming. Our longest active serving member (Jon Cole) has moved to Oxford through work commitments, and Nils Young has taken up a new teaching post in London. We wish them well, and I'm sure they'll be visiting us again soon. We also wish our student swimmers well as they set off for their university places. Jon Applegate has kindly offered to organise a 2007 calendar for us, so if you do not wish your son/daughter to be photographed please let us know. Please buy the calendars - they make excellent Christmas gifts, and in turn raise money for the Club. The Club Championships will soon be upon us, and I would like to thank everyone who works so hard to make the two weeks such a success. Good Luck to everyone and enjoy your swimming.

Jenny Matthews

NEW GIRL'S TEAM MANAGER

Following the last Newsplash Jon Pinfold has agreed to give up some of his time and take on the girls of Ware Swimming Club. We would like to take this opportunity to wish him the best of luck and of course thank him. We also need to give Mary a big thank you. She has done a great job over the last few years and we are very grateful. She leaves this message:

Diary Dates

2nd, 6th, 9th,
13th Oct. -
Championships

I would like to thank everyone for all their support over the years I have been Girls Team Manager, I have really enjoyed it. I am sure you will give John Pinfold, who has now taken over, the same support to make the job easier. I intend to remain involved with the club so you will still see me around.

Many thanks to you all – Mary Brown

14th Oct.,
11th Nov., 9th
Dec.-Speedo
League

To make life a little bit easier for the team managers please can we remind swimmers to let their team manager know as soon as possible if they can OR CAN'T attend galas—no dropping out last minute!!!! Galas are very important and to do well we need to enter our best team. So if you have been selected please make every effort to attend.

AGM—25th November 7pm

The AGM is nearly here and just to remind people the nomination form is up on the notice board for anyone interested.

25th Nov -
AGM and Gala
Night

The AGM will take place just before our annual Gala Night. Everyone is welcome and the presentation for the club championships **will start PROMPTLY after the AGM**

Lifeguards

Ware swimming Club are always looking for lifeguards for our weekly sessions. If you hold an NPLQ, or know anyone else who does, and fancy earning some extra money please speak to Alyson Portch or another member of the committee.

ENFIELD GALA

Well done to everyone who swam. We will have the Speedo League Galas starting soon and we all need to put in that extra bit of effort and really push to beat our PB's. When you are not swimming during the gala how about showing your support by cheering your team on.

Please Support YOUR Club!!

Ware Swimming Club is a small club and in order to cover the costs of pool hire etc we try to put on fundraising events. However, these can only be successful if they are supported. If you have any fundraising suggestions or can offer any help at events please contact a member of the committee.

Club Calendars

There will be another opportunity this year to buy club calendars. The calendars will be produced for the latter half of the year and make ideal Christmas presents. Jon Applegate will be taking pictures at the championships, so if you want your son/daughter's picture in the calendar please let him know.

Christmas Quiz

On sale soon - Watch this space

Now, what you have all been waiting for. Unlike university challenge, you may actually be able to answer some questions! The Ware S.C Christmas quiz is guaranteed to get your brain into motion and provide light entertainment for that lull you get after Christmas Dinner. Suitable for all the family from granny to little Jim.

Sorry, there is no million dollar jackpot but prizes will be awarded for the most correct answers.

Shop til you Drop

If you are looking for Christmas or Birthday presents, or if you have simply just lost your goggles then our shop is the place to look. We have a wide range of items including swimwear, bags, t-shirts, hats, goggles, shorts and floats. Most of the stock is produced for the club and many items use our club logo. These are not available to buy anywhere else!! If the shop is not open please feel free to ask a committee member and we will do our best to help.

Committee Meeting Update

The committee met up for September's meeting and here are some of the bits that you might find interesting:

- Ware Swimming Club has received its Swim 21 re-accreditation for this year.
- John Clark and Stan Vanner attended the "Club For All Workshop" at the University of Hertfordshire
- The Club's Constitution will be updated at the AGM

Ware Swimming Club have renewed our membership with the Ware Town Twinning Association

A new membership criteria for WSC has now been discussed and decided and a copy of this is now on the board.

CLUB CHAMPIONSHIPS

It's that time of year again. Please make sure you arrive promptly each night as we cannot wait for you. Monday nights start at 7pm **for everyone** and Friday nights are 8pm starts. Please be prepared to stay longer than your session especially if you reach a final as these are held at the end of the night. The early morning swims, Sunday and Tuesday night training will continue over the next two weeks as normal.

When you arrive please sit in the correct age group as this makes it easier for us to send you up to the start and lowers the risk of you missing your race. It is not like a normal gala where there is only a small portion of the club present. There will be a lot of swimmers poolside and we cannot be chasing around looking for you to swim your race.

Swimmers may bring drinks and snacks poolside. A drink (not fizzy) is strongly recommended for both training and galas as it is easy to get dehydrated. Beforehand, eating a low fat carbohydrate based meal i.e. Pasta etc.. will provide a good release of energy throughout the whole session. If competing in more than one event it may also be a good idea to bring along a small snack (Banana, Jelly cubes, Mars Bar etc..) to replenish energy stores.

The championships promote friendly rivalry in the club but we do not wish to see any bad sportsmanship either during the event or after the event.

Lastly, we would like to wish all the swimmers the very best of luck!!!

Things to Remember

BREASTROKE

- Touch with two hands
- One stroke under water at the start and turns

BACKSTROKE

- Know your stroke rate from the flags
- NO swimming on your front
- Start in the water

BUTTERFLY

- Touch with two hands
- Make sure both elbows clear the water
- The stroke needs to be symmetrical
- Dolphin legs

FRONTCRAWL

- Finish hard - Head down and drive those legs!!!

AND FINALLY.....

- Enjoy yourselves - Even the older swimmers still get nervous. You're not alone so just try your best to relax.

25th November - AGM and Gala Night

Following the Championships there will be another opportunity for the whole club to get together. You do not need to have taken part in the championships to attend the Club highlight of the year. Instead, this is a night out for all members and their families.

DRESS TO IMPRESS!!!

WHEN?: 25th NOV

WHERE?: The Chauncy School

PRICE?: Adults £6 Under 16s £4

LICENSED BAR

There will be a raffle to raise money for the club so don't forget to bring some loose change!!!

Tickets are on sale now so please see a member of the committee to buy yours now!!!

Ben's Box

Unfortunately during the summer I didn't have the chance to speak to Ben but hopefully he will be back next issue with some more jokes!!!!

What do you call a blind muntjack?

No eye deer!!

What gets wetter the more it dries?

A towel!!

B R O N Z E G F R E D S
O G Y I H C A D A E F I
L A N E X S L N T B L L
Z D A N T I V A R U F V
Z T U G O L D I O J E E
O E M I T V Z S P Z B R
E V R F T R O T H P N L
T E E R E F E R Y K M O

WORDSEARCH

- Gold
- Silver
- Bronze
- Trophy
- Lane
- Time
- Fast
- Referee

COURSES

HSP (Herts Sport Partnership) are running several courses in the coming months. The club is encouraging as many people who are interested in attending these courses, especially those who kindly give up their time to work on poolside and help at galas. There is a charge but the club can negotiate funding for them.

Equity in Coaching: 9th October

Good Practice and Child Protection: 6th December

A Club for All: 4th December

All courses will take place at Hatfield University.

If anyone would like any more information on these courses then please speak to Anne Edmonds.

Your Newsplash

Newsplash is your newsletter. It is for the parents and swimmers of the club so if any of you have anything that you would like printed please give it to one of the committee members who will pass it on to me, Claire Matthews. You may have some jokes or maybe some swimming tips. Perhaps there something you want to see in Newsplash or you have ideas for improvement just let us know!