

Farnham Swimming Club Committee



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Sorry
No Photo

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INSIDE THIS ISSUE:

<i>Chairmans Christmas Message</i>	1
<i>Swim21</i>	2
<i>Teaching Groups</i>	2
<i>Apologies</i>	3
<i>Contact details</i>	3
<i>Team Selection</i>	4
<i>Results</i>	4
<i>Galas</i>	5
<i>Open Meets</i>	6
<i>Calendar & Results</i>	7
<i>Guildford Open Meet</i>	7
<i>FSC Committee</i>	8

Attention

- Don't forget to contact Jane Davies, Club Shop, on 01252 820264 for all your equipment needs.
- Watch the notice board for information on an up and coming events.
- Web Site www.farnhamsc.co.uk

CHAIRMAN'S CHRISTMAS MESSAGE

Club Members

As some of you may be aware, I have recently been appointed chairman of Farnham Swimming Club. This is a role I am proud to occupy and I look forward to working with the new FSC committee to take Farnham onwards and upwards.

I'm sure you all agree, we have a great swim club here at Farnham and thanks to Lorraine Carr (my predecessor) for all the hard work and commitment she freely gave over the past 13 years. Thanks Lorraine!

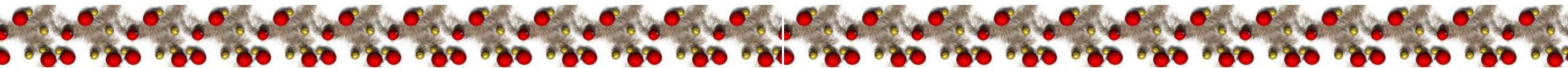
Going forwards in 2006 we have some new ideas to add to what we have at Farnham already whilst keeping us a friendly, family orientated competitive swim club. Our new coach Dirk Cox is really positive about the swim squads he has inherited and has some great plans of his own which will be unveiled in the New Year.

I'd like to wish all FSC members a really happy Christmas and New Year.

I am excited about the prospects for the coming year, and hope you are too.

Have a great break—see you all in the pool in 2006

Steve Teague
FSC Chairman





SWIM 21 ACCREDITATION

Kristie Garrett

At the regional panel in October Farnham Swimming Club was recognised as a quality club in achieving the Amateur Swimming Association's club accreditation mark. The club was the first in the county to achieve the skill development level and only the second in the county to achieve any level.

The award shows that the club is working at a professional level and is working hard in each of the following areas to improve the running of the club.

- Swimmer development; well-structured training programmes and competitive opportunities for all our swimmers.
- Teacher/coach development; qualified coaches that are up to date with the developments in the sport.
- Club Management; good administration on the behalf of the committee and other volunteers.
- Partnerships; the club works with a variety of partners effectively e.g. Waverly Borough Council, ASA, Farnham Sports Centre, Surrey County ASA...

Following this achievement the work does not stop now; over the next six months the club will be working hard with the teaching sections within the club to achieve the accreditation at this level.



TEACHING GROUPS

Kim Stone

Another successful year for our teaching groups under the guidance of Kim, Jane W, Dori and Jane V. We presently have 24 children swimming on Saturday mornings and a further 30 in the frogs and tadpoles.

We continue to push the children as hard as they will allow us and are seeing great improvement through all groups.

We work towards the ASA National Swim awards aiming to get swimmers to level 4 by the time they leave the baby pool and level 8 when they join Newts. This however often proves easier said than done as we have children joining and leaving groups all the time and we always try to move a swimmer to the next group as soon as they are able.

We are hoping to start a new beginners group at the beginning of June, so if you know of anyone interested tell them to get in touch as we only have few places left. We continue to trial swimmers for frogs and above monthly.

We are hoping to hold a distance badge night in February for those swimmers in Minnows 3, Tadpoles, Frogs and Newts. This always proves a popular evening and the children continue to amaze with the distances they swim. They get a huge sense of achievement from it. Parent helpers, counters and encouragers will be greatly appreciated!

CALENDAR

Provisional 2006

5th February	Surrey Champs—Aldershot
11,12,18,19,25,26 February	Surrey Champs—Spectrum Guildford
4,5th March	Surrey Champs—Crystal Palace
18th March	Minor League 1 (U11,12,13,15,open, on 31/12)
25th March	Premier League 1 (9,U11,12,13,14, on 20/05)
6th May	Minor League 2 (U11,12,13,15,open, on 31/12)
13th May	Rother League 1 (U11,13,15,open, on 31/12)
20th May	Premier League 2 (9,U11,12,13,14, on 20/05)
17th June	Rother League 2 (U12,14,16,open, on 31/12)
24th June	Rother Junior Cup (? , age on the day)
6th July	Farnham Schools
16th September	Rainbow Trophy (U11,13,15,open, on 31/12)
23rd September	Rother League 3 (U12,14,16,open, on 31/12)
14th October	Speedo 1 (U11,13,15,open, on 31/12)
11th November	Speedo 2 (U11,13,15,open, on 31/12)
9th December	Speedo 3 (U11,13,15,open, on 31/12)



Guildford Open Meet

(3/4th December)

Martyn Smithers

A small band of swimmers made the short trip to Guildford for the Guildford Open Meet on 3/4th December.

It was a very competitive meet ,but all the swimmers achieved personal best times and some won medals. (Adenais Vachon, Rhiannon Davies & Martyn Smithers).

Farnham swimmers were Martyn Smithers, Rhiannon Davies, Fleur Robertson, David Pallant, Richard Hall, Emily Webster, Adenais Vachon, Rosie Webster, William Miller & Freya Robertson.

OPEN MEETS

Bruce Jefferies

An Open Meet is where a swimmers is not representing the club, they enter as an individual, normally there will be a group of swimmers from Farnham, and quite often there might be a trophy for the club with the best results but the main purpose is for the swimmer to compete against other swimmers of a similar standard who they may not have a chance to compete against in the various leagues the club enters.

There are various Open meets throughout the year, information is normally on the Club Notice Board or entry forms are handed out to the swimmers at Training sessions.

Open meets are categorised into Grades A, B & C. Grade A being for the faster swimmers, B not as fast etc.

Each Open met will normally provide Guide times for each event, when you enter an event you have to provide your time for that event, if its outside the guide times you will probably not be selected to swim. If it's inside the guide times but you swim faster than the fastest guide time you will not be eligible for a medal, but will probably receive a speeding ticket instead.

To enter an Open Meet, complete the form and hand back in to the person listed on the form. If your application to swim is accepted you will receive a 'Card' for each event you've been accepted for. You will only need to pay for those events your accepted into. But if you enter your form, are accepted to swim but then find you can't swim on that day you will still need to pay for your events.

Open Meets are normally an all day event, some times more than 1 day. Each day will be split into 3 session, morning, afternoon and evening. The morning session may start as early as 08:00 so if you have swimmers in all 3 sessions it can be a very long day. The entry forms will tell you which events are in which session so plan your day.

Unlike Galas food is allowed on pool side, but please restrict it to light snacks, fruit or pasta. I would also recommend taking something to read or do between races

IMPORTANT:

The 'Cards' each swimmers receives for their events must be 'Posted' at the Open Meet before a set Time. The Open meet organisers will provide boxes for your cards, one box for each event, separate boxes for boys and girls. The boxes will normally be in reception of the sports centre where the event is taking place. The cards will normally say the time by which the cards have to be posted. If you arrive late it is very unlikely that you will be able to swim, but always ask the organisers just in case.

EDITORS APOLOGIES

Bruce Jefferies

This will probably become a regular feature of the newsletter! Ok ,I knew I was bound to get something wrong in the last newsletter, and I've probably made mistakes in this one too, but I really must apologies to Dori West who I forgot to include in the Clubs 'Who's who'.

Dori is a valued member of our Teaching and Coaching team and has been for over 3 years, being involved with all ages and abilities throughout the club and currently braving the early morning session on Saturdays.



This newsletters back page only includes the committee members, but I plan a full list of ALL officials and helps for the notice board in the New Year.

Cut along dotted - - - - -

To enable us to communicate more effectively with our members we need to confirm & update where necessary your contact information. Please complete the table below and post in the post-box between the swimming club notice boards at the sport centre.

We need one completed form for each swimmer.

If you get the Sudoku correct on the back of this page you might win a prize!

Name	
Date of Birth	
Phone Number	
Mobile Number	
Email Address	
Postal Address Line 1	
Postal Address Line 1	
Postal Address Line 1	
Post code	
Preferred means of contact	Email Phone Post

TEAM SELECTION

Bruce Jefferies

How are the swimmers selected to swim in Galas?

The club has a database of swimmers and their times for specific events and from this database the initial team is selected. This list is then reviewed by the Coaches and any changes made based on their knowledge of who's currently performing well in training.

So how do you get a time submitted into the database?

There are 3 ways in which a time could be submitted into the database.

1. All times from Club Championships.
2. All times from Galas.
3. Times from designated Open Meets.

Who has access to this database ?

The existing database is quite old and inflexible, one of the challenges facing the new committee is to decide on how best to move forward and provide a better more flexible system where all those individuals who need access to the times are able to access them.

NOTE FOR PARENTS

Bruce Jefferies

Please remember the swimming club is only responsible for your child once they reach pool side and for the time they're on pool side. (not including changing rooms). There has been an occasion where the training session was cancelled, and because some swimmers had just been dropped in the lay-by, they were left unsupervised at the sport center until collection time.

Please don't just drop & pick up your child from the lay-by , bring them in, check the notice board and be ready to pick them up from the time their session ends

SUDUKO

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						9		
		4	6	5				
	2	5			3		1	
	3		5		6		9	
	7		8			6	3	
				6	4	1		
		1						
9		2	1	8				

GALAS

Bruce Jefferies

A Gala is where a swimmer is asked to represent the club and therefore the town in a competition against other clubs.

These may be part of a league, such as the Rother League, Speedo League etc or a one off Trophy Gala.

Galas will normally be on a Saturday evening starting around 18:00 but start times will vary so when a swimmer is asked to swim they will be given a slip of paper telling them when the Gala will take place, what time it starts, what time a coach will be leaving and from where.(If a coach is being used), otherwise it's down to the parents to organise transport. The slip of paper will also tell the swimmer which events they are being asked to swim in.

Galas will normally last approx 2 hours, the swimmers will be on pool side the whole time, they are not permitted to join family or friend in the spectating area. The swimmers should all wear club costumes and hats, plus something to keep them warm on pool side, preferably club T-bag T-Shirts, club sweatshirts etc. All swimmers should bring a drink in a suitable sports drink bottle. NO food is allowed on pool side although I would recommend taking something to eat for the journey home. I would also suggest taking 2 towels, one for pool side to dry off between races and a second for getting changed at the end of the gala, some swimmers have started using chamois to dry down between races, check with the Club Shop for availability. Swimmers will not need pullbuoys or kick floats.

The club costumes contain Lycra, as do most competitive costumes, unfortunately Lycra reacts very badly to washing machine detergent and softener, if you regularly wash the costumes in the washing machine they may only last a month or two. I would suggest only using the club costumes for galas and always rinse in just clean cold water after the gala. Buy some normal costumes for training etc. The people running the Club Shop will be able to advise.

IMPORTANT:

The slip of paper will also include a contact telephone number, if the swimmer can't swim they must telephone to let someone know as soon as possible so a replacement swimmer can be organised.

If a Coach is being provided, please try and make use of it, everyone enjoys travelling as a team and they're not cheap to hire. If however, you decide to drive yourselves please let someone know.