



NEWSLETTER APRIL 2009

Welcome to the April 2009 edition of the Pentaqua Newsletter.

New Members

A warm welcome to our new club members: Claudia Wray, Danielle Beaumont & Laura Arno. We hope you enjoy your time with us.

Swim Report

Forthcoming Galas

There are a number of galas currently available. Please see Jayne Neal if you want to enter any galas. Details are posted on the Notice Board in the Clubroom. Jayne will happily advise on the right gala for you.

Galas

Our swimmers have competed in the following galas in February/March 2009

Yorkshire Age Group Championships - 21/22 February @ Ponds Forge
Yorkshire Age Group Championships – 28 February @ John Charles, Leeds
Barnsley Minor League – 14 March @ Armthorpe
Yorkshire Age Group Championships – 21 March @ Ponds Forge
Yorkshire Age Group Teams - 22 March @ Ponds Forge

For full result details please see attached swim report.

Cressie Award Winner

The March winners of the Cressie Award are:

Josh Hutton & Rebecca Milnes

Congratulations and well done on being chosen.

Achievement Award

The March Achievement Award goes to:

To be announced

Amendment to Training

The Sports Centre have informed us of a change to their aquatic programme which affects our training time. With effect from Monday 27 April 2009, Monday evening training changes to **7.00pm until 8.30pm**. Apologies for the short notice but unfortunately we have not been involved in the decision making around this change and therefore we find ourselves not in a position to influence the result.

This means that each squad training on Mondays will now have a 45 minute session as opposed to an hour.

Platinum 1,2,3 will train 7.00pm to 8.30pm
White Gold A, Bronze & Mercury will train 7.00 until 7.45pm
Platinum Masters & White Gold B will train 7.45 to 8.30pm.

Land training for will remain as it is on Mondays.

For the time being David will make allowance for the half hour lost training time when looking at Platinum attendances

We are hoping that the changes to the aquatics programme will mean that we should get some extra training time somewhere along the line, so we will keep you informed of any changes as soon as we know.

Visiting Coaching Staff

You may have noticed recently that a coach from City of Sheffield Swim Squad came along and took a fly technique session with our swimmers. This is part of the agreement between ourselves and CoSSS. We are hoping that this will be a regular occurrence and that visiting coaching staff will come along and take a technique session maybe 4/6 times a year. David is supportive of this and thinks that sometimes just a different way of the same thing being put across to the swimmers could be very beneficial to them.

Spring Sprints Gala

You will have all received the separate email regarding the Spring Sprints. I forgot to mention on there that as well as putting the seating up on Friday 24 April, if anyone is available for half an hour on the Monday 27 to load it back into the hire company truck that would also be very much appreciated. We take it down after the gala on Sunday evening, so just a case of carrying the staging and the seats and loading the lorry. Can you let David know if you can help. Many thanks

Photos of every club member

Sharon still has a few photos to get of our club members. If you have not been into the clubroom for your photo taking could you please do so as soon as possible.

Please note these photos are for internal use only and will not be displayed anywhere other than the clubroom.

Alton Towers

We have 2 proposed dates either Sunday 28 June or Sunday 12 July 2009. This is not an organised trip as such, everyone makes their own way there but we do go as a club. Groups are free to go around the park as they wish. Could those of you who are wanting to go along please let me have a preference on dates. We will choose the one with the most votes. Please let me now either by email or by leaving a note in my pigeon hole in the clubroom by **10 May 2009**. Many thanks

Thank you

You will have noticed that David is now back with us. He wanted to say thank you to everyone who has helped on poolside and at landtraining while he has been caring for his Mum and Dad. His Mum is now much better and also sends her thanks for the flowers sent on behalf of the club.

Tuesday Landtraining Session 7.30pm until 8.30pm

This is one of the sessions for White Gold A & B Squads. However currently it is extremely poorly attended, sometimes only 1 or 2 swimmers attending. After discussions at Committee it has been decided that unless attendance improves over the next 2/3 weeks, it is not worthwhile continuing to operate this session. With apologies to those few swimmers who do come along. If those swimmers/parents wish to discuss alternative available sessions, please see Kathy, Tracy or Sharon.

Important Issues for your information

Every so often we issue reminders about certain issues which need to be brought to everyone's attention so please can parents and swimmers please take careful note of the following.

Registers

It has been noted that the registers are regularly being defaced by swimmers – scribbled on, pictures drawn, nicknames and various other comments being added etc. It is a requirement of the Leisure Centre that we complete these registers for every session, they are there so that in the event of a fire / evacuation we know exactly who is in the building and where they should be. **They are not here for you to doodle on** – so please can this stop immediately.

Unattended children

Slightly more important this one. It has come to our attention that on occasions younger siblings of children in the water are being left on their own in the Leisure Centre. Some of these children are not members of the club. This is of great concern to us. Please can all parents be aware that you should not leave your children unattended while their brother or sister is training. Stocksbridge Pentaqua will not accept **any** responsibility for these children and should an incident occur we are not liable for their care or well-being. Can we please ask therefore that younger brothers and sisters are never left here on their own. Your children are your responsibility. Your co-operation with this is much appreciated.

Parental support

Parental support is extremely important for any swimmer. We encourage all parents to come and watch training on a regular basis. However can we please ask parents not be over enthusiastic when watching their child training. Please don't try to attract their attention to tell them what you think they should be doing, this is what the coaching staff are there for. It is extremely distracting and confusing for a child when mum/dad are waving and issuing instructions from the balcony and a coach is trying to train them to the schedule, so please can you refrain from doing this while you are watching. It is much better to take a mental note and speak to your child after the session about whatever it is you have concerns about.

Could we also ask that any parent who has any issue about their child/children that they would like to discuss with the coaching staff to do this either before or after sessions. Not during training. We have never encouraged parents onto the poolside at all during training sessions – it is unfair to all the swimmers in the water if coaching staff are distracted during the session. David and Howard are always happy to speak with parents before and after training sessions to discuss any concerns.

Fundraising

Bag Packing @ Morrisons Hillsborough 4 April

Just to say thank you to those club members who came along for this fundraising event. We had compliments from shoppers and from checkout operators about how well behaved and good you all were, which is really great to hear.

Big thank you also to Silke Fraser who has taken the time and effort to write to all the supermarkets and has secured a number of bag packing events for us through 2009. Very much appreciated.

You will be delighted to hear that a grand total of **£623.20** was raised on the day, which is absolutely brilliant. Well done and thank you.

M&S Bag Pack Event

The next bag packing event is on **Saturday 16 May 2009 at Marks & Spencer, Meadowhall**. Again the hours will be 10.00am until 1.00pm & 1.00pm until 4.00pm. Camp swimmers are expected to attend please.

However please note that M&S have now put an age limit on bag packers. You must be at least 12 years old to take part.

Cake Stall – Home fixture of Barnsley Minor League Saturday 9 May 2009

We will be having a cake stall at the above gala. So this is a plea to all the expert bakers out there – if you are able can you please donate buns, cake, flapjack etc. Please see Silke Fraser or Liz Knowles for more information. Many thanks.

Rags R Us

Just a reminder that the next collection day is Monday 22 June. Sacks will be available shortly. Please bring your sacks to the clubroom no later than 7.00 pm on this date. Many thanks.

Monthly update. www.easyfundraising.org.uk

We now have **20** registered supporters (2 new members this month – thank you) and have raised **£49.79** so far for club funds

I will keep reminding you that there are also lots of exclusive money saving offers for Easyfundraising members, it only takes a minute to register and then you can raise funds for the club (and save money for yourselves!).

Even if you don't intend to shop on line, if you register you can even raise funds for us every time you search online by using the easysearch search engine. Just go to: easysearch.org.uk . The club gets 1p for every 2 searches, doesn't sound a lot but we have already raised £4.98 with this.

That's all folks!