



## NEWSLETTER FEBRUARY 2010

Welcome to the February 2010 edition of the Pentaqua Newsletter.

### **New Members**

I am pleased to report that our efforts to recruit new members have proved extremely successful. So a big hello and welcome to the following new members:

Emily Howarth, Eve Exley, Lucy Clough, Samuel Heeley, Hannah Fitzgerald, Harry Shelbourne, Nicky Farquhar, Andrew Farquhar, Elle Pindar, Rebecca Hague, Claudia Foletti & Harry Beaumont.

### **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. Please be aware of the fact that you all need to enter a number of galas each year and there are currently galas up on the board up to July 2010, with closing dates not that far away for some of them. You therefore need to plan your gala year carefully to ensure that you can compete in the required number of galas. Jayne will happily help you with your decisions.

Spring Sprints. Please ensure your entries are with Jayne no later than 28 February 2010. Thank you.

#### **Galas**

Our swimmers have competed in the following galas during December, January and February.

Barnsley B/C 12 December 2009 @ Ponds Forge  
City of Bradford L1 Meet, 12/13 December 2009 @ Shipley  
Sheffield Winter Teams Gala, 13 December 2009 @ Ponds Forge  
Rotherham Metro A&B Grade, 16/17 January 2010 @ Ponds Forge  
Sheffield & District ASA Championships, 24 January 2010 @ Ponds Forge  
Junior/Senior Yorkshire Championships, 6/7 February 2010 @ Leeds

For full results please see attached Swim Report

### **Time Trials for Re-Squading Purposes**

These will be held on **Saturday 6 March 2010** and **Saturday 13 March 2010**. 1.00pm Warm-up. All club members are expected to attend.

### **Cressie Award Winners**

The November winner of the Cressie Award is: **ANGUS DEWAR-FOWLER**

The December winner of the Cressie Award is: **To be announced**

The December winner of the Cressie Award is: **To be announced**

Congratulations and well done on being chosen.

### **Club Treasurer**

We are still unfortunately without a Club Treasurer. At the moment this is being carried out on a purely temporary basis by Tracy Crossland, with bits of assistance from me and Tricia Fitzgerald. However Tracy cannot continue to do this permanently due to other commitments. We are therefore still in need of a volunteer to take on this role. Please can I ask once again if there is anyone who is willing to take on this role? The outgoing Treasurer Jacqui has said she will happily show the incoming Treasurer 'the ropes', so you wouldn't be expected to do this with no help. If you think you would like to take on this role please speak with Tracy, Kathy, Sharon or Jacqui.

### **Annual Subscriptions**

We are still awaiting payment of some annual subscriptions. Just to remind everyone that annual subscriptions were due no later than the **31 January 2010**. If you are having difficulty paying please let Tracy or Sharon know soon as you can. Thank you.

### **Fees**

After approaches by several families and discussion at the last Committee meeting please note that the reduction for a second child in A or B squads has now been withdrawn with immediate effect. The reduction was felt to be unfair as it was not applied across all squads, therefore Committee have taken the decision to withdraw the reduction.

### **Use of Mobile Phones**

Please can I remind all parents and carers about the Sports Centre ruling on the use of mobile phones with picture messaging facilities. **They are not permitted.** I am sure you will recognise that this is for the safety of all our children. So if you have a mobile phone with this facility, please do not use it anywhere in the Leisure Centre. You may be asked by anyone from the club not to use your phone, or any of the Leisure Centre staff. There are large signs quite clearly indicating that the usage of mobile phones is prohibited. I recognise that you may say 'I know I am not using my phone for the wrong purpose', however there may be someone else who is. Worst possible case scenario is that pictures of your child in a swimsuit end up on a child pornography website somewhere – something than none of us would even like to contemplate – but it can and does happen. So if a member of the Leisure Centre staff or a member of the club asks you not to use your phone can I please ask that you respect the request. You may not be doing anything wrong but who is to say that someone wouldn't be? For this reason the rule applies to all. Once again we thank you for your co-operation with this.

### **Club Records**

With apologies to Rebecca Neal, who I missed off the list in the last Newsletter

		<b>Old Record</b>	<b>New Record</b>
<b>Girls 16&amp;over Butterfly</b>	<b>Rebecca Neal</b>	<b>1.09.46</b>	<b>1.09.05</b>

Well done Rebecca.

### **Barnsley Minors League Dates 2010**

The dates for this years galas are as follows:

Sheffield City: 7 March 2010 @ Ponds Forge, 4.30pm warm up  
Stocksbridge: 22 May 2010 @ Stocksbridge, 1.30pm warm up  
Rotherham: 26 June 2010 @ Maltby, warm up TBC  
Wakefield: 26 September 2010 @ Normanton, 12.30pm warm up

For the newer members, the Barnsley Minors League is the main league we compete in (we are the current Division 1 Champions – so are looking to retain our position). We compete in this league as a club team, therefore if you are selected swim it is very important that you make sure you are available. Could everyone please make a note of all these dates to ensure you are available if selected to swim. Many thanks.

### **Basket Carriers**

We have been asked once again to provide Basket Carriers for the finals of the British Championships at Ponds Forge between 29 March and 3 April 2010. A list will be up in the clubroom shortly. As usual you will receive a small payment for each session you attend. However before you put your name down please be aware that this is still term time (bit of bad planning I think!) and the finals are due to start at 4.00pm, so you will need to be there no later than 3.50pm.

### **Spring Sprints**

#### **Sponsorship**

We are in the process of seeking out sponsorship for the Spring Sprints on 25 April 2010. If you (or your family and friends, or the company you work for) would like to sponsor races, or put an advert in the programme, or donate a raffle prize please see the Sprints Sponsorship Team, Tricia Fitzgerald or Lisa Bye. You will have received a request from Tricia & Lisa regarding handwritten letters from the swimmers to say how much swimming means to them to send out with the sponsorship requests. These need to be with Tricia/Lisa no later than 26 February please. No need to write an essay just a few sentences will be fine. Thank you in advance for any sponsorship you can provide.

### Helpers

Many thanks to those of you who have already volunteered. Just a reminder to anyone else whose child/children are swimming. Due to the fact we have very limited spectator space, there is no room for any of our parents to sit and watch, so if you want to watch your child/children swim you will need to be doing a 'job' on the day please. Can you let me or Tracy know if you are wishing to volunteer as soon as possible please.

### Landtraining Volunteers

We had a fabulous response to David's recent request for more helpers for landtraining. So a huge thank you to: Matt Pindar, Maxine Deakin, Chris Deakin, Kathy Farquhar, Jon Shelton, Sharon Fournier-Shelton, Sarah Crabtree, Samantha Arno, Claire Exley, Steve Ng, Michelle Bailey, Alison Lenthall & Louisa Horner, who have all offered their services. We are still a few volunteers short so if there is anyone else who would be able to help, please see David or Howard. The more we have the easier it is with regards to cover for holidays, galas, etc. So don't think that we don't need you – we do!

### Stroke Technique DVD's / Other Information

Just to remind you, we have our own DVD's for each stroke and for Starts and Turns. These are available to all of our members on loan for a small fee to enable you burn your own copy if required or just to watch. Please see Jayne or Jacqui in the clubroom if you like to borrow a copy.

Also available if required – either for you to copy onto a memory stick, or for a small charge, (just to cover the cost of paper) are hard copies of lots of interesting information to help your child during their swimming career. Eg, Goal and Target Setting, Psychology, Diet, Weight Exercises, Swiss Ball/Medicine Ball Exercises, Core Body Strength Exercise, Warm up exercises etc etc.

Please see Jayne or Jacqui in the Clubroom if you would like a hard copy of this information.

### Club Captains

An apology on this one. This should have been sorted out in time for the beginning of the year, sorry that it wasn't. We have however, now got our act together and voting is in progress. If you have not already done so, please see Tricia Fitzgerald for your voting slip. Votes need to be cast no later than 26 February 2010.

### Awards Evening

The Awards Evening was held on 19 December at the Peggy Tub. Congratulations and Well Done to the following swimmers who received awards:

Most Improved Senior Girl: **Rebecca Neal**  
Most Improved Senior Boy: **Oliver Ng**  
Most Improved Junior Girl: **Darcy Deakin**  
Most Improved Junior Boy: **Andrew Neal**  
Annual Cressie Award Winner: **Jennie Knowles**

### Parents Night Out

The night out at the Dogs for parents has now been organised for Saturday 6 March 2010. The first race is at 7.25pm doors open at 6.30pm, or meet in the Crown Pub between 6.30pm to 7.15pm for drinks first. Please see Tricia or Peter for your tickets if you have not already got them.

### Kids Night Out

As we are having a parents night out it has been suggested that we should also be having a Kids Night Out. So we are looking for suggestions. Tricia Fitzgerald is happy to organise it but we need to know what YOU would like to do. Remember it has to be something that you can all take part in. Can you either let Tricia or me have your suggestions no later than 27 February 2010 please.

### Fundraising

I suspect that you may sometimes get a bit fed up of us banging on about fundraising. However it is absolutely essential to our survival as a club to have a certain level of fundraising. It cost approximately £32,500 last year to run the club. We made a loss on the year overall. We have reluctantly had to put up the monthly swim fees this year for the first time in over 5 years. We do not run the club to make a profit but we have to cover our outgoings. The pool hire bill for Stocksbridge and Ponds Forge alone is almost £19,000 per year (and will increase again in April), other outgoings are for coaches expenses, trophies & medals for the club gala, general insurance for the club (for gym equipment, computer, etc), annual servicing for the gym equipment, purchase of new equipment for the gym, training costs for helpers such as Coaching, Teaching and Lifeguard qualifications, (eg, Lifeguard training costs us £150 per person), ASA Registration for all members, we pay for coaches passes for every gala we attend, & fund team entries for Yorks/NEast galas, plus general stuff such as paper, envelopes, etc etc. Your fees go a long way towards these costs but they don't cover it all, so we need to fundraise as much as we can. So please

can we ask that you bear all this in mind next time one of us irritates you by asking for your help (and your money!). Thank you in advance for your understanding on this.

### **Christmas Raffle**

We had a smaller version of our annual Xmas raffle this year, but we still managed to raise **£84.00** for club funds. Many thanks to all who donated prizes and those who bought raffle tickets (and those who did both!). Better late than never, here is a list of winners:

Ticket 326 : Simon Jones  
Ticket 365 : Becky Milnes  
Ticket 289: Shakespeare Family  
Ticket 448: Julie Wade  
Ticket 495: Andrew Neal  
Ticket 471: Tracy Crossland  
Ticket 397: Darcy Deakin  
Ticket 293: Beaumont Family  
Ticket 449 Julie Wade  
Ticket 431 : Bar Staff at the Peggy Tub!

### **Rags are Us**

The last Rags R Us date was Saturday 6 February 2010. This was the best one yet. Between us we donated almost ½ tonne and raised a magnificent **£184.00** for club funds. We will be holding another event during September 2010.

### **Bag Packing Dates**

We have a couple of dates already for your diaries:

**19/6/10 Morrisons, Dearne Valley**

**10/7/10 Morrisons, Barnsley.**

More information to follow closer to the dates.

### **Monthly update** : [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

We now have **22** registered supporters (one new one – thank you) and have raised **£77.26** 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 (just click the link above) and then you can raise funds for the club (and save money for yourselves!).

As we are coming up towards Summer (!!) now is the ideal time to register, every time you shop online via Easy Fundraising you help raise funds for the club, at no cost to you **and** you get some really good discounts from some of the retailers. If you book your holidays online you can also get a donation for the club, quite a few of the big holidays companies are included: **Expedia, Thomson, Thomas Cook, First Choice, Cosmos, Co-op Travelcare, DirectLine, Virgin, MyTravel.com, Jet 2, Hoseasons, Butlins, Haven, Keycamp, Eurocamp, James Villas, Warner Leisure Hotels, Cottages4U, Lowcostbeds, Superbreak, Lastminute.com.**

If you order clothing on line from any of the big stores we also get a donation, such as **Next, Debenhams, M & S, BHS, TopMan, George@Asda, Tesco, Matalan, Dorothy Perkins, Wallis, New Look, FCUK, Faith, Bench** and lots more.

There are also insurance companies, electrical retailers, Game companies, Books, CD/DVD's, DIY, Amazon, EBay – the list is endless. So if you regularly shop on line (or even if you don't shop that often) please take a minute to register, just click on the link above - its very quick and easy, doesn't cost you a penny and is a very easy pain free way of raising funds for the club.

Even if you don't intend to shop online, 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](http://easysearch.org.uk) . The club gets 1p for every 2 searches, doesn't sound a lot but we have already raised **£14.57** with this.

That's all folks!