



NEWSLETTER JANUARY 2009

Welcome to the January 2009 edition of the Pentaqua Newsletter. Happy New Year to Everyone!!

New Members

Welcome to Oliver Darigala. We hope you enjoy your time with us.

Swim Report

Forthcoming Galas

Please see Jayne Neal if you want to enter any of the following galas. Details are posted on the Notice Board in the Clubroom.

Radford Level 1 Long Course Open Meet : 18 & 19 April 2009 @ Ponds Forge

50m, 100m & 200m all strokes. 400m, 800m & 1500m Freestyle. 200IM & 400IM

Closing Date: 17 February

Rotherham Metro Level 1 Long Course Open Meet : 23 & 24 May @ Ponds Forge

50m, 100m & 200m all strokes. 400m Freestyle. 200IM & 400IM

Closing Date : 7 March

Spring Sprints Gala : Sunday 26 April 2009 @ Stocksbridge

There is an entry form for our swimmers at the end of the newsletter, or hard copies are available in the Clubroom, 50m all 4 strokes. The Spring Sprints Gala is our main fundraising event of the year. All Platinum swimmers will be entered for all four events, unless we are advised of holidays. All other club members are expected to enter for a minimum of 2 events please. Entry form at the end of the Newsletter.

Galas

Our swimmers have competed in the following galas in November/December 2008:

Age Group North Easterns – 29/30 Nov @ Sunderland

Lincoln Vultures Open Meet – 29 Nov @ Lincoln

Sheffield City B Grade – 29 Nov @ Ponds Forge

Barnsley B/C Grade – 6 Dec @ Ponds Forge

City of Bradford L2 Meet – 6/7 Dec @ Shipley

Chesterfield Open Meet – 6/7 Dec @ Chesterfield

Winter Teams Gala – 21 Dec @ Ponds Forge

For full result details please see attached swim report.

Morning Training

This resumes for one week only 20 & 22 January. David is then on holiday for one week, so no morning training on 27 & 29 January, back to normal from Tuesday 3 February.

Team Photo : Saturday 24 January

We need a team photo to go with an article we are hoping to get published in Sheffield Journal & Look Local etc. This will be taken at 1.30am on Saturday 24 January. This will follow on from the Platinum Squad meeting at 12.30. Please bring your Pentaqua T-shirts, tracksuit or hoodie and any trophies, medals, pennants etc won last year that you would like to show off if you have them. Bronze squad your training on 24 January will be from 1.30pm onwards. Anyone who comes early for the photo can also train from 1.30pm.

Barnsley Minors League Dates 2009

The dates for this years galas are as follows:

Armthorpe: 14 March, warm up 6.00pm
Stocksbridge: 9 May, warm up 1.30pm
Rotherham: 28 June @ Chapeltown Baths, warm up 3.00pm
Wakefield: 27 September @ Normanton Pool, warm up 12.30pm

Please make a note of these dates to ensure you are available if selected to swim. Many thanks.

Annual Membership

This fee is due on **1 January** and needs to be paid please **no later than 31 January**. A large proportion of this fee goes on various affiliation fees which we are required to pay on your behalf, so we do need you to pay as soon as possible please.

This year the fees cover the following affiliation fees per swimmer are as follows:

| | |
|--|---|
| ASA Registration: Category 2 membership: | £22.00 per swimmer |
| ASA North East Region per capita fee: | £ 2.75 per swimmer |
| Yorkshire SA per capita fee: | £ 0.15 per swimmer |
| | (plus a payment of £27 for the club registration fee) |

Category 1 Registration (for learners, developers & non-competing) is £6.75 per swimmer

Category 3 Registration (for officials, coaches, poolside staff, helpers, team managers etc) is £4.00 per person.

We also carry our own insurance for club monies, equipment, computers, cameras, etc which is currently approximately £500 per year which with approx 98 members (which we currently have) equates to a further £5.00 (approx) per member).

The North East and Yorkshire per capita is payable for all members regardless of ASA category.

Please note, **all members**, swimmers and non-swimmers, competing and not competing, are required to be registered with the asa.

Full annual membership for competing swimmers, ie, those that are competing in open competitions, is £45.00. All other swimmers need to pay at the least the minimum membership, which is £20.00, this is for non-competing members and swimmers are not yet eligible to compete.

Please note Associate membership is now £15.00 and will now only be available to coaches, helpers, and those members who wish to use the gym facilities only and therefore will no longer be available to swimmers.

Can we please urge everyone to pay membership as soon as possible please. Any swimmer who has not paid their annual membership by 7 February 2009 will unfortunately not be allowed to train. Sorry to have to be quite so strict, however last year some annual membership was not received until well into the year, and some not at all by swimmers who left. As the club has to pay the asa fees now it is important that membership is renewed on time in order that we are not paying fees to the asa that we may find we are not be able to recover. If however you are having genuine hardship paying the annual fee please see Tracy or Sharon in confidence.

A Message from Your Committee

We are looking forward to another successful year for all our swimmers. We have increased the number of swimmers who have achieved Yorkshire and North Eastern Qualifying Teams in 2008 and are looking forward to a further increase in 2009 (and maybe even some National Qualifying Times – some of you are very close). We have retained our position in Division 1 of the Barnsley Minors league and have competed and done extremely well in lots of open Galas throughout 2008.

Platinum Squad swimmers have a minimum number of galas to swim each year, but **all** our swimmers should be looking at what galas they can enter. There are lots of galas available for all swimmers of all abilities throughout 2009 and we recommend you all take a look at the notice board on a regular basis, (and read your Newsletter!!) and talk with our Competition Secretary Jayne Neal for advice on which galas are the best for you to enter this year.

Remember we are a competitive club, our reputation is steadily growing and you can all contribute to that. Good luck to you all in 2009 !!

Cressie Award Winner

The October winner of the Cressie Award is:

Tegan Jones

The November winners of the Cressie Award are:

Lucy Bye & Maisie Elliott

The December Winner of the Cressie Award is:

Emily Wade

Congratulations and well done on being chosen.

All swimmers please note, with effect from January 2009 there will now be a £10 Meadowhall voucher awarded to the monthly winner of the Cressie Award.

Achievement Award

This is a new award based on training effort and achievement overall, taking into account calculations on the scores you have achieved at your training sessions and to recognise a special effort made by a swimmer and, just to make it even more worthwhile, there is £10 Meadowhall voucher each month to the recipient of the award. So well done and congratulations to our first recipients:

October Achievement Award goes to:

Alice Lilley

November Achievement award goes to:

Rebecca Neal

December Achievement Award goes to:

Jennie Knowles

Awards Evening and Disco – 13 December

A great evening was had by all. Thank you to the families who cooked the pizza and sausage rolls etc.

Awards as follows:

Most Improved

| | |
|-----------------------------|----------------|
| Senior Girls Most Improved | Rebecca Milnes |
| Senior Boys Most Improved: | Oliver Ng |
| Junior Girls Most Improved: | Jennie Knowles |
| Junior Boys Most Improved: | Alex Lenthall |
| Yearly Cressie Award: | Jennie Knowles |

Club Captains

| | |
|-------------------|--------------------|
| Senior Girls | Rebecca Milnes |
| Senior Girls Vice | Rebecca Neal |
| Senior Boys | Joshua Hutton |
| Senior Boys Vice | Angus Dewar-Fowler |
| Junior Girls | Megan Hudson |
| Junior Girls Vice | Jennie Knowles |
| Junior Boys | Andrew Neal |
| Junior Boys Vice | Alex Lenthall |

Gifts for David and Howard from the swimmers:

Matrix Trilogy, Guinness Mug and Guinness for David
Fleece jacket for Howard

Volunteers to take Landtraining Sessions

If there are any parents who would be able to help out at any of the landtraining sessions please can you see David or Howard. Any help will be very much appreciated. Training will be given.

Club Timekeepers Course

For those of you who have put your names forward for this course we are now looking at dates in February. More details to follow as soon as we have firm dates.

CRB checks

The ASA now requires all our members who assist in any way with training, team managing chaperoning etc to be CRB checked via themselves, even if they are already CRB checked via their own occupation. We are in the process of compiling a list, so if you do help out you will be approached shortly if you have not already been and asked to complete the appropriate paperwork. Thanks for your co-operation with this.

Child Protection & Bullying Policies

Our Welfare Officers Sharon & Chris will be holding a series of short meetings with all swimmers, in small groups, during training sessions on Monday 2 February and Tuesday 3 February to run through the above policies. The policies will be briefly explained to all children with the aim being for all our swimmers to understand them, how they relate to themselves. Please ensure your child brings a spare towel and/or T shirt on these dates. Copies of the policy are currently on the notice board in the clubroom. If you require your own copy please let me know and I will email / copy it for you.

Use of Mobile Telephones with Picture Messaging

Just a reminder about these please. Sheffield City council and the Leisure Centre prohibits the use of cameras, video equipment and mobile phones with picture messaging. If you have a phone with this capacity please can we request that you do not use it within the Leisure Centre.

This is for the protection of all our children. Please note if you are observed using such a telephone you will be asked politely not to do so, after this, a repeat will result in the matter being referred to the Leisure Centre management.

Fundraising

Ceilidh:

A big thank to those who attended the event. Although the turnout from Pentaqua was a little disappointing those of us who went along had a great evening, the band were brilliant and a good time was had by all. Thanks you to Silke Fraser for all her hard work organising the event. **£68.00** was raised for swim camp funds with an equal amount going to the Ceilidh group. To those of you who weren't able to come along – you missed a good night!

Club Gala Cake Stall

This raised a total of **£86.00** towards camp funds. Thanks to the families who baked cakes & cookies etc and ran the stall on the days.

Web Ivory Christmas Catalogue

Thanks to all who ordered goods from the Webb Ivory Catalogue. You will be pleased to hear that you raised **£110** for club funds.

Xmas Raffle

Thanks to everyone who sold raffle tickets and donated items for the hampers and other prizes.

The 1st prize of £100 Meadowhall vouchers went to Tom Humphrey (already been spent I understand!!)

For a full list of winners please see the notice board in the Club room.

A total of **£393.94** was raised for club funds.

Rags R Us

Monday 12 January 2009. A total of 560 kilos was collected, resulting in a payment of **£196.00** for club funds. Many thanks to everyone who contributed.

Next one has already been booked – **Monday 22nd June @ 6.00pm** - so start saving again soon!

Easyfundraising.org.uk

Monthly update. We now have **17** registered supporters and have raised **£44.55** for club funds. I am not able to view exactly who is supporting us via the Admin Section of easyfundraising but through the Newsletter can I say thank you to those 17 supporters. It is very much appreciated, thanks for taking the time to register.

For those of you thinking of booking your 2009 holidays online, if you do it via Easyfundraising the club gets a donation too, companies include: Thomson, Thomas Cook, Co-op Travelcare, DirectLine, Virgin, MyTravel.com, Westar Holidays, Hoseasons, Butlins, Haven, Keycamp, Eurocamp, Siblu Holidays, James Villas, Cottages4U, Lowcostbeds, Lastminute.com

For those who have not yet registered – remember 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 register and go to: easysearch.org.uk . The club gets 1p for every 2 searches, doesn't sound a lot but we have already raised **£3.02** with this.

That's all folks!

SPRING SPRINTS ENTRY FORM

NAME _____ Age on 26/4/09 _____ DOB _____

| Stroke | Fly | Back | Breast | Freestyle |
|------------|-----|------|--------|-----------|
| Entry Time | | | | |

£3.00 per event.

_____ Events x £3.00. Amount Enclosed £_____

Received by _____

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