



NEWSLETTER MAY 2010

Welcome to the May 2010 edition of the Pentaqua Newsletter.

New Members

Big hello and welcome to the following new members: Holly Scrimshaw, Megan Lamb, Caitlin Skene & Natalie Sugden. 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 help you with your decisions about which are the right galas for you.

Galas

Our swimmers have competed in the following galas during March & April.

Yorkshire Age Group Championships, 20 March 2010 @ Ponds Forge
Yorkshire Teams championships LC, 21 March 2010 @ Ponds Forge
Derwentio Excel Level 1 LC, 4 & 5 April 2010 @ Ponds Forge

For full results please see attached Swim Report

Cressie Award Winners

The January winner of the Cressie Award is: **Nicola Fraser**

The February winner of the Cressie Award is: **Pete Lilley**

The March winner of the Cressie Award is: **Rebecca Neal**

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 out going 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.

Barnsley Minors League

Just remind you it is the home fixture of the Barnsley Minors League on **Saturday 22 May 2010**. If selected to swim please ensure you are available on this date.

Please also note that there will be no training on this date.

Spring Sprints

Well another Spring Sprints Gala has been and gone. Once again the gala was a huge success. On behalf of all the Committee can I please say a massive '**Thank You**' to everyone who helped out in any way for the gala. Thanks to those who helped on the day and with the set-up during the few days beforehand, thank you to all those who sponsored races and donated raffle prizes, etc. Thank you to those swimmers who took the time to write about what the club means to them. We used these to send out with sponsorship letters and I am sure they helped us get more support from local businesses etc.

It is always a good day with a great atmosphere and everyone always comments on how well run our gala is – and that's because of all of you who gave up your time and helped. We also had some really good swims and numerous finalists throughout the day. Well done and thank you to Everyone.

Club Captains

Your Club Captains for 2010 have finally been chosen.

Senior Girls Club Captain: Rebecca Neal
Senior Boys Club Captain: Angus Dewar-Fowler

Senior Girls Vice Captain: Rebecca Milnes
Senior Boys Vice Captain: Joshua Hutton

Junior Girls Club Captain: Darcy Deakin
Junior Boys Club Captain: Tegan Jones

Junior Girls Vice Captain: Ethan Ryan
Junior Boys Vice Captain: Daniel Fitzgerald

Use of Mobile Phones

You will have seen mention of the use of mobile phones in previous newsletters. Could I just remind all **swimmers** that this applies to you also. The request not to use mobile phones with picture messaging is not exclusively aimed at the adults in the club it also applies to all swimmers. Please once again can I remind EVERYONE that use of such phones within the Leisure Centre is not allowed. Thank you for your co-operation on this matter.

Thursday Morning Training

Once again a reminder about the availability of this training session (6.30am until 8.00am). It is open to all club members but at the moment is still quite poorly attended. Please think about whether you could attend this session – you don't have to do the full 1.5 hours if you need to be out earlier that will be fine. At the moment the attendance is particularly low. However would just like to say 'Well Done' to those that do make the effort and attend – I am sure you will be reaping the benefit.

Thursday Evening Landtraining

David is asking if there is anyone who could help at the Thursday landtraining sessions please (6.30pm to 7.30pm for F, G & H squads). If you can help out please see David. Thank you.

DVD's

Just to remind you we have DVDs for the 4 strokes and starts & turns. These are available to borrow from the club room. You can borrow then and burn your own copies if you wish. (David says apologies for the bad editing!). There is also lots of information regarding swimming, nutrition etc which can be downloaded from the clubroom computer. Please see Jayne or Jacqui.

Child Safeguarding Course

20 of our adult club members who assist on poolside / dry training etc attended the above course on 14 April at the Leisure Centre. Thank you to Rachel Jones at Sheffield City Council for organising the course and thanks to those who attended.

Swim Clinic @ Ponds Forge on Sunday 23 May 2010

A special one day swim clinic is being organised in conjunction with Sheffield City Council on Sunday 23 May. This is open to swimmers aged between 8 and 12; if you are selected to attend the cost will be £15.00 per person. Swimmers will be selected from all four Sheffield clubs. The day will be split into four sessions; topics to be covered will be nutrition, land training, and wet sessions on fly & back. Swimmers will be in mixed groups from all 4 clubs. We believe that this will be a great benefit to those swimmers selected, therefore please make every effort to attend if selected.

Suggestions please:

It has been pointed out that as well as selling the sweeties we could also look at having some more 'healthy' options for sale. So does anyone have any ideas as to what the kids would like to eat and we will try them out and see how it goes. Could you please email either me or leave a note in my pigeon hole in the clubroom please. Thanks.

Annual Trip to Alton Towers

This is a club outing to Alton Towers that we have each year. We don't hire a coach but we all go on the same date and meet up in the Theme Park. This years date is **Sunday 27 June** – we have a number of 2 for 1 vouchers available. Please put your name on the list in the clubroom if you are intending on going, so we can sort out tickets, lifts etc. If your child is coming along but you are not please ensure you nominate an adult to take responsibility for them on the day. Children under the age of 8 must be accompanied by an adult relative

Personalised Swimming Caps

If anyone would like to order personalised swimming caps, please see Jayne Neal with your order no later than 28 May 2010.

Fundraising

Bag Packing Dates

We have a couple of dates already for your diaries:

19 June 2010 Morrisons, Dearne Valley

10 July 2010 Morrisons, Barnsley.

We now have another date for your diaries please:

24 July 2010 M&S, Meadowhall

More information to follow closer to the dates.

The Pentaqua Pot

We have now set up the account. So Tricia Fitzgerald will shortly be giving out forms to all families. If you want to join in, please complete the forms and give a copy back to Tricia and send the Standing Order form into your bank. The draw will be held monthly and the prize fund will obviously be dependant on the number of people who join. There will be a 1st, 2nd & 3rd prize each month with approx 50% going to club funds. Number cost £1.00 each per month.

Monthly update : www.easyfundraising.org.uk

We now have **26** registered supporters (four new members registered since February – thank you) and have raised **£129.70** so far for club funds. Thank you to whoever insured their car with Aviva in February – that got the club a sizeable donation.

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!).

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 . The club gets 1p for every 2 searches, doesn't sound a lot but we have raised **£17.63** with this.

That's all folks!