



NEWSLETTER OCTOBER 2009

Welcome to the October 2009 edition of the Pentaqua Newsletter.

New Members

A warm welcome to our new club members: Tom Giles, Libby-Mae Oxley, Joe Taylor, Lachlan Moorhead, Megan Horner. 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 since June 2009

Age Group North Easterns – 7/8 & 20/21 June @ Ponds Forge/Leeds
Dronfield Dolphins challenge – 27 June @ Eckington
Barnsley Minors League – 28 June @ Chapeltown (Rotherham Metro hosts)
Kingston Upon Hull Open – 4/5 July @ Ennerdale Leisure Centre
Bo of Barnsley B Grade Summer Sizzler – 5 July @ Ponds Forge
Little Olympics – 12 July @ Ponds Forge
Rotherham Metro A/B Grade – 18/19 July @ Ponds Forge
Sheffield City Sprints Open Meet – 29 August @ Ponds Forge
Rachel Bennett Trophy – 12 September @ Eckington
Rotherham Metro A & B Grade – 19 September of Ponds Forge
City of Sheffield Teaspoon Gala – 20 September @ Ponds Forge
BML – 4th Round – 27 September @ Normanton
Robin Hood L1 – 3 & 4 October – Ponds Forge
Kingston upon Hull L3 – 4 October @ Ennerdale Leisure Centre
Winter Yorkshires – 10 & 11 October @ Ponds Forge

For full result details please see attached swim report.

Open Water Season Report

Thank you to Silke Fraser for the following report

This was Nikki's first year as a senior and what a year it was!

The season started on the 17/5 at Colwick Park (Nottingham) with a 4km race in cold and wet conditions. Nikki came home first, good start to the season. The week after we travelled to Liverpool, 4 miles, lots of jellies and a third. With no rest for the wicked the weekend after we went to Budworth Mere, 5km to swim where she finished second.

Next stop Wykeham (Scarborough), 5km to swim in lovely sunshine and again coming in second.

After a few weeks rest we travelled to Dover for the Champion of Champions on the 20.6. A 5 mile, 3 mile and 1 mile to race in cold but good conditions within a time limit. Nikki came fourth, but a good swim anyway.

Next stop was Bala (North Wales) in the middle of July. I think it never stopped raining all weekend. Nikki had a 6 mile swim on Saturday and a 3 mile one on Sunday. She finished second on both days.

The weekend after we went to the lakes, 5.5 mile Coniston to swim and yet again a second!

After our holidays Nikki swam the NERs at Durham. She started in the 3km Open and came fifth.

As every year we travelled to Berlin for the Müggelseeschwimmen on the 15.8. 3km to swim on a very hot day, 270 competitors. After a very exciting finish Nikki managed to win the women over all and her age group (15-18 years old)!!

On the 5/9 she had her biggest challenge of the season, 10.5 miles Windermere in very cold water and wet and windy conditions. She had a super last three miles and manage to come second over all and winning the female category. The season finished with a 4.5km race in Norfolk, where she made it onto the podium again, this time in third.

Altogether Nikki raced 85.5km this summer! All in all a fantastic start as a senior. The BLDSA has awarded her the Endeavour Trophy for the season! And the next challenge..... Loch Lomond, 22 miles to swim!

Well done Nikki, many congratulations.

Cressie Award Winner

The June winner of the Cressie Award is: **DARCY DEAKIN**

The July winner of the Cressie Award is: **GRACE CROSSLAND**

The August winner of the Cressie Award is: **JOSHUA HUTTON**

Congratulations and well done on being chosen.

Achievement Award

The June Achievement Award goes to: **REBECCA NEAL** with an average score of 6.44

The July Achievement Award goes to: **AIMEE JEPSON** with an average score of 6.41

The August Achievement Award goes to: **REBECCA NEAL** with an average score of 6.23.

Congratulations and well done on being chosen.

Club Gala 2009 - 17th & 24th November

Just a reminder to get your entries in for Club Gala as soon as possible, no later than 31/10/09 if at all possible. (Sorry I know for some of you this is going to be short notice)

Club Gala Trophies

Please also ensure that all trophies you won last year and returned to Sharon Brooke, cleaned and engraved please, again no later than 31/10/09. (Sorry again I know for some of you this is going to be short notice)

Lifeguards Course

Several of our club members attended a week long lifeguards course at Stocksbridge Leisure Centre during the summer holidays. Congratulations and well done to the following who are now fully qualified lifeguards : Amy Wright, Charlotte Lilley, Rebecca Neal, David Kershaw and Silke Fraser

Level 1 Teachers Course

Congratulations and well done to Rob Lenthall & Joshua Hutton who took their Level 1 Teachers Course during the summer.

Young Officials – Timekeepers Course

If there are any swimmers aged 14 or over who would like to do the next Timekeepers Course could you please let Jayne Neal know. No dates for the course as yet as we need to see if we have enough interested.

Swim Camp

Most of you will be aware that we have swimmers currently away at our first ever Training Camp abroad in Italy. We are hoping that we will run another camp if there are enough swimmers interested. So watch out for the 'Story of a Swim Camp' Report which I will send out when they return. I hope that all attendees have had a great time, have trained hard and hopefully really benefited from attending camp.

Club & Squad Structure

Once more we find ourselves looking at the way we structure our club. We are now more or less at our limit on number of members. We also need to seriously examine how we are structuring our squads. We introduced Platinum in the hope that swimmers would apply for these places in the squad and those that did would be those that would then apply themselves to swimmer in a 100% committed way. We introduced rules and criteria around these squads. However it would appear that this has not worked in the way we envisaged. Partly due, I have to say, to the fact that it has just proved too difficult and time consuming to properly monitor attendances and effort. So it is not just down to the swimmers.

We are therefore taking another look at the squad system and the structure of the club overall and have set up a small working group to examine the issues more closely and come up with solutions. We are hoping to take a look at other clubs similar to ourselves and draw on their experiences.

So for the time being we are continuing to operate the way we are and there will be no reapplication to Platinum Squads. All swimmers will stay in their current squads until the way forward is decided.

Thank you to everyone for your patience with this. As soon as a decision is reached Parents meetings will be arranged to communicate any changes to you.

Important Issues for your information

Parents and swimmers please take careful note of the following.

Training Starting Times:

You all know what time your sessions start (if for some reason you are not sure, please see the information in the club room) so there is absolutely no excuse for late arrivals. You should be on the poolside at least 5 minutes before the start of the session carrying out your warm up exercises. You should not be frantically running down the car park 5 minutes before your session starts. It is extremely disruptive to those swimmers already in the water having started their warm up, to find themselves either swimming alongside someone who has not yet warmed up yet, or having to switch lanes to accommodate latecomers. It often means that sessions end up losing 5 minutes while lanes are sorted out and this cannot continue. **So, with effect from Monday 9 November anyone who is 5 minutes or more late (by the clock on the far wall of the pool) getting onto poolside will not be allowed to get into the water.** Therefore if you know that you cannot get here for the session start time then you should not attend. This is something that committee have agreed that we seriously need to tighten up on – therefore there will be **NO** exceptions to this, whatever the reason. I was speaking to one of our members who joined us from another club, I am told that once they knew they were going to be late, because they knew the rule, they would just turn around and go home because they knew they would not be allowed to train. Please do not therefore approach David or any of the coaching staff with any 'special' requests as we would not want to offend anyone by having to refuse. Your committee hope you recognise, understand and support the reasons behind this request.

Pool discipline

Again this is something we recognise we need to tighten up on. More and more of you come along to sessions and spend far too long sorting out pull buoys, kickboards, goggles, pulling on ropes, stopping at the far end, chatting to other swimmers instead of training, not listening, not following instructions from poolside helpers, being cheeky and back chatting, etc etc etc (I could go on and on with this list to be

honest). So again with effect from **9 November 2009** any swimmer who is obviously not even attempting to put full effort into training will be given one verbal warning by David or Howard during the session, if they continue to mess around they will be told to leave the pool. If parents are at the pool the reason behind the decision will be explained to them (although it will probably be pretty obvious!), if parents are not here they will be contacted and asked to collect their child immediately. Any child whose parents are not here will be instructed to get dressed and sit in the clubroom. Swimmers will not be allowed to wander around the Leisure Centre. Parents can I please ask that you ensure we have an up to date contact number for your family.

We really hope that asking anyone to leave the pool will not be necessary, we really hope that all of you are here to learn and train (otherwise you are wasting your time, our time and your parents money) so don't find yourself being the 1st one being asked to leave the water – certainly not something to add to anyone's list of achievements!

Again parents particularly - we hope you will understand and co-operate with this.

Swimmers - YOU HAVE BEEN WARNED!!!

Email addresses

We have a number of email addresses for swimmers and parents. I am looking to update my list for parents, as it seems that on occasions your children forget to pass on important information either from the newsletter or just general things about cancelled training etc. So please could all parents let me have an email address if at all possible. For those who receive a hard copy of the Newsletter, if you do now have a email address please either email me Kathy.wright@veolia.co.uk or jot it down and leave it in my pigeon hole in the clubroom. Thanks.

AGM

Just a reminder to everyone that the Annual General Meeting will be held on Wednesday 4 November 2009 at the Royal Oak Public House at 7.30pm. All parents and swimmers over the age of 15 are welcome to attend.

Awards Evening

This will be held on Saturday 19 December 2009 at the Peggy Tub in Stocksbridge. Tickets will be available in early December at a cost of £1.00 each.

Christmas Fun Session

We don't have a date for this yet but it will be the usual mayhem one night during the week leading up to Christmas. Please can I ask everyone to start saving their 1p/2p, etc for the annual Penny Dive. I will let you have the date and the Leisure Centre Christmas closure information as soon as we have it.

Parents Night Out

We are thinking of organising a night out at the Dogs at Owlerton for parents only. No date chosen yet but sometime during December. If you would like to come along could you please let me know by 7 November so that we can make a provisional booking.

Use of Mobile Phones at the Leisure Centre

Can I please once again remind everyone that the use of mobile phones with picture messaging facility is **PROHIBITED** by the Leisure Centre. We fully endorse this ban and remind you please not to use your mobile phones within the Leisure Centre and certainly not up on the balcony. If you do and are approached by the Welfare Officer, Sharon Brooke, or by any other committee member and asked not to use your phone please comply and understand the reason behind the request.

This is for your childrens / child's safety. This is not us being awkward about parents using mobile phones, it is an issue we take extremely seriously. Please be aware that should an instance be referred to the Sports Centre Management you will be asked by them to leave the Centre immediately.

Many thanks in anticipation of your understanding and co-operation.

Fundraising

Bag Packing @ Asda Chapeltown 26/9/09

Just to say thank you to those club members who came along for this fundraising event. We managed to have at least one, and in some cases 2 swimmers on every checkout in the store (17), which was great.

Big thank you once again to Silke Fraser who has taken the time and effort to write to all the supermarkets and has secured all the bag packing events we have taken part in during 2009. Much appreciated.

You will be delighted to hear that a grand total of **£345.00** was raised on the day, which is absolutely brilliant, given that we only had a two hour slot. Well done and thank you everyone who came along.

PS It would be nice to see some new faces at these events..... maybe next year??

Webb Ivory Christmas Catalogue

The catalogue is now available from the Clubroom. We are just doing one order this year. Please give your orders to Jayne Neal no later than 7 November 2009. Thank you.

Monthly update. www.easyfundraising.org.uk

We now have **21** registered supporters and have raised **£66.85** 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!).

As we are coming up towards Christmas 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.

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 already raised **£10.54** with this.

That's all folks!