



NEWSLETTER

February 2011

HADEN HILL SWIMMING CLUB

(Affiliated to asa and asa West Midlands Region and WCSA)

Hanging up their trucks

After many years of service on the committee neither Malcolm nor Christine Oates will be standing for re-election onto the committee at the next AGM in June. They have both been great supporters of the club and will continue to be so but now more as supporters of their grandson Connor Oates. Both Malcolm and Christine are still working extremely hard at the moment on trying to get all the paperwork together for our Swim 21 submission in March which is a very time consuming process.

Malcolm and Christine have been kind enough to give us a few months notice so that if there are any parents out there interested in standing for committee next year you have a while to find out what might be involved.

Safeguarding

If there are any poolside helpers, teachers or coaches that hold safeguarding qualifications could they please give them to Malcolm or Christine as they are trying to collect them for our Swim 21 portfolio.

Stepping up to the mark

We would like to thank Rob Boden our club Chairman and Carol Sidaway our lead teacher for stepping up to the mark and giving up their time to take over after Graham left the club. Both are doing an excellent job and the swimmers are already seeing the benefit of the extra hard work they have to put in. The club competed in two galas over the weekend and it was great to see us winning lots of races and being competitive all the way through the gala. Sunday's first Ross League gala was particularly exciting with the meet going down to the very last race out of sixty but we were finally piped to the post by Worcester – the noise and atmosphere in the pool was absolutely amazing, well done a brilliant afternoon.

Club Website

Please check our website regularly as it has loads of information on which we often can not fit on the club notice board - www.hadenhillasc.com

Personal Bests

If you would like to know your child's PB's then you are welcome to email Sue Sekula who has all the club swim times and is more than happy to help, her email address is susan.sekula@hadenhillasc.org.uk

County Championship

Those swimmers taking part in the County Championship should note that both swims are at Wolverhampton Central Baths. Sue Sekula has put all the details on the club website so please check your child's details and contact Sue if there are any problems.

Bag Packing

Lynn Willets has managed to book another bag packing session at Iceland on Saturday 26th February due to the fact that the session over Christmas was cancelled due to the weather. A list is up and the club would be grateful if swimmers could volunteer for any of the remaining sessions.

Learning to swim Programme

We have an excellent learning to swim programme at the club led by Carole Sidaway which is proving to be very successful. If you know anyone who is interested in learning to swim, Craig's contact details are 07704419894 or check out the website and look for the teaching link at the bottom of the page – cost is £39 for the 12 week course – swimmers can join anytime during the course.

We are trying to advertise our programme in the community and if you know of a school that produces a newsletter that allows adverts we would like to know so that we can publish our programme - See any member of the committee.

Upcoming Galas

We have the first round of the **Diddy gala on 9th April** and we would like to send out the strongest team possible. We were relegated from division 1 last year but expect to be promoted back up this year. This is one of our major priorities this year and so please make every effort to make yourself available. If for any reason you already know you can not make this date please could you let Neil know ASAP.

12 th Feb.	The Rope Water Trophy	Cheadle
19 th Feb	Worcester Winter League	TBC
20 th Feb.	County Championship Long Distance	
26 th Feb.	Junior League Programme	Nuneaton
27 th Feb	County Championship Long Distance	
5 th March	Ross League (2 nd Round)	TBC

If you know when you will not be available for galas please tell the coaches / team managers as soon as you can. This is very important as understandably many swimmers and their parents do not like to see names added to the team sheet in pen as it shows everyone that they have been substituted into the gala.

If you are going to be unexpectedly late for a gala because of traffic Can you please phone Neil 07976389643 or another parent at the gala so that Neil (or the team manager on the night) has time to rearrange the swims.

Ross League

Malcolm has written a very good article which is on the club website about the history and reasoning behind The Ross League – please have a read. These gala's are for our developing swimmers and therefore the rules of the competition are slightly different to other galas. We got to the final of this competition last year and our **second round is on 5th March**. Below is an article from last May's newsletter which explained a little bit about the Ross League.

What is a speeding ticket?

This is probably one of the most asked questions at a Ross League gala so we thought we'd try and answer it. A speeding ticket is given to a swimmer who swims too fast for a particular event? How can you swim too fast you ask, well the idea is that this is more of a development meet for swimmers and so it allows improving swimmers to swim in an event that they might not otherwise swim. You will therefore often not see swimmers in their best events in The Ross League as if a swimmer is too fast and breaks the time set they score no points for their team. Last year at a Ross League gala we were last after 10 events even though we had won a majority of events because our swimmers times were too fast.

Extra Session

We mentioned last month that we have managed to secure an extra early morning training session at Haden Hill Leisure Centre on a Wednesday from 6.15am to 7am. **We already have an early morning session on a Monday and this is available to all JAGs, TOPs and masters swimmers so come along if you can make it.**

Teaching

Please remember that swimmers and parents of those in teaching are also part of the club and make them as welcome as possible. If you would like your child to swim competitively then if parents talk to the coaches after lessons they will be able to explain the route your child will need to take.

Child Safety

We have had a few recent incidences where swimmers, parents and members of the public have complained about the poor behavior in the changing rooms of both JAGS and TOPS swimmers after training. We would be grateful if parents could make sure that their children behave responsibly in the changing rooms.

Haden Hill Open

The club is holding its own open event on Sunday 8th May and we would like as many of our own swimmers as possible to enter. Most of the galas we enter are swum as a club but an open event is a chance for swimmers to race as an individual. If you check the website you will be able to download an entry pack and entries will be collected by designated parents nearer the time. We will need to staff this event ourselves and we would be grateful if parents would volunteer to help by doing such jobs as being on the door, selling raffle tickets and selling refreshments.