



SUMMER NEWSLETTER

Welcome to the latest Felixstowe Waves newsletter, our summer term has finished and the summer holidays are well under way. We have had a busy few months with lots of galas and plenty of training sessions and lessons taking place. There is also a busy season coming up starting in September, with changes to the way the County Championships are being held, we need to be hitting the ground running so we continue on last year's success. Throughout this newsletter you will see details of what has been achieved and what is to come. If you know anyone who would like to join the club, or who you think would like to, either ask them to contact our Membership Secretary Samantha Isaacs on 07811 113405 or look out for another of our open evenings and ask them to come along and give the club a try. Looking forward to next year if you are invited to represent Felixstowe Swimming Club in any event or receive an invite to an open meet or gala please respond promptly. Enjoy your holidays and see you all in September.

CLUB SPRINTS 26TH JUNE

59 of our squad swimmers took part in our annual club sprints at the end of June, this was the first chance to win medals for many of our younger swimmers taking part in an event like this for the first time. Thanks must go to the team of volunteers who ran the gala from back room, running the timing system, judges, starters, timekeepers, setting up the pool, manning the door, setting up and packing up the pool, a lot of hard work goes into running these events and seeing the swimmers enjoy the evening makes it all worthwhile. Very well done to all the swimmers there were some fantastic swims and lots of pb's were achieved. Thank you also to the families and friends who supported on the night it was great to see so many of our swimmers being supported from pool side.

Look out for your invite to the Club Championships in the new term.

Chairman's Corner

It's the end of term and end of year once again and what a great year for the club. Lots of new members have joined this year but the club is sorry to see Christine MacIntyre and John Scarfe both hang up their teaching fins and retire. These two teachers have literally taught and coached generations of children and in recent years spent much time laying the foundations for our improver squad swimmers to fulfil their potential in the senior squads.

The pinnacle of our year is usually the Country Championships in March and this year was no exception. 11 Swimmers secured qualification times for the counties and 4 of those achieved times to allow them to compete in the region events. This success is testament to the squad structure we are running and the commitment that our swimmers make. Next year we intend an even higher number of attendees at the county and regional events.

A lot of changes were made in January to the squad system, which on the whole have worked well. Glitches have been ironed out and we found ourselves with sufficient capacity to introduce additional technique session for the skills swimmers, which includes underwater filming of stroke technique.

The newsletter will go into the details of the many galas that have happened this term, but particular thanks must go to Louise Boyt, Gala Secretary, and her team of volunteers who ran a fabulous Novice Gala with teams from Ipswich, Leiston and Deben. This event had fallen by the wayside in recent years and all the clubs were pleased that Felixstowe had taken the lead and reinstated it. A great evening and the pool packed out with spectators.

Our swimmers have also start to become involved in other swimming activities including water polo and open water swimming. Some great results in the Great East Swim and the East Region Open water Championships. The club will be looking in more detail how to support swimmers wanting to do something a bit different.

Lastly on the swimming front, the teachers and coaches are trying very hard to ensure that all improvers and skills swimmers get a report card at the end of term, letting parents know progress and targets for next term, we hope this will be received positively and acted upon. For the senior squads we will be introducing goals from September, these will be discussed and agreed with individual swimmers when term starts and monitored accordingly.

Attached to the newsletter is the programme for 2015/16. We don't yet have all the dates but will keep this document live and distribute it to all members as more information becomes available. Please note that the Winter League Gala starts very early this year, the first event is in September. The team will be picked shortly so you all have plenty of warning. As a result those in Skills who get selected will get an extra half hour training on a Friday night from 8-8.30pm to ensure technique, turns etc are honed!

There are also a couple of noteworthy events coming up. The 30th Anniversary beach party is happening on the 20th September at the Hut on Felixstowe Beach. Rosemary is organising a range of activities, please come along and support us. Also for the senior squads there is the trip to the Olympic Pool for a training session on the 26th September. The coach for this trip is already fully subscribed but we are considering an additional coach so if you have received an invite and still wish to attend please let Jason know soonest.

Finally I hope you all enjoy the summer break and look forward to seeing you all in September.

Mark Evans - July 2015



SAVE THE DATE!!!!

FELIXSTOWE SWIMMING CLUB IS 30 NEXT YEAR, WE ARE HAVING A BEACH PARTY ON 20TH SEPTEMBER 2016.....

LOOK OUT FOR YOUR INVITE AT THE START OF SEPTEMBER

FELIXSTOWE SWIMMING CLUB NOVICE GALA

On Saturday 16th May we hosted a novice gala, our younger swimmers, along with teams from Ipswich, Deben and Leiston took part in a fun filled gala. All our swimmers swam really well gaining experience in swimming at galas against other teams in the process. We hope you all enjoyed the event and we hope to run two similar events in the next swimming year so keep a look out for the date and your invites to swim.

IPSWICH NOVICE GALA

On Saturday 6th June eleven of our younger swimmers went to Crown Pools in Ipswich to take part in a novice gala, they were all awarded ribbons for taking part and there were some really good swims as they gained race experience at a different pool. Well done to Sarah Bennett, Florey Bone, Alisha Fenn, Jack Keeble, Jessica Keeble, Katimai Leighton, Calum Sargent, Henry Todd, Frankie Tyler, Caitlyn White and Eve Yates. You all swam some fantastic races and your Coach and team manager on the night were very proud of you.

OLYMPIC POOL TRIP



SQUAD SWIMMERS - IF YOU HAVEN'T BOOKED YOUR PLACE ON THE COACH TO THE OLYMPIC SWIMMING POOL ON SATURDAY 26TH SEPTEMBER MAKE SURE YOU CONTACT JASON TO PUT YOUR NAME DOWN. THIS WILL BE A GREAT EXPERIENCE FOR YOU ALL TO SWIM IN THE 50M POOL WHERE WE ALL WATCHED SO MANY FANTASTIC RACES DURING THE LONDON OLYMPICS OVER THE SUMMER OF 2012!!!!

Swim Directors Blurb

Well what a season that was, if you blinked you would have missed it.

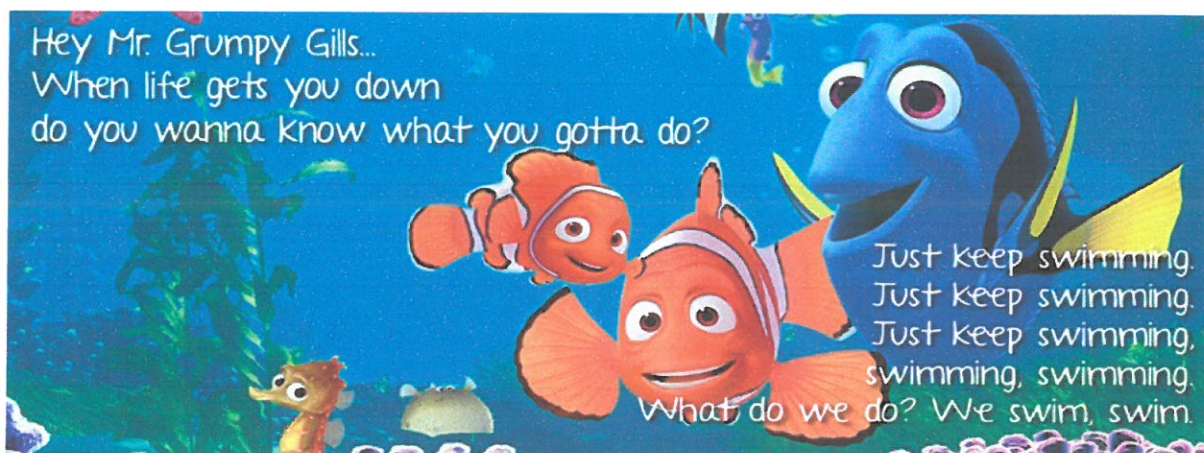
Some fantastic swimming this year, the Suffolk Counties and Regionals have already been mentioned but we have also achieved a surprising but well-earned amount of medals at the Suffolk County Development Championships in Newmarket this year. We are specifically targeting this event for next year for our younger swimmers. This event does have an upper and lower qualifying time limit and is really for swimmers who are just short on county times and it gives them a chance to compete with swimmers with a similar ability in order for them to develop in experience which then usually leads on to county times the following year. This is as long as they keep up regular attendance and concentrate on their training in the pool.

We encourage our swimmers to attend as many swim sessions that are available to them as possible. This is not compulsory but the more meters you can swim in the week the better your technique will get and the fitter you will become. Another part of training we offer as a club is the Land Training set we hold on a Friday evening. It is highly recommended you attend in order to build up your core strength which again will give you an advantage to swim quicker times in the pool.

As you will see from the attached programme for 2015/16 we have a very busy schedule ahead of us with no real let-up really until at least Easter 2016. So enjoy your break swimmers so when you start back in September you are all focused and ready for plenty of technical training coupled and followed by fitness training. Your coaches are already planning the training to get you all up to speed for the upcoming competitions. Of which the first one will be the 19.09.15

Just one piece of advice for you swimmers to think about during your summers break. Many of you I know will go swimming. If you are practicing any of your strokes in the pool just think of some pointers your coach has mentioned to you or if you are in the skills section look at your progress reports for some pointers. For example if you are swimming a length of breaststroke make sure when you get to the edge to touch you make sure you touch with both hands simultaneously, the touch should be made with both hands simultaneously at, above, or below the water level an easy habit to get in to.

Anyway all have a relaxing summer break and remember what Dory from Finding Nemo says:



Jason Flower

Great East Swim

On the 20th June 2015, myself and four other swimmers competed in the Great East swim. Everybody who took part was amazing and gained good times and places. Paige Flower, Christine Evans, Stuart Evans and I took part in the 800m event, whilst Seamus took part in the mile event and came 2nd place, which is amazing. I came 9th, then Stuart finished shortly after me in 14th position, Paige finished seconds later by coming 20th and Christine finished moments after that coming 59th.

Well done to everyone who took part, everyone was amazing and I look forward to seeing more swimmers from the club taking part next year.

Brooke Flower

REGIONAL CHAMPIONSHIPS

Over the two bank holiday weekends in May Thomas Boyt, Ryan Eagles, Faye Hermon & Mia Yates took part in the Regional Championships at either Luton or Norwich. They all swam really well and gained invaluable experience for the future at the next level of their swimming careers. Faye swam well and managed to be first reserve for the Final on her event in Luton and then at the Norwich event Mia put in a great swim and qualified for the final in hers. Well done to you all.



Congratulations to Phil and Harriet from everyone at Felixstowe Swimming Club on the safe arrival of their daughter Phoebe Ellen.

Girl's club captain

I'd just like to say a massive well done to all the swimmers this year, who have gained many PBs, Suffolk County times, Regional times, and also moving up groups.

It has been a good year for the club and I enjoy being the girl's club captain and also helping the younger swimmers on a Friday and Sunday night, I hope I have passed down some useful tips, not just at training but also at swimming galas.

I hope you all have a lovely summer break off, and please make sure you relax, so you can come back in September and work really hard to gain PBs, during the new swimming year, so we can see as many swimmers at the County's and County Developments as possible and even at the Regionals.

Brooke Flower

Boys Club Captain

As Brooke has already said, well done to all of the swimmers this year it has been great to see and hear of all the fantastic achievements at the club this year, be they medals, race wins, county or regional qualifying times or getting strokes and techniques right.

I have enjoyed being at various swimming events with you and particularly supporting and encouraging you at galas and open meets and during lessons on a Friday evening.

Enjoy the holidays and come back in September with clear goals for the next swimming season, if you train hard and listen to your teachers and coaches I am sure you will achieve them all and be part of another successful year for Felixstowe Swimming Club.

Thomas Boyt

DEVELOPMENT CHAMPIONSHIPS

Over the weekend of 27th and 28th June 18 swimmers raced in a number of events at the Suffolk Development Championships at Newmarket. Practically every race swam was a PB, lots of medals were won and there were some great races watched with lots of support for the swimmers from their families and fellow swimmers. Those swimmers taking part were: Paige Flower 1 Gold medal, Jess Read 2 Silver, Alice Theobald 1 Gold, 1 Bronze, Katie Hall, Tom Williams 2 Silver, 2 Bronze, Jack Keeble, Thomas Boyt 4 Gold, Ruslan Postupalenko who was thrilled to get his 50 free under 29 seconds, Frankie Tyler 1 Silver, Brooke Flower 1 Gold, 2 Silver, 2 Bronze, Jessica Keeble 1 Silver, Brendan Bennett 1 gold, 1 Bronze, Faye Hermon 3 Gold, Katimai Leighton, Gaby Spalding, Rebecca Archer, 1 Bronze, George Spalding 1 Gold & Joe Pattinson 1 Bronze. Well done to you all. The developments are a great opportunity to race for all our swimmers, for those of you who don't quite reach County qualifying times they are a must so train hard and if you just miss out on the Counties then this is the open meet for you.

EAST REGION OPEN WATER CHAMPIONSHIPS

This event took place on Sunday 19th July at Whitlingham Country Park just outside Norwich, it also incorporates the Suffolk Open Water Championships. The swim takes place in a lake and is a non-wetsuit event, it is a great chance to have a go at open water swimming with the opening distance being 800m, there are also 1.5k, 3k and 5k races. We had 5 swimmers take part this year and they all again put in some great swims. Jack Keeble and Tom Williams took part in the event for the first time and swam in the 800m event coming 4th and 5th in their age groups respectively. Paige Flower and Alice Theobald swam in the 1.5k event Paige was 8th in her age group Alice was 1st in hers and also took a silver medal in the overall East region event. Thomas Boyt swam the 5k event winning a gold medal. Well done to you all.

IPSWICH JUNIOR TRIATHLON

On Sunday 30th August Thomas Boyt, Sam & Tim Davies and Brooke & Paige Flower are taking part in the Ipswich Junior Triathlon at Framlingham College. This is an annual event which has become more popular over the past couple of years. If any of you are interested in giving this a go next year have a word with Chris Slemmings or Jason Flower and they will be able to give you further details on the event.

Good luck to you all, as we are sure you are training hard for the event, and we look forward to hearing how you get on.



Autumn Term Dates 2015

Learners / Improvers

Term	Start	Finish
Autumn 2015	Friday 4th September	Friday 18th December

Squads

Autumn 2015	Wednesday 2nd September	Sunday 20th December
-------------	----------------------------	-------------------------

Woolverstone Training Dates for Gold and Seniors

Term	Start	Finish
Autumn 2015	Monday 7th September	Monday 14th December

Land Training

Term	Start	Finish
Autumn 2015	Friday 4th September	Friday 18th December

Felixstowe Swimming Club

Programme of Events



	Date	Event	Contact
AUG	30.08.15	Ipswich Junior Tri.	
SEP	02.09.15	First Swimming Session of the 2015/16 season	
	TBA	Sudbury Level 3 Open Meet	
	19.09.15	Winter League 1	
	20.09.15	Fun Day at The Hut / 30th Anniversary	
	25.09.15	Helpers Course Session 1	
	26.09.15	Senior Squads Olympic Pool 50m Training	
OCT	02.10.15	Helpers Course Session 2	
	09.10.15	Recruitment Night	
	09.10.15	Helpers Course Session 3 (TBC)	
	10.10.15	Felixstowe Novice Team Gala	
	24.10.15	Winter league 2	
NOV	13.11.15	Club Championships	
	14.11.15	Club Championships	
	15.11.15	Club Championships	
	21/22.11.15	Ipswich Open Meet	
	20/21/22.11.15	Deben Open Meet	
	28.11.15	Winter league 3	
DEC			
JAN	Jan	County Last Chance Sudbury	
	08.01.16	Closing date for entries to County Champs	
	30/31.01.16	County Champs Long Distance	
FEB	13/14.02.16	County Champs	
	20/21.02.16	County Champs	
	27/28.02.16	County Champs	
MAR	05.03.16	Club Presentation Evening	
	20/21.03.15	Ipswich Open Meet	
APR	16.04.16	Felixstowe Novice Team Gala Summer League 1	
MAY		Regional Championships Summer League 2	
JUN		Development Championships Summer League 3	
JULY		Club Sprints	