



# Autumn Edition 2015

## Welcome

I hope everyone had an amazing summer which now seems so long ago and that you are now training hard and getting ready to get as many PB's, County times, and even Regional times as you ever thought were possible.

## Chairman's corner

A busy start to the new season. Multiple events filling the September Calendar including the first winter league gala, the 30<sup>th</sup> Anniversary BBQ and the training session at the Olympic pool. I won't dwell on those events as they are reported elsewhere in the newsletter but I must say a big thank you to Rosemary for organising the BBQ and Jason for organising the pool trip. We are looking for a volunteer to organise the next trip to Stratford.

More importantly over the summer break several volunteers completed their level 1 teachers' course and two teachers completed the level 2 course. This fills the gap left by the retirement of John and Christine and the departure to college of Dan and Katie. Four more of our swimmers are planning to attend Level 1 teacher over the coming year, further strengthening our coaching staff. The aquatic helpers course has started again with 7 swimmers stepping up along with four from Deben.

Caroline has stepped down from the Club Secretary role and we still need a volunteer to step forward to take on the job. The main responsibilities are keeping minutes, ensuring our records are up to date and generally keeping an eye on the running of the club. Most of the actual work is done by a team of volunteers including membership sec, workforce, galas, etc. We still need more parents to volunteer in all aspects of the club from teaching to helping with events. Do step forward as the current committee will not be here forever.

I am pleased to report that swimmer numbers are increasing steadily putting the club's finances in a much better position. However the increase in swimmers means some changes to the squads to accommodate everyone. As from Friday 9<sup>th</sup> October Bronze Squad will be reinstated, they will still swim at the same time as Skills except Friday nights when their training session will be from 8.00-8.30pm followed by a 15min technique session. Toby Rogers will be the teacher for Bronze squad. This will free up space for improver 4a and 4b to swim from 7.30-8.00pm. There are no changes to the fees structure.

In addition to the changes above we have also reintroduce the Platinum Squad. This squad is by invitation only and is reserved for those swimmers who fulfil several criteria including regular attendance at open meetings, achieving county times and a high attendance record. There is space for 10 swimmers, 7 have currently been offered places. Geoff Eagles is running the squad and has stepped up the training programme significantly. Hopefully we will be able to build on last years success at the Counties. When swimmers reduce their involvement they will return to Gold squad to allow others to benefit from this elite training.

We recently received a grant from the Felixstowe Port Users Association for £1000 which has be put towards two new timing clocks emblazed with FSC Logo. These will be installed in the next week or so.

There are many events coming up in the next couple of months including Novice Gala, Open meetings and Club Championships and I look forward to as many swimmers as possible getting involved as well as parents supporting us.

Mark Evans

Chairman

### **Olympic Pool Swim**

We started off the year with an amazing trip to the Olympic Pool on the 26<sup>th</sup> Sept

Well what a day the swimmers had at the Olympic Pool on Saturday. It was fantastic day out for all the swimmers who I am sure enjoyed themselves, plus some retail therapy for the parents or a walk around the Olympic Park.

For the Silver squad and above they all had a lesson on how to dive off the blocks and all did really well at their attempts on a track start. All of skills squad that attended did really well coping with the 50m lengths, which I can tell you is a big difference from swimming 25m.

A big thank you to Nick, Anne, and Toby for coaching and to our special guest coaches Tris (Nicky's son) and Andrew (Fen's son) who did a fantastic job with our swimmers.

As this event was supported so well we are looking to book another sometime in the New Year so keep a look out for the email.

Jason



### **BBQ**

On Sunday 20th September 2015 the club came together to celebrate the 30th birthday of the swimming club. They day was filled with many laughs and smiles. I hope everybody enjoyed themselves because I know I did.

We started off the day with plenty of games, and competitions, to see which team could win. We then had an amazing BBQ cooked by Mark with a lovely salad that the lady's in the kitchen made for us.

We then finished the day off with a surprise water fight, this was only meant to be for the kids, but Carol and Jason decided to join in. Which meant that if we got Carol soaked then we would have a hard set the next evening, which in fact did happen.

But at the end of the day everyone walked away with big smiles on their faces which meant that everyone must have enjoyed themselves.

A big thank you to Rosemary for organising the BBQ and everyone who helped out to make the day so amazing.

Brooke Flower



### **Club Champs**

Make sure that you keep checking your emails for the entry form to the Club Champs as we want as many swimmers as possible signing up.

### **Winter League round one**

On Saturday 19th September 17 swimmers went to Newmarket to represent Felixstowe in the first round of this year's winter league.

Notable winning swims were Paige Flower 100 fly, Joe Pattinson 200 breast, Faye Hermon 200 back and Thomas Boyt 200 back, with our jokers being played on Paige and Thomas maximising points from those races.

Special mentions to Gaby Spalding for stepping into the 200 free at the last minute, to George Spalding who at just 10 years old swam 200 free in the 12 & under age group, and to Finlay Cook and Thomas Walker who both agreed to swim up an age group and swam 200 free & 200 back respectively in the 13 & 14 year age groups so the team didn't miss out on points for those races. Of the 30 events our swimmers achieved 17 pb times.

It was a great team effort and up against 5 strong teams we put in a good performance despite being a few swimmers short through injury, coming equal 4th at the end of the night.

Well done to everyone on some great swims and on the support you gave each other during the races.

Thomas Boyt

# Felixstowe Swimming Club

## Programme of Events

	Date	Event	Contact
OCT	31.10.15	Winter league 2	
NOV	06/08.11.15	East Region S/C Championships Luton	
	14.11.15	Club Championships 100m and 200IM	
	21/22.11.15	Ipswich Open Meet	
	13/21/22.11.15	Deben Open Meet	
	28.11.15	Winter league 3	
DEC	05/06.12.15	Newmarket Open Meet	
	11.12.15	Club Champs 400m Free	
	13.12.15	Club Champs 200m Girls Fly/Breast - Boys Free/Back	
	20.12.15	Club Champs 200m Girls Free/Back - Boys Fly/Breast	
	19/20.12.15	Stowmarket No Frill Time Trial Open Meet	
JAN	Jan		
	08.01.16	Closing date for entries to County Champs	
	09.01.16	Starts and Turns Practice, Crown Pools 1600hrs to 1700hrs	
	23.01.16	Starts and Turns Practice, Crown Pools 1600hrs to 1700hrs	
	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	
	19/20.03.15	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	

# Felixstowe Swimming Club

## Term Dates 2015



	Learner / Improvers	
Term	Start	Finish
Autumn 2015	Friday 4th September	Friday 18th December
	Squads	
Term	Start	Finish
Autumn 2015	Wednesday 2nd September	Sunday 20th December
** Note: No training sessions on BANK HOLIDAY MONDAYS		
	Woolverstone Training Dates for Gold and Seniors	
Term	Start	Finish
Autumn 2015	Monday 7th September	Monday 14th December
** Note: No training sessions on BANK HOLIDAY MONDAYS		
	Land Training	
Term	Start	Finish
Autumn 2015	Friday 4th September	Friday 18th December

# Felixstowe Swimming Club

## Term Dates 2016



<b>Learner / Improvers</b>		
<b>Term</b>	<b>Start</b>	<b>Finish</b>
Spring 2016	Friday 8th January	Friday 18th March
Summer 2016	Friday 1st April	Friday 22nd July
Autumn 2016	Friday 2nd September	Friday 16th December
<b>Squads</b>		
<b>Term</b>	<b>Start</b>	<b>Finish</b>
Spring 2016	Sunday 3rd January	Wednesday 23rd March
Summer 2016	Friday 1st April	Friday 22nd July
Autumn 2016	Friday 2nd September	Sunday 18th December
<b>** Note: No training sessions on BANK HOLIDAY MONDAYS</b>		
<b>Woolverstone Training Dates for Gold and Seniors</b>		
<b>Term</b>	<b>Start</b>	<b>Finish</b>
Spring 2016	Monday 11th January	Monday 21st March
Summer 2016	Monday 4th April	Monday 18th July
Autumn 2016	Monday 5th September	Monday 12th December
<b>** Note: No training sessions on BANK HOLIDAY MONDAYS</b>		
<b>Land Training</b>		
<b>Term</b>	<b>Start</b>	<b>Finish</b>
Spring 2016	Friday 8th January	Friday 18th March
Summer 2016	Friday 1st April	Friday 22nd July
Autumn 2016	Friday 2nd September	Friday 16th December

**Felixstowe Swimming Club  
Squad Sessions 2015**



Weekly Schedule							
Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learners					1900-1930		
Improvers 1, 2, 3a, 3b					1900-1930		
Improvers 4a, 4b					1930-2000		
Skills	1800-1900		1800-1830		1845 - 1915 (LT - 11yr +) 1930 - 2000		1730-1830
Bronze	1800-1900		1800-1830		1845 - 1945 (LT - 11yr +) 2000 - 2045		1730-1830
Silver			1830-2000		1845-1945 (LT) 2000 - 2100		0745-0845 1830-2000
Gold	1930-2100 (Woolverstone)		1830-2000		1945-2045 (LT) 2100-2200		0745-0845 1830-2000
Platinum	1930-2100 (Woolverstone)		1830-2000		1945-2045 (LT) 2100-2200 (P)		0745-0845 (P) 1830-2000
Seniors	1930-2100 (Woolverstone)				2100-2200		0745-0845