

ASA SOUTH EAST REGION

NEWSLETTER—October 2008

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WELCOME

Welcome to the October issue!

The full colour version of this newsletter is available to download from our website: www.southeastswimming.org

If you have any comments, questions or articles for the next edition of the newsletter, please send them to the Regional Office: office@southeastswimming.org

ASA SOUTH EAST REGIONAL AQUAFORCE AWARDS 2008



Winners of the ASA South East Region Aquaforce Awards were presented with their trophies at the Regional Gala Awards and Dinner/Dance held on Saturday 13th September 2008 at the Grange Hotel, Bracknell.

Awards were also presented to Swim21 clubs that have received their accreditation or re-accreditation in the last twelve months.

For more information please contact: office@southeastswimming.org

REGIONAL WINNERS OF NATIONAL AWARDS

The Region would like to congratulate Margaret Bell on winning the Harold Fern Award and Mike Firmin on winning the Alfred H Turner Award which are given to the individual or organisation who has made the most outstanding contribution to swimming at national or international level.

For more information please contact: office@southeastswimming.org

ASA SER REGIONAL DEVELOPMENT CONFERENCE AND ANNUAL COUNCIL MEETING



The South East Region held a *Development Conference* on Saturday, 13th September 2008 at Windsor Leisure Centre, which included this year's Annual Council Meeting. 90 people attended the day with swimmers benefiting from a pool session with Steve Parry and Michael Rock while adults attended a number of workshops such as International Officials Experience, Long Term Parent Development, Club Administration - Question and Answer Panel and Coach/Athlete International Experience. The feedback received was very positive and subject to the Regional Management Board's approval a similar day is likely to be organised in 2009.

For more information please contact: office@southeastswimming.org

FAREWELL TO OUR RDO

Karen Woolland, the Regional Development Officer who has been covering a maternity leave contract will be leaving on 10 October. After a successful six months with the Region, Karen now needs to relax and put her feet up before the birth of her baby at the end of the month. The Region would like to say a BIG THANK YOU to Karen for her hard work and commitment.

We wish Karen all the best and not too many sleepless nights!

For more information please contact: office@southeastswimming.org

RINGWOOD SEALS SC



Ringwood Seals SC who gained Swim21 accreditation at Skill Development level in February this year, held a party on 13th September to celebrate this achievement and their 80 years as a swimming club. Congratulations!

For more information go to: www.ringwoodseals.co.uk

THE SWIMMING TRUST

As a non-profit making charity, the Swimming Trust is dedicated to supporting and developing individuals, from all aquatic disciplines and encourages active, healthy and sociable lifestyles for all. Their mission is to play a critical part in the provision of increased opportunities for all to learn, participate and benefit from swimming.

The Swimming Trust's support is targeted at those who need it most i.e. swimmers to help them with travel, training and equipment costs.

The Swimming Trust is working with The Empty Cartridge Company to recycle both empty inkjet, toner cartridges, mobile phones plus all kinds of power leads and computer cables to raise funds for the swimmers. You can help to raise funds by using easysearch, a search engine with a difference! Each time you use easysearch you are raising funds for the Swimming Trust!

It is completely free to use easysearch and if you make just 10 searches a day, you could raise £20-£25 a year or more.

Please see website for more details: http://swimmingtrust.sportspaces.com/page/Shopping_and_Recycling

HAMPSHIRE CASH FOR CLUBS WINNERS ANNOUNCED

Betfair has announced the winners of its Cash 4 Clubs campaign which was run in Hampshire throughout July with the

Southern Daily Echo. Set up to give a vital cash boost to sports clubs based in Hampshire, readers were tasked with collecting tokens from the paper and then completing an application form stating why their sports club deserved to be awarded a £1,000 cash prize. Many deserving clubs entered the competition and the judging panel chose five worthy winners one of which was City of Southampton Swimming Club. The club will use the additional funding to buy an underwater camera which will help coaches review and improve swimmers techniques. For more information about the club contact: www.cossc.org

BBC SPORTS UNSUNG HERO 2008



The BBC are looking for nominations for the 2008 BBC Sports Unsung Hero Award. This award seeks to recognise the people who devote their time, energy and effort to helping more people enjoy sport around the UK. Nominations can be made at www.bbc.co.uk/sportsunsunghero. The closing date is Friday 31st October. 15 regional winners will be chosen from around the BBC's Nations and Regions in November. The overall 2008 winner will be announced on the BBC Sports Personality of the Year show that will be broadcast live on BBC ONE on Sunday 14th December. Bursaries of up to £2,500 are also available to each regional winner, to help them and their club in their work with sport in the community.

OLYMPUS MARLINS (BURGESS HILL & HAYWARDS HEATH SC) AUSTRALIAN TOUR 2008

August saw 36 competitive swimmers aged 11-19 embark on a four week international sporting and cultural experience of a lifetime during a swimming tour of Australia (Sydney, Canberra and Maroochydore on the Sunshine Coast). Contact was made with swimming clubs in Australia and swimmers were billeted with swimming club families, making new friends and experiencing Australian family life, training methods and facilities. The visit to Sydney coincided with the New South Wales State Short Course Champion-

ships held in the Sydney Olympic Park Aquatic Centre. The club was given permission to compete at this event and 8 swimmers qualified for individual events plus several more made up relay teams. It was a fantastic opportunity to compete in such an inspiring venue and one of many highlights was when Mai Alland (aged 14) claimed 3rd in the 50m Freestyle event. A planned training session at the venue ensured that all swimmers got a taste of the atmosphere. A very busy schedule saw not a moment wasted with twice daily swim training plus sightseeing. Highlights from the tour included SYDNEY (Bondi and Manly beaches, the Bridge, Opera House and Taronga Zoo), CANBERRA (Australian Institute of Sport gala and tour) and the SUNSHINE COAST (Steve Irwin's zoo, feeding wild dolphins, surfing).

The tour has forged strong international friendships so Olympus Marlins will soon be welcoming some of their new Australian friends to England.

For more information contact: daryl.risby@dsl.pipex.com

PARALYMPIC SUCCESSES

Congratulations on the fantastic efforts of Louise Watkin (S9) from Merstham, Surrey and Danielle Watts (S1) from Oxford at the Paralympic Games.

Louise achieved great success bringing home one silver (100m Freestyle) and three bronze medals (100m Breaststroke, 200m Individual Medley and 50m Freestyle). This was her first experience at a Paralympic Games.

Danielle did extremely well even though she had to swim two classifications above her own in the S3 category because there were not enough competitors qualifying for the S1 and S3 qualifications. Danielle managed to beat her own world record qualifying for the final in 50m Freestyle (S3) with a time of 1:28:74. In other events, Danielle finished seventh in the 50m Backstroke (S2). What a fantastic result from both swimmers!

For more information contact: rob.aubry@swimming.org

OPEN WATER SUCCESS

The Open Water season has proved highly successful for the South East Regional swimmer, Charlotte Woolliscroft of Shivers SC. It began with a trip to South Africa to compete in their National Championships where Charlotte was 3rd British swimmer. This led to selection to compete in the World 5K Championships in Seville. Charlotte then went on to defend her Indoor 3K title in Sheffield and therefore achieve a hat trick of victories in this event. August saw a

visit to the Olympic Games in Beijing as part of the Olympic Ambition Programme. Charlotte also won both the 5K and 10K British Titles at Holme Pierrepont. Her season was rounded off with selection to the European Championships where she narrowly missed out on a top ten finish in the 5K event. Charlotte also gained a creditable 25th place in the 10K event one place behind Olympic medallist Cassie Patten.

For more information visit :

www.southeastswimming.org/openwater

MASTERS EVENT SETS NEW RECORDS

At the ASA South East Region Masters and Senior competition held on 20th September at the Spectrum Leisure Centre, Guildford, Mark Lewis of Saxon Crown Masters broke the world short course record for 200m Butterfly in the 25/29 age group. His time of 1:59:74 clipped 0.18 seconds of the previous world record. Mark also set a new British record for 100m Butterfly in a time of 55:48 improving on Andy Manley's existing 6 year old record by 0.02 seconds.

Only one other record was broken at the meet and that was the British record for 50m Breaststroke by Jim Greene (80/84 age group) of Redhill and Reigate Masters in a time of 55:10.

The meet had a record 332 individual entrants giving 1336 splashes and 92 teams were entered in the relays. It is encouraging to see the increasing popularity of this meet which was oversubscribed, with some 20 late entrants being refused. This bucks the trend of other Masters meets which have reported reduced numbers this year. With a full programme of events from 50m to 200m on all strokes and 8 relay age groups from 72+ to 320+ this event is now firmly established in the South East Region Masters calendar. Next year's Masters Short Course event will be on 3rd October 2009, again at the Spectrum, Guildford.

For more information contact:

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SURREY ASA DEVELOPMENT DAY

Surrey ASA, in partnership with, the ASA South East Region, IoS South East and scUK ran a *Development Day* on Sunday 21st September. Clubs from across the Sub-Region were able to access workshops on child protection, disability awareness and team managing. This is the second year that Surrey ASA has run this event free of charge for its member clubs. Plans are already being made for running this event in 2009 with a slightly different format.

For more information contact:

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