

**Schedule of Events
February 2008**

2nd February 2008
Gemini Trophy at Waterlooville

3rd February 2008
Southampton Open Meet

14th February 2008
**Deadline for entry forms for
Junior Easter Egg meet,
Basingstoke.**

**& Havent and Waterlooville
open meet**

See website for more detail

www.andoverswimming.co.uk

I would also ask you all to welcome our new members: B. Veasley, Callum Scott & Jamie Scott
Hello to you all and we wish you all the very best in your swimming careers with ASWPC

**Welcome to the 1st
edition of the
monthly newsletter
for Andover
Swimming and
Water Polo Club!**

Hello all,

Welcome back I hope you all had a great holiday. This is the first of our newsletters that we hope will provide you with more information on activities and events as we go through the year. Last year we asked you swimmers for feedback and the biggest single comment was about communication. So here we are. This newsletter will work best when we include those things you want to hear about so you need to let us know what they are. Please pass any suggestions or questions on to Charlotte, Stacy or Don.

To Senior Squad:

Mathew Dewey, Megan Young, Bethan Southwood, Max Brown, Sam Hunt, Matthew Hunt, Thomas Hunt, Georgia Williams

To Junior Squad:

Jenna Cannon, Samantha Bodsworth

In lessons:

Emilie Carey Hock, Phoebe Phillips, Harry Tanner, Alex Walmsley, Caleb Kennedy, Rachel Wiseman, Charlie Wilcox, Emma Walmsley, Stefan Burgess, Aimee Antonius, Isobel Parker, Tommy Mackie, Brandon Pude, Millie Darbyshire, Henry Wade, Ryan Young, Shannon Mitchell, Amy Bridge, Verity Flynn-Williams, Megan Willcox, Zac Earle, Oliver Bridge

“We are always in need for volunteers to get involved in the club in all areas .”

Water Polo

On the water polo side of the club we need to congratulate Roger Hunt, Katy Ross and Stacy Darbyshire for completing their Level 1 Water Polo coaching course. I believe they all plan to move to level 2 in the near future. Go for it guys, good luck!

We are always in need for volunteers to get involved in the club in all areas both on and off poolside. Without a regular stream of parents getting involved the club would not exist and we need new poolside helpers, timekeepers and judges. You don't need to be a swimmer or know anything about swimming. We will teach you everything you need to know.

We've all seen the adverts about how teaching can be the most rewarding job in the world and I have to say it is true. It's amazing the buzz you get when you help someone to learn to swim. Besides which it's far more comfortable on poolside rather than on the balcony when it's hot and stuffy.

Come on swimmers, encourage your parents to get involved. We/You need them.

Swim 21

You may have heard people speaking about Swim 21, but what is it?

Swim 21 is an ASA led programme aimed at ensuring that swimming clubs, their swimmers and teachers all reach their full potential. It is also a prerequisite for any kind of funding and other grants moving forward. We are committed to achieving Swim 21 accreditation and have already begun the process, having carried out an initial audit and received feedback on areas for action. DJ our Vice Chairman has agreed to manage the process for us, thank you DJ, but he will need help. Any Computer literate parents, who can volunteer to help, please do not be shy, get in touch.

Training Programme

As a coaching team, we have highlighted events such as the Counties, the County Development Meet, the 400's and the Age and Aggregates as important targets in the years' calendar and we have planned all of our training sets around

these. (If anyone wants to see the actual plan, ask your coach for a copy). The plan aims to build up towards the target events in a structured fashion, focussing on specific types of training and distances across the weeks. It is based on you swimming most of the sessions available to us each week so I would positively encourage all swimmers to make as many sets as they can. The more you do, the stronger and faster you will be. So try your hardest to get there.

IMPORTANT OPEN

MEET INFORMATION

With immediate effect, swimmers who participate in open meets which are not promoted by the club/open meet secretary will now be required to inform Betsy (the open meet secretary) *prior* to entering. If this is not done any pbs and records achieved at the meet will not be recognized.

CHANGE OF

ADDRESS?

If any swimmer has moved house recently, or will do so in the future, please make sure that you have given your new address to Natalie Loftus (membership secretary)!

And on another note:

Q: What race is never run?

A: A swimming race.

Q. Why can elephants swim whenever they want?

A. They always have trunks with them!

Q. Why did the teachers jump into the water?

A. They wanted to test the water!

I think I may need help with some better jokes, any suggestions?

**Happy swimming
Work Hard
Enjoy
Don**