

# Solihull Splash

*The Newsletter of Solihull Swimming Club*



Solihull Splash hopes to provide not only information about the workings of the Club, swimming terms and jargon, but also news items about gala/open meet successes, future meet dates, Swim Shop dates and other relevant Club news. We hope that you find this useful. Previous issues can be found on the Club website. Email [sscparentrep@gmail.com](mailto:sscparentrep@gmail.com) to submit questions for future monthly issues.

## League Results

**Nuneaton and District Junior League - Round 1 – 2<sup>nd</sup> place.** 1<sup>st</sup> places went to 9 yr olds Max Hitchman in Back and Free and Imogen Kielstra Fly, 11 yrs Ben Kelly Back and 12 yrs James Lee Fly. 2<sup>nd</sup> places went to 10 yrs Aurelio Lencioni Back and Laila Elfandi Back and Fly, 11 yrs Abbie Llewelyn Fly and 12 yrs Elizabeth Aston Breaststroke and James Lee Back. 3<sup>rd</sup> places went to 9 yrs Joe Pemberton Fly and Abigail Davis Breast, 10 yrs Aidan Hogan Breast and Mia Evans Free, 11 yrs Abbie Llewelyn Breast, 12 yrs Abigail Green Back and Tasha Barguss Fly. There were also excellent relay swims with a number of our teams finishing in the top 3 positions.

**Round 2** – Solihull finished in 3<sup>rd</sup> place behind Northgate (1<sup>st</sup>) and Market Harborough (2<sup>nd</sup>).

**Leicester and District Junior League - Round 1 – 1<sup>st</sup> places** went to 9 yr olds Niamh Barguss Breaststroke, Isabel Church Fly. 11 yr olds Helen Toone Breaststroke and Charlotte McClure Fly and Free. 2<sup>nd</sup> places went to 9 yrs Julia Watson Free, 10 yrs Daniel Abrahams Back, 11 yrs Nina Lewis Back. 3<sup>rd</sup> places went to 9rs Marcos Panayi-Bishop Breast and Julia Watson Back, 10 yrs Isabel Church Fly, 12 yrs Isabella Collins Fly. Again there were some excellent Relay swims and a number of children swan up an age group. Solihull were the only team to have no disqualifications.

**Round 2** – Solihull finished in 5<sup>th</sup> place having competed against 7 other teams. The 9 year old girls – Niamh Barguss, Isabelle Church, Julia Watson and Amelia Charman – had an exceptional evening placing in the top 3 for all their events. 2<sup>nd</sup> places went to 10 year old Sofia Calverley in Breaststroke and the 11 year old girls relay team. 3<sup>rd</sup> place went to 11 year old Abi Kelly in the Breaststroke. The boys had a much tougher night with just 8 boys doing the work of 16 – special mention to Daniel Abrahams who competed in 10 events (coming 3<sup>rd</sup> in the Breaststroke), Ayay Shingadia, Pyam Pourahmadi and Yassin Muammar who all swam in 8 events.

**Mercien League – Round 1 – 5<sup>th</sup> place**

**Good luck to all teams competing in forthcoming rounds of the Junior Leagues and the Mercien League.**

## Open Meet Success

The **Warwickshire Championships** took place in March. Special mention to Deen Ahmed who won 3 medals. Also to our City of Birmingham swimmers Dan Moore, Becky Kamau and Catlin Hubbard who all medalled. Becky Kamau won the 200 Breaststroke final and Caitlin won the 100 fly final making them County Champions.

18 swimmers attended the **City of Birmingham Open Meet** over the Easter weekend competing in 94 events. The whole team performed incredibly well, achieving 64 PB'S and 33 medals. The meet is split into Level 2 and Level 3. Also competing were our 3 City of Birmingham swimmers (Dan Moore, Becky Kamau, Caitlin Hubbard) all swimming at Level two and all competing in finals and winning medals. Medals went to the top 3 places and were won by:- Deen Ahmed, Ben Kelly, Aurelio Lencioni, Niamh Barguss, Laila Elfandi, Abbie Llewelyn, Tasha Barguss, Abigail Green, Zoe Mason, Rachel Davis. In Level 3 SSC also qualified for 15 places in finals – a fantastic achievement.

The **Rugby Open Meet** clashed with the Mercien League so only a few swimmers attended. It was also heavily oversubscribed with over 600 rejections. It is a very competitive meet and congratulations go to Chris Mitchell and Deen Ahmed who both medalled.

**Coventry and District Championships** was attended by 22 Solihull swimmers who achieved an amazing 91 PB's and 38 medals between them. Medals went to the top 6 places and were won by: Elizabeth Aston, Ben Kelly, Reece Harvey, Laila Elfandi, Aurelio Lencioni, Chris Mitchell, Abbie Llewelyn, Tasha Barguss, Oliver Porter, Heidi Rhodes-James, Lila Sutton, Isha Shrivastava, Zoe Mason and Richard Aston. There were many great swims over the two days and the following swimmers achieved PB's in all their races:- Abigail Kelly, Elizabeth Aston, Isha Shrivastava, Ella Buzzard, Georgia Ameer Beg, Natasha Barguss, Charlotte McClure, Abigail Green, Laila Elfandi and Elizabeth Cornforth; recording PB's in all but one of their events were Aurelio Lencioni, Niamh Barguss, Reece Harvey, Oliver Porter and Scarlett Hubbard. Fantastic swimming by you all.

## Date for Diary - Club Championships

Tudor Grange Leisure Centre  
Saturday 4th July & Sunday 5th July  
2015

(warm-up 5.30pm, races start 6.00pm  
Open to all Club members as per entry  
conditions.

Entry details are now available via  
website.

**Entry deadline 10pm Friday 19 June**

## Solihull Water Polo – Juniors

Water Polo sessions for beginners are held from 7 till 8 on Tuesdays and Fridays at Solihull School. These sessions are for both boys and girls who are aged between 9 and 13 - a little older if you are a strong swimmer. There is no extra cost if you are already a member of the club. Come along and see what it's all about!



### **A Short Guide to Water Polo**

Water polo is a team sport in which two teams attempt to score goals by throwing the ball into their opposition's goal. The team scoring the most goals wins the match. The goals are placed at each end of the playing area and are similar in appearance to football goals. The balls are similar in size and appearance to footballs. Tactically, the game is very mobile with all players, except the goalkeeper, being required to both defend and attack. Each game consists of 4 quarters. Each team consists of a goalkeeper and 6 out-players in the water at any one time but up to 6 substitutes are also allowed. There are two types of foul – minor and major.

Examples of a minor foul are:

- Touching the ball with two hands
- Taking the ball under the water when tackled
- Standing whilst in contact with the ball
- Impeding an opponent who is not holding the ball
- Pushing off an opponent

If a minor foul is committed a free throw is awarded to the opposition.



Examples of a major foul are:

- Kicking or striking an opponent
- Interfering with a free throw
- Misconduct or disrespect to the referee
- Holding, sinking or pulling back an opponent who is not holding the ball

If a major foul is committed the offending player is excluded from the game for 20 seconds playing time. However, if the major foul is committed within 5 metres of the opposition goal and a goal would probably have resulted, a penalty throw is awarded instead of an exclusion.

### **Swim Shop Dates**

Sunday 7th June  
Friday 19<sup>th</sup> June  
Friday 10<sup>th</sup> July



### **Time Trial Dates 2015**

Time trials take place at Tudor Grange Leisure Centre.

Each group will aim to complete at least 3 timed swims and the programme will rotate through the strokes and distances (each month will have a 200m IM (100m for Level 6 Teaching, Pre-Junior and Junior 1) 200m front crawl or 200m form, a 50m stroke and a 100m stroke).

Swimming Group	Warm-Up	Session End
Junior Squads, Pre-Juniors & Level 6 Teaching Groups	5.00pm	6.30pm
Senior Squads, Pre-Seniors, Junior & Senior Intermediates, Masters	6.30pm	8.00pm

7 <sup>th</sup> June	200 IM / 50 FC / 100 Fly
July	No time trial – Club Championships
August	No time trials

### **Future Swimming Meets 2015**

Date	Gala/Open Meet	Location
Saturday 13 June	Merian Summer League – Round 2	Cheslyn Hay
Saturday 27 June	Nuneaton & District Junior League and Leicester Junior League – Round 3`	TBA
Saturday 4 July/Sunday 5 July	Club Championships	Tudor Grange Pool
Saturday 11 July	Mercian Summer League – Round 3	TBA
Saturday 12 September	Nuneaton League Final	TBA