

Solihull Splash

The Newsletter of Solihull Swimming Club



Following feedback from the various issues of the Parents Information Sheet during 2013, it has been decided to combine its contents with those of our newsletter, Splash, and issue on a quarterly basis. We therefore hope 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 continue to find this useful. Previous issues can be found on the Club website. Email sscparentrep@gmail.com to submit questions for future monthly issues.

Swimming Successes!

Since the last issue of Splash there have been many successes within the club.

Becki Kamau and Caitlin Hubbard (who train with City of Birmingham) and Lauren Turner all competed at the **Midland Age Group Championships** held at the Coventry pool In June. Becki Kamau qualified for 5 finals and Caitlin Hubbard competed in 4 finals and 2 distance heat declared winners Caitlin also came 2nd overall in her age group out of 76 competitors.

Caitlin Hubbard also became **National 200m Fly Champion** for the 13 year old girls.

Becky Kamau had an amazing summer competing in the **Commonwealth Games** for Kenya – what a fantastic experience at only 15 years of age.

The **Coventry and District Primaries** were held in October at Pingles pool in Nuneaton. 10 swimmers took part in the meet with 6 qualifying for finals which is an excellent achievement. Laila Elfandi, Amelia Bogira, Deen Ahmed, Benjamin Davis, Chris Mitchell and Alisha Greenshields. Deen won the 100 back and he was also the heat declared winner of the 100IM and Alisha won the 100IM (HDW) and 50m Breaststroke. Deen Ahmed also won the BAGCAT ratings for the 10 year old boys and Benjamin Davis achieved 3rd Place for the 14 year old boys.

Deen Ahmed also recently competed in the **Coventry Open Meet** which was mainly dominated by City of Coventry and City of Birmingham swimmers, Deen achieved top three places in all his 10yr old events, coming 3rd in 50m Breast, 2nd in 200IM, 1st in 400 Free and also winning the 200 Free.

Finally, **Alisha Greenshields** has been selected to train with City of Birmingham in their Development squad a great achievement.

Congratulations to our new **Junior Club Captains** Rachel Davis and Luke Greenhill. They will be introducing themselves in the next issue of Splash.

Thank you to Junior parents who attended the recent Parent Meeting. Some notes to remember for swim sessions:-

- Very important to bring a drink;
- Tell your coach if you have an injury;
- Think about what other sport you have done during the day and if you should be swimming;
- Warm ups and swim downs are important;
- Overtaking, stopping and starting – it is not necessary to race to get to the front of a lane and it is not about being in a certain lane. Sometimes a slower swimmer will be put at the front to keep the pace down.
- If you are doing a drill, it is not a race and you should not be sprinting;
- Swimmers who have any worries should speak to their coach.

Thank you also to the parents who completed the parent questionnaire.

Children in Need! Thank you to Amanda Pemberton for arranging the cake stall, raffle and most of all 'Dean walking the plank.' We raised over £275. Thank you also to the coaches for giving the kids a fabulous evening of fun.

IMPORTANT: Changes to the Warwickshire County Championships. This gala will now run as **age at 31 December**. The first age group will be 10/11. Those who will be competing as 12+ will need to get their times at licenced events i.e not time trials or club championships! For more information please see: <http://www.warwickshireswimming.org.uk/index.php/championships>

Water Polo Success

Our men's water polo team made a good start to the second phase of the British Water Polo League season recently. Having gained successive promotions from Division 5 to Division 3 in the last two seasons they are now seeking to gain a further promotion to Division 2. The team's opening match was bit tentative and they were held to a 14-14 draw by Exeter. They then produced convincing wins against Manchester Hawks 18-8 and against Hucknall 16-10 to put them back on track. Goals were shared between Tom Whiting (11), Peter Farkas (9), Jordan Elliot (7), Phil Powell (7), Matt Madden (6), Nick Beard (5) and Matt Kelly (3). Worth noting that, of the 12 players who played, 7 are under 18 including two aged 15, Matt Madden and Felix Black. Congratulations to the team and coaches.

Solihull Sports Awards

The Annual Solihull Sports Council Awards ceremony took place at the Solihull Library Arts Complex on Tuesday 1st July. The Club had submitted two nominations and both nominations won their respective categories.

Team of the Year: Junior Water Polo team
Services to Sport: Steve Prosser, Club Secretary

The Club has an excellent record of success in these awards over recent years. It goes a long way to recognise the quality of our athletes and volunteers and to maintain our high profile.



Swim Shop Dates 2014

Sunday 7 December 5.00pm – 6.30pm
Friday 19 December 8.00-9.30pm

Please ensure you get in any Christmas orders as soon as possible!

The first swim shop for 2015 will be Sunday 4 January 5.00pm – 6.30pm

Future Gala/Open Meets 2014/15

Date	Gala/Open Meet	Location
Sat 29 November 2014	Sheffield Open Meet	Sheffield
Sat 13 December 2014	Round 3, National Arena League	Nottingham
Sat 17 January 2015	City of Coventry Open Meet	Coventry
February – TBC	Coventry & District Team Races	Coventry
Saturday 14 Feb 2015	Senior Trophy Gala	Tudor Grange Pool
Saturday 28 Feb 2015	Junior Trophy Gala	Tudor Grange Pool

Please check the website or speak to the Head Coach for more information regarding closing dates and entry conditions for open meets.

Volunteers!

The club is currently looking for a new Secretary and Workforce Co-ordinator.

The secretary is responsible for the effective and efficient administration of the Club. Duties include providing information to new members, preparing and distributing papers for committee meetings, minute taking for General and Management Committee meetings. Again, if this is a position which you could fulfil please ask for a job description or ask to speak to Steve Prosser.

The workforce co-ordinator co-ordinates the recruitment, training and organisation of our volunteer workforce. If you would like a job description or to speak to someone further about this role then please contact Claire Stables.

There will be support available in both these roles during a handover period.

The club could not run without the many volunteers who give up their time. Perhaps you could help timekeeping? The club needs timekeepers regularly for time trials and galas. Full training is provided. The club has to provide judge/timekeepers to continue to compete in local galas – could you train to be a judge? There really is nothing to it!

Some of you have a swimming background and have swum for a club or have swum competitively - could you now give some of your time to assist the current coaches?

Congratulations to our current Secretary Steve Prosser on recently being awarded a Solihull Civic Honours Award in the Sports Category which recognises outstanding achievement and commitment to the community of Solihull.

Time Trial Dates 2014

The dates for the Club time trials for the next six months can be found below. They 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). Extra swims will be accommodated at the end of each session time permitting.

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 th December 2014	200m Ind. Medley / 50m Back / 100m Breast
4 th January 2015	200FC / 50Breast / 100 Back
2 nd February 21015	200 Form / 50 FC / 100 Fly