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# NEWSLETTER

February 2009



## Club Captains

Mansfield Swimming Club is pleased to announce the appointment of the following Club Captains for this year:

Girls' A team	Alishia Palmer
Girls' B team	Laura Collins
Boys' A team	Grant Cashmore
Boys' B team	Chris Dale

Chris Dale is also a member of Mansfield Triathlon Club and broke the Winter Aquathon Club record on 22 January 2009. It involved a 400m swim followed by a 3.7 mile run in 26 minutes and 23 seconds. The course starts at Ashfield School pool and the run involves a course from the pool, down the A38 towards J28 (M1) and back through Sutton. The previous record was set on 18 March 2007 with a time of 26 minutes and 46 seconds. Chris is also still the Junior course record holder of 200m swim and 1.2 mile run in 11 minutes 51 seconds on 26 November 2006.

## Galas

At Mansfield Swimming Club this coming year, we have entered teams in the following leagues:

**Minor Gala League** – A & B teams;

This league is for age groups 9 to 13 year olds and the team selector is **Dave O'Keefe**

**Sports Centre League** – A & B teams;

This league is for 9,11,13,15 and open and the team selector is **Gary Butcher**

**Development League Gala** – A team;

This league is for 8,9,10,11 and 12, however there are cut off times to prevent experienced swimmers from taking part, the team selector is **Gary Butcher**

**Spring Competition** – A team;

This league is for 8/9s,10,12,14 and open and the team selector is **Grahame Hemsall**

**National Swimming League** – A team;

This league is for 11,13,15 and Open and the team selector is **Grahame Hemsall**

There will also be a number of "Invitation Galas" which we will be asked to compete in throughout the year. Overall that is approximately 20 galas over the year. Each of the different leagues have different criteria, rules and age groups, too complicated to list here.

The team selectors will try to put of Team Sheets on the club Notice Board at least two weeks prior to the gala.

**PLEASE TICK OR CROSS YOUR NAME OFF ASAP**, this helps the team selectors know who is swimming and for those that can't swim, we can find a replacement in a timely manner.

The club will, wherever possible try to pick the strongest team available and swim to win for maximum points, **KIDS** – *that doesn't mean you will always be swimming your best or favourite stroke, as other factors known to the selectors may dictate otherwise.* On the evening of the gala, the details of who is swimming what race will be given out to the kids on poolside by the team managers. **PARENTS** – *please do not try to contest these decisions by coming onto poolside (a) you are not insured under H&S laws (b) it disrupts the organization of the Team Managers routing in trying to get the kids ready for the gala. If you want to know why your son/daughter was doing a particular stroke or event, please approach the team selector after the gala. They will be only too willing to explain.*



Kids, remember it is an honor to swim for your club and that galas are 'Team' events. Also when on poolside, be on your best behaviour and don't go off anywhere without telling one of the team managers, you could miss your race !!!!!!!!!!!!!!!!!!!!!

The club has to take its share in running galas, this is called "Hosting", for which we need lots more people to help out on the night. For a gala to run the Host club need to provide the following officials;

A Gala Co-ordinator

2 people to man the door

2 people to take round drinks, supervise people on poolside and in the changing rooms

2 people to record the scores

An announcer

1 Judge

A Chief Time Keeper

2 Lane time keepers

2 Team Managers

A Club Coach

(2 referees and a starter are always provided by the Notts ASA or League committee)

That is a minimum of 15 people, when we are not hosting then we need a minimum of 6, that is an enormous strain on the clubs resources, especially if we have two teams competing on the same evening. So if any of you sat up in the stand fancy help out, then please have a word with one of the coaches / committee members and we will arrange for you to have the relevant training.

**Congratulations – Birthday Competition Winner  
Jessica Berry**

**Dates to Remember – 2009**

**February**

29.2.09 County Championships – Water Meadows

**March**

7.3.09 County Championships 800m Free – Worksop

14.3.09 County Championships 1500m Free – Retford

21.3.09 County Championships – Water Meadows

28.3.09 Minor Gala League (Spring) Round 3 – 10,11,12,13

**April**

4.4.09 Sports Centre League Round 2 – 9,11,13,15, Open

11.4.09 Falcon Walter Crisp Trophy Gala

25.4.09 Sports Centre League Round 3 – 9,11,13,15, Open

**Membership**

If you haven't filled in your membership form and handed it back, could you please do so as soon as possible?



**Happy Birthday!**

Daniel Best, Rachel Bowler, Callum Chapman, Reece Colley, Jessica Collins, Jacob Duddles, Laura Ellis, Holly Flint, Oliver Gray, Jade Kavanagh, Michaela March, Sam Mason, Sophie Radford, Chloe Raine, Harriet Robinson, Cameron Ross, Callum Scothern, Alex Sheriston, Kieran Till, Jack Waring, Sophia Watkins, Samuel Watson, Benjamin Wright.



**Who wants to win a box of chocolates?** The first member from the birthday list above who emails me with their name and membership number will win a box of chocolates. Winner will be announced in February's newsletter.

**And finally.....**

**What makes life worth living is that the unexpected so often happens !**

