

NEWSLETTER

For Parents & Swimmers of Sudbury & District Swimming Club

Summer 1993

David joins as Chief Coach

We were delighted when Dave Bartholomew decided to take on the task of Chief Coach earlier this year. David has had previous coaching experience with Hadleigh, Colchester and Chelmsford Swimming clubs and knows what it takes to compete with the top teams.

The results so far have been impressive. David has devised a training plan covering the next 12 months and has also made an equipment list available to every Storms member. The training schedules are designed to fit in with the year plan, and the workload is increasing steadily through the Autumn. The plan is to take a regular look at the swimmers and assess their abilities and achievements. This has already resulted in some re-organisation of swimmers and the lanes in which they swim.

Commonwealth Games fund-raising

We are going to do our bit to help raise money for the Brits competing in the Commonwealth Games. On Wed. 20th October '93, during our regular training session, we are going to schedule an endurance swim. The swim will last for 15, 30 or 45 mins depending on ability and we want all of our Wednesday night swimmers to get sponsorship. From the money we raise 70% will go to the Commonwealth Games fund-raising appeal and 30% will go to the Club.

This money-raising activity is being organised on a national scale so please do your best to get sponsors. There will be one of the Commonwealth Games squad at the Kingfisher on that evening and every swimmer taking part will have their photo taken with the athlete. In addition the

Club Championships Gala

Saturday, 2 October 1993

Races for :

9/10 years	- 25m	11/12 years	- 50m
13/14 years	- 100m	15/16 years	- 100m
Masters- 50m			

Get your entry form today - Entries only 50p per event

Lots of medals and trophies to be won

Doors open 7:00 pm, Warm-Up starts 7:10 pm, Racing starts at 7:30 pm

Hi to all our new members

A very warm welcome to all of our members who have joined in the last few months. We hope you will enjoy your time with us and that you will fulfil your ambitions in swimming, whatever they may be.

Club will give a prize to the swimmer who hands in the most sponsorship money. There will also be prizes for the girl and boy from each squad (Gold, Silver & Bronze) who completes the most lengths in the time.

Parents please note - we will need helpers to count the lengths during this training session.

Swimmers please note - no sponsorship, no photo or prize!!

If you are picked to swim...

Please follow these guidelines if you are lucky enough to be picked to swim for the Storms in a gala:

1. Make every attempt to get to the event and arrive in plenty of time
2. If you cannot get to the event, arrange a lift - there is always plenty of spare car-room.
3. If you really cannot make the gala please notify the Team Manager in plenty of time. The telephone number is always on the selection card, don't leave it to the last moment to call.
4. Make sure you have a Storms Hat and a Storms costume or trunks.

Clock the new timepiece

We now have a new pace clock at the starting end of the pool. This was designed specially for the Club and was paid for by a grant from the Sudbury Common Lands Trust.

Didn't they do well ...!!

Without a constant stream of parents willing to help the Club we would be out of business, so it is with enormous gratitude and pleasure that we can announce the following passes:

Barbara White	- Timekeeper, Midland District
	- Judge, Suffolk County
	- Prelim. Teacher
Rob Hellaby	- Timekeeper, Midland District
Dave Tinsley	- Timekeeper, Midland District
Trevor Allison	- Assistant Club Coach

Any parents wishing to have a go at the Suffolk County timekeeper or judges course see Barbara White. Offer closes 20th Sep. '93

Calling all trophy holders...

I am sorry to say that it is time to hand back those magnificent trophies that you won last year. So take them down from the mantelpiece, where no doubt they have had pride-of-place, give them a quick polish and return them to Barbara White by the 20th Sep. '93

...and talking of trophies

Not all of our Club Champs. events have trophies associated with them. Parents if you or your company would like to donate a trophy please see George Ralph for details.

Situations Vacant

Wanted - Parents to help get the lane lines and equipment out (and, more importantly, put them away afterwards). Please don't leave it to the coaches to do everything.

We are an equal opportunity Club so male and female parents can apply. Training will be given, no previous experience necessary.

Stop & Shop

Val Ralph has set up shop in the foyer selling all of the stuff you need for swimming. New Club logo Tee shirts have arrived and look marvellous. New Club costumes and trunks are on order and should be with us in a couple of weeks. (Club Cozzies should be kept for galas and not worn for general training)

Val would like to offer a nearly-new service where costumes, trunks or equipment could be sold alongside the new items. If you have anything which might be saleable please contact Val.

AGM & Prize-giving

As last year's AGM and Prize-giving evening was such a success we are going to repeat it this year. Tues. Nov. 9th '93 is the date, the venue is Northcroft Social Club and we will start with the prize-giving at 6:30 pm

Festive Fun & Frolics!!

We are planning a Christmas disco for Club members and all the family. The date is Saturday 4th December so be sure to keep that night free. More details will follow...

For your diary...

Sat. 4th	Sep. '93	Sprint Open at Deben
Sun. 12th	Sep. '93	Crystal Palace trip
Sun. 26th	Sep. '93	Iceni Open at Dereham
Sat. 2nd	Oct. '93	Club Champs at Sudbury
Sat. 9th	Oct. '93	Squad Gala at Halstead
Sat. 23rd	Oct. '93	Novice Gala at Sudbury
Tue. 9th	Nov. '93	AGM & prize-giving night
Sat. 27th	Nov. '93	Squad Winter League at Deben
Sat. 4th	Dec. '93	Xmas Disco (date & venue to be confirmed)
Sat. 11th	Dec. '93	Novice Gala at Haverhill
Sat. 29th	Jan. '93	Squad Winter League (venue to be confirmed)
Sat. 26th	Feb. '93	Squad Winter League at Sudbury