

Cyprus Warm Weather Training Camp

By Amy & Zoe Stewart and Heather Tysoe

Saturday: Early in the morning everyone arrived at Central Baths and after saying goodbye to parents were ready to go, but couldn't until Ben arrived. Ben finally arrived, looking as white as a sheet.

It was a long boring wait at Luton Airport until we got on to the plane. Everyone was excited and loud especially Heather who was very excited as it was her first time on an aeroplane. When we landed in Cyprus some of us couldn't wait to see the 50 meter pool. It was a long day and everybody couldn't wait to go to sleep.

Sunday: Everyone was up early ready to swim 8 till 10. Some of the older boys didn't like being up so early, they wanted a lie in. The first session went well and everyone enjoyed it. During land training Neil (Jack's Dad) nearly died after doing the skipping and was looking rather tired. Jackie (Jacks Mum) did very well though.

Monday: Everyone was tired and worn out after the first 4 hours of swimming the day before.

After the first swim set everyone was looking forward to lunch. After lunch we had land training and more skipping for Neil. He was getting better though.

Tuesday: After land training everyone was daring each other to jump into the out door pool at the hotel which didn't have heated water so was rather cold. Emma was first to jump in as she was the bravest. Most people jumped in but Jack got thrown in and then all the girls pushed Billy in. It was so much fun. Everyone was looking forward to only one session of swimming and then bowling and going shopping. At bowling everyone had fun, but then instead of Heather throwing the ball down the lane, Heather tried to bowl herself down, making everyone laugh.

Wednesday: The little ones were now getting nervous about the 100x100's taking place tomorrow, especially Heather asking everyone loads and loads of questions.

Once Terry had finished talking about the big session everyone went into the bar and joined in the Karaoke. There was a competition between the adults and the girls and the boys.

The girls went first and sang brilliantly, then the boys went and sang the tune from the "Full Monty" including pulling their trousers down and taking their tops off making the crowd laugh.

Then finally the adults went, but no one can forget Neil's fabulous rendition of "My Way" sang with passion. **NOT!**

Thursday: The big day had finally arrived. It had what we had all been working up to and everyone was excited and a little bit nervous.

Luckily some of the swimmers were allowed the morning off to rest. Very kindly Attracta (Amy & Zoes Mum) took them all out to Paphos for a last minute spending spree, which really helped as it took their minds off the forthcoming challenge.

All the swimmers completed the challenge apart from 3. The 2 weenie ones, Zoe and Holly who surpassed themselves by swimming 66 and 60 100's respectively and unfortunately Nik was poorly and the cold got to him quite early. It was a great achievement by all and everybody was very proud of themselves.

Friday: The last day of swimming and it was really hard to get up in the morning. Most people on the coach to the early swim looked like they could do with another hour or so in bed.

In between sessions we had to start packing up our belongings for the journey home the next day. This made us very sad.

Thanks: Terry and Janet were fantastic all of the week and without them we wouldn't be as fit as we are today. Janet did a fine job keeping us in line in the land training and doing all the organising.

Ann and Sam were taking sneaky pictures off us when we weren't looking and this gave us a great night on Friday when they gave us a very funny slide show.

Congratulations to the 'big ones' who swam over 65,000m which was fantastic. They were great with the little ones and looked after them very well.

Thank you from the 'young ones' to the 'big ones'

The parents who came learnt lots about swimming and helped out at all the sessions and even Neil spent one of the sessions swimming up and down in a spare lane and looked a fine figure of a gentleman.

Happy Birthday to:

Feb: Hamish Barrett, Kit Burden, Mark Cuthbert (18th), Callum Griffin, Thomas Hall, Daniel Harris, Peter Pickford, Matthew Waterhouse, Sammie Bingley.

Mar: Michael Dowds (18th), Cary Leigh, Chris Longman, Dean White, Lewis Sills, Alice Callanan, Katie Peyton, Rebecca Foley, Emily Fulton, Sophie Kimpton, Lauren Saunders, Mark Coggins.

Recent Flashes

From Diana Clark

Heather Tysoe Breast - Gold
Katrina Clark Fly - Platinum
Fiona Taylor Free - Bronze

Oliver Quint Back - Silver
Jack Pickford Free - Bronze
Paul Longman Back – Gold
Jack Spence Fly – Silver

e-mail version or articles for the newsletter to:
su_tysoe@hotmail.com

Novice Gala – Help needed

Ruislip Northwood Swimming Club has invited our younger novices to a gala at Merchant Taylors' School on Sun 5th March from 12-2pm.

Janet and the older swimmers will be The BAG Cats event so we need some parents to help out on poolside. If your child was born in 95,96,97 and is on the team sheet (see the notice board tonight) and you are able to help please see Janet or Su ASAP.

Please note

Attracta Stewart address on the club card is incorrect it should be: 152, Mill Way, Bushey, phone number is OK.

Also a correction to the last newsletter, the Race night raised £323 not £xxx.

Open Galas

1-2 April: Bexley Long Course Open Meet entries need to be in by Friday please see Janet ASAP

20-21 May: Bracknell Long Course Open Meet entry forms will be available shortly.

Southern Counties Inter County Masters 20th November

By John Martin-Dye

Club members Cordelia and John Martin-Dye had quite a shock when they arrived at the Aldershot Pool. This annual short course event delivered a nasty blow for it's 'mature competitors'. The boom, which shortens the 50m pool, suffered a seizure so the poor old pensioners had to face up to the full 50m length monster for their events. After a few grumbles and like true experienced veterans they responded fearlessly (well – fingers crossed, i.e. hoping they would reach the other end of the pool!).

Thanks to their hard training (Wednesday Club nights) they both produced sparkling performances – Swimming for Herts. they gained 2nd places - Delia in the 50 back (41.7) and John in the 50 free(32.4) - loosing to his international rival of 40 years ago Stan Clark of Essex which didn't go down too well. However their highlight was in helping Herts WIN the 4 x 50m mixed free relay (for their age group!?! of course).

Well done to Delia & John who are both ex Presidents of the Club and John is current Committee Chairman and Water polo coach.

Overall Points Results: -

1. Sussex/Hampshire (tied)
3. Middlesex
4. Surrey
5. 5. Berkshire & S Bucks
6. Essex
7. Hertfordshire
8. Kent

Club Champs Galas *

1st March, entries closed

5th April closes 22nd Feb

Novice Galas**

March 5th 12pm
Merchants Taylors' School but we need your help! See above

Herts. League

**

25th Mar
Teams on the board soon.

BAG Cats ***

4th & 5th March at Borehamwood

11th at Hitchin

18th & 19th March at Borehamwood

Good Luck all

* Entry form on the back for the board

** See board for team selection and venues

*** See Janet for entry form