

EYES - Any Volunteers?

Paul is a qualified lifeguard but cannot lifeguard and coach at the same time. We are therefore looking for 2-3 people from each hour to act as 'Eyes' during the development sessions at Westfield on Wednesday and Friday evenings. This is not an onerous task, it involves watching all the swimmers and reporting to Paul if a swimmer is in difficulties, so he can put on his 'lifeguard hat' and rescue them! Please give your name to Paul if you are willing to help and he will sort out a rota.

Social Events

2nd December Club Diner and Dance at the Metropolitan Police Club in Bushey. Tickets and details from Barbara, price £27.50.

17th December Disco (TBC) at Fullerians from 7-11pm everyone is welcome

Race Night in January date to be advised.

Committee

Please add your nominations to the sheets for committee members. (Sheets will be posted at Central and Westfield)

Chairperson, Assistant Treasurer and Secretary are all required as well as committee members. Elections will be held at the AGM

Congratulations

To Julia Petchey who has been appointed as Great Britain Women's Youth Squad Assistant Coach in water polo. We wish her every success in this exciting role.

Other important dates please note

11th December AGM at Ricky School

Next year we have **2** teams in the Herts. League (dates below). **It is vital that all squad swimmers are available for all dates**, so please put them in your diary now. Swimmers cannot swap squads.

6th January
3rd February
24th March

Next year's club holiday will be:
Last swim: 3rd August 2007
First swim: 20th August 2007

Trophies

Please clean & return all club trophies to Paul Cuthbert or Su by half term.

Marketing

Also needed on the committee is someone with marketing experience, to help promote the club locally to encourage new swimmers to join us and keep our profile high in the local press. Can you help? Please let a committee member know or get you name added to the list of prospective committee members.

Report from Cheshunt Open

On the 7th October only a disappointing 25 swimmers took part in Cheshunt Open. There were some good PB's, with 4 1st, 7 2nd and 6 3rd places. The club come 5th overall. There were 23 clubs taking part. Well-done swimmers. More entries for Hemel please, everyone in the top squad should be entering.

Happy October Birthday to:

Helena Budarkiewicz, Lois & Erin Clay-Baker, Natalie Trew, Ollie Combridge, Ben Dollard, William Hardcastle-Foster, Thomas Durn,

London League 14th October

This was a very exciting gala with excellent team support from the competitors and parents alike. Up against Potters Bar, Tring, Veralum, and CoStA we had notable swims from John Pickford, Lance Ovide (despite being under the weather), Nik Spears, Jack Spence (both of who had to swim up), Ollie Combridge (injured), Amy and Zoe Stewart, Lauren Simmonds and Paige Dore-Boize helped the team win at least 10 of the races and the team came 2nd overall losing by just 1 point. Many swimmers had PB's and the support and noise was immense. Thank you to all the parents and helpers for making this first team event of the year so well supported and it shows how well our swimmers are progressing.

Any Comments:

Please tell me if you have any ideas or suggestion for the newsletter. Articles always appreciated.

e-mail version or articles for the newsletter to: su_tysoe@hotmail.com
Articles for the next newsletter by **Friday 10th November** please

- * Entry form on the back for the board
- ** See board for team selection and venues
- *** Club Supported Open Meet, see Janet for entry form
- **** Other Open Meets, details on the board

Club Champs Galas *

1st November

All age groups: Split medley

Whip in 6:45

No swimming at Westfield everyone should be doing Club Champs!
Sorry for the confusion at the last Club Champs.

Team Leagues**

London League:

11th Nov & 9th Dec

Herts. League:

6th Jan, 3rd Feb & 24th Mar

Peanuts 2007 (9yrs,U11,U12,U13):

May 12th, Jun 16th & July 7th

Please put these dates in your diary NOW!

Christmas Special **

Sun 3rd December 4.30 warm up
CoStA have invited us to a Peanuts style gala (i.e. kids born in 1994-1997).
The team list and details will be on the board next month.

Club Supported Open Meets ***

25th November: Hemel Hempstead

20th/21st January: Biggleswade

Selection of Other Open Meets****

(Some may become Club supported meets)

26th November Hitchin

Recent Flashes From *Diana Clark*

Free:

Bronze- L. Sills, C. Wells, R. Carpenter, E. Clay-Baker
Silver- J. Pickford, L. Hawkins, H. Barrett, L. Wells, L. Taylor,
Gold- O. Barker, M. Waterhouse, A. Holness-Wright, K. Waterhouse,
Al. Callanan, T. Hall

IM:

Bronze- L. Hamilton, H. Barrett
Silver- S. Chung,
Gold- L. Hawkins, T. Hall

Back:

Silver- Ja Pickford, L Hawkins
Gold- M. Davies

Fly:

Silver- A. Holness-Wright,
M. Chapman

Breast:

Bronze- P. Pickford, Ja. Pickford

SW 8.3 All up and down movements of the legs must be simultaneously. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movements is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

SW 8.5 At the start and at the turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for the swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

If further clarification is needed please ask an official or coach.

Restricted Galas

26th/27th - Nov Regional Championships.

2nd Dec - Daplyns: for Under 14's. Team selection will be on the board/website nearer the time.

18th Nov - Herts. Development meet:

for swimmers looking to compete in next years County BAG-Cats in a new event or for the first time. See Janet for details.