

Herts Major League Press Report

By Janet Lewis

Last Saturday was the third and final round of the Herts Major League. Watford Swimming Club's A team swam in the runners up gala at Hemel Hempstead pool. The team did themselves proud with everyone putting lots of effort to ensure the team gained as good a final position in Division 1 of the League as possible. Helping to add to the teams success by gaining maximum points by coming first in their races were Carolyn Astbury and Matthew Toothill 100m Fly, Ben Dollard 100m Freestyle, Hamish Barrett 50m Breaststroke. Winners in the relay teams were Paige Dore-Boize, Shanice Chapman, Carolyn Astbury and Lizzie Barry in the u16's Freestyle, Adam Raw, Lance Owide, Matt Toothill and Ben Dollard in Open Freestyle relay and Hamish Barrett, Lewis Hawkins, Ashley Holness-Wright and Liam Hall in the U12's Medley relay.

Watford Swimming Club B team swam their final round in Division 2 at Stevenage swimming pool. The team put on a valiant effort despite being short on swimmers in the U12 girls age group. Winners in this gala included Laura Trew 100m Backstroke, Amy Stewart 100m Fly and 100m Back and Kit Burden 50m Fly.

The Club is exceedingly proud of all its swimmers who participated in these team events. The final position in the League have not been confirmed but it is anticipated that the A team will stay securely in Division 1 whilst the B team will be relegated to Division 3. This offers the club a greater opportunity for both teams to be in the top three of their divisions next year!

Happy April Birthday to:

Lance Owide, Ben Waterhouse,
Katie Beaumont, Jessica Sullivan,
Louisa Taylor,

County Championships Press Report

By Janet Lewis

March is a busy month in the swimming calendar with the Hertfordshire County Championships taking 11 sessions over three weekends. Watford Swimming Club entered a record number of 39 swimmers this year. Counties are all about achieving personal best times aiming for Eastern Region Qualifying times whilst winning Bronze, Silver or Gold medals in age group or Championship events.

This year Watford Swimming Club swimmers excelled themselves right across the top squad coached by Terry Davies through into the Development squad, coached by Paul Jones proving that their investment in recruiting Paul is paying off.

Leading from the top squad was Carolyn Astbury (14), who won 11 gold, 7 silver and 2 bronze medals, that included carrying off 4 Junior Championship Titles. Carolyn also increased the number of events that she has Eastern Regional Qualifying times to 9 and moved many of these nearer to National Qualifying times.

Staring from the Development Squad was Ashley Holness-Wright (10) who got into the finals for 4 events and earned himself 1 Silver and 1 Bronze medal. Ashley also gained a regional time in 200m Backstroke.

Sky Draper (11) and Jack Spence (12) identified themselves as budding distance swimmers gaining regional times at 1500m Freestyle as well as a number of other events each.

Other swimmers joining them at the Regional Championships are: Ben Dollard, Adam Raw, John Pickford, Billy O'Neil, Lance Owide, Jack Pickford, Zoe Stewart, and Lizzie Barry.

County Championship medallists also included: Zoe Stewart (12), Ben Dollard (18), Nik Spears (13), Hannah Jibson (11), Amy Stewart (13), Matthew Chapman (11), Jessica Sullivan (14), Lizzie Barry (14), Paige Dore-Boize (14), Amy Callanan (15) and Sky Draper (11).

Overall the swimmers performed excellently making all the hard work they put into training worth it.

14th-15th April: Luton Gala
Please note this is at Barnet Cophall pool

e-mail version or articles for the newsletter to: su_tysoe@hotmail.com
Articles for the next newsletter by **Thursday 4th May** please

- * Entry form on Westfield School 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 *

Development: Sun 14th & 21st Oct
Squad: Tues 16th & 23rd Oct
Event details and entry sheets will be posted soon.

Team Leagues**

Peanuts 2007 (9yrs,U11,U12,U13):
May 12th, Jun 16th & July 7th

Please put these dates in your diary NOW!

Club Supported Open Meets ***

14th-15th April: Luton Gala
26th 27th May: Stevenage
30th June: Potters Bar

Recent Flashes from Justine Chung

FREE

PLATINUM - Harry Beaumont
Matthew Chapman

BACK

GOLD - Harry Beaumont,
Hamish Barrett, Amy Chung
PLATINUM - Sky Draper

BREAST

SILVER- Alice King
GOLD - Sky Draper
PLATINUM - Zoe Stewart

FLY

SILVER - Harry Beaumont
PLATINUM - Megan Davies, Jack
Spence, Amy Stewart, Lauren Owide

IM

SILVER - Laura Bell
Molly Landolfi
GOLD - Harry Beaumont,
Ashley Holness-Wright, Amy Chung
PLATINUM - Hannah Jibson,
Sky Draper, Alice Callanan,

Know the Official's Role - Timekeeper

SW 2.9.1 Each timekeeper shall take the time of the swimmers in the lane assigned to him in accordance with SW 11.3. The watches shall be certified correct to the satisfaction of the meet Management Committee.

SW 2.9.2 Each timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race. Timekeepers may be instructed by the chief timekeeper to record times at intermediate distances in races longer than 100 metres.

SW 2.9.3 Promptly after the race, the timekeepers in each lane shall record the times of their watches on the card, give it to the chief timekeeper, and if requested present their watches for inspection. They shall not clear their watches until they receive the "clear watches" signal from the chief timekeeper or the referee.

SW 2.9.4 Unless a video backup system is used, it may be necessary to use the full complement of timekeepers even when Automatic Officiating Equipment is used.

Know the Official's Role - Chief Timekeeper

SW 2.8.1 The chief timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible. There shall be three (3) timekeepers for each lane. If Automatic Officiating Equipment is not used there shall be two (2) additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time. When using three (3) digital watches per lane, final time and place is determined by time.

SW 2.8.2 The chief timekeeper shall collect from the timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.

SW 2.8.3 The chief timekeeper shall record or examine the official time on the card for each lane.

This is an extract from the ASA 'Extracts of ASA Laws and ASA Technical Rules' for 2006-2007.

Don't forget Fun Day & BBQ on Sunday 15th July.

Timekeeper & Judges course

If you are interested please contact me, e-mail address above. Development squad parent are especially needed.

WHEN

Saturday 21st April - 10-4pm TK Course followed by 40 minute TK multiple choice examination

Saturday 12th May - 10-5pm Judge Course followed by 1 hour Judge multiple choice examination

WHERE

The Thomas Coram Middle School
Swing Gate Lane
Berkhamsted
Herts HP4 2 RP
www.thomascoram.herts.sch.uk