

Herts. League Round 1 at Hatfield, A Team

Jackie Spence

The A team were up against some fierce competition on Saturday but the fantastic effort put in by all swimmers resulted in very respectable fourth place.

We had a number of PB's most notable (as far as we know) being Lizzie Barrie coming 3rd in 100m freestyle with a PB of 1.06.63 and Alice Callanan coming 2nd in 100m backstroke with a PB of 1.19.54. – Well done girls.

Not to be outdone Ollie Combridge put in a couple of big PB improvements in the 100m fly: 1.11.99, 100m back: 1.19.82 and in the 100m free: 1.04.03.

We were short of U16 boys and Jack Spence and Tom Hall had to swim up as well as competing in their age group. Harry Beaumont also had to swim up to the U14 boys. All swimmers swam their best – well done team.

Water Polo

Finishing of last season with three out of five wins saw Watford Girls Water Polo team start this coming season with a bit of confidence.

Unfortunately on Sunday, Julia (Girls Coach) was held up in traffic not actually making it to Croydon, and with a few girls not able to play, the team went into the first round of the Winter League one of the weakest teams – and without a goal keeper.

Chris Andrews stepping in as Coach and reports: The girls played their first game ending up with an amazing Victory of 6 – 1, with Hannah Kitchen Scoring most of the Goals. In the second match the girls played exceptionally well but unfortunately lost 3 – 1. The team consisted of Rachel Williams, Hannah Kitchen, Emma Kitchen, Anna Coulson, Rebecca Andrews and Heather Tysoe, who had only trained together once, a week prior to the match's. The team played very well and are looking to go into the next tournament a far stronger team. Well done all of you! And a big THANK YOU to Chris - and the supporters!

Congratulations to Julia who came second in the Women's National Water Polo League this Sunday, winning - along with her teammates - a Silver medal and entry into the playoffs next weekend in Walsall. We wish her good luck!

If you are interested in Water polo then please feel free to contact Julia or John for further details, males and females of all ages welcome.

Herts. League Round 1 at Stevenage, B Team

Attracta Stewart

Watford 'B' team swimmers were in action in the first round of the Herts. League on Saturday 6th January, and performed well. They recorded four wins, two seconds and seven thirds from the 49 events to finish the night in sixth place. Had Watford not suffered three disqualifications then the team would have finished higher as they were only five points adrift from the team that finished in fifth.

Watford's winners were: Billy O'Neill (open 100m back), Laura Trew (open 100 back) Jessica Sullivan (under-16 100m fly) and Amy Stewart (under-16 100 back).

Many of our new younger swimmers were competing for the first time and swam their hearts out and were keen and excited about racing. Some were as young as nine and ten. They all behaved remarkably well and were a credit to have on poolside.

There were some great efforts from many swimmers the most memorable being Terence Holness-Wright who swam the U16 100 Fly, had a few races to catch his breath and was in the water again swimming the U16 100 Free. Not long after he was back in the water for the U16 Medley Team and the U16 Free relay team. (I think he would have slept well that night)! Other notable good swims were from Natalie Trew, great to see her swimming and being on poolside cheering on the others, Sian Ayling and Joe Course who both did well to come third in their 100m breaststroke races and Jack Pickford who came in second in the U12 25m back.

Overall an enjoyable night was had by all with lots of potential shown as we look forward to round two on 3rd February.

Happy December Birthday to Jack Spence, I missed him off the list last month, sorry Jack.

Happy January Birthday to:

Stuart Allen, Harry Beaumont, Joe Course, Oliver Quint, Luke Rogers, Bruce Worby, Kirsten Brown, Megan Davies, Fiona McQuire, Lauren Simmonds

e-mail version or articles for the newsletter to: su_tysoe@hotmail.com
 Articles for the next newsletter by **Friday 16th February** 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 *

These will be held in October on 2 Sunday nights for the developments squad and 2 Tuesday nights for the gala/top squads.
 More detail will be posted soon.

Team Leagues**

Herts. League:

3rd Feb & 24th Mar

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

May 12th, Jun 16th & July 7th

Please put these dates in your diary NOW!

Club Supported Open Meets ***

20th/21st January: Biggleswade

Counties entry forms are available now, see *Attracta* or *Justine* and return to Janet by the end of the month.

Recent Flashes From Justine Chung

Free

Bronze – Robert Carpenter

Silver – Cary Leigh

Gold – Harry Beaumont, Terence Holness-Wright

Back

Bronze – Ellie Turner, Peter Pickford

Silver – Amy Chung, Hamish Barrett

Fly

Bronze - Peter Pickford

Gold – Ashley Holness-Wright

Platinum - Oliver Barker

Breast

Bronze – Saskia Leigh

Silver – Amy Chung, Lewis Hawkins

Gold – Holly Sullivan

Platinum – Amy Stewart, Thomas Hall, Matthew Greene, Jo Course

I.M.

Bronze – Ellie Turner

Gold – Hannah Jibson

Platinum – Megan Davies, Zoe Stewart, Amy Stewart

Know the Stroke – Freestyle

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in the individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start or each turn. By that point, the head must have broken the surface.

This is an extract from the ASA 'Extracts of ASA Laws and ASA Technical Rules' for 2006-2007. Any questions please ask a coach or official.

Pool Closure

Please note that Westfield pool will be closed for maintenance work on Sunday 28th January.

Cyprus

There will be a meeting at the Bill Everett Centre on Wednesday 24th January starting at 6pm. Where details will be given and questions answered.

Also see below about the club tracksuits.

Merchandise

A new range of WSC merchandise is now available, to order please download your order form from the web site, make all cheques to Watford Swimming Club and give completed forms and cheques to Janet Lewis.

All garments except tracksuits include the WSC logo on the front left and Watford Swimming Club on the front right in embroidery.

Names can be added under the logo for an additional £4.00 everything is available from age 5 -6 (chest size 26 -28 inches to XXL 50 – 52 Inches.

We have polo shirts, hooded sweatshirts with pouch pocket and Full zip hooded sweatshirt with pockets. These are all available in navy or red (club colours).

Club tracksuits have Watford Swimming Club printed on the back and have the club logo embroidered on the front right.

	Child sizes up to 37"	Adult sizes
Track suits	£31.50	£43.50
Polo T Shirts	£16	£17.50
Hooded Sweat Shirts	£19	£23
Hooded full zip sweat top	£21.50	£27

Everyone going to Cyprus will have the cost of a tracksuit included in the final cost of the trip.