

FORTHCOMING EVENTS FOR THE DIARY	
26th Sept	Club Championships
3rd Oct	Club Championships
10th Oct	National Swimming League Round 1 Selected Swimmers Only
11th Oct	Splash for Cash (Wolverhampton) Ages 9-13 Closing date for entries 20/9/09 but we would appreciate entries into the club desk by 24/7/09 please. 50 and 100m events in all strokes and 200m free and IM. This is another good gala for swimmers looking for experience in competitive swimming. See http://www.icklepeoplesoftware.co.uk/ for further details.
24/25th Oct	Chase Open Meet (Wolverhampton - Level 2) Ages 9+ Closing date for entries 28/9/09. Events include 50m free, 100m & 200m all strokes, 400m free and 100m & 200m IM. See www.chaseswimmingclub.co.uk for further details.
1st Nov	Black Country Junior Meet - Wolverhampton Ages 9-12 years. Events include 50m all strokes and 100m IM. Closing date for entries 3rd October. See http://www.icklepeoplesoftware.co.uk/ for further details.
14th Nov	National Swimming League Round 2 Selected Swimmers Only
21st Nov	Presentation Evening 6.30pm - 11.00pm at the Park Inn Telford Town Centre
28th Nov	Wrexham Junior Sprint Meet (Wrexham - Level 3) Ages 9-12 years. Swimmers aged 9 and 10 events include 25m all strokes and 100m IM. Swimmers aged 11 and 12 events include 50m all strokes and 100IM. Prizes for top 6 in each age group. Entries on a first come first served basis. See http://www.wrexhamswimming.co.uk/ for further details.
12th Dec	National Swimming League Round 3 Selected swimmers only

Oakengates (Telford) ASC



NEWSLETTER

JULY
2009

We are in the Final!



Nuneaton Diddy League swimmers
are invited to a Diddy League Pool Party

Place: Oakengates Leisure Centre

Date: Saturday 18th July 2009

Time: 5.30 - 7.15pm

Bring your swimming kit and a big smile...

RSVP: Rachel Baig

CLUB CHAMPIONSHIPS

Club Championship entry forms are now available from the club desk. Rules can be found in the club by laws (on the website and the notice board).

TELFORD & WREKIN SCHOOL GALA RESULTS

Small Primary Schools Gala (8th June)

A number of our younger swimmers took part in the small primary schools gala with all putting in a great performance, and all the swimmers gaining a place in the top 6 in their event (out of 12 entries per event), results as follows:

- Rebecca White – 25m backstroke – 6th
- Sarah Fewtrell – 25m backstroke – 3rd
- Freya Umataliev – 25m breaststroke – 2nd
- Jake Dodwell – 25m butterfly – 5th
- Megan Robson – 25m butterfly – 3rd
- Natasha White – 25m butterfly – 5th
- Summer Young – 25m butterfly – 1st
- Summer Young – 25m freestyle – 3rd
- Sarah Fewtrell – 25m freestyle – 5th

Large Primary Schools Gala (9th June)

Again we had a number of swimmers in the large primary schools gala, achieving some great results:

25m Backstroke	25m Breaststroke
Oliver Preece – 1 st Kyle Gethings – 6 th Lauren Holland – 1 st Anya Wulkau – 3 rd Katie Wallis – 6 th	Oliver Preece – 1 st Aisha Baig – 1 st Ellie Rowe – 2 nd
25m Butterfly	25m Freestyle
Ben Hoare – 4 th Sophia Baig – 1 st Paige Norry-Addison – 2 nd Lauren Holland – 4 th Yasmin Wulkau – 5 th Amy Titterton – 6 th	Matthew Hatton – 3 rd Joel Roura – 4 th Paige Norry-Addison – 3 rd Yasmin Wulkau – 4 th Ellie Rowe – 5 th

Other swimmers taking part but narrowly missing out on a top 6 place were Thomas Griffiths and Leanne Conway.

Summer Swimming

This summer the Club will be running 4 sessions a week for the first three weeks of the school holidays. The sessions will deliver maintenance sets to keep you in shape over the break. The sessions are open to all current Junior and Senior squad swimmers.

Sessions will be pay as you go. £2.50 per session payable to the coach on poolside. If you want to swim just turn up on the night with your kit.

Any CRB checked parents are welcome to come and help on poolside during this period, as we are on minimum cover for the summer period.

Monday 27 th July - Cosford 5.15 - 6.45pm	Monday 3 rd August - Cosford 5.15 - 6.45pm	Monday 10 th August - Cosford 5.15 - 6.45pm
Tuesday 4 th August - Hadley 6 - 8pm Tuesday 11 th August - Hadley 6 - 8pm		
Wednesday 29 th July Oakengates - 7.30 - 9pm	Wednesday 5 th August Oakengates - 7.30 - 9pm	Wednesday 12 th August Oakengates - 7.30 - 9pm
Thursday 30 th July Oakengates 7.30 - 8.30pm	Thursday 6 th August Oakengates 7.30 - 8.30pm	Thursday 13 th August Oakengates 7.30 - 8.30pm

FORTHCOMING EVENTS FOR THE DIARY

22nd - 26th July	ASA National Age Group Championships - Sheffield Qualifying swimmers only
24th July	LAST DAY FOR CLUB CHAMPIONSHIPS ENTRIES
26th July - 31st August	SUMMER SHUTDOWN
12th Sept	Nuneaton League Final Selected swimmers only
19th Sept	Keith Selvey Relay Gala All ages see notice board for further details

Stages Time Trials (26th June)

The latest time trial session was well attended and saw 20 swimmers registering their first PB's. This session was held earlier in the teaching plan to help provide swimmers with entry times for the Club

Championships which will be held when we return after the summer break. However, that said if your swimmer does not have a time for a particular event they wish to enter then as long as the coach agrees they can participate in the event; there is no problem, just tick the appropriate event.

The swimmers below all registered their first PB's

Kacey Davies	Charlotte Watkins
Alex Evans	Hollie Wilkie
Samantha Fife	Alex Addison
Futaba Kawano	James Banks
Annie King	Dominic Bendall
Ellen Rees	Jamie Chen
Lucy Simmonds	Joey Chen
Caitlin Slater	Damien Lee
Jessica Smout	James Morton
Ellie Walker	Bradley Tatler

A big well done to these swimmers who all gained sprint awards and a special well done to James Bramhill who was the only swimmer to gain a gold award this time. Full details can be found on the notice board.

Georgia Bennett	Nicky Tran
Emily Childs	Charlotte Whitehouse
Jennifer Childs	James Bramhill
Sarah Fewtrell	Andrew Dodd
Emily Harris	Alex Hart
Charlotte Hughes	Kieran Jackson
Emily Lacy	Haydn Ricketts
Jessica Smout	Liam Simpson

Midlands BAGCATS Championships (6th–14th June)

The last weekend of the Midlands Age Group championships saw all eight of our swimmers competing, with everyone putting in extra effort. Between them they gained another 12 PB's, 2 bronze and 1 silver medal and a place in the top 8 BAGCAT awards

Here's how they fared:

Name	Events entered	New PB's	Other	Final BAGCAT placing
Lauren Holland	5	3		10 th ****
Paige Norry-Addison	4	3	6 th 100m fly	14 th ****
Summer Young	3	2		29 th ***
Adams Tonks	1	1		47 th **
Sophia Baig	2	1		45 th **
Robert Adams	1		2 nd 100m breast	27 th **
Maddy Tracy	2	2	3 rd 800m free 3 rd 200m free	8 th ****

The final BAGCAT placing is based on the highest points attained from swims in each of 4 categories added together for a final total:

- ✦ 100m (best 100m event)
- ✦ Form (best back, breast or fly event)
- ✦ Medley (best individual medley)
- ✦ Free (best distance freestyle event 200m+)

The number of asterisks after the place indicates the number of categories the swimmer gained points in.

Keith Selvey Relay Gala (19th September – W'ton)

We have been invited to participate in this relay gala at Wolverhampton. If you are interested in taking part in the gala above please enter your details on the notice board.

Please be aware there are no individual events only relays. You do not have to have been selected for other leagues to enter this, as we are hoping to give other swimmers the opportunity to compete. Unfortunately we cannot guarantee places for all who volunteer as we have to strike a balance between being competitive with giving swimmers an event.

There will not be any transport provided for this gala as it is not one of our usual league galas. It is however fairly local with plenty of parking around the park.

Team sheet for the gala will be on the notice board when we return in September.

Camping Weekend 10th – 12th July

The weekend of the 10th-12th July saw the annual camping trip. Having all pitched tents in Llanidloes, in the rain, on the Friday evening the weather immediately improved and a great night was spent around a camp fire down by the river that somehow stretched into early Saturday morning.

We woke to a fine and dry Saturday morning that gave plenty more opportunities for playing down by the river, except for those that had to return for training with the county squad. The afternoon was taken up with the Llanidloes carnival which was blessed with such good weather that sunburn was the order of the day.

Saturday evening we prepared a barbecue in time for the returning county training squad swimmers and all went superbly until the barbecues were lit. At this point the heavens opened and they pretty much continued like that all night, but that didn't stop the barbecue from going ahead and, despite being soaked to the skin, everyone made the most of the occasion. The pictures, when published, should be entertaining, I don't think I've ever seen so many (leaking) umbrellas.



Sunday morning came with much improved weather and more time for playing by the river while the tents were packed away.

Where did the weekend go!

Shaun O'Neill

Ickle People Meet (14th June)

This year 14 swimmers attended the Ickle people meet at Wolverhampton. This proved a very successful meet for our swimmers who won 8 gold medals, 4 silver and 10 bronze medals between them; they also gained 50 new PB's out of 86 events entered, putting us in third place overall in the top club competition.

Although not everyone gained medals, as the competition was quite tough, there were some very significant PB's e.g. Haydn Finn knocking 45 seconds off his 200IM time and James Bramhill knocking 28 seconds off his 200 freestyle.

Shropshire Primary Schools Gala - Shrewsbury (1st July)

Following the local Telford and Wrekin primary schools gala, a number of our swimmers were selected to represent Telford at the Shropshire Primary schools gala in Shrewsbury.

They faced some tough competition from around the county, in particular Bridgnorth. All swimmers put in excellent performances in both individual and relay events and all gained new PB's.

There were around 18 swimmers per event with the top 6 having to swim again in the final to decide the winner. All our swimmers made the final and gained valuable points for Telford.

Name		Heat	Final	Name		Heat	Final
Lauren Holland	Back	2	2	Oliver Preece	Back	5	6
Aisha Baig	Breast	2	2	Oliver Preece	Breast	5	5
Ellie Rowe	Breast	5	5	Matthew Hatton	Fly	6	6
Sophia Baig	Fly	1	1	Matthew Hatton	Free	9	N/A
Paige Norry-Addison	Fly	2	2				

Overall Telford secured another win, so a big well done to all our swimmers for contributing to the result. See final points across:

Telford	80
South Shropshire Bridgnorth	70
North Shropshire West	34
North Shropshire East	27
South Shropshire Ludlow	23
Shrewsbury	12

Boldmere Water Carnival (4th July)

Paige Norry-Addison was our only competitor at the Water Carnival; she did us proud, gaining 3 new PB's along with 2 silver medals in 200m free, and 100m back and gold medals in the 50m & 100m fly. Well done Paige.

Crusader League Round 4 - Winsford (20th June)

Well the final round of the Crusader league finally arrived, and despite having to make a few last minute substitutions we put in a strong performance but were faced with some stiff competition, especially from the home club. This round saw Oakengates finishing in 5th place.

There were 4 individual events winners: Paige Norry-Addison 10 & under 50 m fly, Maddy Tracy 100m open freestyle, Robert Adams 14 & under 50m breaststroke and Kiran Bhatia 14 & under 50m backstroke. There were 2 relay event wins both for the girls 10 & under (freestyle and Medley). Swimmers also gained a total of 9PB's out of a possible 34 individual event.

The club finished in third place overall in the league, hopefully this will secure our place in division I for next year.

Final points for the league were as follows:

Division 1	Gala 1	Gala 2	Gala 3	Gala 4	Total
Biddulph	213	228	204	231	876
Leek	208	202	203	192	805
Oakengates	174	185	202	173	734
Dane Valley	177	177	174	183	711
Winsford	168	160	170	187	685
Alsager	138	131	137	118	524

Three Counties Secondary Schools Gala - Hereford (27th June)

Six swimmers from our club were selected to represent Shropshire schools at the recent schools inter-county gala in Hereford. Between them they competed in 9 events, gaining a number of top 3 positions and 3 PB's between them.

Maddy Tracy - 1st in the intermediate 100m butterfly gaining a PB

Hannah Dodwell – 2nd in the intermediate 100m backstroke

Robert Adams – 2nd in the junior 100m breaststroke gaining a PB

Amy Bearman – 3rd in the junior 100m backstroke.

Other swimmers taking part in the event were Megan Saville who gained a PB in the 200m IM and David Griffiths who swam butterfly.

Ickle People Meet Results

Name	1st	2nd	3rd	New PB	No of events entered
Georgia Bennett				4	6
James Bramhill		50 free		4	5
Katie Boyd			200 IM 50 breast	2	5
Kiran Bhatia	50 back 200 IM 100 back 100 Free		200 free 100 breast 50 breast	6	10
Ravi Bhatia				0	8
Haydn Finn				7	8
Emily Lacy				4	5
Alice Langford			50 back	2	3
Lewis Langford		100 back		3	3
Haydn Ricketts				3	6
Megan Robson			50 fly	3	5
Joel Roura	50 back 100 breast	100 back 50 breast	50 free 200 IM 100 free	6	8
Alice Thompson	50 breast 100 breast			5	6
Daisy Wedden				1	8
Total	8	4	10	50	86

Nuneaton League Round 3 - Worcester (27th June)

The final round of the Nuneaton league this year was held at Worcester. Unfortunately the team was short of a significant number of its usually swimmers and had to swim swimmers up and draft in other swimmers to replace them (some at very short notice). Despite this setback the team did well gaining 16 new PB's out of a possible 32, whilst facing some tough competition from other teams (including Redditch – currently in first place in the division). There were 6 individual wins and 4 relay wins, and a number of seconds and thirds. Winners were:

10yrs girls Summer Young (free) Lauren Holland (back & fly)	11yr girls Freestyle relay Lauren Holland (back) Paige Norry-Addison (fly & free)
12yr girls Freestyle relay Medley relay	Girls 8 x 25m relay

Although we didn't manage to make it a hat trick of wins this time, we did finish in 3rd place overall giving us sufficient points to secure a place in the finals in September.

So to all those swimmers **who have competed** in any one of this seasons Nuneaton League gala's (whether in an individual event or relays), you are invited to a pool party in recognition of your help to secure our place in the final. See invite opposite and confirm your attendance.

The final top 10 leagues positions are as follows:

	DIVISION 2	Gala Points				League Points			
		Rd 1	Rd 2	Rd 3	Total	Rd 1	Rd 2	Rd 3	Total
1	Redditch	241	242	243	726	6	6	6	18
2	Boldmere 'B'	257	254	222	733	6	6	5	17
3	Ledbury	246	234	230	710	5	6	6	17
4	Droitwich Dolphins	214	212	212	638	6	5	5	16
5	Oakengates	205	215	198	618	6	6	4	16
6	Rugby	206	192	232	630	5	4	6	15
7	Apex	203	198	215	616	5	5	5	15
8	Enderby 'A'	194	203	193	590	5	5	4	14
9	Gloucester City	175	178	236	589	3	4	6	13
10	Kingsbury Aquarius	191	187	213	591	4	3	5	12


The Diddy's did it!
We are in the Final.
So keep the afternoon of
Saturday 12th September 2009 free
Watch the notice board for
further details

ASA National Age Group Championships at Sheffield (22nd 26th July)

This year we only have one swimmer qualifying for the National Championships; that swimmer is Maddy Tracy who has qualified in 4 events 100m, 200m 400m and 800m freestyle. Qualifying times are very difficult to achieve to ensure it only

attracts the countries top swimmers, so this is a terrific achievement, which is even more remarkable when you consider that Maddy will have to swim up an age group as her birthday is at the start of July.

So to those of you considering not doing the Club Championships because you are the youngest, let Maddy be an example to you, after all someone is always going to be youngest whether it is the Club Championships,

Counties, Midlands, Nationals or just open meets, so just give it your best shot.

Good luck Maddy

DON'T FORGET TO VISIT OUR WEBSITE
www.oakengatesasc.co.uk

