

29th Jan	Swim Shop
6 th Feb	Crusaders League (Leek) Selected swimmers only
14 th Feb	Cannock Phoenix SC open Meet (Wolverhampton) Ages 9+. Now closed for entries
26th Feb	Swim Shop
27 th & 28 th Feb 13 th & 14 th Mar	Shropshire County championships (Market Drayton) Eligible swimmers only.
27 th March	Forum Race Night (Wellington) 25 & 50 metre events only. 25m events only open to under 12 year olds, 50 metre events only open to non-county qualifiers. For more details please see page 8
3rd April	Shrewsbury Open Meet (Quarry pool – Level 2) Ages 9+. Events include 50m, 100m and 200m all strokes and 200m IM (events are limited by age – so please check first). Prizes for top 3 in each age group, and overall age group winner. Events cost £3.50 each. See http://www.shrewsburyasc.co.uk/ for further details. Closing date for entries 5 th March.
10th & 11th April	Rugby Open - Levels 2 & 3 Age 9+ For more details please see page 8
17th April	Nuneaton League Round 1 Splash for Cash (W'ton) See page 8 for further details
22nd May	Crusader League (Dane Valley) Selected swimmers only.
19th June	Crusader League (Market Drayton) Selected swimmers only.



Oakengates ASC

Welcome Back

A very Happy New Year to you all.

The Committee and Teaching Staff would like to take this opportunity to welcome back all our old members and give a warm welcome to our new children and their parents. Swimmers that have recently joined us are Liam Howard-Conway, Aman Marwaha, Callum Tromans, Daniel Holland, Mei Kawano, Emily Bramhill, Rebecca Harris, Ethan Holland, Georgia Thompson, Katie Harris, Taylor Jones, Heather Fletcher, Amiee Tromans, Morgan Jones and Louis Thompson.

Membership Fees/Renewals

Annual Club Membership and ASA fees are now due and **must be paid by 31st January 2010.**

Please see Val or Yvonne on the club desk ASAP if your fees are still outstanding and if your contact details need updating. Please remember that swimmers who are competing in the Counties or any Licenced Meets (Crystal etc.) need to pay Category 2 fees (competitive swimmer) to the ASA which is £22.50 instead of Category 1 fees £6.90. (This includes swimmers in the Diddy League)

Don't forget to check the notice board, downstairs in Reception. It is updated on a regular basis to provide details of up and coming open meets, results and teams selected for the various leagues. Don't forget to check the open meet calendar on the website too. This has recently been updated to include all current known events.

Jan/Feb 2010

A message from our Chairman

It's coming up to 12 months now since someone told me that Dave Bevington was going to step down as Chairman and that they thought I would make a decent chairman, I bet they've changed their mind now.



Well the 12 months has seen a lot of change in all areas but it's easy to feel as though I've been on the committee for years and just expect people to know who I am.

Indeed some of the feedback received at the last AGM was that new parents found it difficult to know who does what and who to talk to. There are of course the teachers and coaches who are fairly easily identified as being those, usually in black polo shirts, by the poolside teaching and encouraging. But they aren't always available to talk as they are busy teaching another session and your questions may not be about teaching. The club relies on a great number of volunteers and I can't hope to do them all justice in this article but I'll try and, at least, give a brief introduction to the clubs committee.

I am the chairman and my name is Shaun O'Neill. Apart from chairing the odd meeting I can be seen each Friday night at Oakengates, usually sat behind a computer accepting money and occasionally coaching, mainly on a Tuesday at Hadley. My challenge for this year is to spend less time behind the computer and more time talking to people and answering questions.

When I say Ian Holland is the treasurer it doesn't come close to covering what Ian does for the club from making sure all the pools are booked, coaching sessions at Cosford and then doing the bits of my job I forget to do.

The club secretary is Tracey Taylor. The membership co-ordination role is split between the two ladies who spend most of the Friday nights on the club desk with me at Oakengates. The new membership is taken care of by Val Childs and she looks after the bit from filling out the waiting list through the assessment and then the invite to join the club. Val probably needs least introduction to most as about ¾ of the children swimming at Oakengates on Friday come from her school. From this point all swimmers need to be registered with the ASA and that is where Yvonne Wedden takes over as the ASA membership co-ordinator. Yvonne is our link with the ASA ensuring all our swimmers are registered, and therefore insured.

The ASA has a program called Swim 21 which monitors the way clubs are run, to make sure that children are protected and that clubs are managed correctly to

City of Derby Meet Long Course Meet 9/10th Jan

Summer Young represented Oakengates at this long course meet (swam in 50m pool). This was a particularly tough meet with some of the top swimmers from around the country. Summer entered 8 events and gained PB's in 3 she also gained top 8 positions in 4 events: 100m freestyle – 4th. 100m backstroke – 8th. 200m freestyle – 7th 400m freestyle – 4th

County Squad Training Days

30 swimmers from across the county were selected to attend the first of 2 county training days on 29th December. Initial selections were made based on top 20 places at the Midlands championships last year, with an option to appeal if good swimmers were excluded due to date of birth etc. Oakengates swimmers selected were:

✦ Lauren Holland, Paige Norry-Addison, Maddy Tracy and Robert Adams

This was the first Development Camp run under the new West Midlands initiative, which provided an introduction to the Club & Coach delivery in Shropshire.

Sessions were lead by Nathan Hilton and Marc Foster and included 1 hour land training, 1 hour presentation on life style/nutrition and 4 hours pool time. Whilst it was hard work there where some fun elements build in and hopefully all the swimmers will have benefited from it. There was a subsequent follow up camp on 17th January 2010 which followed the same format. Further dates to be arranged.

Nuneaton & Bedworth Open 5th/6th Jan

Summer Young attended this recent meet. She performed very well gaining new PB's in all 5 events entered and collecting gold medals for the 400 and 200m freestyle and bronze for the 200m backstroke. Well done Summer.

Intercounty Gala 31/1

As the first round of this years Intercounty gala's approaches at Fenton, it is nice to see that the club again will have a good representation at this gala with the following swimmers selected to swim:

Maddy Tracy, Robert Adams and Oliver Preece

This will be Oliver's first call up to represent the county.

Shrewsbury Masters (9th Jan) Adult Swimming

Despite the freezing conditions two of our adult members braved the ice and snow to compete in the Shrewsbury masters. Sue Clarke and Rachel Atkinson gained 7 new PB's between them and a number of medals in their respective age groups, with Sue Clarke finishing in 3rd place in her age group. Both Sue and Rachel's efforts resulted in the club finishing in 14th position out of 28 in points. Individual medals were as follows:

Rachel Atkinson - Silver in 25m fly, 50m breast, 100m free
Susan Clarke - Gold in 100m breast, 100m back, 25m free.
Bronze in 25m fly, 100m IM

Sue and Rachel are not the only adults who have competed recently, following his success at the club championships Simon Jackson joined the team to compete in the National Arena league, putting in strong performances against some strong teams. Also at the Keith Selvey relay gala back in September we had to include a number of master swimmers too, although this was only a friendly gala the adults taking part all found it good fun.

So if you want to improve your fitness and swimming ability why not consider joining the adult's session at Hadley on a Wednesday. This session is led by a level 2 coach and has a mixture of abilities from good competitive swimmers to those looking to improve their stroke technique. If you also have a child swimming you could also take advantage of the family discount (after the primary swimmer (the swimmer swimming the most sessions per week), each subsequent / sibling family swimmer will get a 20% discount this includes adults).

If you are interested in joining the adult's session please speak to a committee member at the club desk – who knows perhaps you could be competing in next year's club championships.

City of Liverpool Open Meet 16/17th Jan

Craig Judd competed in this recent meet, gaining a new PB in the 1500m freestyle event. Well done Craig.

deliver the best service, and the person responsible for ensuring we are complying with all the requirements of Swim 21 is Paul Newman. Paul is also around most Friday nights trying to help me find any mistakes we made accounting on the nights payments.

As mentioned in the Swim 21 area one of the biggest drivers for the club are to protect children and teach them to swim to their optimum standard and the person responsible for our child protection policy is Sue Boyd. Sue is also a teacher and many of the children will have been taught by her on a Friday evening at one time or another.

Many of you will have attended the presentation night last November and I'm sure you'll agree that it was a great evening due, mostly, to the great organisation behind it and this was the most high profile, but not the only, event organised by our fundraising co-ordinator and Social events organiser Paul Tonks.

We then have 3 newer members of the committee whom we are looking to use the undoubted skills that they possess but as yet have not agreed roles.

Alison Shaw is looking at options for redesigning the website to give it a more attractive look. The current website is very good at what it does but is probably not as easy to use if you are new to it as it could be.

Julie Whitehouse is organising our entries into the next Telford forum, which is the first experience many of our swimmers get of entering swimming galas.

Steve Bramhill is looking into options for external funding for training, which given the latest estimate of the cost of our training requirement in the next 3 years is around £26K, is vitally important.

Also on the committee is our head teacher Lynne Wallis who is responsible for the implementation of the national plan for teaching swimming on a Friday night and the Wednesday and Thursday sessions at Hadley.

The final member of the committee is our president Mrs Jenny Pearson, who also teaches the early sessions on Friday nights and is treasurer of the Shropshire ASA.

Hopefully this gives a picture of who the committee are and some of the work they do but all do much more than I've been able to cover. There are also many more people doing voluntary work for the club than are on the committee and this could become a series of articles if we are to do them any justice.

Shaun O'Neill

Committee/Non Committee Members & Roles

President	Jenny Pearson
Chairman	Shaun O'Neill
Treasurer	Ian Holland
Secretary	Tracey Taylor
Swim 21 Representatives	Paul Newman/Sue Boyd
Welfare & Child Protection	Sue Boyd
Disability Liaison Officer/Membership Coordinator (ASA)	Yvonne Wedden
Membership Coordinator (New Members)	Val Childs
Fundraising Coordinator	Paul Tonks
Not yet allocated	Steve Bramhill
Not yet allocated	Julie Whitehouse
Not yet allocated	Alison Shaw
Club Championships Coordinator, Grant Aid	
Coordinator, Press Officer, Schools Liaison Officer	Vacant posts
Non Committee Roles	
PB Collator, Website Administrator, Workforce Coordinator	Alison Adams
County Representatives/Officials Coordinators	Trudy Tracy/Mark Adams
Competition Swimming Secretary	Sam Amery
Newsletter Editor	Marie Evans
Website Technical Support	Richard Gee
Fundraising (Bonus Ball)	Dave & Debbie Hart
Club Shop	Maria Johnson
Registers	Roy & Yvonne Langford

Please see Alison if you can help with any of the roles that are still vacant. Please see Decembers newsletter for more details on the roles. Copies of all newsletters are available www.oakengatesasc.co.uk

Shrewsbury Open 5th Dec

12 swimmers from the club attended the recent Shrewsbury Open Meet. Between them they achieved 23 PB's (against entry times) and a number of medals, as follows:

Georgia Bennett	3rd 200m free, 1 new PB
Kate Boyd	1st 50m fly, 1st 200m IM, 2nd 50m free, 2nd 50m breast, 2nd 200m breast, 1 new PB
James Bramhill	2nd 50m free, 3rd 200m breast, 2 new PB's
Rhianon Evans	2 new PB's
Tryfan Evans	1st 200m breast, 1st 200m free, 3rd 50m free, 3rd 50m back, 3 new PB's
Charlotte O'Neill	3rd 50m breast, 3rd 200m breast
Oliver Preece	1st 200m fly, 1 new PB
Haydn Ricketts	3rd 200 IM, 3rd 50m breast, 2 new PB's
Megan Robson	1st 50m fly, 1st 200m free, 2nd 50m free, 2nd 200m IM, 3rd 50m breast, 3rd 50m back, 3rd 200m breast, 6 new PB's
Joel Roura	1st 200m back, 1st 50m free, 1st 50m fly, 1st 200m IM, 1st 200m free, 1st 50m breast, 1st 50m back, 4 new PB's
Alice Thompson	2nd 50m breast, 1 new PB

There were also medley and freestyle relay events at this gala and we entered a girls and boys team in each, with the girls team taking 3rd place in the medley relay, swimmers were:

Charlotte O'Neill –back, Katie Boyd – Breast, Alice Thompson – Fly and Megan Robson – Free

For Tryfan and Rhianon Evans, this was their first open meet as they have only recently turned 9, but both did very well gaining new PB's and valuable open meet experience.

Megan Robson and Joel Roura also won the best overall swimmer in their age group. Well done everyone.

Crystal Open Meet 10th Jan W'ton

Despite the bad weather 11 of our swimmers turned out to represent the club at the annual Level 2 Crystal meet, where winners are awarded crystal goblets. Between them they achieved 22 PB's (out of the 51 events entered) and a number of medals and goblets (one thing for sure, there will be no shortage of crystal in the Tracy household). Top 3 places and number of new PB's as follows:

Name	Placing	No. of Events	New PB's
Lauren Holland	1st 200m fly, 1st 200m free, 2nd 200m IM, 2nd 200m back	5	2
Alice Thompson		5	4
Kate Boyd		4	2
Maddy Tracy	1st 100m fly, 1st 100m free, 1st 100m back, 1st 200m back, 1st 200m free, 1st 200m IM	6	0
Oliver Preece	2nd 200m breast, 3rd 50m breast	3	2
Ravi Bhatia		4	0
Sam Johnson		3	1
Adam Tonks		4	4
Robert Adams	2nd 200m breast, 2nd 100m breast	8	0
Craig Judd	1st 200m breast, 1st 100m breast, 3rd 200m IM, 3rd 200m free	7	6
Kiran Bhatia		7	1

Well done to everyone who took part, it was a tough competition so everyone should be proud of their achievements, whether they gained medals and PB's or not, it's all about the experience gained.

National Arena Swimming League Round 3

12th Dec

THE FINAL SHOWDOWN

The last gala of the 2009 Arena National League took place at Hucknal (far away and over the hills!) on 12 Dec 09. Oakengates had managed to fight for a place in the National Final. But first, they had to come in the top 3 teams of the Division 3 (North) final.

The top teams from the League featured, including the better known (swimming) names of Leicester Penguins, Lutterworth and Enderby. After a long.....long journey, the team assembled poolside. A couple of injuries led to some last minute changes and then the competition started. The senior teams of the League took advantage of their size and experience. However, the first race, Open 200m IM allowed Maddy Tracy to get her 3rd win in the event. Similar praise to Robert Adams, who also got his 3rd win in three races in the 13 & Under 100m breast. James Bramhill, pumped up and ready, got a great 1st place in his 50m free, a great fighting effort. Hannah Dodwell achieved the Full House in the 100m back; 3rd in the first gala, 2nd in the second gala and then Winner! in the last event. Great stuff from all of them.

But, the team made the points and the Oakengates Juniors made their mark, particularly in the relays. The usual 11 & Unders of Libby, Paige, Lauren and Summer came 3rd in both their relays. Now the Boys outdid this effort in their first race, when they came 2nd. They equalled the Girls in the second Medley relay, with 3rd place, so well done Joel, Haydn Finn, Oliver and James Bramhill.

Oakengates narrowly missed the final, but ended up as the 5th placed team out of 24. After all the changes in the last year, a great effort from all who took part. There's always the Crusader in 2010, then the Counties, Midlands and Nationals. Think Big. Ggggoooooo Oakengates!!!

13 PB's, 6 wins, 3 seconds

11 & Under	13 & Under
1 st James Bramhill – 50m free 2 nd Boys freestyle relay 2 nd Paige Norry-Addison – 50m fly	1 st Robert Adams – 100m breast
15 & Under	Open
1 st Maddy Tracy – 100m fly 1 st Maddy Tracy – 100m breast 2 nd Hannah Dodwell – 100m back	1 st Maddy Tracy - 200m IM 1 st Hannah Dodwell – 100m back

Crusader League Round 1

TOUGH START FOR CRUSADER LEAGUE

So, Christmas has ended, a bright new year, some of us with too much plum pudding (the author perhaps!), perhaps a little too much time on the new iPod...and not enough time on Wii Fit! Then again, a Gala in the first week back in training can be a bit of a shock.

Oakengates are now in the 1st Division and travelled to Biddulph for the first Gala. The four teams (Oakengates, Biddulph, Leek and Dane Valley) will race against each other at 4 venues, with the leader, having got the points – then getting the prizes. The bottom team will be relegated.

Stiffer competition since last season and, once again, last minute changes altered our starting line-up. It was great to see the 10 & under teams make their first appearance, probably already eyeing up the Diddy League!

Drawn in the outside lane, we had Leek and Biddulph to the inside, and in most races, the Giants of Leek looked down on us. Not outdone, the fighting spirit saw some great results, with the top results as follows.

The two centre lanes (Leek and Biddulph) raced ahead and we were left with a close fight for third and the dreaded fourth position. Good results in the last block of racing confirmed our third place. Phew!

With the focus on the Counties coming up, more practice on starts, turns and stamina training will surely improve those races where we were 'pipped' at the post, or just started poorly. There is huge potential in the Squads, and there is time available to produce much better results, only the Swimmers hold the key, with focus and training! GGgggooooo Oakengates!!

Stage Swimmer's Promotions

Congratulations to the following swimmers who have recently passed the following stages:

Stage 1	Anna Steventon, Amy Robinson, Emily Whitehead, Thomas Nock, Mark Hare
Stage 2	Thomas Nock, Mark Hare, Caitlin Slater
Stage 3	Jamie Chen, Kacey Davies, Ellie Kennedy, Aiden Lee, Bradley Tatler, Ellie Walker
Stage 4	Damien Lee, Scarlett Taylor, Lizzy Fellows, Olivia Steventon, James Banks, Luke Goring, Annie King, James Morton
Stage 5	Joey Chen, Anna Hare, Futaba Kawano, Jake Evans, Rhianon Evans, Samantha Fife
Stage 6	Thomas Griffiths, Dan Johnson, Emily Walton, Jack Finn, Ellie Jackson, Charlotte Whitehouse, Jake Dodwell, Kyle Gethings, Katie Goring, Linzi Hart, Sophie Johnson, Jessica Smout, Tryfan Evans, Charlotte Hughes, Natasha White, Rebecca White
Stage 7	Georgia Bennett, Keiran Jackson, Cerys Newman, Nicky Tran, Freya Umataliev, Elise Sheldon, Guy Sheldon

Of those swimmers passing stage 7 Georgia Bennett, Keiran Jackson, Cerys Newman and Nicky Tran will move to comp starts, whilst Freya Umataliev, Elise Sheldon and Guy Sheldon will move to junior squad.

Spaces still available for additional training

Are you aware that if you swim in stage 5 or above you are eligible to do extra sessions? If you are interested in doing additional sessions please ask at the club desk.

Day	Venue	Time	Comment
Wednesday	Hadley Learning Centre	7:00 – 8:00 pm	Stage 5+
Thursday	Hadley Learning Centre	7:00 – 8:00 pm	Stage 5+

Time Trials 11th Dec

Time trials were held for Stage swimmers just before the Christmas break. There was a good turn out for this event with the following swimmers registering their first PB's:

At the 6:35 session 19 swimmers managed to complete 25 metres in backstroke, breaststroke and freestyle gaining 45 PB's from a possible 57.

✦ Oliver Carter	✦ Josh Roura
✦ Demica Dool	✦ Morgan Bryceland
✦ Sameron Dool	✦ Jacob Carter
✦ Meredith Ford	✦ Rebecca Millward

At the 7:10 session 29 swimmers managed to complete 50 metres freestyle and backstroke only, due to the large numbers of swimmers in the session, however they gained a staggering 50 new PB's from a possible 58.

At the 7:45 session only 17 swimmers took part, this allowed them to complete time trails in 4 events each, 50 metres backstroke, breaststroke and freestyle and 25m butterfly, gaining 38 new PB's from a possible 68.

The format for the 8:20 session was slightly different as swimmers were asked to do 100m freestyle as a first event. For many this was the first time they had raced such a distance, but for many of the swimmers this would be the type of event they would have to swim in competitions such as the Counties or even some open meets. All swimmers also did 50m butterfly. They were then given the opportunity to swim a possible 2 further events of their choice; however they were encouraged to opt for 100 metre events in preference to 50 metres if possible. Overall they gained 40 new PB's out of a possible 61.

Bronze speed awards for 25 metre butterfly were earned by Ellie Jackson and Jessica Smout. In the 50m events Aaron Carter did very well gaining 3 silver awards for freestyle, backstroke and breaststroke, with the following swimmers also gaining bronze awards:

Rhianon Evans (breast), Anna Hare (free), Charlotte Hughes (back), Jessica Smout (free, back & breast), Emily Walton (free), Natasha White (breast), Charlotte Whitehouse (free & back), Nicky Tran (back & fly), Freya Umataliev (breast), Jack Finn (free & back), Kieran Jackson (back), Haydn Ricketts (back)
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Full details can be found on the website and the club notice board.

Biddulph Results

29 PB's, 5 wins, 9 seconds, 26 third places, combined with the above, gave us 3rd overall

10 & Under	12 & Under
2 nd Tryfan Evans – breaststroke	2 nd Oliver Preece - breaststroke
2 nd Jack Finn - backstroke	2 nd Girls freestyle relay (Ellie Rowe, Megan Robson, Lauren Holland & Summer Young)
14 & Under	Open
1 st Kiran Bhatia - backstroke	1 st James Boyd - breaststroke
1 st Maddy Tracy – butterfly	1 st Jamie Beebee - butterfly
1 st Robert Adams – breaststroke	2 nd James Boyd IM
2 nd Girls Medley Relay and	2 nd Hannah Dodwell backstroke
2 nd Girls Freestyle Relay (Megan Saville, Alice Thompson, Maddy Tracy, Kate Boyd)	2 nd Mens Medley Relay (Kiran Bhatia, Robert Adams, Jamie Beebee & James Boyd)

Crusader Diary Dates:

Gala 2 – Leek	Sat 6 Feb 10	
Gala 3 – Dane Valley	Sat 22 May 10	
Gala 4 – Market Drayton (home gala)	Sat 19 Jun 10	RHT

Teaching Training News

Two club members have recently undertaken their Level 1 Teacher course, they are Shaun (Chairman) and Jessica Tonks (Squad Swimmer). Whilst they are still awaiting their results they will now be helping out poolside. Jess will be helping at the Wednesday stage swimmers Hadley session and Shaun will be replacing Karen Stamp at Hadley on a Tuesday.

Rod Tracy (Head Coach) also passed the Level 2 Teacher course in December - Congratulations to all of you!

Telford Forum Race Night (27 March)

The next Telford Forum Race Night has been booked for 27th March at Wellington between 4.00 – 6.00pm. This time it will only include 25 & 50 metre events at a cost of £1 per event.

There are however some restrictions this time. 25 metre events are only available to swimmers under the age of 12 years. 50 metre events are only open to non County qualifiers.

You can sign up for this event on the notice board. Please be aware you must pay for events entered in advance at the club desk, you cannot pay on the night. Closing date for entries is 26th February.

Swimming at Cosford Rugby Open Levels 2&3

Please note times have changed on Mondays (from 11th Jan) to:

On Car Park	5.10pm
Swimming Starts	5.30pm
Swimming Finishes	7.00pm
Pick Up	7.15pm

10/11th April

Ages 9+. Events include 50, 100, 200m all strokes, 400m free and 200 & 400 IM.

See <http://www.rugbysc.com/> for further details.

Splash for Cash (W'ton) 17th April

Ages 9 - 13. Events include 50m & 100m in all strokes along with 200m IM and 200m freestyle with medals for the top 8 in each age group. This is a good meet for swimmers wishing to get some experience of competitive swimming and open meets. Check <http://www.icklepeoplesoftware.co.uk/> for further details.

If you need any further information please speak to Mark Adams, Alison Adams or Sue Lacy.

Bonus Ball

There are now 7 numbers available with the weekly run bonus ball fundraiser. It costs £1 per number and you can win £24. Please see Debbie between 6.45pm and 8.30pm upstairs every Friday if you are interested in having a go!

The swim shop dates for the diary are:

- 29 January
- 26 February
- 26 March
- 30 April
- 28 May
- 25 June
- 23 July
- 24 September
- 22 October
- 26 November

Timekeepers Update

Following the recent Club Timekeeper training course, all 12 candidates passed with flying colours. Thanks to everyone who took the time to do the course, this help enormously when it comes to the next round of stages time trials and the club championships. Well done to: Rachel Bennett, Yvonne Wedden, Val Childs, Marie Evans, Liz Griffith, Roy Langford, Yvonne Langford, Paula Preece, Craig Hughes, Gillian Thompson, Nigel Whitehouse & Zohra Baig.

Swim Club Shop



OAKENGATES SWIMMING CLUB MEMBERS KIT

(now available)

Hoodie £17.00

T Shirt £11.00

Shorts £10.00

If you are interested in purchasing any of these items please place your order with Maria at the Swim Shop.



Modelled by Sam Johnson