

FORTHCOMING EVENTS FOR THE DIARY	
14th Oct	Club Championships Oakengates 7.30pm - 9.30pm
18th Oct	Lincoln Vulcans Open Meet (Sheffield) This event is now closed for entries
19th Oct	Inter-County Gala (Sheffield) Selected swimmers only
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.
4th - 6th Dec	Stafford Apex Open Meet (Level 2) Ages 9 - 16 & Open Events all HDW 100 & 200 Free, Back, Breast, Fly, 400, 800 & 1500 Free, 100, 200 & 400 IM. Closing date 2nd Nov. More details to follow.
5th Dec	Shrewsbury Open Meet (Level 3) Girls ages 9 - 13, boys 9 - 14. Events include 50 & 200m all strokes 200m IM. See www.shrewsburyasc.co.uk for further details
12th Dec	National Swimming League Round 3 Selected swimmers only

Oakengates (Telford) ASC



NEWSLETTER

SEPTEMBER
2009

Welcome Back

We would like to take this opportunity to welcome new children and parents to the club and also to congratulate all our swimmers on their hard work throughout the year.

Keep up the good work!

Nuneaton League Final (12th September)

The final of the Nuneaton League fast approaches, we have done very well this year winning 2 of the 3 galas; however we will be up against some stiff competition from other clubs in the final, so we need to give it our best shot. We currently lie in 5th place in the division, however if we finish in the top 4 in the final then we stand a chance of being promoted to division 1 next year.

Therefore if you have been selected to swim in this prestigious event please ensure you tick off your name on the sheet to say you can swim, and go prepared to give it 110%.



Good Luck Swimmers

Website

Over the last 6 months a lot of work has been done to update our website.

The most recent update has been to the links page where there are now links to various ASA pages including the 'Child Power your voice' which is specifically aimed at younger swimmers. There are also links to the other Shropshire clubs, the leagues we swim in and even some links to useful video techniques.

From the home page we have included our recent press reports; there is a draft open meet calendar for 2010 and also the results of the various time trials.

Why not check it out www.oakengatesasc.co.uk/

Club Championships 2009

Entries for this years club championships are all now in. We have been pleased with the uptake this year which has seen swimmers entering a record number of events. See comparisons with previous years below:

Year	No of swimmers	No of events
2009	114	935
2008	106	842
2007	122	817
2006	111	766

The impact of this increased uptake is that some of the sessions have been extended to accommodate the entries, therefore **please check the start and end times of the various sessions to ensure you are there on time.**

The move to Market Drayton has also meant that the start time for the main sessions has had to be pushed back to 5:30p.m. to accommodate their scheduled public session.

FORTHCOMING EVENTS FOR THE DIARY	
12th Sept	Nuneaton League Final Selected swimmers only
19th Sept	Keith Selvey Relay Gala Selected swimmers only - check the notice board for names, we have tried to give more swimmers the opportunity to experience a team gala.
19th Sept	ESSA Division 6 trials Secondary school age swimmers within the qualifying times may apply, but may not necessarily be selected. Closing date for entries was 30th August.
23rd Sept	Club Championships Oakengates 7.30pm - 9.30pm
26th Sept	Club Championships Market Drayton 5.30pm - 9.30pm
26th & 27th Sept	B grade Open Meet (Stoke on Trent) Ages 9+, events include 50, 100 and 200m all strokes along with 100 and 200m IM. £4 per event closing date for entries 29/8/09 See www.cosacss.co.uk for further details.
30th Sept	Club Championships Oakengates 7.30pm - 9.00pm
1st Oct	Club Championships Oakengates 7.00pm - 8.30pm
3rd Oct	Club Championships Market Drayton 5.30pm - 9.30pm
7th Oct	Club Championships Oakengates 7.30pm - 9.00pm
8th Oct	Club Championships Oakengates 7.00pm - 8.30pm
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 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.

Splash for Cash (11th October)

The club entries for this gala have now all been sent, but if you are still considering joining us it is still not too late to get your entries in yourselves. Closing date for entries is 20th September. This is a friendly gala and would be a good choice for anyone wanting to start getting involved in open meets.

Anyone interested in either selling their old fins or buying “nearly new” fins should read on.

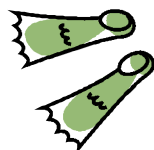
Bring along your old fins to Swim Shop on Friday 25 September (or maybe drop them off at the club desk the week before in a labelled carrier bag (so we know who they are from).

If your fins are sold you will get £3.00 back for your old fins and Swimming club will take a £2.00 handling charge. Well we are trying to raise money!

If you wish to buy or find some “nearly new” fins that fit you, these cost £5.00 (£3.00 goes back to the original owner and £2.00 to the club.

Therefore everyone makes!

- ✦ No more old fins kicking around
- ✦ Fins that actually fit and you can use
- ✦ Beats having to fork out **£12.00** for new ones!



Keith Selvey Relay Gala (19th September – Wolverhampton)

The team sheets for the Gala are now on the notice board at Oakengates, if you have been selected please ensure you update the sheet to indicate whether or not you will be attending promptly (by 11/09/09), so that we can identify replacement swimmers if necessary.

CLUB CHAMPIONSHIPS - SESSION TIMES		
Wed 23rd Sept	Oakengates 7.30pm - 9.00pm	Event 1 - 800m Freestyle
Sat 26th Sept	Market Drayton 5.30pm - 9.30pm	Events 2 - 9 25, 100m Breaststroke, 25, 100m Back 50, 200m Fly 50m Free 100m IM
Wed 30th Sept	Oakengates 7.30pm - 9.00pm	Event 10 - 400m Freestyle
Thurs 1st Oct	Oakengates 7.00pm - 8.30pm	Event 11 - 200m Breaststroke
Sat 3rd Oct	Market Drayton 5.30pm - 9.30pm	Events 12 - 19 25, 100m Freestyle 50, 200m Back 25, 100m Fly 50m Breaststroke 200m IM
Wed 7th Oct	Oakengates 7.30pm - 9.00pm	Event 20 - 200m Freestyle
Thurs 8th Oct	Oakengates 7.00pm - 8.30pm	Event 21 - 400m IM
Wed 14th Oct	Oakengates 7.30pm - 9.00pm	Event 22 - 1500m Freestyle

Shropshire Squad Training camp (11th July)

Six members of our club were selected to attend the first Shropshire Squad development camp at Wrekin College. The session was a full day with a classroom session, land and pool training. The swimmers were coached by Nick Gillingham, a double Olympic medallist and former World Commonwealth champion and record holder.

It is hoped the session will be the first of many which will bring some of the best swimmers in the county together to train in the hope of improving the performance of the county at inter-county gala's. Swimmers attending from Oakengates were Maddy Tracy, Hannah Dodwell, Robert Adams, Courtney Ricketts, Lauren Holland and Paige Norry-Addison.

Stage Swimmers Promotions

Just before the summer break an assessment session was held for the stage swimmers. With 58 of our stage swimmers passing their current stage and being promoted to the next. See below details of swimmers passing the various stage

<u>Stage 1</u> Bradley Tatler	<u>Stage 2</u> Kacey Davies Ellie Kennedy Bradley Tatler Ellie Walker	<u>Stage 3</u> Charlie Bate Callum Beddoes Scott Hoare Owen Newman Joshua Roura Jacob Sharrat-Addison
<u>Stage 4</u> Chloe Beddoes Joey Chen Jasmin Coupe Anna Hare Benjamin Himsworth Matthew Johnson Futaba Kawano Thomas King Ciara Neville Brandon Spooner	<u>Stage 5</u> Katie Baugh Aaron Carter Jake Dodwell Alex Evans Jack Finn Kyle Gethings Katie Goring Thomas Griffiths Emily Harris Linzi Hart Ellie Jackson Dan Johnson Sophie Johnson Paige Macera Claudia Mooney Clifford Palmer Haley Plumb Jessica Smout Emily Walton Charlotte Watkins Charlotte Whitehouse	<u>Stage 6</u> Georgia Bennett Ellie Brown Keiran Jackson Alex Massey Creys Newman Nicky Tran Freya Umataliev Megan Watson

A further 9 swimmers passed stage 7 with 5 of these now awaiting a Competitive start course:

- ✦ Tristan Carter
- ✦ Andrew Dodd
- ✦ Emily Lacy
- ✦ Jennifer Childs
- ✦ Euan Jackson

And the following swimmers will now be moving into Junior Squad:

- ✦ Alex Hart
- ✦ Haydn Ricketts
- ✦ James Bramhill
- ✦ Sarah Fewtrell

Well done to all who have passed this round of assessments.

ASA National Youth Championships at Sheffield (28th July - 2nd August)

Maddy "Mad Dawg" Attends The 2009 Nationals.

Maddy Tracy had her first visit to the English Nationals in late July. She actually qualified for four events (100, 200, 400 & 800 freestyle). However, for her first year, she decided that the 200 and 400 would be the best ones. She was entered in the 14 & 15 year old age group, although she had swum as a 13 year old until her birthday in early July. It was a nervous couple of days with early starts in the morning (0430!!). If she gets in next year, she has already decided to stay at Sheffield. Both races were a little short of her PBs, but she came 35(200m) and 22 (400m) in her age group. The nice thing, was she enjoyed herself and feels that she'll hopefully do better next year, now that she knows what to expect!!

Well done Maddy