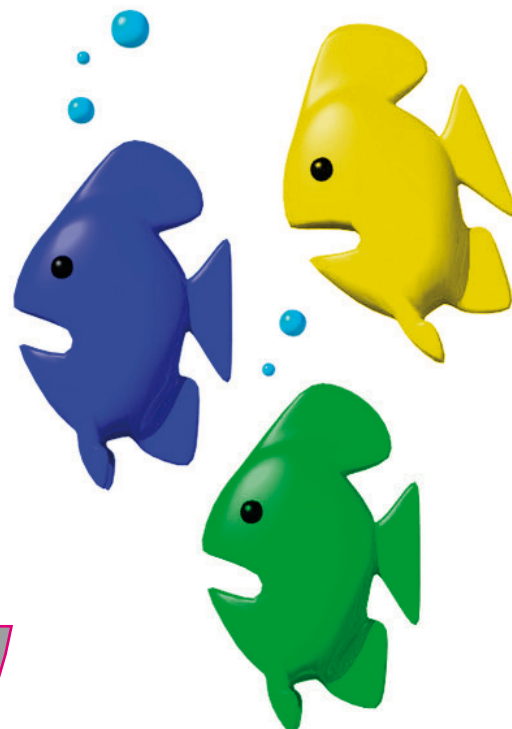
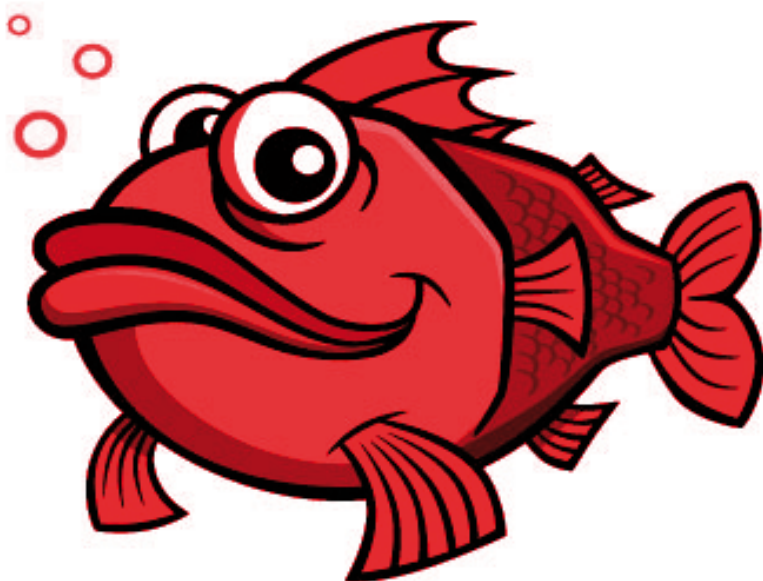




SWIMZINE

SWIMEXCELL ESHER SC - KEEPING YOU UP TO DATE WITH ALL THE NEWS



FUN GALA & PIZZA!!

Swim excel held their annual fun gala at Hurst Pool, which was the highlight of the end of the swimming season - even for the parents who had to get stuck in as well!

On the day everyone was put into teams with a few Swim Stars participating as well. Some swimmers did the stroke races however others joined in on some of the less serious ones, for example: the tshirt race.

Each team member worked hard to get the all-important 1st, 2nd or 3rd which would give points to their team but even those who didn't win tried hard and enjoyed themselves - especially the Swim Stars, with some doing more races than the Swim Excel swimmers!

At the end of the gala the Red team were victorious and were the winners of the 2013 Swim excel fun gala!

What will 2014 hold for the next gala?

Report by Ellie Bench

JULY 2013

Birthdays!

**REBECCA MUNRO, FELIX WARREN, MARTHA DAVEY, MARK ETMAN,
WILL HARVEY, ALEX HOWITT, DANILE MARRIOTT, LUKE MELLORS.**

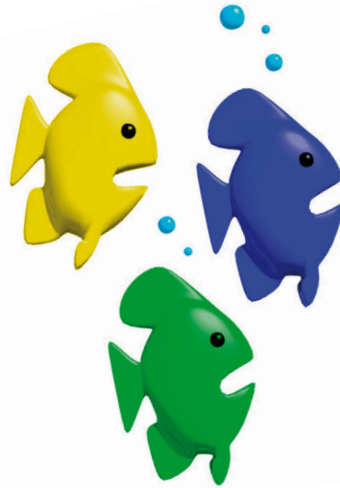


Affiliated to the ASA SE region and SCWP&SA
'stroke efficiency for easy swimming'



STAINES MEET

13/14 JULY 2013



The Staines Level 3 Open Meet held at Xcel Walton on Thames is one of our 'local' meets held at a familiar pool, one where we train at twice a week.

For SWIMEXCELL swimmers it should be becoming a veritable 'home for home'. This year it was the hottest two days of the year, nevertheless out of six swimmers a total of 48 secs was taken off times and two medals were won along with seven top 8 swims registered.

Also Georgia Manhire should be congratulated as she was selected to play basketball for the South of England

and the team came runners up in a tournament, she then came onto the Staines Meet and took off 5 secs from her 50m backstroke, that's commitment for you!. Well done!

Swimmers of the month

June 2013 Mary Schofield

July 2013 Zoe Summerell

CLUB SHOP

Club Shop is open for business whenever you like!

Details of all the products available can be found on the website.

www.swimexcell.co.uk



Affiliated to the ASA SE region and SCWP&SA

'stroke efficiency for easy swimming'

ANNUAL CALENDER 2013 - 2014

SEPTEMBER	Sun 1	TRAINING RESUMES @ HURST POOL 7pm
	Sun 29	LITTLEHAMPTON L3 OPEN MEET (BY COACH) TBC
OCTOBER	Sun 6	CRAWLEY L3 OPEN MEET LC
	Sun 18	STAINES L3 OPEN MEET TBC
	Sat 20	TIME TRIALS @ HURST POOL 7pm
NOVEMBER	TBC	DORKING MEET
	Sun 23	GUILDFORD CITY SC L3 TBC
DECEMBER	Sun 1	HASLEMERE L3 OPEN MEET TBC
	Tues 24	CHRISTMAS HOLIDAYS
	Weds 25	
	Thurs 26	
JANUARY 13	Weds 1	New Year
	Thurs 2	
	Sun 18	STAINES L3 OPEN MEET TBC
FEBRUARY		
MARCH	TBC	SURREY COUNTY CHAMPIONSHIPS
	TBC	
	TBC	
	TBC	
	TBC	
	TBC	
	TBC	
	TBC	
	TBC	
	TBC	
	TBC	
APRIL	Sun 6	TIME TRIALS @ HURST POOL
	Fri 18	GOOD FRIDAY
	Sun 20	EASTER DAY
	Mon 21	EASTER MONDAY
MAY	Mon 5	EARLY MAY BANK HOILDAY
	Mon 26	SPRING BAN K HOLIDAY MONDAY