



SWIMZINE

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

OLYMPIC SWIMMER MARCO LOUGHRAN WAS OUR GUEST SPEAKER AT HURST POOL IN OCTOBER.



“It all started at 7pm. I got changed, and then suddenly there was an Olympic swimmer in front of me!

Marco was a normal guy, he was friendly and helpful. He had some great tips and drills which were very easy to do, but stressed the need to use your torso muscles.

My highlight had to be the starts and streamline drills- these were really enjoyable. All in all Marco really proved to me that if you put effort in you can achieve so much”

Alberto Panicucci

“Marco was very helpful and he told us the story of his life. He showed us some impressive stunts that we all had a go at and most of us were hopeless at them, but it was a lot of fun having a go. We did a lot of drills to help us with our backstroke, which were handy (if tiring for some)”

Jessica Leunig

Well Done to all those swimmers who attended the Time Trials on Sunday 20th October 2013. Without fail you will all beat your times when competing at an Open Meet. Please see the annual calendar for upcoming events.



CHRISTMAS PARTY!

Did you join in the fun at Hampton Court Palace? And of course, the pizza party afterwards? If so, why not tell us all about it? Just send your reports and pics to swimzine@februaryhemlock.com and we will include them in the next edition.

OCTOBER/NOVEMBER/DECEMBER

BIRTHDAYS!

CHARLOTTE DOS REMEDIOS, **CLEMENT & JEREMY** TOUSSAINT,
BENJAMIN ARAM, **RACHEL** ARAM, **EVE** BEARFIELDS, **EMILY** CAMFIELD, **SOFIA** POPOVICH,
NATALIE LITTLE, **JESSICA** WENLOCK.



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And also from October.

A big surprise! Last weekend, me and my brother Jérémy went to a Black Swan meet at the Excell leisure centre. Even if we were only two swimmers from Swimexcell swimming club we were determined to swim our best to get more Surrey times and get into the Regionals. Also hoping to win the Top boy award for our age group which I have never done before but always dreamt to.

On the first day everything went well with my four races, achieving one Regional time. Jérémy was leading the individual rankings with me close behind by one point. Sadly he got disqualified for his favourite stroke, 200m breast, but it was a chance for me to get the lead the next day as my best stroke (backstroke) was there. Which was not very easy as another boy was very close.



After a good night rest, with always Penny coaching us and giving technical advice, we continued swimming our best including a 200m Individual medley Surrey qualifying time for both of us. After eight races, a few medals and ribbons we were very happy of our results. With a very big surprise at the end to come back home with the Top boy award which I am very pleased about. Now I'll continue train harder to get even better results.

Clément Toussaint

On a serious note

if SWIMEXCELL ESHER

is to move forward our swimming club like any voluntary sports club can only thrive if there are a group of willing parents prepared to give a couple hours week/monthly to take on one of various roles available and that means you!

I know that the NEWSLETTERS like this one are not always read so you miss out on titbits of information that both parents and swimmers should know about. SWIMEXCELL ESHER is a members club that means you. It should be run predominantly by volunteers with the coaches the professionals (the Chief Coach comes pro bono).

It is appreciated that we all live very busy lives but a couple of hours a week or month is possible when at the end of the day, who benefits? Your son or daughter who love the sport of swimming.

For example at Open Meets we always need someone to go into the host club website to make sure the timings have not changed and all swimmers duly advised by email. It got missed for which I take responsibility and apologise for. This situation just highlights the need for more parents to do their bit for the club (some clubs make it a condition of membership for their child to join and if the parents refuse then their son or daughter cannot join the club). We do not want to instigate such a ruling but neither do I want to be riled by a parent on poolside by how they have been 'inconvenienced'.

Some parents have useful skills that the club can use. For example Frank and Anne Bench, both graphic designers, produce our very professional looking Newsletters juggling it with their company's work. For this I am exceedingly grateful, but we still need articles written so I need someone to coordinate this.

Our Open Meets Secretary(s) position could be run by 2/3 parents who can be trained up on our Team Manager v 7.00 system. Tara Tarrant (Morgan) and Florence France (Peter) have been helping out the last few weeks Unfortunately Florence is moving to north London having found someone who can get to grips with database management. This is urgent so I am hoping, firstly, every club parent is reading this newsletter and, secondly, there is someone who can help out in this area.

Other areas where we need volunteers are: maintaining the clubshop. Looking after lost property and getting it back to the rightful owners. Helping with time trials preparation, various admin roles that come up from time to time.



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ANNUAL CALENDER 2014

JANUARY	Sun 29	CRANLEIGH MEET L3
FEBRUARY	Fri 7	SURREY COUNTY ENTRIES IN
MARCH	Sun 1	SURREY COUNTY CHAMPIONSHIPS @ SSP 1500/800/400 LONG COURSE
	Sat 2	SURREY COUNTY CHAMPIONSHIPS @ SSP 1500/800/400 LONG COURSE
	Sat 8	SURREY COUNTY CHAMPIONSHIPS @ GS
	Sat 15	SURREY COUNTY CHAMPIONSHIPS @ GS
	Sun 16	SURREY COUNTY CHAMPIONSHIPS @ GS
	Sat 22	SURREY COUNTY CHAMPIONSHIPS @ GS
	Sun 23	SURREY COUNTY CHAMPIONSHIPS @ CP 50m ALL STROKES
	Sat 29	SURREY COUNTY CHAMPIONSHIPS @ CP RELAYS
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
	Sat 24	SEREGION AGE GROUP CHAMPIONSHIPS -TBC
	Mon 26	SPRING BAN K HOLIDAY MONDAY
JUNE	TBC	TBC
JULY	Wed 30	NATIONAL AGE GROUP CHAMPIONSHIPS
AUGUST		HOLIDAYS

GENTLE REMINDER

Fees for the Autumn Term were due on 1st September, some are still outstanding, if you are one of them, a cheque, cash or direct payment (details on the invoice) are acceptable

FOR SALE

Fins as follows:
 sizes 7-8UK 3 ½ - 4UK
 7-9/30-33 no UK size
 4-5 USA size
 4-5 UK 7-8 UK
£5

**SECONDHAND
 KICKBOARD & PULLBUOY
 £5 FOR BOTH**



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JUST ARRIVED

in the club shop!

NEW HOODIES



- 80% cotton, 20% polyester
- Covered full-length zip
- Double fabric hood with drawcord
- Front pouch pockets with a hidden opening for ear phone cord
- Hidden ear phone loops
- Ribbed cuffs and hem
- Embroidered logo on breast pocket
- Embroidered large logo on the back
- SWIMEXCELLESHER printed down the left hand sleeve
- Available in 4 sizes



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CLUB HOLDALL



SILICON CLUB HAT



CLUB BACKPACK



CLUB BOTTLE



CLUB FLEECE



CLUB T BAG T SHIRT



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Price List

Printed Silicone Club Hat	£ 6.50 each
Club T Bag Shirt - Medium , Large , XL	£12.75 each
Club Swim Holdall	£29.75 each
Club Swim Backpack	£17.50 each
Club Water Bottle 750ml	£ 3.50 each
Club Microfleece 'Hoody' - small/medium/large	£30.00 each
Club Hoodie with zip - small/medium/large	£30.00 each

Order Form

Please order the following item(s):

ITEM	SIZE	COST
*Cheque enclosed for Total Amount		

*Cheque too **SWIMEXCELL ESHER SC** please

Name _____

Tel no _____

Date _____