

# SWIMEXCELL

**JUNE / JULY 2011**

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

[www.swimexcell.co.uk](http://www.swimexcell.co.uk)

## **CLUB NIGHT - SUNDAYS**

### **CONGRATULATIONS AMY – SWIMEXCELL COACH**

As some of you may know Amy takes the land conditioning on Mondays at Xcel. I am sure you will all join me in congratulating her for graduating with a 1:1 in Sports Rehabilitation.



SWIMEXCELL's official supplier ALLEYCATZ.CO.UK has a retail shop in Thames Ditton as well as a mail order service supplying kickboards, pullbuoys, fins etc. Etc., have a look at their website .....



### **JULY BIRTHDAYS**

Lucia Eales, Mark Etman, William Harvey, Ellie Hemsley, Lizzie Hubbard, Daniel Marriott and Caitlin Tarrant.

### **SWIMMER OF THE MONTH AWARD – JUNE**

**JOSHUA HALL**

Some of you will be aware that Josh broke his wrist a few weeks ago but this didn't stop him from training and undertaking various kicking sets. Then at the Epsom Meet with his plaster recently off he swum 5 pbs out of 5 swims taking off a massive total of 46secs . He is amongst a small group of swimmers at SWIMEXCELL who are reaping the benefits of training a minimum of 2-4 times a week and competing.

**STILL ONE MISSING OWNER = 3<sup>rd</sup> REMINDER – IT MUST BE SOMEBODY'S.....**

COUNTY TEAM SWIMEXCELL T SHIRT has lost its owner – left at the Time Trials on 17<sup>th</sup> April at Hurst Pool. Please Claim from Penny

## **Zoggs Oceans of Fun Day\***

*Elmbridge Xcel Leisure Complex are hosting a Zoggs Oceans of Fun day on Saturday 13 August.*

*This is a **free event** giving 7-14yr olds the opportunity to meet an Olympic & Commonwealth Athlete, and introducing them to some fun aquatic activities including fast swimming, synchronised swimming, mini polo and flip & fun.*

*Please ask at reception or call 01932 260300 for more details on session times and to pre-register\*\* your child.*

## BUSY SWIMEXCELL SWIMMERS MEET.....

Over the past 5 weeks swimmers have attended four Open Meets producing 45 pbs. At Cranleigh **Giulia Held** won her first Gold in the 50fc while **Morgan Gregory** showed that training intelligently pays off by not only producing a pb in the 50bc, perhaps her lesser favourite stroke but also earned a Top 6 ribbon. From 12 events our swimmers clocked 5 Golds (Ajay 50bc/200fc/50bf/200im; Guilia 50fc); 2 Silvers (Lisa 200fc, Guilia 50bst); 3 Bronzes (Frankie 400fc; Lisa 50bf; Ajay 50fc); 6 Top 6 ribbons ( Lisa 50bc/50fc/200bc; Frankie 50bc/200fc; Morgan 50bc).

At the Epsom Open Meet on a very hot weekend and across 10 events 8 pbs were swum . **Caitlin Tarrant** grabbed the chance of showing us all she means business with her competing and at her first Open Meet she elected to swim 200bst and produced a gutsy swim. Meanwhile **Paige Belstead** knocked off nearly half a minute from her 400 fc finishing 4<sup>th</sup> overall. It was **Josh Hall** who had a very impressive weekend knocking 17 secs off his 200fc, 13 secs from his 200bst (winning Gold), 9 secs from his 100bc.

At the Godalming Meet 13 swimmers won 14 Top 3 medals and 7 Top 6 ribbons. **Matthew Hall** swum the first county qualifying time for next year while swimming the fastest 50bst for his age group. Similarly he swam the fastest 50fc while winning gold in the 50bf and bronze in the 50bc. Meanwhile **Frances Clark** just a week past her ninth birthday had fun winning the 200fc and the 50bf, 2<sup>nd</sup> 50fc, 4<sup>th</sup> 50bst. **Caitlin Tarrant** now a 'veteran' at open meets notched up three more pbs in the 100IM, 50bst and 50fc as did **Alex Howitt** in his first meet swimming in the 50bst, 50fc, and 100IM. **Mark Etman** straight from a cricket match also showed his growing talent by being the fastest boy in his age group in the 50bc as well as winning silver in the 50bf. Gold medals were also won by: **Ajay** 200fc/50bf, silver medals **Ajay** 100bc, bronze medals **Lisa Capon** 50bc, 50bf, Top 6 by **Lisa** 100bc, **Morgan** 100bst, **Giulia** 100bst and 100fc.

15 SWIMEXCELL swimmers were mentally up to swim at the Staines Meet at Xcel however they were to be disappointed as the pool was out of action and the Meet cancelled for the day, albeit rescheduled for the next day. But the momentum had been lost and coincided with Sunday plans like cricket matches plus our own Fun Gala & Pizza evening. This was effectively the last competition before the summer break so swimmers keep a look out for the 2011-2012 calendar due to be sent out late August.

### FINS FOR SALE

1 pair size 6-7 and 1 pair size Eur 42-43 phone/text Tina 07881505722



HAVE YOU OUT GROWN YOUR FINS, DO YOU NEED A NEW PAIR FINS THEN USE THIS SPACE TO ADVERTISE THEM  
– SIZE, MAKE AND COLOUR SEND EMAIL TO [SWIMEXCELLESHER.CO.UK](mailto:SWIMEXCELLESHER.CO.UK)

Were you at the FUN GALA & PIZZA Evening ?.....if so lets have your report of the evening and how it can be improved. Come on... you have no excuse for putting as few words down and sending them in while enjoying the summer holidays

Watch this space for more information being sent out during August.

And remember

CLUB BBQ, AWARDS AND WOBSTACLE FUN EVENING @ HURST POOL/PARK 4<sup>TH</sup> SEPTEMBER FROM 5pm. SPEAK TO  
DIANE CAPON FOR DETAILS AND TICKETS [diane.capon@sky.com](mailto:diane.capon@sky.com)