

SWIMMING

NOVEMBER/DECEMBER 2011

SWIMEXCELLESHER SC - KEEPING YOU UP TO DATE WITH ALL THE NEWS

www.swimexcell.co.uk

CLUB NIGHT - SUNDAYS

DECEMBER	SUN 4 TH	Haslemere Open Meet
	SAT 10 TH	TECHNIQUE SESSION @ Shrewsbury House School 8-9am
	SAT 17 TH	TECHNIQUE SESSION @ Shrewsbury House School 9-10am
	SUN 18 TH	Time Trials 7-9pm @ Hurst Pool
	SUN 25 TH	Christmas Day
	MON 26 TH	Boxing Day
	THUR 29 TH	Post Christmas Training TBC
	FRI 30 TH	Post Christmas Training TBC
2012	TUE 3 RD	Training resumes @ Hurst Pool
JANUARY	SAT 7 TH	Staines Open Meet @ Xcel L3
	SUN 8 TH	Staines Open Meet @ Xcel L3

DORKING MEET

On a crisp November morning where the mist rolled off the sleeping vines a group of SWIMEXCELL swimmers made their way to Dorking Leisure Centre with their own challenges awaiting them. The day proved successful to all the swimmers concerned and out of 32 swims 22 pbs were notched up. Another first was recorded with 7 county times swum starting in Event 1 when Frances Clark came 2nd in the 50bf as well and then by the end of the first session both Matthew Hall and Daniel Marriott claimed 3 each. At the end of session one the club was lying 3rd in the Top Club competition. Other good swims came from Maya Newson-Smith and Krystyna Sawicki. Totals: 7 County Times, 1 Speeding Ticket, 2 Golds, 2 Silvers, 1 Bronze and 8 ribbons 4th – 6th place. Well done to everyone.

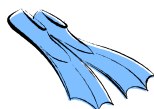
NOVEMBER BIRTHDAYS

RACHEL ARAM, BENJAMIN ARAM, FRANKIE MEADE



DECEMBER BIRTHDAYS

SOPHIE BEANEY, RUTH HORNE, NATALIE LITTLE, JOE STIDDARD, JESSICA WENLOCK



FINS WANTED

Have you outgrown your fins or have a pair of unwanted fins lurking at home then get in touch with Penny Shand as Sofia Popovich wants a pair size 3-4 and Luke Mellors wants a pair size 7. Reasonable amount accepted.

FINS FOR SALE



A pair of short fins colour pink size 3 – 4 for sale email Alexandra.wenlock@talktalk.net if interested.

2 pairs of fins size 39=40 and 42—43 £5 each – hardly used, if interested text 0788150572

WARM WEATHER CAMP

NO RESPONSES TO DATE !!!!!

~~THANKS TO THOSE OF YOU WHO SENT BACK THE QUESTIONNAIRE FOR A WARM WEATHER CAMP SENT EARLIER LAST MONTH. HOWEVER IT WAS STILL ONLY THE MINORITY OF MEMBERS WHO RESPONDED. EVEN IF THIS PARTICULAR WARM WEATHER CAMP WOULD NOT BE POSSIBLE CAN YOU LET ME KNOW IF YOU WOULD BE WILLING TO PARTICIPATE IN A LONG WEEKEND CAMP AWAY SAY MILLFIELD OR STIRLING. PLEASE LET US KNOW BY EMAILING US YOUR VIEWS.~~

HASLEMERE OPEN MEET

In contrast the Open Meet held at Haslemere on Sunday 4th December was a dark miserable winters day, only to be brightened up by notable pbs and a total of 10 county times to add to the seven swum at the Dorking Meet – see above. The swim of the day in terms of the greatest number of seconds knocked off in one swim goes to Matthew Hall who took 19 seconds off his 200bst closely followed by his brother Josh who took off 12 seconds in the same event. Total no: pbs 20 out of a possible 35, silver medals – 3, bronze medals – 5, ribbons 4th- 6th place – 8.

SWIMMER OF THE MONTH AWARD

OCTOBER

BEN WOOLHOUSE

NOVEMBER

Sophie Beaney

well done to the both of you

There will be extra sessions over the Christmas and New Year break so please check your emails regularly and see you there.

