

October 2016 Newsletter

Congratulations to all our winners at the Annual Awards Night.



CHAIRPERSON - BERNIE



HEAD-COACH - SUE

Chairperson Report

I hope you all had a great summer and it's great to see all of you back into hard training already. This period of training up until Christmas is mainly endurance based which will do wonders for your fitness levels !

We had a very successful open meet last Sunday and once again our swimmers excelled themselves with PB's and medals galore. These meets can only happen with an amazing amount of organisation beforehand and help on the day. A very special thank you to Sally, Daniel, Tim, Kerry and Maria for all their efforts before the meet and to all of our parent helpers, coaches and officials on the day. It was Sue's first open meet back with us and I know she was very proud with how you all performed during such a long, hot day poolside.

Next month we will have over 30 swimmers competing in the Sussex Winter Counties and to achieve the qualifying times for this is an excellent achievement. Good luck to all of you particularly those who will be competing in this county competition for the very first time. Our swimmers will also be competing in the first round of the National Arena League at Southampton. I love these top level club competitions which bring the best out of our swimmers particularly in the relays ! Every point counts at these galas so let's see you all cheering each other on and fingers crossed we may gain promotion this year.

Many of our younger swimmers raced at the Kingsland Paper Trophy recently and you did the club proud with many of you representing the club for the very first time. We are a competitive swimming club so it is very important that all swimmers in the club compete regularly as this shows you what progress you are making. Swimming is all about your own personal improvement.

Keep an eye open for information on our STAG gala on Saturday 17th December which is open to all club members of any age and also our next open meet will be the Splash Into 2017 meet in early January which is open to swimmers aged 9 and over.

Happy Swimming Everyone!!

Bernie



SWIMMER OF THE MONTH

Jul

Ashton Netherwood

Aaron Wood

Ollie Harvey

Zac Evans

Hannah Edwards

SWIMMER OF THE MONTH

Aug

Clara Algar

Marcus Harvey

Ella Thornburg

Will Clark

Callum Strowger

SWIMMER OF THE MONTH

Sep

Oliver Napier

Luca Grixti

Tegan Prior

Stephen Redman

Ryan Lamprell

Head Coach Report

Hi Everyone. It's great to be back after a year out! Everyone has been working very hard in training, with a lot of endurance work in our first six week cycle. The new squads are out which have seen many of you move group and gain additional pool time, especially our junior squads. Criteria for the new squads, along with competition guidance, will be published very shortly. This will make progression through the club clear. They are again named after top swimmers and in a nutshell are:

PROUD SQUAD: Our entry level squad focussing on fundamental skills and technique.

O'CONNOR SQUAD: The first of our junior skills and technique development squads.

GUY SQUAD: The second of our skills and technique development squads.

SCOTT SQUAD: Our main competitive club squad for swimmers age 12/13+.

TUTTON, PEATY & CARLIN SQUADS: These are 3 performance level squads for swimmers who are close to, at or above county level who are able to commit to the full programme.

MASTERS SQUAD: Senior/Adult Squad who regularly compete at masters events and train to improve Technique /

Summer Nationals

Some swimmers had a busy summer competing in the ASA Summer Nationals in Sheffield and Swim Wales Summer Nationals in Swansea.



Caleb Grace and Georgie Howell travelled to Sheffield. Georgie swam in 6 multi-classification events and made two finals. Excitingly Georgie won a Bronze medal in her 100 breast, going over 1½ seconds faster in the final! This is a huge achievement as in multi-classification events your age is not taken into account, but points are awarded based on your classification (Georgie is S6) and your time swum. Caleb swam in 4 events, swimming new PBs in his 50 and 200 free.

Georgie was also selected to swim the 100 breast and 200 IM for the South in the UK school games at the beginning of September. This was also swum in Sheffield and an excellent PB led to Georgie winning Silver this time!



Ella Porter and Ollie Iden both made the trip to Swansea, with Ollie swimming new PBs in both his events, the 50 breast and 100 fly. Both swimmers had very respectable placings at this high level 1 event ranging from 12th to 18th.

Kingsland Paper Trophy Gala 17-09-16

This gala has now been renamed the First Class Learning Gala! It is a great development gala for our swimmers and was a good opportunity for me to see you all compete.

Every individual swim in the first half of the gala were new personal bests (PBs) and even when the swimmers were getting tired in the second half most were still PBs!

Our winners were: Amber Brown (2), Henry Watts, Erin Humphries, Emily Pryke (2) and Zac Evans. Amber and Emily were late additions to the team as we were short and both swam PBs that would have been winter county times had this been a licensed meet!



Littlehampton finished 4th overall. A fantastic well done to all the swimmers on your performances!

Thank you to all of our lovely helpers: Maz Eames, Rachel Davis, Sam Bridle, Darren Prior, Gary Grixti, Andy Slade, Daren Pryke and Wendy Frost.

A few swimmers have swum in other open meets. Tegan Prior, Archie Strowger and Callum Strowger all went to Crawley last weekend and all swam PBs in every race. Archie won two golds, a silver and a bronze. Callum won a bronze and came 4th & 5th in his other events, whilst Tegan came 4th in her age group. Well done to you all.

22 swimmers have entered the Sussex County Winter Competition which takes place in Crawley on the 15th & 16th October. This will be a swim through meet, i.e. there will be no taper for our youth swimmers. A further 18 swimmers are competing in Portsmouth at the end of the month and another 24 at Crawley in November. I'm delighted to see so many of you entering open meets. Good luck to you all!

Good luck to all our swimmers competing in the first National Arena League gala this weekend. This is our top team gala each year. There are 3 rounds held across the whole country on the second Saturdays in October, November and December each year. We are currently in South Division 2 West, having been relegated from Division 1 last year after seven years in that division. So our aim this year is promotion! Our first round is in Southampton against Chichester Cormorants, Eastleigh, Tilehurst, Rushmoor Royals B and Wycombe District C.

Last but not least, a huge thank you to all of our voluntary coaching team, both parents and senior swimmers!

Happy swimming!

Sue Cameron

Personal Bests

Ciara Algar
Becca Angus
Amelia Atterbury
Ellie Barnes-Smith
Dan Boreham
Georgia Bridle
Amber Brown
Jessica Brown
Alivia-Lily Burford
Heidi Cameron
Tom Clark
Cerys Cook
Lewis Cox
Alfie Davis
Hannah Edwards
Zac Evans
Daniel Fernandes
Nathan Flaxbeard
Hannah Frost
Luke Frost
Izzy Geal
Drew Gowland
Caleb Grace
Joe Greaves
Luca Grixti
Rupert Guiel
Marcus Harvey
Oliver Harvey
A'Kos Hausknecht
Ollie Hodges
Kitty Hogg
Tom Hogg
Abigail Homer
Amelia Hordell-Welton
Georgie Howell
Erin Humphries
Millie Iden
Oliver Iden
Joe Jackson
Ryan Lamprell
William Le Merle
Grace Maccallum
Matilda MacCallum
Sam MacCallum
Regan Matthews
Cian McSporran
Darragh McSporran
Hannah Mepstead

Sussex Masters - Splash Point

Great day competing. Proud to be part of Littlehampton Swimming Club Masters.

Results as follows:-

Dan:- 100m Freestyle 1.10.88 PB
25m Fly 18.58
50m Freestyle 31.16 PB

Drew:- 100m Freestyle 58.38 PB
100m IM 1.09.10 PB
50m Backstroke 30.74 PB
100m Breaststroke 1.21.34PB
100m Backstroke 1.07.64

Jamie:-100m Freestyle 1.09.96
50m Backstroke 35.15
50m Freestyle 31.65
100m Backstroke 1.17.30

Darren:-50m Breaststroke 36.89 PB
100m IM 1.19.70 PB
25m Freestyle 15.39
100m Breaststroke 1.22.13 PB
50m Freestyle 34.32
25m Breaststroke 17.33 PB

Chris:-400m Freestyle 5.45.33

IM Relay:- 1.09.77 Jamie, Donna, Darren, Penny

F/S Relay:- 1.02.15 Donna, Jamie, Penny, Dan

Awesome swims guys,
Lots of PB's and plenty
of medals to show for
our hard graft.

Many thanks to
Gareth for team
managing!!

If there are any "senior"
swimmers who wish to
join the Masters squad
please email Darren at
lscmasters1@gmail.com



LSC Last Chance County Qualifier 25-09-16

Our first home open meet of the season was very busy. We had 39 Littlehampton swimmers competing and 82 new PBs!

Ciara Algar, Kitty Hogg, Isaac Parsons, Jack Paveley Ellis and Harry Stockley were all amazing at their first open meet.

Tegan Prior achieved her first ever winter county qualifying time in the 50m breaststroke! Several others added to or improved their county qualifying times. Fantastic!

Donna:-25m Fly 20.02
50m Breaststroke 47.19
25m Freestyle 17.58
25m Backstroke 22.29
50m Freestyle 37.01
25m Breaststroke 22.69

Penny:- 50m Freestyle 35.58

Personal Bests

Jamie Millar
Ella Napier
Oliver Napier
Ashton Netherwood
Marissa Netherwood
Tamsin Netherwood
Isaac Parsons
Jack Paveley-Ellis
Amelie Pearce
Abigail Pendleton
Faith Powell
Darren Prior
Tegan Prior
Emily Pryke
Stephen Redman
William Redwood
Ellen Sanger
Georgia Slade
Libby Slade
Abby Smith
Becky Smith
Matty Smith
Sammy Smith
Lauren Stevens
Harry Stockley
Archie Strowger
Callum Strowger
Donna Strowger
Keely Taylor
Ella Thornburg
Madison Walker
Henry Watts
Lauren Wayman
Aaron Woods

These were achieved at:-

- Club Champs
- PNSC End of Season Meet
- Welsh Summer Open Meet
- ASA Summer Nationals
- UK School Games
- First Class Learning Trophy Gala
- Masters Champs
- Littlehampton County Qualifier Open Meet
- Crawley Lis Hartley Meet



Sat 08/10/16 National Arena League 1
 Sat 15/10/16 Sussex County Winter Comp S/C
 Sun 16/10/16 Sussex County Winter Comp S/C
 (NO TRAINING ON SUN 16TH OCT DUE TO ABOVE)

Fri 28/10/16 Ponds Forge National Masters
 Sun 30/10/16 Portsmouth Northsea Open Meet S/C
 Sat 05/11/16 SER SC Winter Champs
 Sun 06/11/16 SER SC Winter Champs
 Mon 07/11/16 Training at ALC—For Monday swimmers only
 Sat 12/11/16 National Arena League 2
 Sat 19/11/16 Crawley Early Xmas Open Meet S/C
 Sun 20/11/16 Masters Inter County Gala
 Sat 26/11/16 Rushmoor Royals Last Chance County Qualifier
 Sun 27/11/16 Rushmoor Royals Last Chance County Qualifier
 Thur 01/12/16 Christmas Party (For The Grown Ups)
 Sunday 04/12/16 Portsmouth Northsea Open Meet
 Mon 05/12/16 Training at ALC—For Monday swimmers only
 Sat 10/12/16 National Arena League 3
 Sat 17/12/16 LSC Sibyl Tarvis Age Group Gala
 Fri 23/12/16 Christmas Fun Swim 7pm & 8pm
 Wed 28/12/16 LSC Club Championships (Distance)



ALL OF THESE SWIMMERS
 CELEBRATE THEIR BIRTHDAY IN
 OCTOBER:-

FAITH POWELL, LUCA GRIXTI, TOM
 HOGG, JAMIE RATHBONE, JACK
 WHEATON, BEN ALGAR, EDWARD
 CONDRON, TEGAN PRIOR, TOM
 CLARK, OLIVER NAPIER, REGAN
 MATTHEWS, MOLLY ENGLAND,
 ARCHIE STROWGER & MATILDA
 MACCULLUM.

HAPPY BIRTHDAY TO YOU ALL !!!!

We need your help.....

If there is anyone that would like to get involved with the Club as a volunteer helper, we'd really love to hear from you. It could be you are good at admin, fund raising, sponsorship, coaching assistant, the list is endless.

With the exception of our Head Coach, everyone you see helping at the club is a volunteer, and we wouldn't be able to run if it wasn't for them, they willingly give up their spare time, and we are always grateful. The more helpers we have on board, the stronger the club will be.

Please contact Maria, our workforce coordinator if you would like to get involved.

LSCworkforcecoordinator@gmail.com (please note the bad spelling in email address is correct)

Thank You



Christmas Party Dinner Menu

Sunday to Thursday £20.00 per person for 2 courses,
£24.50 per person for 3 courses

Friday to Saturday £21.25 per person for 2 courses,
£26.50 per person for 3 courses

Served from Friday 25th November to
Saturday 31st December excluding Christmas Day,
Boxing Day and New Years Eve



Starters

**Carrot and Coconut
Cream Soup**
with rustic bread

Smoked Salmon
with dill sour cream

Salt and Pepper Squid
with aioli

**Whipped Goats Cheese
with caramelised
red onion marmalade**
served on a bed of
mixed leaves with crostini

Tandoori Chicken Salad
with yoghurt and mint dressing



Main Courses

Traditional Roast Turkey
with all the festive trimmings

**Chicken Breast with a mushroom, paprika
and brandy cream sauce**
basmati rice and green beans

8oz Sirloin Steak
served medium (£4.50 supplement)
with chips, grilled mushroom and tomato

Slow Roasted Lamb Shank with a port and redcurrant jus
mash potato and seasonal vegetables

Grilled Stonebass Fillet with a white wine and herb sauce
sauté new potatoes and green beans

Mediterranean Vegetable and Halloumi Kebabs
with couscous and tomato and red pepper coulis

Wild Mushroom and Pea Risotto



Desserts

**Traditional
Christmas Pudding**
with a warm cognac cream sauce

Sticky Toffee Pudding
with butterscotch sauce and
vanilla ice cream

Baked Chocolate Torte
with cinnamon ice cream

St Clements Tart
with raspberry sorbet

**Iced Baileys and Hazelnut
Parfait**
with chocolate sauce

**Selection of English Cheese
and Biscuits**
with fruit chutney and grapes



Coffee and Mints

Our Christmas Party this year
is on Thursday 1st
December at The Arun View
with a meal and cheesy
Christmas Disco. All parents
and coaches are invited to
join us.

The cost is £24.50pp.
There are limited spaces so
it will be on a first come first
served basis. There is a list
of names at the help desk or
email Bernie at
chairlsc@gmail.com



If anyone has any articles they wish to be
included in the next issue of the newsletter
please email Darren before the 25th at
lscmasters1@gmail.com. Many Thanks