



JULY 2010

GUILDFORD CITY SWIMMING CLUB

Shaping The Future Of Swimming In the South East



Head Coach News . .

Nationals 2010

Good luck to all of our swimmers who will attend Nationals during July & August. We are sending over 30 athletes who will compete with the best in Great Britain in both individual & relay races. We are all very proud of you!

What A Year!!

Yet again we have enjoyed a sensational year of swimming & changes!

In the December we clinched the National Arena League South East Region Title for the fifth consecutive year, and in February were crowned top Surrey Club for the 7th year in succession.

In April our long term dreams were finally realized and our high performance squads moved into the amazing Surrey Sports Park. At the same time we set up the Competitive Development Squads and the Academy Satellite sections which were an instant hit amongst our members.

The Competitive Development Squads competed in their first open meet at the beginning of July taking best visiting club.

The club has virtually doubled in size during the year but we have still remained a close knit family oriented team with an even bigger desire to enjoy the sport we all love and to succeed.

Ch - Ch - Changes !!

As ever at this time of year we are able to announce changes that will be introduced in late August when we return to training after the summer break.

Age as at 31 August

We have decided to change the date that a swimmer's age is to be determined by for the purpose of squad promotion / qualification. We are moving the age to 31 August (from 1 August) in order to fit the academic year profile.

A special consideration may be made for those swimmers specifically in Sharks and County Squads born between 1 June & 31 August. At the Coaches discretion a swimmers age for purposes of squad qualification, squad promotion or squad retention may be determined by age as at 1 June.

Academy Level 3 moving from Tuesday night to Saturday Morning

Level 3 swimmers will train Saturday mornings at the Spectrum 9 to 10am instead of Tuesday nights at Guildford High

Moves from High Performance to Competitive Development Squads

Under normal circumstances but always at the Coaches discretion the general rule on moving from HPS to CDS will be:

Youth & Age Group Squads to Senior CDS
Regional & County Squads to Inter CDS
Sharks & Level 4 to Junior CDS

County Squad - Wednesday Morning Session

County Squad will be offered one extra hour training per week @ SSP on Wednesday morning 6.30 to 7.30am.

More Changes !!

National Youth Squad - Friday morning Session & Squad Minimums

National Youth Squad is invited to train on Friday mornings @ SSP - 6 to 8am if they need the extra session to ensure maintenance of the squad's minimum criteria.

The NAYS are reminded that they are expected to participate in 9 sessions per week which is generally 7 pool and 2 land sessions. However this balance between pool and dry land training sessions can be altered in consultation with the Chief Coach. Ultimately to be a member of the National Youth Squad a swimmer has to continuously demonstrate their total commitment and dedication to the sport.

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Club Successes

British Trials in March 29 March - 3rd April 2010

This is the highest level of swimming and a mammoth achievement by the Club. This year it was also the first round of the selection for the Commonwealth Trials and Guildford City had 8 qualifiers: Emma Day Henrietta Dillon, Marco Loughran, Emilia Taylor, Ellen Thomas, Hannah Shore, Natasha Smith and Rachel Solway, with 3 swimmers making finals.

British Gas ASA National Championships 18th - 21st August

The final round of the Commonwealth Trials will be taking place at this meet in Sunderland. Again these swimmers will compete at one of the highest levels of competition and we have 4 swimmers who have qualified for the Trials: Jess Olie, Ellen Thomas, Hannah Shore, Natasha Smith and Rachel Solway we wish all of the swimmers the very best of luck.

A Rather Special Race...



On June 4th 2010 MARK FOSTER broke a world record as he christened the Surrey Sports Park's 50metre pool.

The six times world champion Mark Foster took on members of our National Youth Squad in a special 50m freestyle race.

He set a new world masters record of 22.56sec after having to overtake 17-year-old James Adams on the turn and said:

"The Guildford City youngsters are incredibly lucky to have a facility like this on their doorstep."

James achieved a lifetime best of 24.4-sec. Competing were (above, from left): James Penfare, Hannah Shore, Foster, Thomas Penfare and James Adams.

Tom Baxter Represents Great Britain

Tom, from National Youth Squad is a member of the GB Deaf Swimming Team, and, as part of a squad of 12 swimmers, has recently returned from the European Deaf Swimming Championships in Dortmund. As well as achieving PBs in his freestyle events he also was part of the 4 x 100m freestyle relay where GB came 4th.

Aside from the GB Deaf team, he is a member of the ASA SER Disability Squad and is currently on the ASA's Advanced Apprenticeship in Sporting Excellence scheme, along with fellow national youth swimmer Hannah Shore.

And It's Goodbye From Him..

We say Goodbye to Vince Ayling, Lead Coach of Regional Squad, after many years of Coaching at the Club. Vince will be leaving the Club at the end of August. We would like to thank him for all his hard work over the years and wish him lots of luck in his new post. We are currently advertising the post and hope to have a new Regional Squad coach in place for the autumn term.

Squad Meetings – Autumn 2010

All parents and swimmers should attend as this communication with your squad coach is important at the start of the term. If you are new to the squad this is the ideal time to come and find out what is planned for the new term and to ask questions:

Sharks -	Wednesday 8th Sep. 7.30pm Spectrum Room TBA
County -	Monday 10 th Sep. 5:45pm Spectrum Room TBA
Regional -	Friday 10 th Sep. 6pm (no land training) SSP Room TBA
National Age -	Thursday 9 th Sep. 6pm (no land Group training) SPP Room TBA
National Youth -	Tuesday 7 th Sep. 6pm (no land training) SSP Room TBA

Membership

The Autumn Term bills and squad letters will be emailed to everyone in August. It would help us enormously if you could email if you are not intending to return in September.

It has now been agreed with the ASA that I can email ASA forms so those missing will be emailed over the holidays.

If you have any questions please email either myself or Janette.

Liz Simmons -

gcsc.membership@googlemail.com

Janette Smith -

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Open Meets & Galas

The dates for the open meets and galas that Guildford City are entering in the autumn are below. Please check with you coach as to which Open Meets are relevant to you.

The Open Meets and Club Championships will be administered by Sue Goodlud, with Jane Green handling the external open meets such as Sheffield.

Sue Goodlud - sue.goodlud@ntlworld.com

Jane Green - jane.green20@btinternet.com

Upcoming Events

Picnic At The Pool	Sat. 10 th July
Last Training Day	Sun. 18 th July
National Age Group Championships	28 th July - 1 st Aug.
National Youth Championships	3 rd -7 th August
ASA Nationals	18 th -21 st August
Training Resumes	31 st August
Thurrock Open Meet	2 nd -3 rd October
Arena League	Oct. 13 th Nov.
Guildford Sprint Meet	16 th October
Inter County Championships	17 th October
Academy Gala	6 th November
Div. 11 Relays	12 th November
Club Championships	19 th Nov. 4 th Dec. 7 th -11 th Dec.
Ealing Open Meet	20 th -21 st November
Guildford Open Meet November	27 th -28 th
Sheffield Open Meet	3 rd -5 th December
Arena SER Finals	11 th December
Guildford Distance Meet	18 th December
Training Finishes	19 th December
Presentation Night	20 th December