

# DORKING SC NEWSLETTER

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## **\*\*Training fees due\*\*Training fees due\*\*Training fees due\*\***

Term 3 fees are due by 30 September as follows:

Minnows/Shrimps	£55
Penguins/Pre-Squad	£100
Sharks, Youth, Seniors, Delta	£125
Masters	depends if M2, M3 or M4

Remember fees MUST be paid by cheque, there are no standing orders any more for anyone. If there are any queries over amounts please contact our wonderful membership secretary Ros Bailey on [ros4rogb@aol.com](mailto:ros4rogb@aol.com)

September 17 2008

The Speedo League is no more. But do not be sad! It has merely changed its name to The National Swimming League as Speedo have pulled out as sponsors of the competition. League galas are here to stay!!

## Last Saturday's gala at Dorking

Well done to all the swimmers. It was a tough gala against teams much stronger than us who compete at a higher level in the swimming leagues. However everyone did fantastically well and there were loads of PBs recorded which is great so early in the term. We also had a club record from James Bell in the open 100m breaststroke in a time of 1.11.49. **Well done James!!**

Final results were: 1<sup>st</sup> Staines 210pts, 2<sup>nd</sup> Olympus Marlins 174 pts, 3<sup>rd</sup> Redhill & Reigate 174 pts and 4<sup>th</sup> Dorking 133pts.

Many thanks to all who helped either prior to the gala or on the night especially those who stepped in at the last minute.

Thanks also to Woking SC who kindly loaned us their starting box for the evening as ours is at the "doctors".

Good luck to all those swimming in the last round of the Rother League at Basingstoke on Saturday. Remember the coach goes from Dorking Sports Centre at 4.45pm sharp. Swim fast everyone!

## LOST PROPERTY!!!

A watch was found at the gala on Saturday – if you have lost one please see Sue Harris or anyone at the club desk.

## **PLEASE NOTE POOL CLOSURES COMING UP.**

**SATURDAY 27 SEPTEMBER AND SATURDAY 4 OCTOBER ST TERESA'S WILL BE CLOSED DUE TO SCHOOL EVENTS. Swimmers should go to Dorking instead please.**



Did you pick up the wrong Dorking T shirt on Saturday after the gala??? Or did you accidentally pick up an extra one??

If so please speak to someone at the club desk as a T shirt was mislaid after the gala. Thank you!

**ADVANCE NOTICE - Child Protection Training**  
A course has been arranged for Sunday 12 October 9.30 - 12.30. The venue has yet to be finalised but will be local. This course is for all DSC coaches and volunteers. Please let Donna Read know if you are able to attend - [donnaread@homecall.co.uk](mailto:donnaread@homecall.co.uk)

**Club Shop – every Thursday**  
Equip your children for the new term. All the kit they could possibly need can be found here at very competitive prices.

**Gala Dates**  
There are a number of important dates looming on our horizons including League galas and our very own Open Meet to name just a few. Please could you make sure all these dates are firmly on your home calendars and make every effort to avoid clashes with other commitments. The club needs to field the strongest possible teams in all events.

Lots of help will be needed from lots of people please, in order to ensure the smooth operation of all the galas coming up. Please could everyone try to volunteer to help with something. Remember lots of hands make light work and everything we do is for the benefit of our children. Leave your name at the club desk or speak to a committee member.

**“Hub” Long Distance Championships**  
November 1 and 22 at K2 (level 3 licence applied for)  
The information and entry forms can be found on the website, closing date is 12 October. Get your entries in as soon as possible. If you cannot make the qualifying times you can enter as a time trialist.

**A plea to parents and carers!!**  
Please could you make an effort to name all your swimmers poolside kit especially T shirts, or even get them to do it themselves!! The club T shirts and hoodies all look alike (funny that!!) which makes losing them or confusing them with someone else's rather easy!!!

**CRB checks**  
There are a few people out there who still have not completed the CRB checking procedure that is so essential for all our volunteers and helpers. Donna Read our Child Protection Officer has been banging her head against a brick wall trying to get this done. **You know who you are!!!** Please please please will you contact her to finish off this task or we will have to name and shame on these pages!!!!!!!!!!!!!!

**Masters News** - A sizeable squad of masters are competing in the SE Region short course championships at Guildford Spectrum this Saturday. Good luck to all taking part, both individuals and relays. Watch this space next week for results.

## **DORKING OPEN MEET – SUNDAY 9 NOVEMBER**

A level 3 licence has been applied for which means that both lower and upper limit qualifying times have to be used. However do not worry if you do not “qualify” for our very own open meet as all Dorking swimmers may enter any events as a time trial. Cost of entry will be the same and the closing date must be adhered to. The only difference will be that your name will not appear in the official results but you will still have gained an electronic time.

So everyone should be entering this meet and as many events as you can. If you have never swum an open meet before and are not sure what to enter please speak to one of the coaches who will be able to advise you.

**Closing date is 12 October. Get entries in now. Forms are available on the website.**

**Charity Swim** - Masters coach Phil Sears and masters swimmer Barry Slater are currently training hard for an endurance charity swim. It takes place on 4 - 5 October and is in aid of [Action Duchenne](#) - see [www.2Swim4Life.com](http://www.2Swim4Life.com) for more information.

On the 4th Oct at the Wycombe Sports Centre, 30 competitors are each going to attempt to swim one mile on the hour, every hour, for 24 consecutive hours! Burning between 8000 and 11500 calories each equivalent to 15 roast dinners, hence sustaining food intake and keeping it down is going to be a further essential challenge! As for sleep deprivation – well, the mind boggles.

With each individual person swimming further than the English Channel, it is hoped that during this mammoth challenge a new world record will be claimed - that of 'covering the most miles by a team in any one 24 hour period' - 480 miles!!!

If you would like to sponsor our gallant members please go to [www.justgiving.com/philsears](http://www.justgiving.com/philsears) or [www.justgiving.com/barryslater](http://www.justgiving.com/barryslater) to support this very worthy cause.

### OLYMPIC GAMES 2008

Ok, so who watched some (or even all) of the swimming at the recent Olympic Games? I'm guessing quite a lot of you did, both swimmers and parents. I'm also guessing you were all fairly mesmerised (weren't we all) by the sheer speed and talent of all the competitors. But just think for a moment, all those swimmers had to start somewhere. All of them at the beginning were just ordinary club swimmers going along to their local club maybe once or twice a week. As the saying goes, from small acorns grow mighty oaks - and so from small beginnings at a local swim club grew and developed the talent of those world class athletes. So swimmers, never be discouraged, just keep working hard, training hard, listening hard and persevering. Who knows, some of you may be there in London in 2012 competing for your country.

Did you know?

At these Olympics the longest standing current world record was broken, it had stood for 19 years!! In fact it wasn't just broken but obliterated by the massive margin of 2.12 seconds and by Britain's very own Rebecca Adlington. The ladies 800m world record was previously set by American Janet Evans in 1989 when Rebecca was only 6 months old. Anyone who has been around swimming for a while will remember the phenomenon that was Janet Evans. She had a bizarre and ungainly but extremely effective windmilling frontcrawl style that powered her to more records and titles than most people have had hot breakfasts. It is a measure of her terrific talent that the 800m world record has stood until now. In the entire history of swimming only 2 world records have survived for longer, one spanned the war years when there was no competition and the other belonged to - yes you've guessed it - Janet Evans. Adlington's coach described her swim as "an awesome achievement" and I don't think anyone will dispute that!!!

Did you also know?

The silver medallist in the women's 50m freestyle was Dara Torres who is a 41 year old mother from America!! She clocked an astonishing 24.07 - wow!!

So no excuses from you parents now - its never too late to swim and as you all know we have a very active Masters section in the club! Just roll up, join in and enjoy!

## IMPORTANT DATES 2008

Saturday 20 September	Rother League round 3	Basingstoke
Saturday 20 September	South East Region Masters short course championships (closing date 26 August)	Spectrum, Guildford
Sunday 28 September	Long course training (selected swimmers)	K2
Saturday/Sunday 4/5 October	Crawley level 1 open meet	K2
Saturday 4 October	Berks & S Bucks Masters Open meet	Maidenhead
Sunday 5 October	Masters - Olympos Marlins Jokers meet	Haywards Heath (5.30pm)
Sunday 5 October	Cranleigh level 2 open meet	Cranleigh
Saturday 11 October	National Swimming League round one	Trinity, Croydon
Sunday 12 October	Child Protection Training session	tba
Thursday 16 October	<b>800m Club Championships</b>	Dorking
Saturday/Sunday 18/19 October	Surrey Development Gala	Elmbridge Xcel Centre
Thursday 23 October	<b>1500m Club Championships</b>	Dorking
Friday-Sunday 24-26 October	ASA National Masters Championships	Sheffield
Saturday 25 October	Elmbridge Phoenix Centenary Gala	Elmbridge Xcel Centre
Saturday 1 November	Hub 800/1500 championship	K2
Saturday/Sunday 1 /2 November	South East Region Winter Championships	Aldershot
Thursday 6 November	<b>400m freestyle Club championships</b>	Dorking
Saturday 8 November	National Swimming League round two	Maidstone
Sunday 9 November	<b>Dorking Open Meet</b>	Dorking
Thursday 13 November	<b>400m IM Club championships</b>	Dorking

Saturday/Sunday 15/16 November	Haslemere Level 1 open meet	Haslemere
Sunday 16 November	Masters Inter County gala	Bexley (2pm)
Saturday 22 November	Hub 800/1500 championship	K2
Saturday/Sunday 22/23 November	Masters Barnet Copthall 1500m championships	Barnet
Saturday/Sunday 29/30 November	200m Club championships	City of London Freemen's School
Saturday 13 December	National Swimming League round three	tba

## Current Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 	<b>DORKING SC</b>	<b>17<sup>th</sup> Sept</b> Training: Sharks, Senior, and Delta Youth/Senior and Masters	<b>18<sup>th</sup> Sept</b> Club Night Training: All squads except Minnows	<b>19<sup>th</sup> Sept</b> Training: Sharks, Youth, Senior, All Delta, Masters	<b>20<sup>th</sup> Sept</b> Training: All squads except Shrimps  Rother R3 Basingstoke  Masters SE Region	<b>21<sup>st</sup> Sept</b>
<b>22<sup>nd</sup> Sept</b> Training: Sharks, Pre-Squad, Youth, All Delta, Masters	<b>23<sup>rd</sup> Sept</b> Training: Youth, Senior, All Delta, Masters	<b>24<sup>th</sup> Sept</b> Training: Sharks, Senior, and Delta Youth/Senior and Masters  Closing Date National Masters	<b>25<sup>th</sup> Sept</b> Club Night Training: All squads except Minnows	<b>26<sup>th</sup> Sept</b> Training: Sharks, Youth, Senior, All Delta, Masters	<b>27<sup>th</sup> Sept</b> Training: All squads except Shrimps. Dorking pool only <b>St Teresa's shut</b>	<b>28<sup>th</sup> Sept</b> K2 Training (Invitation only) 10-12AM 
<b>29<sup>th</sup> Sept</b> Training: Sharks, Pre-Squad, Youth, All Delta, Masters	<b>30<sup>th</sup> Sept</b> Training: Youth, Senior, All Delta, Masters	<b>1<sup>st</sup> October</b> Training: Sharks, Senior, and Delta Youth/Senior and Masters	<b>2<sup>nd</sup> Octobr</b> Club Night Training: All squads except Minnows	<b>3<sup>rd</sup> October</b> Training: Sharks, Youth, Senior, All Delta, Masters	<b>4<sup>th</sup> October</b> Training: All squads except Shrimps Dorking pool only <b>St Teresa's shut</b>  Crawley Level 1 Open Meet   Berks + Bucks Masters Meet	<b>5<sup>th</sup> October</b>  Cranleigh Level 2 Open Meet  Crawley Level 1 Open Meet   Olympos Marlins Masters Jokers Gala
<b>6<sup>th</sup> October</b> Training: Sharks, Pre-Squad, Youth, All Delta, Masters	<b>7<sup>th</sup> October</b> Training: Youth, Senior, All Delta, Masters	<b>8<sup>th</sup> October</b> Training: Sharks, Senior, and Delta Youth/Senior and Masters	<b>9<sup>th</sup> October</b> Club Night Training: All squads except Minnows  DSC Committee Meeting	<b>10<sup>th</sup> Oct</b> Training: Sharks, Youth, Senior, All Delta, Masters	<b>11<sup>th</sup> Oct</b> Training: All squads except Shrimps  National League round one Trinity, Croydon	<b>12<sup>th</sup> Oct</b>