

DORKING SC NEWSLETTER

Contact emails

chair@dorkingsc.com
treasurer@dorkingsc.com
masters@dorkingsc.com

secretary@dorkingsc.com
membership@dorkingsc.com
open@dorkingsc.com

Website : www.dorkingsc.com

coach@dorkingsc.com
newsletter@dorkingsc.com

FINAL REMINDER Training fees for term 3 were due by 30 September. Payments must be made by cheque please.

October 8th
2008

DORKING OPEN MEET – SUNDAY 9 NOVEMBER

(31 days to go and counting)

This is our very own open meet and **THE** most important gala in the year for the club. Please ensure you all support it in every way you possibly can.

Swimmers – **everyone** should be entering this gala in as many events as possible. As this meet is licenced (level 3), both lower and upper limit qualifying times apply. 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. 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.

Parents/carers – please volunteer to assist in some capacity or other. We realise that there are many many demands on people’s time and pockets these days, however there are lots of ways in which you can help eg provide a raffle prize, provide some food for the officials, sell raffle tickets, steward on poolside, data entry on the computer, results processing, making drinks, serving lunches, sponsoring a race, changing rooms patrol, man the entry desk, assist registration etc etc etc Please make yourself and particular area of expertise known to the club desk or any committee member or Sarah Hornsey.

We are truly grateful for all offers of help however large or small – it all counts!!

Closing date for entries is 12 October. Please enter as soon as possible. Forms are available on the website or from your squad rep.

Don't forget - CHILD PROTECTION TRAINING

The course is scheduled for Sunday 12 October 9 am - 12am at Ashcombe School.. If you are booked on this course you should have received details. If you have any queries please contact Donna Read on donnaread@homecall.co.uk

“Hub” Long Distance Championships - November 1 and 22 at K2

(level 3 licence applied for)

Information and entry forms for this 800m and 1500m championships can be found on the website, **closing date is 12 October.** If you need to obtain a long course time for county qualification then get your entries in as soon as possible. If you cannot make the qualifying times you can still enter as a time trialist in order to achieve an electronic time.

Masters squad fly the flag for Dorking at the Olympos Marlins Jokers meet

Last Sunday saw the masters taking part in an interclub gala down in Haywards Heath. The competition was in 10 year age bands (25+, 35+, 45+, 55+) plus relays (100+, 160+, 200+, 240+). A team of 22 swimmers took part and had a busy evening mostly swimming up to the maximum allowed of 5 swims per competitor, thus there were a few gaps in some events. A good (although exhausting) time was had by all. We played our jokers for double points in 4 individuals and 3 relays achieving 1st or 2nd places in all these – good decisions. It was quite a family affair with 3 husband and wife pairs in the team and a full house from the Shamp family with senior club swimmers Leonie and Harriet turning out to assist the oldies. Leonie kindly acted as our timekeeper all evening and Harriet was a most efficient team manager (no doubt enjoying the boot being on the other leg telling coaches Keith and Amy plus her parents what to do!). Dorking finally finished in 3rd place with 326 points. The standard of swimming was very high and no less than 11 masters club records were set during the gala. The gala was followed by a tasty meal to round off the evening nicely. A big thank you to all the swimmers that turned up – you really did the club proud!

Are you still confused?? Now there's a home question!!

A number of queries have been raised about the 800m and 1500m championships – not everyone has been reading the small print! So for the avoidance of all possible doubt.....

Dorking Long Distance Championships - on November 1st and 22nd Dorking are running a long distance championship for members of the Swim 21 Hub clubs (these are Leatherhead, Woking, Elmbridge, Redhill & Reigate, Cranleigh, Epsom and Dorking). These will be licensed level 3 meets with both upper and lower qualifying times. The galas take place at K2 in Crawley and are designed to enable swimmers to obtain county qualifying times in a long course pool. These galas are nothing to do with our club championships but of course swimmers are welcome to enter!!

Internal club distance championships - cover all distances from 200m up to 1500m and take place on 16th October, 6th, 13th, 29th and 30th November plus a date (tba) in December (for the 1500m), at various venues (see dates list). There are no entry qualifying times for these and all members are expected to enter! Entry fees are due only for the 200m events.

Hopefully all is now clear!

Cranleigh Open Meet – A large team of 22 swimmers, mainly from the junior end of the club, competed in this event last Sunday. It was a great day and lots of medals were won and PBs achieved. For many swimmers this was their first open meet and didn't they do well!!

Congratulations everyone.

Girls : Milly Gibbs (bronze 200m f/s); Lisa Hibberd (gold 50m f/s, silver 200m f/s, silver 200m fly); Katie Jackson; Alex Jackson; Jess Langham (silver 200m back); Billie McCarthy (silver 200m back); Hannah Morris; Imogen Morris; Genevieve Norris; Jessica Pritchard (bronze 100m back); Leonie Shamp.

Boys : Alex Clarke; Ben Clarke; Sebastian Cook (gold 200m f/s, silver 200m back); Sebastian Fox (gold 200m back, gold 100m back, gold 200m IM); Chris Harrow (gold 100m back, bronze 200m IM, bronze 50m f/s); Tom Hornsey (silver 100m f/s, silver 50m f/s); William Langham; Max Peterson (bronze 200m IM, silver 200m breast); Guy Pollard; Adam Pritchard (silver 200m breast); Ben Read (silver 100m breast, gold 200m back, silver 200m fly, silver 100m f/s, gold 100m back, silver 200m IM).

*******ADVANCE NOTICE *** ADVANCE NOTICE *****

Christmas is coming, the goose is getting fat, please put a date in your calendars now! (the last bit doesn't quite rhyme but hey this is only a newsletter)

CHRISTMAS SOCIAL AND PRESENTATION EVENING

Friday 19 December at Friends Provident, Dorking

This is a **MUST ATTEND** in the annual calendar, an opportunity:

- to hear the club captains make a speech (always entertaining)
- to get together and socialise in a non chlorinated environment
- to thank all the volunteers who each year keep the wheels on the chariot turning and help make our club the great club it is
- to see presentations of long distance club championship trophies
- to watch some interesting dance floor skills ("Strictly" have nothing to worry about)
- to let our hair down!!
- to see our swimmers and coaches with proper clothes on !!

SO - PUT THE DATE IN YOUR DIARIES NOW (you know it makes sense)

Club Championships

Please note that the 800m, 400m freestyle and 400m IM will be run on time trials lines ie if you want to swim please turn up at your usual session. There is no entry fee and there is no normal training for those not wishing to enter. Please be prompt on the night or you will not be able to swim. Good Luck!!

Congratulations to Tom Williams who was our only representative at the Crawley Level 1 Open Meet last weekend where he competed in the 50m freestyle.

Congratulations also to volunteer coaches David Shamp and Amanda Doyle who competed in the Berks and S Bucks Masters Open Meet last Saturday. They came away with a number of medals and achieved some satisfying times.

VOLUNTEERS STILL NEEDED PLEASE for all the up and coming club galas. If you think you can help in any way please do come forward and volunteer. There are noticeboards out on club night where you can sign up for provisions or tasks. Please do have a look and see how you can help. Thanking you in advance.

Good luck to the team competing in the National Swimming League gala this Saturday at Trinity in Croydon. Swim fast!!

Charity Swim - Congratulations to Masters coach Phil Sears and masters swimmer Barry Slater who took part in the endurance charity swim last weekend in aid of [Action Duchenne](http://www.ActionDuchenne.com) (see www.2Swim4Life.com for more information). The aim for the 30 competitors was to swim one mile on the hour, every hour, for 24 consecutive hours and in a 50m pool too! This was such a gruelling task that it will be no surprise to all that only 7 participants achieved the main goal. Phil Sears managed an amazing 14 miles and Barry Slater 12 miles. As with most of the fallers by the wayside, they were defeated (if that is the right word) not by muscle fatigue but by the chlorine in the pool. The chemicals caused skin rashes, breathing problems and sore throats. This made eating and drinking virtually impossible, thus our gallant swimmers sensibly called a halt. This remains a fantastic achievement and if you have not yet pledged some sponsorship please go to www.justgiving.com/philsears or www.justgiving.com/barryslater to support this very worthy cause. **Well done Phil and Barry!!**

IMPORTANT DATES 2008

Saturday 11 October	National Swimming League round one	Trinity, Croydon
Sunday 12 October	Child Protection Training session	Ashcombe School
Thursday 16 October	800m Club Championships	Dorking
Saturday/Sunday 18/19 October	Surrey Development Gala (closing date 30 September)	Elmbridge Xcel Centre
Sunday 19 October	Long course training	K2
Thursday 23 October	1500m Club Championships – postponed until nearer Christmas	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 (closing date 12 October)	K2
Saturday/Sunday 1 /2 November	South East Region Winter Championships	Aldershot
Sunday 2 November	Long course training	K2
Thursday 6 November	400m freestyle Club championships	Dorking
Saturday 8 November	National Swimming League round two	Maidstone
Sunday 9 November	Dorking Open Meet (closing date 12 October)	Dorking
Thursday 13 November	400m IM Club championships	Dorking
Saturday/Sunday 15/16 November	Haslemere Level 1 open meet	Haslemere
Sunday 16 November	Long course training	K2
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
Sunday 7 December	Long course training	K2
Saturday 13 December	National Swimming League round three	To be announced after round two
Thursday December sometime	1500m Club Championships	Dorking
Thursday 18 December	Last club night	Dorking
Friday 19 December	Christmas Social and Presentation night	Friends Provident
Sunday 21 December	Long course training	K2



Current Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	DORKING SC	8th October Training: Sharks, Senior, and Delta Youth/Senior and Masters	9th October Club Night Training: All squads except Minnows  DSC Committee Meeting	10th Oct Training: Sharks, Youth, Senior, All Delta, Masters	11th Oct Training: All squads except Shrimps  National League round one Trinity, Croydon	12th Oct Child Protection Training
13th Oct Training: Sharks, Pre-Squad, Youth, All Delta, Masters	14th Oct Training: Youth, Senior, All Delta, Masters	15th Oct Training: Sharks, Senior, and Delta Youth/Senior and Masters	16th Oct Club Night Training: Shrimps, Penguins and Pre-Squad only Club Championships 800m	17th Oct Training: Sharks, Youth, Senior, All Delta, Masters	18th Oct Training: All squads except Shrimps Surrey Development Gala – Xcel Centre 	19th Oct Surrey Development Gala – Xcel Centre 
20th Oct Training: Sharks, Pre-Squad, Youth, All Delta, Masters	21st Oct Training: Youth, Senior, All Delta, Masters	22nd Oct Training: Sharks, Senior, and Delta Youth/Senior and Masters	23rd Oct Club Night Training: All squads except Minnows Club Championships 1500m	24th Oct Training: Sharks, Youth, Senior, All Delta, Masters  Masters Nationals	25th Oct Training: All squads except Shrimps  Masters Nationals  EPSC Centenary Gala	26th Oct  Masters Nationals
27th Oct Training: Sharks, Pre-Squad, Youth, All Delta, Masters	28th Oct Training: Youth, Senior, All Delta, Masters	29th Oct Training: Sharks, Senior, and Delta Youth/Senior and Masters	30th Oct Club Night Training: All squads except Minnows	31st Oct Training: Sharks, Youth, Senior, All Delta, Masters	1st Nov Training: All squads except Shrimps Hub Long Distance Champs	2nd Nov Long course training K2 (invitation only)
3rd Nov Training: Sharks, Pre-Squad, Youth, All Delta, Masters	4th Nov Training: Youth, Senior, All Delta, Masters	5th Nov Training: Sharks, Senior, and Delta Youth/Senior and Masters	6th Nov Club Night Training Shrimps, Penguins and Pre-Squad only Club Championships 400m f/s	7th Nov Training: Sharks, Youth, Senior, All Delta, Masters	8th Nov Training: All squads except Shrimps  National League round 2 Maidstone	9th Nov Dorking Open Meet