



Newsletter

& District Swimming Club

No.1, Autumn 2012

A message from our Chairman

A huge welcome to the first edition of the Alton & District Swimming Club newsletter.

It's a fantastic development for the club and a great way for myself, the rest of the committee and the coaching team to let parents know what the club has been up to and what events are coming up in the near future.

2012, what a year! The Olympics, the Queen's Jubilee, our very own 2012 Celebration Gala, the whole country riding on the wave of euphoria created by our Olympic and Paralympic athletes and not to be outdone, our own club has made some big changes to improve the quality of all of our swimmers.

I know it's not swimming related, but for those readers who are keen cyclists, you will have no doubt heard the phrase, *The aggregation of marginal gains*. It's by David Brailsford, the Team Sky and Team GB Head of Cycling, and refers to lots of small changes making a big difference and that's what our club has been implementing during 2012.

This year has seen the club introduce morning training sessions, land training, using better facilities at Churchers College, intensive training camps during school holi-

days and, *hot off the press*, a warm weather training camp in Italy scheduled for February 2013. Each one of these developments will strengthen the club and more importantly improve our results.



The club has also taken its first steps into the world of social media with its very own Facebook page; so please have a look and "Like Us" - we're not too far behind Liam Tancock for "Likes".

On the subject of results I want to say a big "well done" to all the swimmers this year. We've seen PBs steadily improve and have had some great successes at our recent events particularly the Fareham Nomads meet and our Rother League gala victory last month.

As a club it's great to reflect on the successes of 2012 but we can't just look backwards, we also need to look to the future and how we continue to improve our facilities, our training methods and our results.

We are facing some financial challenges, so we need to grow our members and it's important that you, as parents or swimmers, have your say in how we shape the club going forward, so please take the time to attend the AGM and help make a difference. The AGM is also the time to elect new committee members and say goodbye to a couple of long standing friends who have worked extremely hard over the years to help run our club. Carol Puttock and Gill Massey will both be stepping down from the committee to let others have a go, so I want to take this opportunity to thank them personally for all the hard work and dedication they have shown the club over the years. Ladies, you will be missed!!!

Well that's it from me; I hope you all find the newsletter full of useful information and I look forward to seeing you all on the 23rd.

Best wishes
Simon

Contents:

2012 Award Winners



Q&A with Aimee



Club Champs

Simply the Best!

Record Breakers!

Coach's Corner



Galas Round Up

Calendar

ASA Membership

In this issue

This is the first of what we hope will be many quarterly newsletters for the swimmers, parents and officials of the club.

This is your chance to catch up on club news, get information on forthcoming events and meet some of the people who work hard to make the club the success it is.

We really want to know what you

think of this first issue, how you think it could be improved and what features you would like to see.

More importantly we would like your contributions! If you would like to write a regular column or just offer a one-off report, feature or anecdote, or if you have a photograph of a proud medal-winner to share, then please get in touch with the Editor at: newsletter.swimaltonsc@gmail.com

In this issue we look back at the annual club BBQ when swimmers and club officials were rewarded for their hard work during the previous year; Club Captain Aimee Puttock answers questions on her time at Alton; we report on the first Club Championships of the new season and other recent competitions and Head Coach Balázs Sasvári shares his thoughts on the season so far.

2012 Award Winners



Oscar Cunningham



Daniel Smith



Henry and William Port



William Ellington

The annual BBQ and awards ceremony took place on Friday 7th September at Alton Rugby Club. This is the one time in the year when all the club members can get together to celebrate the achievements of the swimmers and thank the club coaches and officials for all their hard work. Congratulations to all this year's award winners.

Geoff Stean Award for Services to the Club
Dee Druce

President's Award (Club Member of the Year)
Hannah Druce

Ian Manning Award (Teacher, Assistant, Helper)
Zoe Goodrham/Gemma Boylan

Swimmer of the Year – Female Winner
Sophie Druce

Swimmer of the Year – Male Winner
Michael Johnson

Junior Swimmer of the Year (U13) – Female Winner
Jessica Cross

Junior Swimmer of the Year (U13) – Male Winners
Will Port/Chad Richard

Sports Person of the Year
Henry Port

Most Improved Swimmer – Female Winner
Erin Williams

Most Improved Swimmer – Male Winner
Daniel Smith

Most Promising Newcomer – Female Winner
Rebecca Alder

Most Promising Newcomer – Male Winner
Rory Plewes

Eric Adlam Award— Female Star of the Future (U10)
Mia Spencer

Eric Adlam Award— Male Star of the Future (U10)
William Ellington

Coaches Award – Petersfield
Ella Rendall

Coaches Award – Alton
Oscar Cunningham

Coaches Award – Mill Chase
Hayment Patel

Captains' Character Cup
Naomi Van Dongen



Mia Spencer



Michael Johnson



Rory Plewes



Naomi Van Dongen



Jessica Cross



We thought it would be a good idea to talk to some of the people who contribute their time to the club and find out more about what they do; and where better to start than with Club Captain and member of the teaching team, Aimee Puttock!

You've been at the club for several years now as a swimmer and a member of the teaching team. What is about ADSC in particular that you like?

I particularly like the relationship between everyone at the club, all ages interact well and there's a good coach to swimmer relationship which makes the swimmers train hard but have fun at the same time.

What do you see as your role as Club Captain?

I think my role is to create a good role model for the younger swimmers and hopefully they see me as approachable for any problems or queries they may have.

What do you think makes a good coach?

I think that if a teacher has a real passion for teaching then the children can see it and it makes them more enthusiastic about training. A good coach is someone who can communicate with their swimmers and think of varied sets to keep the training fun and interesting.

What do you think makes a good swimmer?

I think you need to enjoy swimming to be a good swimmer! I was very lucky that when I began I had a good group of friends to train with which made training and competitions fun. It's also important to work hard in the training sessions and listen to what your coaches tell you because that will enable you to achieve your goals.

What are your favourite and least favourite strokes and why?

Throughout my time at the club all four strokes at one point or another time have been my best / favourite and those that know me

now will find it hard to believe that Breaststroke was once one of them! I've always had a passion for Backstroke and Butterfly; they just feel right when I'm swimming them.

What advice would you give to young swimmers in the club who want to succeed in the pool?

If it's something that you can't imagine not doing keep going. Lots of people think that during exams they shouldn't train but for me I still trained as it helped clear my head and relax, it also gave me time to reflect over what I'd been learning and gave me a break from revision.

You've competed at county, regional and national level; is there any one achievement or swim you're most proud of?

I am very proud of the time when three friends and I won Double Gold at the Hampshire county relays in Freestyle and Medley. We had all trained so hard to get it and felt a great sense of achievement when we stood on the podium. Another one has to be swimming at Nationals under Hampshire North for the Medley Relay (I was swimming the Butterfly leg) and only just missing out on the finals.

How would you advise a young swimmer to cope with a DQ in a competition?

It happens to everyone!! I can still remember mine. It was at a gala when I was 14 and I was supposed to be doing 100m butterfly, I dived in too early and got disqualified. The thing is there's no point getting upset as you can't change what's happened so all you have to do is think what you did wrong and what you can do differently next time to ensure it doesn't happen again. Also in training make sure you make the most of turn and dive practices as that's where it is extremely easy to make mistakes.

“work hard in the training sessions and listen to what your coaches tell you”

Which swimmer in the London Olympics or Paralympics did you most admire and why?

The swimmer I most admire has got to be Michael Phelps who went into the games with so much pressure on his shoulders and everyone expecting him to win. He didn't get off to the best start but he made sure before every race he had a clear head and in the end managed to win the last few.

Club Championships

The first Club Championships of the new season were held on 30th September at Alton. The freestyle and butterfly events at 50 and 100m provided the usual mix of great races, loads of PBs and some new club records. Congratulations to all the trophy winners listed below, but special mention must go to Lottie Jackson. At aged just 6 and swimming in the U8 age group Lottie was the youngest swimmer competing on the night and fully deserved her trophy for a determined swim. Well done Lottie!

Girls 100m Butterfly

U12 Jessica Cross
U14 Megan George
U16 Sophie Druce

Boys 100m Butterfly

U12 William Port
U14 Will Howard
U16 Michael Johnson
U18 Philip Smith
Gr D Adam Massey

Girls 50m Freestyle

U8 Lottie Jackson
U10 Abigail Cashman
U12 Jessica Cross
U14 Pinky Wait
U16 Sophie Druce

Boys 50m Freestyle

U10 William Ellington
U12 Chad Richard
U14 Jack Peermohamed
U16 Pip Bush
U18 Dominic Williams
Gr D Adam Massey

Girls 50m Butterfly

U12 Jessica Cross
U14 Megan George
U16 Sophie Druce

Boys 50m Butterfly

U10 William Ellington
U12 Alfie Howard
U14 Daniel Smith
U16 Michael Johnson
U18 Philip Smith
Gr D Adam Massey

Girls 100m Freestyle

U12 Jessica Cross
U14 Pinky Wait
U16 Sophie Druce

Boys 100m Freestyle

U12 Ben Williams
U14 Will Howard
U16 Michael Johnson
U18 Dominic Williams
Gr D Adam Massey



Lottie Jackson

[See website for full results](#)

SIMPLY THE BEST!

Recent PBs

50m Freestyle

Rebecca Alder, Lana Boyd-Livingston, James Bradley, Natalia Bradley, Pip Bush, Abigail Cashman, Jasmine Cleaver, Holly Cove, Matthew Cox, Jessica Cross, Sophie Druce, William Ellington, Lottie Fellows, Alex George, Megan George, Ella Hamilton, Charlotte Hobbs, Jemma Hosie, Alfie Howard, Archie Howard, Will Howard, Callum Howes, Annabel Hudson, Christian Jackson, Kai Jackson, Katharine Jackson, Lottie Jackson, Michael Johnson, Amelia Jones, Hollie Lines, Tirion Llewelyn, Joseph Massey, Harry Nixon, Jack Peermohamed, Lily Peters, Daisy Plant, Henry Plewes, Henry Port, William Port, Emily Rawlings, Lucy Rawlings, Chad Richard, Nicholas Ross, Daniel Smith, Philip Smith, Lauren Swain, Matilda Thomas, Naomi Van Dongen, Olivia Wadey, Pinky Wait, Emily White, Rosella White, Ben Williams (01), Ben Williams (02), Dominic Williams

100m Freestyle

Lana Boyd-Livingston, James Bradley, Natalia Bradley, Pip Bush, Vita Bush, Jasmine Cleaver, Holly Cove, Jessica Cross, Lottie Fellows, Megan George, Ella Hamilton, Jemma Hosie, Alfie Howard, Will Howard, Annabel Hudson, Michael Johnson, Amelia Jones, Holly Lines, Tirion Llewelyn, Emily Luke, Adam Massey, Peter Massey, Harry Nixon, Jack Peermohamed, Daisy Plant, Scott Plumridge, Emily Rawlings, Lucy Rawlings, Chad Richard, Asher Smart, Daniel Smith, Philip Smith, Lauren Swain, Eddie Thomas, Olivia Wadey, Pinky Wait, Rosella White, Ben Williams (01), Ben Williams (02), Pippa Williams, Lucy Woolcott

50m Breaststroke

Jessica Cross, Hannah Druce, Ella Hamilton, Alfie Howard, Will Howard, Henry Port, Naomi Van Dongen

100m Breaststroke

Hannah Druce, Sophie Druce, Adam Massey, Philip Smith, Oliver Stockley

50m Backstroke

Rebecca Alder, Jessica Cross, Ella Hamilton, Cameron Jones, Sammy Piper, Henry Port, Pinky Wait

100m Backstroke

Adam Massey, Peter Massey, Oliver Stockley, Pinky Wait

25m Butterfly

William Ellington

50m Butterfly

Rebecca Alder, Pip Bush, Vita Bush, Holly Cove, Matthew Cox, William Ellington, Freddie Faulkner, Lottie Fellows, Megan George, Charlotte Hobbs, Simon How, Alfie Howard, Will Howard, Callum Howes, Annabel Hudson, Kai Jackson, Michael Johnson, Adam Massey, Harry Nixon, Jack Peermohamed, Sammy Piper, Henry Port, William Port, Emily Rawlings, Lucy Rawlings, Chad Richard, Jenan Richard, Daniel Smith, Pinky Wait, Emily White, Erin Williams, Pippa Williams, Lucy Woolcott

100m Butterfly

Pip Bush, Jessica Cross, Hannah Druce, Katherine George, Megan George, Will Howard, Michael Johnson, Emily Luke, Adam Massey, Joseph Massey, Henry Port, William Port, Daniel Smith, Philip Smith, Dominic Williams, Erin Williams

100m Individual Medley

Oscar Cunningham, Adam Massey, Pinky Wait

RECORD BREAKERS!

Recent New Club Records

Jessica Cross (Age 11)
100m Butterfly 1.24.29

Ella Hamilton (10/U)
50m Breaststroke 42.94
50m Freestyle 33.30
100m Freestyle 1.14.47

Adam Massey (Open)
100m Individual Medley 1.02.37

Pinky Wait (Age 13)
50m Backstroke 33.76



OCTOBER BIRTHDAYS!

Jonathon Becker-Davies, Edward Black, Charlotte Cassar, Daniel Chinnock, Jasmine Cleaver, Emma Dedman, Ellie Dominy, George Dominy, Sophie Druce, Niall Fife, Megan Giles, Imogen Goodson, Alice Guest, Lottie Jackson, Toby Mckenzie, George Port, Emily Rough, Mia Spencer, Dominic Williams, Hannah Williams

NOVEMBER BIRTHDAYS!

Pheobe Abraham, Isabelle Barfoot, Alexandria Clay, Joanna Clifford, Hamish Critchley, Oliver Fernandez, Emily Giffin, Ariana Hawkins, Callum Howes, James Ireland, Harriet Kirk, Beth Lewis, James Martin, Alex Nankivell, Jonathon Parr, Anna Reidy, Chad Richard, Rosie Swain, Jacob Taylor, James Way, Emily White, Julian Wilcock, Ben Williams, Lucy Woolcott

DECEMBER BIRTHDAYS!

Sky Black, Boo Broughton, Amelie Budd, Katie Cairns, Henry Cunniffe, Rosie Eades, Jemima Escalera, Freddie Faulkner, Alex George, Rose Giffin, Jake Grace, George Hill, Charlotte Hood, Violet Hopkinson, Alfie Howard, Belinda Jones, Elliot Kelley, Freddy Millar, Charlotte Nightingale, David Oru, Sammy Piper, Lucy Siers, Archie Swain, Matilda Thomas, Eshana Ubhayaker, Alexander Young

Coach's Corner with Balázs Sasvári

I have been with the club for nearly two years now and I am really enjoying working with Alton. I also enjoy living in a small town like Petersfield as much as I enjoyed my time living in Alton. I would like to say thank you to the



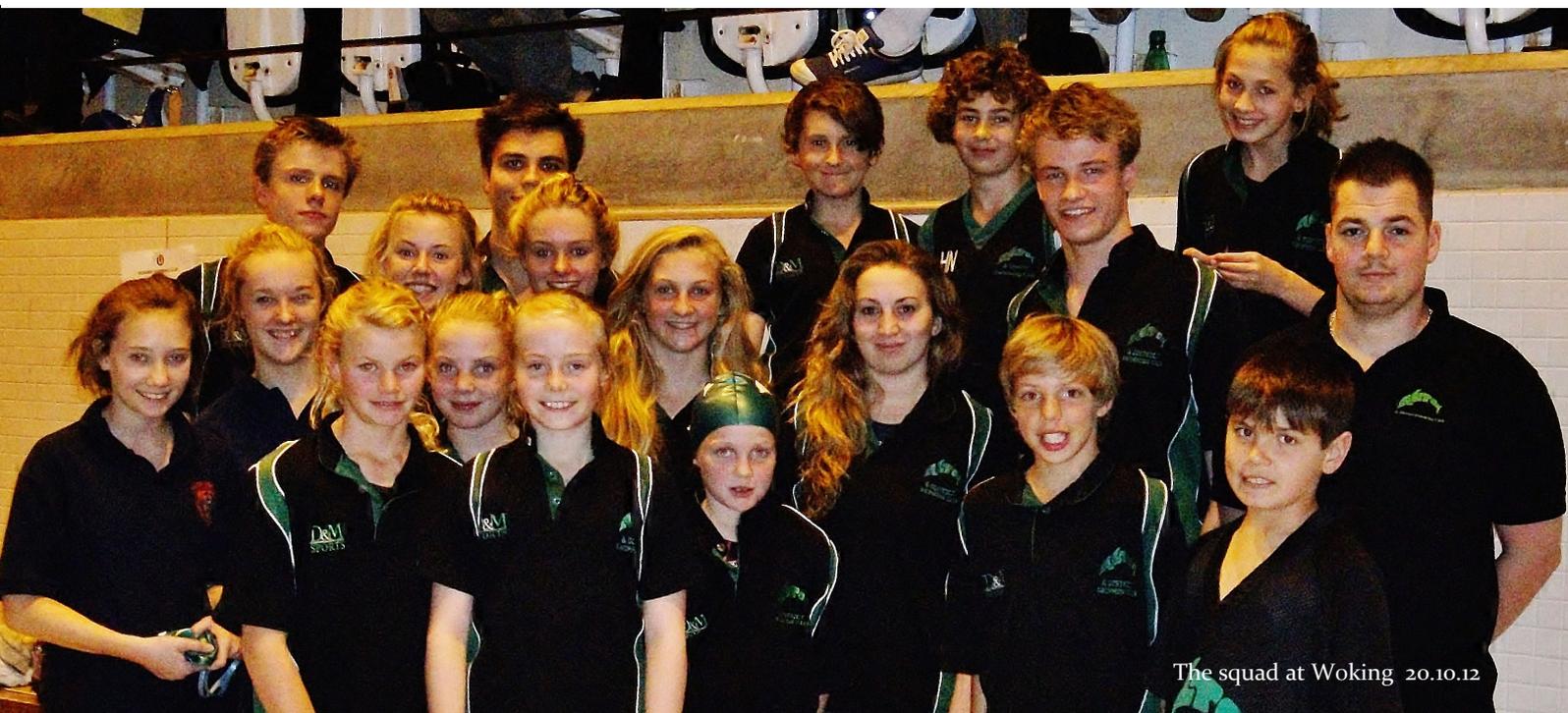
excellent young teaching team that we have at the club and to the committee for supporting me in my job. Both the teachers and the committee give me as much support as they can. This is what helps me move the club forward in a competitive direction. It's because of this help and support

that we have been able to organise our first ever training camp abroad, in Italy, this coming February 2013.

Our teaching team is an excellent combination of the very young and very experienced. They are all highly motivated, always keen to learn new things and push themselves to be able to coach at the next level. It's because of this dedicated team that we have been able, this year, to extend our training programme to include land training and two early morning sessions. I can already see the benefit of these extra sessions in competitions

and in training. We have a very wide range of swimmers, from development to regional level in our swimming squads. We also have a good number of swimmers in our teaching groups and we are trying to give them a really good start with the foundations of expert coaching laid in the early stages.

In competitions the club feels like a big family, with swimmers cheering and supporting one another through every race. It's for this reason that we've had very good results in the last few events we have entered (see below). This family atmosphere comes from parents as well as swimmers; we couldn't enter or do well in so many events without the support of our parents, volunteering to be timekeepers, to marshal swimmers, or to act as judges.



The squad at Woking 20.10.12

Hants & South Coast Leagues

Rother League

The club enjoyed a great night at Farncombe on Saturday 15th September competing in the 3rd and final round of this year's Rother League Division 4 (East). Up against hosts Godalming, Leatherhead and Chichester the team won convincingly with a ten point margin over their nearest challengers.

Competing in 49 individual and medley events in four age groups our swimmers won 19 races and produced 14 PBs.

To cap off a good evening Ella Hamilton and Adam Massey both set new club records. Ella's 50m breaststroke broke an age 10 & Under record that had stood for 18 years and Club Captain Adam's 100m IM time broke an 8 year old record.

Junior Cup

We also competed in the Junior Cup on 6th October at Bracknell. Swimming against

Havant & Waterlooville, Bracknell & Wokingham, Hamble and Eastleigh & Oaklands the team won 15 of the 51 events and set 14 PBs but had to settle for second place behind Havant.

Minor League

The final round of the Minor League Division 1 was contested on 20th October at Woking. Winchester were clear winners on the night but we were neck and neck with Hart throughout the evening in the race for the runners-up spot only for Hart to edge ahead in the final few events; disappointment at the end of an exciting evening of competition.

Over 53 events the team produced 10 wins, 16 PBs and in the 50m backstroke Pinky Wait broke a 5 year old club record.

Full League and Cup results are at <http://www.swimleagues.org.uk/results.htm> and on the club website .

National Arena Swimming League

This is the premier club competition in the UK and this year we are in the South League Division 2 (West). The first round took place at The Spectrum, Guildford on 13th October against Basingstoke Bluefins B, Windsor B, Wey Valley, Andover, Chichester Cormorants and the formidable Portsmouth Northsea who, having opted out of the competition for 2 years, found themselves re-entering at a lower level. Not surprisingly Portsmouth, one of the country's top clubs, were runaway winners on the night but we fought hard and deservedly claimed second spot with four wins and 18 second places finishes.

The wins came from Jess Cross (50 Fly and 50 Freestyle), Pinky Wait (100 Freestyle) and Adam Massey (100 Freestyle).

Full details of the current league standings are at www.nationalswimmingleague.org.uk.

Club Kit

You'll find all the information you need to order club kit on our website at <http://www.altonswimmingclub.org/about/club-kit/>



AGM

Friday 23rd November
Alton Rugby Club
7.30pm

See the club website for our [Chairman's appeal for volunteers.](#)

Competition Calendar

Saturday 3rd November

Club Championships. 200m F/style & Butterfly U/10> Masters. Venue: Alton

Saturday 10th November

National Arena League Rd 2. U12>Open. Venue: Basingstoke

Monday 12th November

Club Championships. Girls 800m F/style Boys 1500m F/style U/12>Masters. Venue: Alton

Saturday 17th November

Club Championships. 50m & 100m Backstroke & Butterfly & 100m IM U/10> Masters. Venue: Alton

Saturday 24th November

Club Championships. 200m Backstroke & Breaststroke U/10> Masters. Venue: Alton

Sunday 25th November

Hampshire Schools Championships, Years 7-13. Venue: The Quays, Southampton

Saturday 1st-Sunday 2nd December

Peter Bull Development Meet. 9>14yrs. Venue: Waterlooville

Saturday 8th December

National Arena League Rd 3. U12>Open. Venue: TBC

Monday 10th December

Club Championships. Girls 1500m F/style Boys 800m F/style U/12>Masters. Venue: Churchers, Petersfield

Sunday 16th December

Level 3 Christmas Meet. 9>15/Over. Venue: The Quays, Southampton

Saturday 15th-Sunday 16th December

Level 2 Christmas Meet. 9>16/Over. Venue: Littledown, Bournemouth

See website for full details of all upcoming meets

Your ASA Registration

We are an ASA affiliated club. This means that we benefit from the support provided by the Amateur Swimming Association – the governing body for swimming in England. It also provides a guarantee to our members that we provide coaching and support that meets the ASA standard.

You became an ASA member when you joined the club, either as a swimmer or a parent. Membership provides swimmers with insurance cover to compete at the appropriate level and covers parents to offer support at club events, or to undertake training as timekeepers, judges, coaches etc.

Swimmers are affiliated as category 1 or category 2 members. Category 1 covers you to swim at

any 'low level' competition, such as our club championships or a local league. Category 2 covers you to swim in higher level com-



petitive meets, such as county championships or open meets. Parents register as Category 3 members.

When you joined the club, you should have filled in a green membership form. This was your ASA form. Once your membership has been processed, you are issued with a number (and should receive a

small 'credit card' with your ASA membership number on it). You need to submit your ASA number when entering certain galas. Often the club will do this for you, but it is important to have it to hand or know what it is.

If you don't think you are a member, or don't have the correct level of membership, please contact Chris Raeside, our ASA secretary, at:

c.raeside@btinternet.com.

Chris can check if you are covered and arrange to get you signed up if not. It is particularly important that parents who help out at Club Championships or other galas have ASA membership. There is nothing more to pay – your membership fee is included in club fees.

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Next issue out in January