



Patron: Sharron Davies MBE

Monthly Newsletter

Issue 3: June 2013



Racing Round-up 1

There is plenty to report on the gala front as the opportunities to compete have been coming thick and fast. See also Racing Round-up 2 on the next page.

ASA South West Regional Youth Championships

The youth swimmers were busy throughout the first May bank holiday weekend taking part in the South West Regional Youth Championships at Millfield School. Over 20 squad swimmers competed and there was plenty to celebrate. In total the squad returned with 21 individual medals (5 gold, 6 silver and 10 bronzes). It was good to see Daniella Whiting in the medals again following her injury lay-off. Danni returned from Street with three individual gold medals (200 and 400m Individual Medley and the 100m fly) and two relay bronze medals.

From an individual perspective Thomas Sinclair was the clubs most frequent visitor to the medal table as he picked up five medals during the weekend. Thomas won silver medals in the 100m freestyle, 50 and 100m butterfly, and bronze medals in the 200m butterfly and 200m freestyle.



Thomas Sinclair racing at Millfield

Jordan Edwards added his name to the list of National Qualifiers following his silver medal winning swim in the 200m Individual Medley and rounded off a successful weekend by winning gold in the 400m Individual Medley.

There were also new NQT's from the girls as Rebecca Hawkins booked a return to Ponds Forge with her silver medal winning swim in the 200m breaststroke and Flo Legg added 100m backstroke qualification to her 200m time from earlier in the season. Flo 's swims in the 100m & 200m backstroke both contributed to the clubs overall medal haul as she won bronze in each event.

Tom Smith came home with a full set of medals in the freestyle winning gold in the 200m free, silver in the 100m & bronze in the 50m.



Rachel Palarm in action at the Youth Championships

Another multi-medal winner was Rachel Palarm who won silver in the 200m breaststroke and bronze medals in both the 200m individual medley and 100m breaststroke.

Other individual Aqua Sulis medallists during the weekend were Jessie Foster and Max Granger who bronze medals in the 200 IM and 50m backstroke respectively.

There was success too for the girls relay teams who gained national qualification for all three relay formats (4 x 100m freestyle, 4 x 200m freestyle and 4 x 100m medley) and in the process won a couple of bronze medals. Well done to Melissa Birkett, Rachel Palarm, Daniella Whiting, Amelia Maughan, Chloe Flower, Sophie Minnican and Jessie Foster who featured in the National qualifying teams.

Coaches Notes

Elite Squad by Martin

National Qualifiers - The number of National qualifiers continues to grow. We now have 17 individuals (3 ahead of last year) and still the Regional Age Groups to go - a total of 20 individuals was my ideal goal!

Sunnier Climes - Stephanie Millward is out on a 2 week camp in Majorca with the IPC World Championship swimmers so hopefully she is enjoying a bit of sunshine as well as working hard and getting her 50k/week in!

Top Attendance - Tom Smith was Top Attender for April with 33 sessions, so great job!

Kick Sets - We now have 14 swimmers on the sub 1:30 time for 100 metre kick board with Thomas Sinclair leading the field with a 1:17.8. I look forward to the day when the leader is on a sub 1:10 and all the squad are kicking sub 1.30 - maybe next season?

Welcome Back - It's nice to have Hayley back on the pool-side after her time in hospital.

Potential Squad by Madeline

The attendance to sessions has been very good by the vast majority of the squad. We now have 36 swimmers in potential as 6 have just moved up from transition.

Although county times is the standard entry for this squad we have 15 regional qualifiers with at least 5 of these being first time qualifiers and not at the younger end of the squad. Congratulations to all of these swimmers as they have had to work very hard to achieve these times.

Transition Squad by Madeline

The new swimmers who started with this squad have settled in well and are getting to grips with the speed, volume and intensity of training. All the swimmers have a great work ethic and are always eager to know the distance they have swum over the session.

Both Lara Turner and Elizabeth Wilkins already have the 50's county times even though it will be 2015 before they are old enough to compete. This is just what we are looking for, for the future of this squad and beyond.

Fundraising Web Links - An Easy way to Raise Money for Aqua Sulis

A few minutes is all it takes to register as a supporter of the club with [easyfundraising](#), [easysearch](#) and [Proswimwear](#). Once registered you can then help to raise money for Aqua Sulis from web-browsing as well as online shopping.

After registering with [easyfundraising](#) and shopping via their home page (with access to over 2,000 online retailers incl Amazon, Argos, Debenhams, ebay, John Lewis, plus many others) a donation will be made to the club at no additional cost to you - it really is that "easy". We all know that swimming parents aren't competitive so there seems little point mentioning that Sylvia Sinclair leads the table as top fundraiser on the Aqua Sulis page! To earn money from [easysearch](#) you don't need to spend a single penny - just use the site as a search engine and a small donation will be made to the club's funds for each search you make.

We also have an affiliate arrangement with [Proswimwear](#) which means that the club will receive commission for each purchase made by following the [link](#). The commission works on a sliding scale from between 8-12% based on the value of monthly sales made through the link.

Further details of the above schemes can be found on the club website via this [link](#).





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Fundraising Committee News - By Emma Head

The fund raising committee met again on Sunday 26th May to catch up on ideas and update each other on our efforts.

Fourteen parents turned up, despite the wonderful weather which is really great. There are still lots of ideas, with some progressing better than others!



Judy has done a great job collecting all our unwanted items for Bag4Sport. The last pick-up was on Friday and Bag4Sport will be collecting all the bags on Monday 3rd. The pile of donations has now got to the point where it's difficult to count with any real degree of accuracy but a conservative guess would be around 70 bags. Hopefully we will be able to confirm the amount of money raised from this collection in the next newsletter. Once Bag4Sport has made their collection we will be able to access their expertise in fundraising.

All families should have received an email from Suzy Granger about the sponsored swim which now has a confirmed date of 21 September. The plan is to collectively swim from Lands End to John O'Groats which is 960km as the crow flies. In order to achieve this feat it is hoped that swimmers in the Elite squad will swim 15kms each, the Potential 5-10kms each (depending on age and ability) and swimmers in the Transition squad will swim approximately 2kms each. We have also kept a lane free for corporate sponsors, adults (including parents), host swimming club teams etc so if you are keen to take part do contact Suzy and let me know how far you would like to swim.

The sponsored swim has the potential to be a great way of raising the profile of Aquae Sulis within the wider community as well as making a significant contribution to the club's funds. Over the next couple of weeks we hope to advertise the event with local media to generate as much advance publicity as possible. The hunt for a Corporate sponsor to match what we raise is still ongoing, so if anyone has any contacts or ideas, please don't be afraid to let us know.

In addition to the above, we are continuing to seek sponsorship, trying to arrange bag pack events, investigating the opportunity of using Local Giving.com and looking into the possibility of using GB Swimstars. We have also contacted some local supermarkets who support local community groups. Even if you can't make it to the meetings, we would love to hear from anyone with ideas we can follow up.

Volunteering Award

Congratulations are in order to Verity Brunwin one of the young coaches at one of the Network Clubs. Verity's sterling work at Keynsham has been recognised by Somerset ASA and at the recent AGM she was awarded as the County's Young Volunteer of the Year.

Forthcoming Events

Regional BAGCAT Championships 1st, 2nd, 8th & 9th June at Millfield

Good luck to everyone competing at Millfield in the Baggies. We're hoping to report on more NQT's & plenty of medals. A full racing report will be included in Newsletter 4.

Cardiff International Open Meet 7th, 8th & 9th June

Good luck to everyone going to Cardiff which could rightly be called a "Last Chance" meet.

National Championships

Just a quick reminder that for National events it is the responsibility of the swimmer/parent to make individual event entries.

Racing Round-up 2

Millfield Last Chance Meet

A good number of swimmers represented the club at the "Last Chance" meet which took place over the weekend of 11th & 12th May and the team's recent good form was again underlined by a medal return of 20 golds, 19 silvers and 9 bronzes. The girls team finished in overall 3rd place whilst the boys team finished just one place higher in overall 2nd.

Edward Austin was in great form and despite only racing on the first day of completion he was able to amass a medal tally of three gold and two silver medals in the 12 year boys age category. Another swimmer to return with 5 medals was Charlie Head who picked up one gold, two silvers and two bronze medals from his events.

Katie Parfitt was in good form too, ensuring that she returned as a triple gold medallist from freestyle and butterfly events. Katie also won silver in the 200m individual medley giving her the opportunity of racing for prizes in the skins.

Georgia Keen won three silver medals in the 12 year girls events. Of greater note to Georgia is that her time in the 200m backstroke added a second NQT to the 100m butterfly time she gained a few weeks ago.

There were three Aquae Sulis double gold medallists at the gala. The healthy rivalry between Thomas Sinclair and Tom Smith in the freestyle events continued apace and both Toms secured two golds and one silver at the gala. The other double gold medallist Rachel Palarm. Rachel backed up her breaststroke wins with a bronze medal in the sprint freestyle.

Other Aquae Sulis multiple medallists at the gala were Henry Dixon, Ben Lawton, Emily Codd, Henry Clifford and Matt Minnican.

Swim Swansea Open Meet

Rachel Palarm is the latest swimmer to add her name to the list of Aquae Sulis National Qualifiers. Rachel travelled to Swansea to race in their annual Long Course Open Meet.

Rachel qualified fastest for the final of the girls 15 years & over 200m breaststroke and went on to win gold in some style. More significantly Rachel's swim gained her NQT with some room to spare.

City of Sheffield No Frills Meet

Thomas Sinclair has been on his travels recently too competing at the City of Sheffield No Frills Open Meet.

Thomas is agonisingly close to a couple of NQT's and backed up his recent Millfield swims (to the extent that his 100m butterfly time was exactly the same) with some more great swimming at Ponds Forge.



Bath & North East Somerset Council

