



Farnham Swimming Club Newsletter – Winter 2023 edition

Message from Fiona, Chair of FSC

Ho Ho Ho! Season's Greetings to all of you!

I'm very excited to be ending 2023 with the relaunch of the FSC newsletter! Huge thanks to Jess Beattie for getting this going again. I hope it'll be a useful addition to our social media and Team Unify platforms in terms of keeping you all informed of club goings-on.

2023 has been another fantastic year for FSC. There's a great buzz about the place. Our Academy is thriving under Henny's leadership, and she has a brilliant team around her. It's always wonderful to see our existing swimmers involved as water helpers, and then progressing to becoming teachers. I know they adore working with our youngest swimmers and we love seeing the Academy swimmers moving on up into the main club as and when they're ready. We've now settled into this season's new more inclusive squad structure within the main club. The inevitable teething issues have been ironed out and our coaches are thoroughly enjoying working with all their swimmers.

Following a successful fundraising campaign last season, we managed to upgrade our meet timing equipment and invest in a scoreboard in March. It's so great to be able to use these in our internal meets. Thank you very, very much to everyone who helped and contributed. This season we decided that we wanted to focus our fundraising efforts on buying training aids, and we used the proceeds from the pudding auction at our Awards Evening (and some matched funding from one of our committee member's employers) to buy some very high-tech SONR headsets and radios from the US. The coaches have been rotating these around the squads and feedback has been phenomenal. We feel very lucky to be able to offer this facility to our swimmers during their sessions.

FSC took to the high seas for our Treasure Island themed entry to Farnham Carnival in June. Thanks to the creative talents of Claire Knight-Noël and Ben Bolton-Stanley, and the enthusiastic participation of our swashbuckling crew of pirates, we were awarded Gold! Shiver me timbers! Next year's entry is already being planned, so watch this space.

We said goodbye to Alex in October, and we were thrilled to welcome Louisa Ewing as our new Assistant Head Coach. By all accounts, Louisa has hit the ground running and has been a tremendous addition. Parents have been praising her for the constant technical feedback given to our swimmers, along with her positivity and drive. We hope you've loved your first few months with us, Louisa!

This year's Arena League has been as exciting as ever. We honestly could not be more proud of everyone who took part. Anyone who has ever watched our team on an Arena evening knows how much each and every swimmer gives. We also welcomed our new red bull mascot to the FSC family. Small but mighty! Overall we finished in 10th position (out of 18), which is a tremendous achievement given the stiff competition in our division of the league.

We rounded off the year with the Christmas Fun Gala on 10th December. Fierce festive competition amongst the three lead tier coaches and their teams led to a hilarious night of individual events, relays, and fun Christmas races. Sean's Santas, Louisa's Lightning Bolts and Ella's Elves battled it out to take the Christmas Crown, but in the end, Louisa's Lightning Bolts pipped the others to the post.

We have lots to look forward to next year, beginning with our Last Chance meet with Haslemere and Godalming on 6th and 7th January, and then on to the Surrey County Champs in January and February. But before all the meet madness starts again, I wish you all a well-deserved peaceful and relaxing Christmas. Put your feet up, indulge in some festive fare, and let's hope that Santa is good to all of us! Merry Christmas!

Message from Sean, Head Coach FSC

As the short course season ends as Head Coach I would like to wish everyone a fabulous festive period. I would like to thank all the coaches for adapting to the new structure and dedicating an immense amount of time and effort to developing the FSC programme as a whole. Also, the committee for all their tireless work behind the scenes.

I have never started a season so strong with the phenomenal PB ratio at the RRSC autumn open meet, which was then followed by incredible swims at Haslemere and Wycombe. We are riding a massive wave of success and the pinnacle of this was our best representation at Regional Winter Championships. Off the back of this we have two swimmers that have developed all the way through the FSC programme to qualify for the National Winter Short Course Championships - James and Bronwen. I am in awe of their inspirational racing, holding their nerve and their attitude last weekend. So proud!

Recently we had a Sunday evening fun of festive races and sessions which Fiona has mentioned. We continue to raise standards but most importantly continue to have fun!

Message from Henny, Academy section

FSC Academy has been working so hard since our return in September. Lots of new swimmers joining and many constant moves up through the club. My water helpers are superstars and each child has benefitted hugely from their presence in the water. Hannah is the breaststroke queen and key to our gold swimmers moving up to platinum successfully. Emily is simply the dream and we are both so proud of how much effort your children put into their swimming each week. Our recent gala was so much fun and I hope everyone enjoyed it as much as we did.

Message from Nick, Masters Corner

October – Masters SC Nationals in Sheffield

FSC had 4 swimmers attend the Nationals in Sheffield – Nick, Andrea, Amy & James (With Bryony in whites poolside). Great swims from all including a National Bronze for Amy in the 200 Backstroke!

November – Marathon Swim 10K & Masters Intercounty event, London Aquatic Centre Stratford London

7 Masters took on the epic 10K challenge in the Marathon swims event with 183 swimmers involved. Results - Zoe Thorne – 2.55.32 (4th Female, 7th Overall), Nick Ruzs – 2.58.04 (6th Male, 10th Overall), Rebecca Bell – 3.04.37 (7th Female, 17th Overall), David Obrien – 3.19.20 (16th Male, 28th Overall), Ben Bolton-Stanley – 3.34.07 (28th Male, 48th Overall), Matt Osborn – 3.43.22 (33rd Male, 60th Overall) and Simon Kearn – 3.45.31 (354th Male, 64th Overall)

The following day Andrea and Janine represented Surrey at the inter county event at the same venue helping them to overall second place behind Hampshire.

December – Masters Christmas dinner

Masters got together for their now traditional Christmas dinner to celebrate another successful year, 28 attended dinner at the Castle Inn Farnham. Big thanks for Ben Bolton-Stanley for organising and being responsible for suspect and very funny Secret Santa gifts! We now need to look for a bigger venue due to the popularity of this event!

Into 2024 – some landmark Birthdays this and next year means some Masters will be attempting to swim all of the Decathlon Events across galas this year – and take on some bigger swim challenges. As usual we fully encourage as many to attend the Bracknell Masters event and curry afterwards in March and please contact Nick, Janine or Andrea for details on other events across the year.

Coaching Team

Our latest new joiner is Louisa Ewing, FSC Assistant Head Coach

From Sean... “I am thrilled to introduce our newest addition to the Farnham Swim Club Family. Louisa Ewing, our new assistant Head coach. She has a deep passion for the sport and a commitment to fostering a positive and competitive environment. Louisa began swimming at the age of four and started competing around eleven years old. It then became a lot more serious as her training built to 11 sessions a week and she went on training camps and competed up and down the country. This enabled Louisa to compete at a County, Regional and National level where she experienced success and failure at all levels!

Louisa has had the pleasure and experience of working with children from all backgrounds, from disabled children to autistic children, to non-verbal, to county and regional champions. The lessons, techniques and understanding she learned over the years are priceless. Her technical ability and delivery is without a doubt one of her strengths. Coupled with her years of experience swim teaching and coaching. She has worked through the ability stages of swimming and now has a central focus heavily on the technical aspects of the sport, working on the development pathway of young talented athletes.”

Volunteering at FSC

FSC has a fantastic group of volunteers - committee members, officials, team managers, Sunday desk helpers, club kit organisers, social team, welfare team and our group of 'purple people' - the young swimmer volunteers who can go on to become part of the coaching team.

Officials (the ones dressed in white)

We are privileged at Farnham to have a referee and two qualified starters amongst our officials. This means we are able to run our club competitions without needing to beg other clubs for help. Training starts with timekeeping and is then followed by Judge 1 where you learn all the rules for the start, turn and finish of a race. Training sessions run a few times throughout the year.

Support Team (the ones in red tops)

Our Support Team is growing rapidly. The support team roles include team managing at our own events and at open meets/galas, running the medal desk, handing out refreshments and marshalling (getting the swimmers to their races on time and in the correct lanes).

Timing Team (the ones in light blue tops)

Our timing team are the legends of our club events. Without them we would not be able to run the meets to time or have results available so quickly.

Sunday Desk (black tops!)

FSC has a desk at Sunday practice each week from 4pm – 6pm. Here you can ask the volunteers for further information on meets, events, training, kit – or indeed anything swimming-related. This is also where you can purchase club hats, t-shirts and FSC water bottles.

Purple People

These are our very own swimmers - most are still competitively involved with the club. Volunteers start at 14 years and learn from the coaches. They could be in the training pool in the water or poolside with the older swimmers. Many of our purple people go on to complete swim teacher or coach qualifications.

If you can volunteer or keen to know more about any aspect of volunteering, please contact one of the following; Sharon - Officials - officials.fsc@outlook.com, Claire - Support team - clairemknight@hotmail.com, Anissa - Timing team - internalmeets.fsc@outlook.com, Sharon - Sunday desk - enquiries.fsc@hotmail.com, Michaela – purple team – juniorvolunteering.fsc@outlook.com

Future events/competitions/galas 2024

Event - Haslemere/FSC/GASC Last Chance SC L3 Meet

Venue: Godalming Leisure Centre – 25m / Dates: 6th - 7th January 2024

Deadline for entry 20 December 2023 / Ages as at 7th January 2024

Open to all squads from Competitive up to High Performance

Entry Fees: £7.50 for 50m, 100m, 200m events. £10 for 400m events

Event - Surrey County Championships 2024

Venue: Surrey Sports Park - 50m / Dates: 20th-21st January AND 3rd-4th February

Deadline for entry 17 January 2024 / Ages as at 31 December 2024

ALL entry times must have been achieved at licensed meets on or after 6 February 2023 and must appear on the Swim England Rankings Database.

Qualifying times are given as short course and long course times for all events. Swimmers may enter if they have achieved either time in the relevant pool length. No converted times are permitted.

Entry fees: £10 per individual event up to 400m; £12 for 800m and 1500m free

Event – Hart SC Spring L3 open meet 2024

Venue: Hart Leisure Centre – 25m / Dates: 2nd - 3rd March 2024

Deadline for entry 7 January 2024 / Age as at 3rd March 2024

Open to all squads from Competitive up to High Performance

Entry Fees: £9 for 50m, 100m, 200m events. £12 for 400m events

FSC Competition calendar

https://uk.teamunify.com/serfsc/UserFiles/File/fsc-events-calendar-nov-2023_040886.pdf

Social events

Details on our social events for 2024 will be revealed in our Spring newsletter.

Useful links

Who should I speak to?

https://uk.teamunify.com/serfsc/UserFiles/File/fsc-22who-should-i-speak-to-22-guide-20-feb-2023_096865.pdf

Kit orders

<https://uk.teamunify.com/team/serfsc/page/training-info/kit>

FSC social feeds

Please follow and join our social feeds to keep up to date with FSC news, updates, photos and general swimming chat!

<https://twitter.com/FarnhamSC>

https://www.instagram.com/farnham_swimmingclub/

<https://www.facebook.com/groups/242009232575773>

Thanks as always to our sponsors and partners

