

STINGRAYS EXPRESS



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HEADLINES:

- Brand new website! Live on Thursday 1st October 2009.
- AGM—Tuesday 24th November 2009.
- Club Championships 13th-28th November 2009.
- Training Camp to Florida—Easter 2011
- Next Issue: Wednesday November 11th

WELCOME BACK!

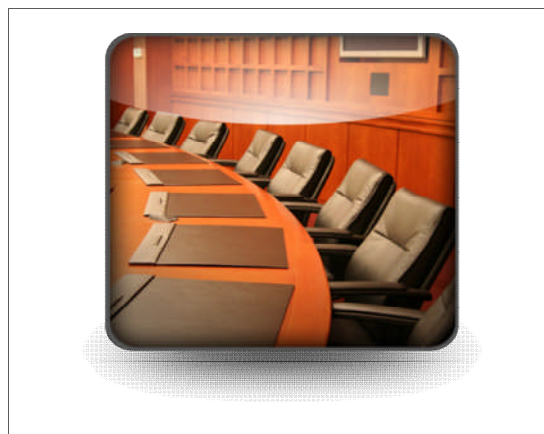
Welcome back to a NEW season to all members of Salisbury Stingrays ASC. This year we will be bringing together news and information from across the various sections of the swimming club into this single publication—we hope you will enjoy the new format.

MEMBERSHIP

September is membership renewal time for all members. This year due to a new membership system all details are required on an updated membership form, in addition to payment of £10 (cheques payable to Salisbury Stingrays ASC). Section administrators are organizing this for us—please get your forms and £10 payments in as soon as possible. Regular club helpers are exempt from the fee, but do need to complete a form.

AGM

Our Annual General Meeting (AGM) for 2009 will be held on Tuesday 24th November at Five Rivers Leisure Centre,



Annual General Meeting—Tuesday 24th November 2009

in the Conference Suite.

We will be electing many officers to help with the running of the club, as well as a committee. This year, the role of Chairperson will need to be filled. We have also created a number of extra roles to help with managing club funds and running competitions. Information about the nomination process and the roles will be available in the club room. Please think about the contribution you could make—many hands make light work!

SWIM 21

We are continuing to work towards our accreditation under this scheme and will be giving an update on progress at the AGM.

Please could I remind all parents and swimmers (especially squad) to check the notice board on a weekly basis, for information regarding team competitions and open meets. For any other information all contact information can be found via the back page.

KEEPING IN TOUCH THIS SEASON

COMPETITION

We are running a competition to come up with a more interesting name for this newsletter. Please leave your ideas, along with your name and contact details in the club room by October 4th, or send them by email.

WEBSITE

We are also launching a NEW website aiming to provide up-to-date information for all areas of the swimming club. This will go **LIVE** on Thursday 1st October 2009.

www.salisburystingrays.co.uk

You will find dedicated areas of the site for each section of the club—Learn to Swim, Masters, Water Polo and Squad.

We will also continue to communicate with you via email and on our notice board.



LEARN TO SWIM UPDATE

KIT

Please could you ensure your child has a swimming hat and goggles for their lessons, even in the learner pool. It makes it much easier for them to learn to swim! Why not wear the club hats issued at the beginning of term?

CERTIFICATES

Certificates for last term have arrived and will be available for pick up from Sunday 27th September.

RISING STARS

Last year, we linked up the top teaching group to the

competitive squad more formally. Around 20 swimmers have now taken part in the programme, with about half joining the squad—we are looking forward to watching them progress even further. We hope to continue to follow this approach this year too.

SPLASH GALA

Many swimmers thoroughly enjoyed this event last year, with the feedback and comments received, we

plan to run this event again in 2010.

LIONEL FANNER TROPHY

We will award this trophy each term to the most improved learner swimmer (in the learner pool).

CLUB CHAMPIONSHIPS

Thursday Juniors and Seniors are encouraged to enter this event. For more information check out the squad pages.



Annual Splash Gala event to continue due to success.

DATES FOR DIARY

*Term dates Autumn/
Winter Term 2009*

*Rebooking on the last
two dates of the term.*

Here are the term dates for the Autumn/Winter Term 2009 (Sep–Dec).

Sunday

6th, 13th, 20th, 27th Sep

4th, 11th Oct

18th Oct, 25th Oct—OFF

1st, 8th, 15th, 29th Nov

22nd Nov – OFF

6th, 13th Dec

Monday

7th, 14th, 21st, 28th Sep

5th, 12th, 19th Oct

26th Oct – OFF

2nd, 9th, 16th, 30th Nov

23rd Nov – OFF

7th Dec

Thursday

10th, 17th, 24th Sept

1st, 8th, 15th Oct

22nd and 29th Oct – OFF

5th, 12th, 19th, 26th Nov

3rd, 10th Dec

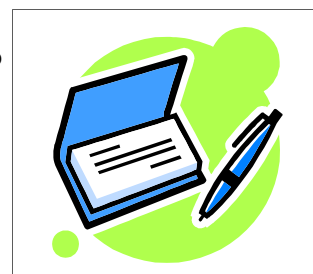
The last two dates will be rebooking sessions for the Spring Term 2010. All Learn to Swim classes will have 12 sessions this term.

PAYMENTS

All payments for the following term, should be collected during the rebooking sessions, these occur on the last two dates of the previous term. Cheques will not be cashed until after the first session of the new term. If you are unable to attend these sessions then could you please make every effort to either post them to the club (address on back page) or bring them to the first session of the new term. If

payments are not received before the 2nd session of the new term, then your child will be asked to sit out of swimming until payments are received, if after half term, the payments still are not received your child's place will be offered

to another on the waiting list. Hopefully you can understand and appreciate our stand, as the club is a self-financing structure.



Please can all monies come via cheques payable to SALISBURY STINGRAYS ASC.

COACHES AND TEACHERS BULLETIN

We know that many of you want to develop your skills and qualifications, and the club is keen to support you with this. Since the ASA introduced their new teaching and coaching structure 2 years ago, it has been increasingly hard to make progress in this area. With fewer courses, longer hours and increased costs, this is starting to cause us serious concern as a club.

As a result, we have decided that we will primarily support the STA swimming programme in the future. Regular STA courses are held at Godolphin pool, they are cheaper, and enable you to

supervise more swimmers more quickly.

A Level 2 course starts on the 1st November and runs for 5 Sundays. We will cover the cost of the course and exam. To qualify for this course, you need an STA Level 1 or ASA Level 1 (before 1 Sept 2007). A Level 1 course is planned for February. Further details in the club room, or Godolphin pool.

We are in need of another Level 2 teacher on Thursday evenings at Godolphin—if you can help out occasionally or regularly, please contact Nell

as soon as possible.

This year, we will pay full ASA subs and club membership for all poolside helpers. Level 2 teachers will receive the equivalent of 1 hour free swim per week.

Thank you all for your continued support.

UPCOMING EVENTS

Sun 18th Oct—Salisbury
Stingrays Level 3 Open Meet

Tue 24th November—AGM

Tuesday 10th November -
Safeguarding and Child
Protection Course
Five Rivers Leisure Centre
6.30pm-9.30pm

Sunday 1st November—STA
Level 2 Certificate in Teaching
Swimming—FULL
Godolphin Pool
Time TBC

Coaches Meeting
Saturday Oct 10th—10am or
Sunday Oct 11th—4pm
Please let Hayley know your
preference.

Teachers Meeting
Sunday Oct 4th—7pm
Please make every effort to
attend.

*Coaches meeting—let
me know your
preference ASAP*

*Teachers meeting
Sunday Oct 4th
7pm*

BSCTA COACHES CONFERENCE 2009

Head Coach Hayley Ward will be attending this three-day long event in Cheltenham from Friday 25th September till Sunday 27th September, Age Group Coach Dave Currie will be joining for one day. It is a chance to meet other coaches from around the UK and be educated by world class coaches or various coaching matters from Talent Development to LTAD and from land Training to Altitude Training.

Various top level British coaches will be attending in addition to the coach of the Japanese World and Olympic Breaststroke Champion of Kosuke Kitajima.

Once the event has finished I will be composing a report for all coaches and teachers for your reading pleasure.

In addition there are always articles on the website re-

garding various coaching and teaching matters, and books in the club room library.





SQUAD NEWS

Due to the varying abilities and many new additions within the squad the coaching team reorganized the squads to reflect their abilities. Hopefully this has made an improvement within the swimming club, especially with regard to lane space. However I know we are having a few teething problems implementing this along with the new timetable. We ask for your patience during this time of change.

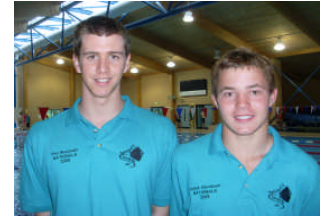
Thank you to all who attended the swimmer, parent and coach meetings at the start of the season, your attendance and feedback was appreciated. If you need any information relating to these meetings please contact Head Coach, Hayley Ward. One-to-one swimmer-coach meetings are due to take place, week beginning 28th September.

Please may I refer you to the notice board where there are currently selected open meets for all squads in December - closing date of Sunday 27th September.

Due to a lack of attendance and the frequent cancellation, due to competitions and

various coaching courses, Sunday pm land training is to be cancelled. This will be effective as of release of this newsletter. We apologise for this decision but the lack of attendance means that training can very rarely take place. We hope to revisit this decision later on in the season to start back up, but for now there will be no Sunday Land Training.

Planning has begun for a training camp to Florida, USA. It would take place during the Easter Holidays of 2011. As this is still in the planning stages details are rough. Numbers will be limited and criteria may be set due to the expense and nature of the trip. We are currently in talks with Blue Water Training Camps to come up with a suitable package that would be best for the club. However due to the expense of travelling to America, we are estimating costs of around £1000 per person. This can be brought down significantly if we fund-raise. If anybody has any ideas, please let me know. At this moment all we are asking for is a show of hands from those interested and volunteers to help plan and



Phil Muspratt and Adam Davidson after their National debut in Sheffield.

organize this training camp. A meeting will be scheduled later on this year for those interested in going on this training camp and those willing to help.

Prior to our summer break Phil Muspratt and Adam Davidson qualified for the British Gas ASA National Youth and ASA National Championships at Ponds Forge, Sheffield. Adam swam first and clocked a mammoth personal best of 25.73 seconds, placing himself 60th in his age group (15/16 yrs). Phil swam in the penultimate heat and achieved a solid time of 24.46 seconds. I hope you can join in congratulating them!

*All payments in cheque
payable to
SALISBURY
STINGRAYS ASC*

PAYMENTS

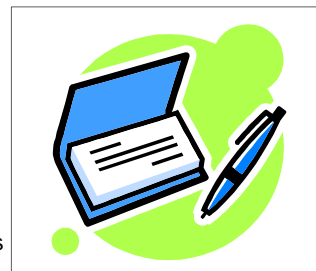
Fees for squad are as follows:

Elite 1, Elite 2: £45
Junior Elite, Senior Performance: £38
Junior Development, Senior Club: £27

These are monthly payments that should be made to the club either by monthly standing order or termly cheques.

Could I please remind everyone who ordered a new competition swimming hat, then they have been ordered and payment is required.

£5 per hat.



Please can all monies come via cheques payable to SALISBURY STINGRAYS ASC.

Those who enter competitions, mainly open meets, could I remind you that when you hand in an entry form could you please enclose payment in an envelope. The Open Meet entry box is located in the club room on the

bookcase.

COMPETITION REPORT

Saturday 12th Sep, 2009

Salisbury Stingrays stormed to victory in the final of the Wiltshire Summer League on Saturday at Corsham. They won the gala by a stunning 24 points, which made them overall winners of Division 2 of the Summer league by 59 points.

This result means that Salisbury Stingrays will be promoted to the 1st Division of the league for the first time in almost ten years—a great achievement.

Next year, we will compete against the top teams in the county—Tigersharks, Trowbridge and Swindon Dolphins.



Coaches and Captains celebrating promotion to the 1st Division of the Wiltshire Summer League

Sunday 16th August, 2009

Samuel Poultney, Adam Davidson and Hannah DREWETT competed at the Crystal Palace Invitational Schools

Biathlon Championships.

With a 100m FC swim followed by a 1000m run all performed fantastically. Sam finished 2nd in the Y12/13 age group, with Adam 3rd in the Y10 age group and Hannah 4th in the Y11 age group.

Friday 31st July, 2009

Samuel Pountney and Samuel Greenslade have been selected to represent Wiltshire at the National County Team Championships at Sheffield on the 18th October.

Congratulations to all!

CLUB CHAMPIONSHIPS 2009

This year's Salisbury Stingrays Club Championships will be a licensed event. This means that all times will be placed in the national ranking database. Therefore all events will be swum:

50m FC, BK, BR, FLY
100m FC, BK, BR, FLY, IM
200m FC, BK, BR, FLY, IM
400m FC, IM

800m, 1500m FC
These will take place over 5 club night sessions as follows:

Fri 13th Nov 7.15-9.15pm (1500m FC)
Fri 20th Nov 7.15-9.15pm (800m FC)
Sunday 22nd Nov 5-8pm
Monday 23rd Nov 6-9pm

Fri 27th Nov 6.15-9.15pm

Saturday 28th November will be the Presentation Evening and social, venue and time still to be confirmed. Entry forms will be distributed soon, with the closing date of Nov 1st. Please make every effort to compete in these championships, it is a squad requirement.

Club Championships

November 13th -

November 28th

Presentation Evening

Saturday 28th Nov

UPCOMING EVENTS

There are many things going on in the coming months. Please remember to check the notice board and website regularly.

Sat 10th Oct—Round One: National League, Keynsham
Coach leaves at 1:45pm

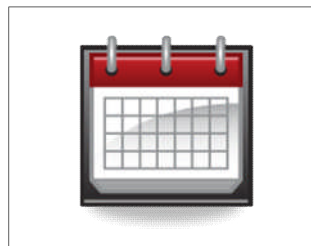
Sun 18th Oct—Salisbury Stingrays Level 3 Open Meet

Sun 18th Oct—Inter-County Gala, Sheffield : Sam Greenslade and Sam Pountney, selected to represent Wiltshire

Sat 24th-Sun 25th Oct—Avalon Open Meet, Millfield

Tue 24th Nov—AGM

Sat 7th-Sun 8th Nov—ASA SW Region SC Championships



Calendar can be found on the website





ALL ABOUT WATER POLO

Water Polo is a game that captures a number of different facets of some of the more popular sports in world culture. Much of what is involved with water polo is comparable to the sports of hockey, basketball and football.

Physiologists have ranked the sport as one of the most strenuous activities of all. The exercise of swimming itself utilizes many sets of muscles, add to that the head-high ball handling skills of passing and shooting, the leg support generated through the eggbeater kick and physical contact between players and you have



a thoroughly arduous sport.

The game started as far back as the mid-1800's, with a submersible ball and played in a rugby style. It has obviously changed quite significantly since then and the

game we play today although still physically demanding does not perhaps have quite the same lack of discipline as the earlier versions. Women were not involved in water polo until the early 1900's but since then have gone from strength to strength.

*Junior and Senior
Teams—contact Penny
Marshall for more
information*

INFORMATION ON JOINING

Salisbury Stingrays Water Polo Club has 2 sections:-
Junior Section. Tuesday 6-7pm @ Godolphin School Pool. This runs every Tuesday during the school term. All Children are welcome from 5 years old, but they need to be able to swim 50m.

Senior Section. Sunday 7-8pm @ 5Rivers Leisure Centre. This runs every Sunday evening throughout the year apart from Christmas when the pool closes. This section is open to any swimmer over the age of 15 (depending on swimming ability and ball skills).

Contact Penny Marshall
01722 330097. Email.
Penny155@btinternet.com

FIXTURES CONTACT

We play in the Dorset League and run a Senior team, and U18 junior team. We also have a joint ladies team with Christchurch seagulls.

We also play various friendly matches for various age groups and compete in at least 1 tournament at Basingstoke for our U14 age group.

Fixtures Secretaries:
Seniors: Iain Smith email:
iainsmith116@hotmail.com
Juniors: Hannah Carter
email: hannahcarter@aol.com
Ladies: Lorna Clark email:
Loopylorna95@msn.com



CLUB CHAMPIONSHIPS

All members of Water Polo are encouraged to enter this event. For more information check out the squad pages.

MASTERS BULLETIN

The Salisbury Master Swimmers are the adult competition section of Salisbury Stingrays Amateur Swimming Club.

- Train with others who enjoy swimming
- Train with a qualified coach
- Improve your fitness and stamina
- Improve your swimming skills
- Participate in Masters competitions in pools and in open water
- Participate locally, nationally and internationally

- Make new friends

The Salisbury Masters has grown since 1984, from a handful of swimmers to over thirty members. In 1989 they developed into a separate section of the swimming club and as a group they have won the yearly Wiltshire Masters Championship a number of times. Various members have broken and are still breaking, county and national records. Some have also competed successfully in international events, as well as at world level gaining credible world rankings.



Master competitions are swum in five year age groups. These used to start at 25 years of age, but competitions now recognise the newer 20 to 24 years group. There is no upper age limit. Our oldest member competes in the 70+ group with considerable success.

UPCOMING EVENTS

Sat 3rd Oct—Wilts Masters Block 3, Salisbury

Fri 23rd-Sun 25th Oct—British Gas ASA Masters and Senior Age Group Championships, Sheffield

Sun 15th Nov—Inter-County Event, Bristol

CLUB CHAMPIONSHIPS

Due to the scheduling of the club championships this year we have used all the pool time available to us, this does mean that for one week their will be no Monday (23/11) or Friday (27/11) swims. The distance events scheduled for Friday nights, will run from 7:15-8:15pm so there will be no disruption to

training on those dates (13/11 and 20/11). However, all masters swimmers are encouraged to enter this event. For more information check out the squad pages.

Club Championships

November 13th -

November 28th

Presentation Evening

Saturday 28th Nov

COMPETITION REPORT

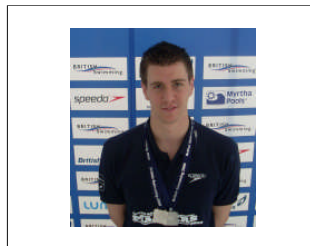
Tuesday 8th Sep, 2009

Masters swimmers Julia Kemp, Bob Pearce, Phillippa Carter, Lorna Harding, Grahame Wade, Harriett Lerwill and Phil Muspratt have been selected to represent the Wiltshire masters team at an inter-county event in Horfield, Bristol on November 15.

Sunday 6th Sep, 2009

Phil Muspratt returned from

the Barnet Copthall Masters Sprint Meet with four gold medals and two silvers but bitterly disappointed with his performance. Despite winning a quartet of golds, he returned home concerned that his times were not what he had hoped



Phil Muspratt pictured at British Gas Masters earlier this year.

for ahead of the Masters National Championships in October. "I had hoped for some faster times leading upto Nationals in October" he said. "But I have just under seven weeks of hard training before, so by October, I hope I'll be back to something near my best".



Salisbury Stingrays ASC

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Salisbury
SP1 3NR

Phone: 07588 451 939
E-mail: info@salburystingrays.co.uk or
headcoach@salburystingrays.co.uk

www.salisburystingrays.co.uk



Salisbury Stingrays ASC is the leading competitive swimming club in South Wiltshire. We compete at County (Wiltshire), Regional (South West) and National levels, including various open meets and leagues throughout the year. Competitively we are among the top clubs in Wiltshire and are constantly trying to improve our District and National status. The club structure reflects our various competitive ambitions with 8 squads run by our dedicated volunteer coaches and led by our professional Head Coach, Hayley Ward.

The Masters are the adult competition section of Salisbury Stingrays ASC and cater for all abilities over 19. They participate in masters competitions locally, nationally and internationally with great success.

Our Water Polo squad has both Junior and Senior teams who each train once a week and play in the Dorset league. They also play various friendly matches for various age groups and compete in tournaments locally.

The Stingrays Learn to Swim caters for all stages of the National Plan for Teaching Swimming from the ASA. This is delivered by our qualified volunteer teachers and led by our Section heads for the various nights that we offer teaching. In addition we also hold an annual "Splash Gala", which gives our swimmers a chance to compete in various events in a friendly and relaxed atmosphere.

The Club is a self-financing structure, receiving no direct monetary support. The revenue to run our Coaching and Teaching Scheme is generated by:

1. Monthly / Termly billing of Club members
2. The promotion of Open Meet competitions
3. Fund raising by members and families.

Salisbury Stingrays ASC is committed to helping all swimmers to achieve their maximum potential and to enjoy participating in aquatic sport. This will be achieved with the aid of high-quality coaching, teaching and support staff, working in partnership with the club officials, parents and most importantly, the swimmers.

SALISBURY STINGRAYS LEVEL 3 OPEN MEET

October sees the first licensed meet to be held by our club. The closing date for entries is Sunday 27th September, so get those entries in asap. All information can be found on the website, if you are unsure please see Head Coach Hayley Ward.

Due to the nature of a licensed meet there are many roles to be filled on the day, so could I please now ask that you all please look at the volunteer sheet on the notice board as there are still some gaps.

Session One

Doors Open @ 11am
Start @ 12pm
Male 100m IM
Female 200m FLY
Male 200m FC
Female 200m Back
Male 200m Breast
Female 50m FC

Session Two

Doors Open @ 3:15pm
Start @ 4:15pm
Female 100m IM
Male 200m FLY
Female 200m FC
Male 200m Back
Female 200m Breast
Male 50m FC

The Open Meet will run on Sunday 18th October, there will be a morning and afternoon session. With races to cover age groups:

9yrs, 10yrs, 11yrs, 12yrs, 13yrs and 14+yrs.

The events to be included are:

100m IM, 200m Butterfly, Backstroke, Breaststroke and Freestyle; and 50m Freestyle.

All events are £4.25.

I hope that we can all support the club in making this event a huge success.

All enquiries to:

open-meet@salburystingrays.co.uk