



# RAYS REVIEW!

**INSIDE THIS ISSUE:**

<i>Learn to Swim</i>	<b>2</b>
<i>Squad</i>	<b>3-4</b>
<i>Competition</i>	<b>5</b>
<i>Water Polo</i>	<b>6</b>
<i>Masters</i>	<b>7</b>
<i>Contacts</i>	<b>8</b>

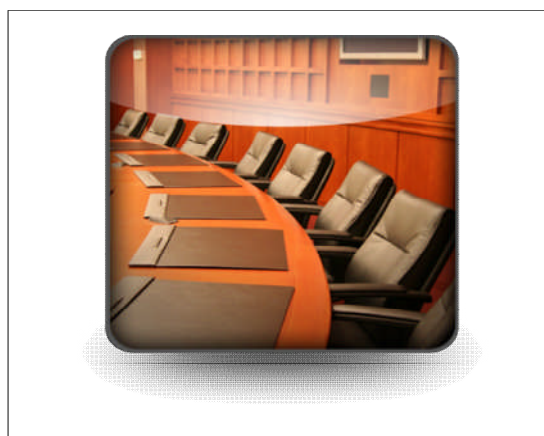
**HEADLINES:**

- AGM report
- Inaugural licensed Club Championships is a success
- Christmas Squad Closures
- Salisbury Stingrays Level 3 Open Meet Report
- Salisbury Masters = Wiltshire County Champions
- 2008-2009 Season Review

## AGM REPORT - TUESDAY 24TH NOVEMBER 2009

The club's Annual General Meeting was a quiet occasion held in the Conference Room of Five Rivers Leisure Centre on the evening of 24th November 2009. It was attended by a range of life members, parents and club officials—and the chairs weren't as plush as the picture shows!

Each section of the club reported their progress over the past year and told how they were looking forward to the year ahead. The overall message was really positive with waiting lists for learn to swim, the squad producing some outstanding results, masters winning many trophies, including the County Championships, and water polo making progress as one of the few clubs in Wiltshire. Hayley Rutter presented her final report as Treasurer and Eleanor Evans presented her final report as Chair on the overall club's activities; a resounding vote of thanks was given to both these for the extreme efforts they have put into the club over the past 2 years. Elections for club officials were held



Annual General Meeting—Tuesday 24th November 2009

and most key posts were successfully filled. However, the void left by Eleanor's resignation as Chairman remains unfilled. This is a vital role in the day to day running of the club, making key decisions and liaising with all areas of the club. If anybody wishes to volunteer for this post, please contact any club official. Next year's AGM will be at the same time of year—it's open to all parents and swimmers so please come and support it.

Committee members:  
Ted Richards—Secretary  
Mike Demetri—Treasurer  
Sue Pountney—Minutes Secretary/Social Secretary  
Mark Pountney—Membership Secretary  
Sharon Southon—Competition Secretary  
Bev Davis—Squad Admin  
Fiona Croager—LTS Admin  
Emma Davidson—Team Manager  
Liz Baker—Parents rep

## TITLE COMPETITION

Welcome to the second issue of the Salisbury Stingrays Newsletter. The competition for the title of the newsletter was won by Katherine Evans with "Rays Review". Congratulations.

If you have any suggestions or comments on the newsletter about what could be included or if you wish to help out with its design and publication, please contact Hayley Ward.



## LEARN TO SWIM UPDATE

The rebooking sessions for the Spring Term will occur on the following dates:

**Sunday: 6th and 13th Dec**

**Monday: 30th Nov and 7th Dec**

**Thursday: 3rd and 10th Dec**

Please may I remind you all to make every effort to attend these sessions, following the guidelines below.

### DISTANCE BADGES

There are plans to include the ASA distance badges in the Spring Term. Hopefully this will be possible and more information will be given out as soon as possible. The badges range from

5m up to 5000m. If your child wishes to participate in these badges there would be a cost of £2 for the badge and certificate that accompanies them.

### KIT

Can I please remind all parents to ensure that your child has a swimming hat and goggles for their lessons, even in the learner pool.

### LIONEL FANNER TROPHY

We will award this trophy to the most improved learner on the last night of this term (Sun 13th Dec).

### CLUB CHAMPIONSHIPS

Can I congratulate all swimmers who took part in the club championships, all certificates are available to collect from Fiona Croager.



The ASA Rainbow Distance Awards Scheme

## DATES FOR DIARY

*Term dates Spring  
Term 2010*

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

Here are the term dates for the Spring Term 2010 (Jan–April).

### Sunday

10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> January  
7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> February

### 14<sup>th</sup> Feb - HALF TERM

7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> March  
4<sup>th</sup> April

### Monday

4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> January  
1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup> February

### 15<sup>th</sup> Feb - HALF TERM

1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> March

### Thursday

7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> January  
4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup> February

### 18<sup>th</sup> Feb - HALF TERM

4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> March  
1<sup>st</sup> April

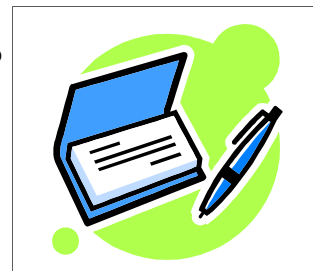
The last **two dates** will be rebooking sessions for the Spring Term 2010. All Learn to Swim classes will have 12 sessions this term.

## 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. Please contact Fiona Croager immediately if you are finding difficulty in making pay-

ments. We want to avoid causing distress to the children, but we do have others on our waiting lists and need to make sure we maintain income for the club.



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

## SQUAD NEWS

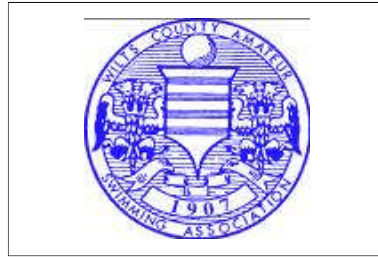
We have had a very successful start to this season as can be seen with regard to the new squad structure taking place, the club championships and other results within Wiltshire and further.

As mentioned at the Swimmer and Parent meetings back in September these will be occurring again in the new year. There will be an Elite meeting for those in Elite 1, Elite 2 and Junior Elite on Thursday 21st January at 6pm. Then a Development and Performance meeting for those in Junior Development, Senior Performance and Senior Club on Sunday 24th January at 4pm. Can everybody please make every effort to attend these as important information about the rest of the season will be given. In addition Elite one to one meetings will take place with your coach after Christmas during the week of 18th–22nd January, to discuss competitions and expectations for the rest of the season, please make sure to sign up for a slot so as not to miss out.

Please may I refer you to the notice board where a lot of new information has been published with regard to the

end of this and the beginning of next year. There are a few open meets with closing dates before we close for Christmas. In addition there is information regarding the postal swim, which is due to take place at the end of January on Sunday 24th. Those with Wiltshire County Qualifying Times have been highlighted on a PB sheet. Selections have also been made for the County Team Relays based on the results from the club championships, could everybody please take note as there will be team practices, with attendance a key factor in keeping your place. Those with qualifying times are encouraged to swim at these championships as we have a record number of 40 qualifiers so far, hopefully with more to come.

All the results from the Club Championships are now available on the website as well as much more information, including Wiltshire County entry forms and schedule. Due to some teething problems with the new website I understand people have been unable to find some information. If anybody has any problems or comments regarding the new



Wiltshire County Championships 2010

website could you please let Hayley Ward know by email.

Due to a poor response regarding the training camp abroad, various other options are being viewed. Hopefully these can be discussed at the swimmer and parent meetings in the new year.

### NEW FINA RULING!

From 1st January 2010 all competitions will be applying the FINA rules below in relation to swimsuits.

8.2 The competitor must wear only one swimsuit in one or two pieces.

8.3 Swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor below the knee. All swimsuits shall be made from textile materials.

*All payments in cheque  
payable to  
SALISBURY  
STINGRAYS ASC*

## PAYMENTS

Due to the volume of entries coming in for various open meets and payments for various other items e.g. swimming hats, can we please ask that payments are handed in at the same time. This is unless prior arrangements are made or extenuating circumstances permit. The cheques can either be attached to the entry form or in an envelope with the swimmers name on it. This way it aids Hayley

Ward who has taken on the Open Meet entries for this season, and the new Treasurer, Mike Demetri.

There is also a new filling system in operation within the club room, please ensure that all monies and paperwork go into the appropriate section so as to help all concerned and aid the organization of the club room.



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



# CLUB CHAMPIONSHIPS 2009

Congratulations to all who competed at this year's inaugural licensed Club Championships. The event was definitely a success with 86 competitors covering all sections of the club. With 5 sessions to cover with officials and volunteers, huge thanks go to Sharon Southon. With many personal best times and plenty of County and Regional Qualifying times it is definitely on the calendar for next year.

The Presentation Evening at Salisbury Arts Centre went off without any glitches and was truly an enjoyable night by all who attended. Each

entrant in this year's Club Championships received a certificate with their times and placing on, in addition the top 3 placing in each age group received a small plaque. There were also the yearly awards to be handed out for squad, the winners are listed below:

- Most improved Junior Boy: **Michael Armitage**
- Most Improved Junior Girl: **Clare Southon**
- Most Improved Senior Boy: **Joseph Demetri**
- Most Improved Senior Girl: **Eleanor Wolverson**

- Endeavour Junior Boy: **Edward Rutter**
- Endeavour Junior Girl: **Bryony Richards**
- Endeavour Senior Boy: **Rob Langan**
- Endeavour Senior Girl: **Hannah Drewett**

Swimmer of the Year:  
**Adam Davidson**

Truly deserved awards by all.

If you have any comments or suggestions for next year's Club Championships please let Head Coach, Hayley Ward know by email.

## CHRISTMAS CLOSURES

A more detailed plan is available to download from the website and is also on the notice board. But here is a brief summary.

- Christmas Eve: AM Training only
- Christmas Day: CLOSED
- Boxing Day: CLOSED

- Sun 27/12/09: CLOSED
- Mon 28/12/09: CLOSED
- Wed 30/12/09: AM Training
- New Year's Eve: AM Training only
- New Year's Day: CLOSED
- Sat 02/01/10: back to normal

The Committee and Coaching Team wish everyone a Merry Christmas and a Happy New Year.

*Christmas closing dates*

## UPCOMING EVENTS

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

Sat 5th-Sun 6th Dec—Tigersharks Level 3 Open Meet, Swindon

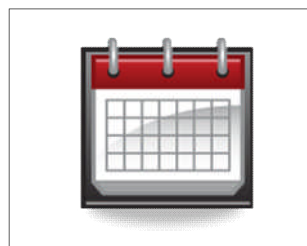
Sat 12th Dec—Final Round: National League, Weston-Super-Mare  
Coach leaves at 1:30pm

Fri 18th-Sun 20th—Plymouth Leander Level 1 Open Meet, Millfield

Sat 19th-Sun 20th—Bournemouth Dolphins Level 2 Open Meet, Littledown Centre

Sun 3rd Jan—County Team Relay Practice 6pm-7pm

Sun 10th Jan—SW Region Long Distance Time Trials, Bath



Calendar can be found on the website





*2008-2009 Season  
was a fantastic one  
across all areas of the  
squad.*

*Congratulations on the  
success.*

## COMPETITION REPORT

With many competitions already contested there is much to report.

### Saturday 21st Nov, 2009

Saturday night was electric with Stingrays challenging some of the top teams in Wiltshire in the first round of the Winter League. With 25 Personal Best times the swimmers were in impeccable form. The U17 Girls team of Alexandra Richards, Hannah Gwyther, Gemma Currie and Gabriella Pountney won all four of their races and were dully awarded the team of the gala. Stingrays were very close to Tigersharks all night with only ever a few points separating the teams and it all came down to the final few races.

The final scores on the night: Swindon Dolphins 'A' 251, **Salisbury Stingrays 215**, Tigersharks 'A' 215, Corsham 'A' 142, Marlborough 121, Trowbridge 'B' 82, Durrington 65.

### Saturday 14th Nov, 2009

Salisbury Stingrays traveled to Bath this weekend for the second round of the National Arena Swimming League. With a fairly strong field and the need to finish high in order to qualify for the top

final, the pressure was on. Even with a slightly depleted team, all swimmers performed outstandingly and stepped up to the mark. With 18 personal bests and exactly half of the races either won or second place there was a real team spirit. Throughout the evening each win increased the energy and enthusiasm, making the atmosphere electric. The boys and girls 15/u teams produced some fantastic wins with both finishing first in the freestyle relay. The 11/u girls and boys teams also produced some good wins. Luke Demetri swam an impressive 8 races over the course of the evening, with 2 personal bests in his individual races. A well deserved Swimmer of the Gala. The points tally throughout the night was tight between Salisbury and eventual winners Bath, even a fine display of freestyle racing could not overhaul them as Bath won by 10 points.

Round 2 Division 2 scores: Bath Dolphins 221, **Salisbury Stingrays 211**, Dawlish 174, Bristol Central 170, Bristol North 133, Oddicombe 126.

### Sat 7th-Sun 8th Nov, 2009

Travelling to Hutton Moor,



District Qualifiers November 2009.

Weston-Super-Mare this weekend for the ASA South West Region Championships hopes were high for some good performances and personal bests. Samuel Pountney, Hannah Drewett, Robert Langan, Gemma Currie, Adam Davidson, Gabriella Pountney, Phil Muspratt and Joe Orritt all performed well. Sam Pountney reached the final of the 200m Breaststroke and finished 7th. Phil was seeded 1st for the final of the 50m Freestyle and ultimately came away with the gold medal. He also reached the final of the 100m Freestyle and came a creditable 3rd. There were lots of personal bests from the swimmers and good performances by all.

Congratulations to all!

## 2008-2009 SEASON REVIEW

This review was presented at the Club Championships Presentation Evening, but here is a brief report for those who missed out.

### MMONRAKER LEAGUES

Winter League—Qualified for top final again, finished 5th. Summer League—incredible run, winning each round and earning promotion to the 1st Division.

### WILTSHIRE COUNTIES

We had 26 qualifiers (12 Youth, 14 BAGCAT) who brought away 81 medals, with 5 Junior Champions and 2 County Champions, an impressive haul and an improvement in numbers of qualifiers and medalists.

### SW REGIONALS

With 9 youth qualifiers making 4 finals and 6 BAGCAT qualifiers making 5 finals

with 1 silver medal (Clare Southon—100m BR) achievements keep on coming.

### NATIONALS

With 2 National Qualifiers in Adam Davidson and Phil Muspratt in the 50m Freestyle their performances were outstanding and a great way to finish the season.

Work a little harder and Aim a little higher!



## WATER POLO ROUND UP

We have had a busy year with many new recruits, particularly in the Juniors. Some stay and progress well, others wonder what has hit them after 1 session and are never seen again. The Juniors attended a tournament in Basingstoke and came a very creditable 3rd against difficult opposition—a very pleasing result.

We have joined the Dorset friendly league again this season with teams in Seniors and Juniors (17 and under). We have also entered a team in the Ladies league with Christchurch Seagulls, we call ourselves

Salisbury Seagulls. Results a little disappointing so far, but we are having less goals scored against us and managing to get a few ourselves so we must be improving.

Despite losing several players to University this year the Water Polo Section continues to thrive, but only with the continued help and support of all our poolside helpers, fixture secretaries and admin support. I would like to make a special mention of thanks to Trevor Clark who never fails to be on poolside every Tuesday evening giving consistent coaching to his junior group.

This year's Club Championships Presentation Evening saw new yearly awards for Water Polo, winners below:

Most Improved Junior:

**Ellie Crosthwaite**

Most Improved Senior:

**Dan Racey**

Endeavour Junior:

**Elena Demetri**

Endeavour Senior:

**Darren Petty**

Junior Swimmer of the Year:

**Heather Baker**

Senior Swimmer of the Year:

**Ben Taylor**

*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](mailto: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](mailto:iainsmith116@hotmail.com)  
Juniors: Hannah Carter email: [hannahcarter@aol.com](mailto:hannahcarter@aol.com)  
Ladies: Lorna Clark email: [Loopylorna95@msn.com](mailto:Loopylorna95@msn.com)



# MASTERS BULLETIN

Congratulations firstly to both Margaret Wilkinson and Ron Pankhurst for receiving their Lifetime Achievement Awards at last week's Club Championships Presentation Evening. In addition we congratulate Julia Kemp who received the Masters Swimmer of the Year trophy.

## SALISBURY SWIMMERS SHINE FOR COUNTY TEAM

Seven Salisbury Masters swimmers travelled to Horfield, Bristol, to compete for Wiltshire at the South West Region of the inter-county championships. Salisbury were up against Cornwall, Devon, Somerset, Gloucestershire and Dorset.

Harriet Lerwill, Julia Kemp, Lorna Harding, Philippa Carter, Nell Walker, Bob Pearce and Phil Muspratt put in some fine swims to help Wiltshire's cause. The weekend's success came of the back of a strong performance from the Salisbury swimmers in their recent County Championships, where Salisbury wrestled the title from Swindon Dolphins with a strong home performance. Held at the Five Rivers Leisure Centre, they made home advantage count by claiming 90 medals across all events and age groups. The final points total displayed Salisbury's dominance where they accumulated a 77 point cushion over second place Swindon Dolphins. The final team positions were:



1. Salisbury Masters 369  
2. Swindon Dolphins 292  
3. Swindon Area Masters 271

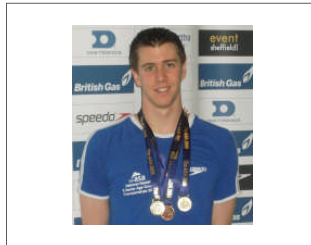
1. Salisbury Masters 369
2. Swindon Dolphins 292
3. Swindon Area Masters 271

Congratulations to all involved.

## COMPETITION REPORT

### Sunday 26th Oct, 2009

Salisbury swimming sensation Phil Muspratt struck gold twice at the weekend's National Championships in Sheffield. A superb personal best of 1:55.11 proved good enough to take first place in the 200m freestyle—an event he is still getting to grips with. He then won gold in the 50m Freestyle, again with a personal best performance. Muspratt then added bronze in the 100m freestyle and declared himself satisfied with his weekend's work. "The 50m Freestyle was the one I wanted to claim gold in, the 20m Freestyle was a bonus. My 200m Freestyle time came as a great surprise, as it was only a week ago I claimed a two-second personal best time in the same event at the Salisbury Stingrays Autumn Open Meet". Team mate Rob Langan registered a six-second personal best time in the 400m Freestyle but just missed out on fourth place. He also produced personal best times in the 50m and



Phil Muspratt pictured at the National Championships.

100m Freestyle, but missed out on the medals.

### Saturday 28th Nov, 2009

Salisbury masters swimmer Phil Muspratt returned from the Magent Pool, Maidenhead with a clutch of 6 golds, despite suffering from a slight foot injury. The one day event mainly attracted swimmers from the South East regions of England, yet British & European masters age group records were being broken. In the first of two sessions, Phil's day started with the 200m freestyle where he claimed 1st place in a good time of 1 min 56.85 seconds, his fastest

time since his personal best performance at the national championships at the end of October where he clocked 1 min 55.11 seconds. The race was a hard fought win as Phil was pitted against former 200m backstroke 2008 Olympic trialist Chris Rowley of Bracknell. His swim also claimed him the meets best time, beating the old record by just over 7 seconds. In the second session of the day Phil again clocked an encouraging time of 52.45 in the 100m freestyle taking the gold medal position despite by again being pushed all the way Chris Rowley. He also managed to break his 3rd meet record of the day, beating the old time by just under two seconds. Gold in the 50m butterfly followed with a steady time of 28.10 seconds and a strong swim in the 50m freestyle completed his haul of six golds. Out of the 45 teams that attended Phil's sole representation claimed Salisbury a respectable 24th place in the final team standings.



**Salisbury Stingrays ASC**

c/o Five Rivers Leisure Centre  
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Salisbury  
SP1 3NR

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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.

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## SALISBURY STINGRAYS LEVEL 3 OPEN MEET REPORT

Salisbury Stingrays held their first licensed open meet at Five Rivers Leisure Centre on Sunday 18th October. The event attracted thirteen clubs from Wiltshire and the Bristol area and there were over 360 swims during the competition. The format of the gala was to provide competitors with 200m times so events covered all four strokes, as well as the 100m Individual Medley and 50m Freestyle. The times swimmers achieved will be added to the ASA rankings, which count for County and District qualifying times.

Competitors were awarded gold, silver and bronze medals for individual events and trophies were presented to the best girl and the best boy in each age category. Among the medal winners were Salisbury Stingrays swimmers: Luke Musselwhite, Michael Armitage, Adam Davidson, Darren Petty, Beth

Cusack, Alex Richards, Jordan Neale, Callum Bailey, Phoebe Wing, Clare Southon, Ginnie Baker, Louise Davidson, Ellie Wolverson, Gabby Pountney, Sarah Croager, Rosie Marshall, Jack Evans, Katy Neale, Kat Evans, Matt Fratesi, Tom Rutter, Ed Rutter, James Stocks-Reid, Alex Copp and Will Bray. Ginnie Baker and Tom Rutter also won trophies for being the overall winners in their respective age groups across all the races they entered.

Congratulations to all who entered and all who volunteered to help throughout the day, we could not have accomplished this without your support.

It is hoped that this will become a regular fixture on the calendar and with the Spring Open Meet also hoping to be licensed, we are taking big steps forward.