



RAYS REVIEW

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Laurie Dormer
Chairman



HEADLINES:

- John Sneesby (Masters swimmer) has been awarded a MBE.



UPDATE FROM OUR NEW CHAIRMAN

At the 1st April Committee meeting there were 9 present and 2 absentees Now - 12 weeks later - the Club has 7 members assuming an executive role as Committee Leaders plus 3 more - Chairman, Secretary and Treasurer - also taking major responsibilities. In all there are now a total of 29 volunteers working for the Club at organising many new initiatives planned for action within the next few months.

The new initiatives for the club are:-

- Monitoring the quality of our coaching and teaching & progression of the swimmers
- A Swimmers Council to ensure we listen to & consult with the Swimmers to ensure we meet their needs via the Captains on the Club Committee
- A group of dedicated volunteers responsible for communicating with members
- A group of people responsible for delivering a social and fund raising programme
- A group of people responsible for marketing the club and generating sponsorship
- A Sub Committee responsible for delivering a coach & teacher education programme
- The Coaches & Teachers meeting monthly to plan the swim programme & ensure all responsible for it know what the plan is & what is their part

Within these few words on each Sub Committee's brief exist multiple & exciting new initiatives not least of which are:-

- Electronic monitoring of training and performance data on each individual which, in addition, will provide tracking of swimmers through the clubs groups & a swimmer history on each individual.
- Communication via newsletters, website, magazine and e mails with every individual member so they feel well informed and highly involved in all club activities
- An enjoyable range of assorted events through the year for the member's enjoyment which, coincidentally, will raise funds to improve the services their club offers them
- A targeted and well organised campaign to heighten awareness of the Club in and around the City of Salisbury so that its profile in the community is high. The bi product of this will be Sponsorship which will be generated so as to improve the clubs programme and financial stability.
- A coordinated plan to provide educational opportunities to improve the knowledge and expertise of the existing teachers and coaches PLUS a certification programme to generate and produce qualified poolside volunteers to staff our aquatic programme
- Mandatory monthly meetings of all poolside staff with the Chief Coach to ensure the creation of a highly motivated and "professional " team who will create an environment where success is inevitable.

UPCOMING EVENTS

A 'Nutrition Seminar' will be held on Tuesday 13 July at 5 Rivers at 6.30pm. No charge for this event.

U16 Waterpolo Tournament 10th July in Basingstoke





SQUAD NEWS

Salisbury Stingrays ASC are currently enjoying a very successful time with the recent British Gas ASA South West Regional Age Group and Youth Championships at Millfield School. At the Youth competition there were a total of 12 qualifiers over 69 events, which was a huge improvement on last year's championships with a total of 9 qualifiers and only 6 attendees. At the Age Group competition there were a total of 6 qualifiers over 15 events.

The girls kicked things off at the Youth Championships with the 100m Freestyle, both Gabriella Pountney and Gemma Currie swam well and got a good race under their belt to start the weekend. Jack Evans who surprised everyone to qualify for these championships gained personal bests in 4 of the 6 races he swam, an excellent debut at Regionals. Jordan Neale also deputised at the Youth Championships this year and swam well in his 200m Breaststroke. Samuel Pountney has started to recapture the form he showed at the end of last year to gain his National Qualifying Time in the Breaststroke events, and made the final of the 200m Breaststroke. Callum Bailey has kept his recent good form going making the final of his favourite event the 50m Butterfly and coming 5th. Katy Neale swam well in her preferred Backstroke, but managed to make the final of the 200m Breaststroke, she was shocked to make it in 8th place, but improved tremendously to finish 6th.

Gabriella Pountney came back in style, after a long layoff her favourite stroke due to injury, to make the final in both the 50m and 100m Breaststroke. Always favouring the shorter, sprinters distance she picked up a well deserved silver medal in the 50m final.

But the shining light of these championships was Adam Davidson who was truly on form. Swimming in 8 races he had a fairly busy schedule, but in his much-loved Freestyle he showed his improvement and intentions for Nationals later on in August. He qualified fastest for 2 finals, in the 50m and 100m Freestyle, and was the 1st reserve for the 200m Freestyle and 50m Butterfly. In the 100m Freestyle on Saturday night he was in lane 4 with his nearest known rivals from the big teams of Plymouth Leander and TeamBath in lane's 3 and 8 respectively. He went out well in 26.51, but Oliver Leonard (lane 3) was very close, turning in 26.52 and Harry Ash (lane 8) in 26.57. Adam knew he had to work hard in the last 50m and he did, storming back in 27.80 to finish with an impressive time of 54.31, which is a huge personal best and such an improvement on the National Qualifying time he set in April. His nearest rival finished over half a second after in 54.86 (Harry Ash), with third place finishing in 55.06 (Oliver Leonard). With no finals on the Sunday he was rested and ready to take the boys on again in the 50m Freestyle on Monday. Again he qualified as the fastest and went in to lane 4. With a fantastic start of the blocks and his lightening quick arm speed, which he is well renowned for, he took charge of the race and led the field home. He touched in 24.98 and was the only competitor to dip under the elusive 25 second barrier. The podium looked identical to the 100m Freestyle with Harry Ash second in 25.23 and Oliver Leonard in 25.24. Adam commented that, "Prior to the competition I had hopes of reaching the final and improving my national time, but no thoughts of medalling, let alone winning". It was truly a fantastic achievement and one the club is very proud of.

In the Age Group competition Clare Southon, Luke Demetri and Sam Greenslade all made finals in their preferred Breaststroke. Clare was surprised and excited to make the final of the 200m Breaststroke and swam well finishing in 8th with a respectable time of 3:18.35. Luke made both the 100m and 200m Breaststroke finals for the 12 year age group and came 6th in both, with personal best times to boot. Sam made the 200m Breaststroke and was 1st reserve for the 100m, cementing his entry place of 7th. Archie Bourne swam extremely well in the 200m Individual Medley posting an 11 second personal best time of 2:55.97. He was entered in 27th place and came 11th, almost claiming a final spot. Jenny Wiltshire and Tom Rutter both qualified in Backstroke and swam well coming close to their personal bests.

With 18 qualifiers, 11 Finalists, 2 Championships and a Silver medal at Regional standard, it would seem that Salisbury Stingrays are moving on up in the swimming world.



Squad News written by
Hayley Ward –
Headcoach



WATERPOLO NEWS

Juniors Tuesday 6-7pm at Godolphin pool. (Up to age 13)

Seniors Sunday 7-8pm at 5Rivers pool. (age 13 and over)

It is the end of the season now for Water Polo, and we have finished all our fixtures.

Our Junior team did the best this year coming third in the Dorset League and having made huge strides forward in our play. The matches have been much more even generally even when the score went against us so it is a big congratulations to all those players who competed for Salisbury Stingrays.

We have to say au revoir to a few players this year who are off to University and a special thank you to Hannah Carter who was the Juniors fixtures secretary for this season and did a marvellous job. Hopefully you will all carry on playing wherever you go next year and bring the skills you learn back to Salisbury.

The Senior team did not fair quite so well and came bot-

tom of the league, but again the scores were much closer and we played well and I think everyone enjoyed that matches even if the score was against us.

Our ladies team (which is joint with Christchurch Seagulls) is in a league with only two teams of which we came second! Hopefully next year we may have more teams to play as the other team which is Bournemouth is very strong and experienced and it would be nice to play teams that have similar ability to ourselves. Thank you Lorna for organising the few games we did play.

In all an enjoyable season with lots of match experience and lots of players coming up from our junior section on Tuesdays. This session is really well attended at the moment and we even have a waiting list. We have a tournament on the 10th July which if we get enough players should be a really good afternoon. We have been runners up before and last year we were third so it would be nice to move up to first place this year - but no pressure.

I would like to say a big thank you to Iain Smith who is a stalwart of the senior team and our senior fixtures secretary and has been

for a few years. He is going to be a Dad for the first time in July so has decided to stand down. We will be looking for someone to fill this post before September please. Any volunteers please let me know.

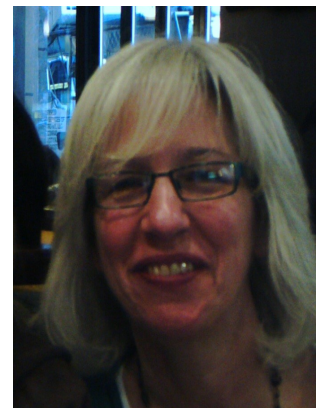
Email penny155@btinternet.com

Finally thank you to Trevor Clark, Lorna Clark, Ed Quinlan and Tom Whetsone who have all been helping out on a Tuesday. It would be very hard to run the session without you so THANK YOU.

There are a couple of courses running in July for L1 Water Polo Teaching Certificate. Anyone interested please let me know on the above email address. The club is happy to help subsidise your training in return for a commitment to help on poolside.



Waterpolo News
written by Penny
Marshal



UPCOMING SWIMMING EVENTS

Sat 3 rd July	WILTSHIRE SUMMER LEAGUE ROUND 3	TBA	By Selection
Sun 4 th July	ASA SW REGIONAL SPRINTS	Gloucester	All Qualifiers
Sat 10 th July	TIGERSHARKS SEPARATED MEDLEY	The Link, Swindon	Junior Develop-
Wed 14 th July	WILTSHIRE COUNTY CHAMPIONSHIPS	South Cerney	All Qualifiers
Sat 17 th - Sun	FAREHAM NOMADS SUMMER LEVEL 3 OPEN MEET	The Quays, Southampton	All
Sat 24 th - Sun	SWINDON DOLPHIN END OF SEASON OPEN MEET LEVEL 3	The Link, Swindon	All
Wed 28 th -	ASA NATIONAL LC AGE GROUP CHAMPIONSHIPS	Ponds Forge, Sheffield	All Qualifiers
Tue 3 rd - Sat	ASA NATIONAL LC YOUTH CHAMPIONSHIPS	Ponds Forge, Sheffield	All Qualifiers
Wed 18 th - Sat 21 st Aug	ASA NATIONAL LC CHAMPIONSHIPS + ENGLAND COMMONWEALTH GAMES	Ponds Forge, Sheffield	All Qualifiers



Claire Demetri
Marketing Committee



Club Treasurer
Mike Demetri



MARKETING AND SPONSORSHIP

The marketing and sponsorship sub-committee aims to generate additional income for Salisbury Stingrays and to promote the club in a positive way to organisations, companies and individuals. We are currently looking to apply for funding from community organisations and charitable trusts as well as being able to offer sponsorship opportunities to companies. We constantly need additional funding to help pay for teacher/coach training, equipment, transport and to help cover the increasing

costs of pool hire and we are hoping that local companies will see the benefit of supporting the club in this way. If any parents have any connections with, or works for an organisation who might be interested in sponsoring Salisbury Stingrays or donating a prize or service to support our future activities then please do let us know - we would be particularly interested to hear from anyone who works for Barclays or any other company that runs a 'matched giving' scheme.

Please pick up a 'Community Matters' leaflet next time you are in Waitrose (at the customer service desk inside the front door) - we would love to be one of the beneficiaries of the 'Green Tokens' so the more parents who fill in the form, the more chance we have of being selected.

If anyone has any other suggestions or would like to help, please do get in touch.

Thank you! Claire Demetri
claire.demetri@ntlworld.com

PAYMENTS

Finance - Squad and Masters

We are always looking at ways of improving the level of service we offer our members and one way of achieving this is by keeping costs down. We thus hope to reduce the level of administration required in collecting and chasing payments and help keep the fees at their current low levels. It is proposed that from September 2010 all squad and Masters fees will be paid by monthly standing order. The current fees structure is detailed below:

Squad swimmers
Elite 1 - £45 per month
Elite 2 - £45 per month
Junior Elite - £38 per month
Senior Performance - £38 per month
Junior Development - £27 per month

Masters swimmers
One weekly session - £10.50 per month
Two weekly sessions - £21 per month
Three weekly sessions - £28 per month

Water Polo

Tuesday Juniors - £11.25 per month
Sunday Seniors - £13 per month

Details below will assist you in setting up a standing order:

Bank - Alliance and Leicester Commercial Bank
Account name - Salisbury Stingrays ASC
Account number - 37263487
Sort code - 72-00-04

Please use each individual swimmer's surname and initial as reference, e.g. Smith J.

To cover the cost of additional administration there will be a surcharge of £1 per month applied for all payments made other than by standing order. If a standing order is not set up then payment is due in advance before the beginning of each term as follows:

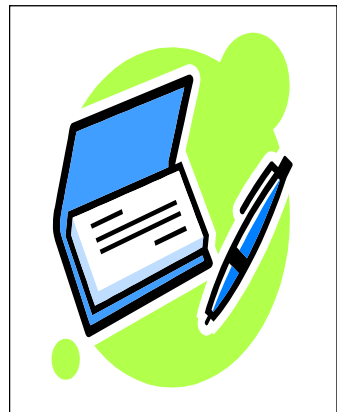
Squad swimmers
Elite 1 - £184
Elite 2 - £184
Junior Elite - £156

Senior Performance - £156
Junior Development - £112

Masters swimmers
One weekly session - £46
Two weekly sessions - £88
Three weekly sessions - £116

Water Polo
Tuesday Juniors - £49 per term
Sunday Seniors - £56 per term

Please direct all queries to Mike Demetri (Treasurer) by email :
mike.demetri@ntlworld.com



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

LEARN TO SWIM

LAST SWIM SESSIONS:
Thursday 15 July @ Godolphin, Monday 19 July & Sunday 25 July @ Five Rivers.

REBOOKING: This will take place from Thursday 8 July. Please make my job as a volunteer easier by paying for the autumn term before swimming stops for the summer. If you know you will not be at these final sessions, please contact me by email or come to the clubroom. I am usually available on Sunday 5 - 7pm, Monday 6 - 7pm & Thursday 7 - 8.20pm @ Godolphin.

Payment remains £45 per term & cheques should be made payable to Salisbury

Stingrays ASC. Cheques are usually cashed after the first session of the new term & can be post dated 1 September.

Next term we will be enforcing a no pay no swim policy. Payment is due by the second session of term otherwise your child will not be allowed to swim. Please talk to me if this causes problems.

AUTUMN TERM DATES:
There will be 13 sessions next term. First day back is Sunday 5 September. A full list of term dates will be available on the website & in the clubroom window. Note that we do not offer refunds for cancelled sessions due to snow or pool closure. We will

endeavour to swim at least 10 sessions per term & where possible will offer make up sessions.

VOLUNTEERS: Welcome to Rebecca & Karen who have joined our teaching team on Sundays. Thank you to all our teachers & helpers who volunteer their time & good luck to those who are leaving us this summer. If any of our parents are interested in helping poolside or training to be a teacher, please contact me - we hope to run a subsidised training course for STA level 1 in the autumn over four Sundays.

Fiona Croager
Learn to Swim admin

Autumn Term 2010

Rebooking on the last two dates of the term starting from the 8th July 2010.

LEARN TO SWIM DATES AUTUMN 2010

SUNDAYS:

Sept: 5, 12, 19, 26
Oct: 3, 10, 24
Nov: 7, 14, 21, 28
Dec: 5, 12

MONDAYS:

Sept: 6, 13, 20, 27
Oct: 4, 11, 18
Nov: 8, 15, 22, 29
Dec: 6, 13

THURSDAYS:

Sept: 9, 16, 23, 30
Oct: 7, 14, 21
Nov: 4, 11, 18, 25
Dec: 2, 9

*Competition hats—
please order through
Hayley Ward*

SQUAD SUMMER HOLIDAY DATES

**Last session Monday 9th August PM
First session 25th August AM**





John Sneesby
Masters Rep



Salisbury Stingrays

c/o Five Rivers Leisure Centre
Hulse Road
Salisbury
SP1 3NR

Phone: 07588 451 939
E-mail:
info@salisburystingrays.co.uk

MASTERS BULLETIN JUNE 2010

Wiltshire Masters Competition

The second of the Wiltshire Blocks was held at the Swindon Link Centre on 5 Jun. We had a much better turn out than in Feb and went into the competition full of confidence. It would be important to consolidate our position for the Salisbury Block.

In the end it was a triumph: between us we picked up 23 Gold, 15 silver and 12 bronze set five new county records, including the inaugural Mixed 4 x 50m Medley 76+ Relay and jumped from third to first overall with an eight point lead over second place Swindon Dolphins. 22 swimmers scored 120 points in the evening; that's an average of 5 points each. We currently stand in second place in both men's and women's events and overall first place. Julia Kemp is tied with 2 others for the highest individual points total.

Absolutely crucial to our success were the five squad and ex-squad members who competed in the 18 - 26 year age brackets - Katy Neale, Kat Evans, Joe Orritt, Rob Langan and Phil Muspratt. They picked up points and medals and were stars in the lower age relays. Well done.

The next Wiltshire Block is in our home pool on Sat 2 Oct 10 and if we continue the same effort and turn-out, we must stand a chance of taking the Wiltshire Championship for the third year on the trot.

Masters Competing

It's worth emphasising that the ethos of the Masters is that we train and are coached by Ron in

order to compete against other clubs. Primarily we compete in the Wiltshire Blocks 1, 2 & 3 and one of the aims of the Masters members should be to compete in as many of the three blocks as possible. From time to time there are other competitions to take part in, indoor, outdoor, long course, short course and so on and the club will certainly endorse your entries into any event you might wish to be part of. I will publish any events that are brought to my attention through email etc.

Pool Timings

With the summer hols fast approaching, it is a good time to remind everyone of the Masters pool timings for Jul and Aug. Godolphin Summer Hols begin after school Friday 3 Jul and the times from then until 5 Sep are:

Mondays - 5 Rivers -
8.00 - 9.00 pm
Wednesdays - Godolphin -
7.00 - 8.00 pm
Thursdays - Godolphin -
7.00 - 8.00 pm

Godolphin pool will be closed on Thursday 26 Aug for routine maintenance.

Swimathon

Well done to all involved in the Salisbury Round table Swimathon in April. Bishop Wordsworth School actually "won" the event with a grand total of 232 lengths in the 55 minutes, but as they were all Stingrays senior Squad swimmers, that was no surprise. Meanwhile in second place came the Masters with 221 lengths at an average of 14.93

seconds per length, which is only .7 of a second per length behind the squad - a great effort.

Summer Social

It has been suggested that we have a Masters Summer Social towards the end of July. I am more than happy to host it at my house, 38 Wilton Road in Salisbury and thought that Friday 23 Jul would be a good day. I'll fire up the BBQ, get Sarah to coord meat, salads and puds from everyone and if we all bring a bottle, we have a party. Please can you let me know if 23rd Jul suits or if you have an alternative suggestion for a location, date or food choice. Thanks. If there are no huge objections, I will set the ball rolling with invitations to remind everyone, towards the end of the month

News gathering

If you have any news to pass on or put in the Newsletter, my details are:

John Sneesby

jsneeze@btopenworld.com

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Salisbury SP2 7EJ
01722 331363

www.salisburystingrays.co.uk