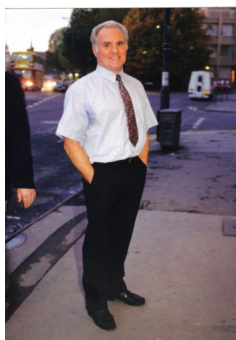


RAYS REVIEW



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UPDATE FROM OUR CHAIRMAN

I would like to officially welcome a very old friend of mine whom I have dreamed of coaching Stingrays for the past 3 years but had not believed it would happen. We are all very pleased to see you on pooldeck Eric

Fortunately SSSC now have in place a forward thinking committee who have rightly come to the conclusion that if you want the best for the Club you have to have a Coach who "has been there and done that".

Eric satisfies that criteria and - more to the point - has done it on a number of occasions. The rest of the story is entirely up to you, the members, since if you want to find out your full potential then you now have, FOR THE 1ST TIME, an environment where that is possible

Eric Henderson Chief Coach of Salisbury Stingrays

POSITIONS HELD

2009	Team Bath (University)	Head Coach Youth & Age Group
2003 to 2009	Soundwell S.C	Head Coach
2002	Various Schools	School Teacher (Supply)
1997 to 2002	Newport SC.	Director of Coaching
1983 1996	City of Bristol SC	Chief Coach
1983 1996	Bristol City Council	Sport Development Officer
1978 1983	Essex County Council	School Teacher PE/Tech
1978 1983	Killerwhales SC	Chief Age Group Coach
1977 1978	Warrender Baths SC	Chief Coach

OTHER POSITIONS HELD

Member of the coaches panel for the Amateur Swimming Association and the Amateur Swimming Federation of Great Britain.

Member of the South West of England Coaches Committee and Panel.

Coach to the 'Swim 2000 Development Programme

Coach of the England and Great Britain swim teams, over several years.

Team manager to Great Britain swim team, 1995.

Swimming coach to South Western Counties and Gloucester County

British Swimming Coaches Association 'Alan Hime' Coaches Award.

Individual coach of many Scottish, English and GB International swimmers, including European and Olympic medalists.

Dates for your Diary

AGM - 16th November - 7.30pm Conference Room Five Rivers (followed by a meeting for parents and swimmers regarding the future of the club)

Awards and Social Night - 4th December 2010 - 7.30pm Elizabeth Hall





LAURIE'S MESSAGE TO ALL

Since I volunteered to become your Chairman in May last I have been greatly impressed by the willingness of all those who serve on the Club Committee to accept and embrace change. There has been a lot of it !!

None of it could have happened without the committee members supported by all Parents who have been approached to help put the Club where it should be. Now the day to day affairs of YOUR CLUB are organised by 7 sub committees each focusing on a single area. These are Swimming...Eric Henderson (all poolside staff) Swimmers Council ...Phil Musprat (elected swimmers from each group/ squad to represent views of the swimmers) Sponsorship & PR ...Sharon Southon , Communication ...Penny Marshall

Education...Julia Kemp , Social & Fund Raisingwe need a volunteer,

Monitoring the programme.....Emma Davidson with the Executive group comprising myself (Chair) Ted Richards (Sec) Mike Demetri (Treasurer) and Mark Pountney (Vice Chairman).

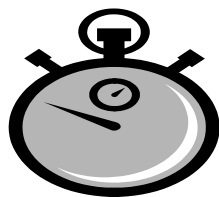
As a result of this innovative and exciting initiative we now have a club handbook , a Newsletter , an updated website , a number of sponsorship opportunities , a planned and supported education programme for teachers and coaches , a specialised computer system called Ranx to monitor progress and performance of every single swimmer and beginner , with swimmers and poolside staff having a forum to air their views and to ensure that what they need to succeed is prioritised for action.

With the imaginative and bold appointment of one of G.B's leading coaches with passion for success we have now created an environment where success is inevitable

Laurie Dormer (ASA Coach , Fellow & Life Member BSCA)

Toad Cottage, Linbrook , Ringwood BH24 3LD Phone: 01425- 475440

E-mail laurie.dormer@virgin.net



Laurie Dormer
(A.S.A.Coach)
Dedicated to
Excellence



Also if anyone works for Barclays Bank please could you contact me—many thanks!

HELP! APPEAL TO ALL MEMBERS

"Ask not what Stingrays can do for you - ask what you can do for Stingrays".

Taking my inspiration from John F Kennedy's inauguration speech I am asking you for your help and telling you what you can do for Stingrays but firstly paraphrasing what they do for you. You and your children will find that the activities of this club tick a lot of very desirable and worthwhile boxes:-

Provides good quality exercise which fights obesity and enhances physical wellbeing & long term health benefits

Provides evidence that if you put time, effort and work in you can improve & achieve

Generates a major quality - self discipline & organisation of ones lifestyle

Enables you to save your own life and **perhaps that of others** should they or you fall into the water at any time

Gives you access to a sport that you can enjoy into your 90's even if you cannot walk since unlike any other physical activity (unless it's sky diving) you are weightless in the environment where you are doing it

Provides a social environment and opportunities to make new friends

Keeps you off the streets and away from the boredom which can often cause people to stray from the straight and narrow

Offers the opportunity to learn how to win and, more important even, how to lose

Offers the opportunity to compete at County, District, National and International level based solely on what effort you are prepared to make

Provides professional teachers and coaches & for as many occasions as your ability & ambition demands at a lower cost than almost any other leisure activity. Especially when you compare it others e.g. Horse Riding, Tennis, Skating, Sailing, Golf etc. etc. ad museum

This last bullet leads me to the point of my ramblings. **STINGRAYS NEEDS MORE TEACHERS AND COACHES** because they need to increase their membership to pay for the very substantial basic costs of what they provide for you and yours. What can you do? I'll tell you

You can volunteer to be taught how to teach. If you already teach you can be educated how to coach. The club is committed to a comprehensive education programme and has a sub committee which thinks about and deals with nothing else but that. THE Club also arranges funding to enable you to qualify

As an added incentive when, with our help, you become qualified you can earn up to £15 an hour for using that qualification at times and venues to suit your lifestyle. It's easier and cheaper, for instance, than qualifying as a Driving Instructor or Fitness Trainer and you can work at a time and place which suits you

We are also looking for volunteers to help the committee with its work for you and your children and if you feel that this might appeal to you more then ring me to discuss possibilities on 01425 475440 or e mail me on laurie.dormer@sky.com





Waterpolo News
written by Penny
Marshall

WATERPOLO NEWS

This season is underway now, with our first senior fixture against Bridport being a rather disappointing result, due mainly to lack of players. Please can everyone check the Dorset Water Polo website for all the fixtures. There will be a list circulated on email.

17th October was the Water Polo Development day. Only two players attended from Salisbury, Daniel Clark and Joshua Marshall. Both stayed for trials to be selected for the Dorset Team to play in the ASA Inter-

county tournament on the 4th December. We await the result of the trial but I feel confident with their performance that they will be in the team.

The teams that we have entered this season are as follows:

Senior Mixed (over 18)
Fixtures secretary Darren Petty dazpetty@live.com

Junior (18 and under)
Fixtures secretary Ben Carter/Tom Whetstone

home@whetsfam.wanadoo.co.uk

KS3 (in Year 9 and under)
Fixtures secretary Trevor Clark

trevor.clark1@tiscali.co.uk

Ladies (all ages and in conjunction with Christchurch Seagulls) Fixtures secretary Heather Baker heather-baker.pigs@yahoo.co.uk

WATERPOLO RESULTS

Waterpolo Tournament in Basingstoke Report

On Saturday 11th July the Salisbury Stingrays Under 16 mixed team took part in the British Red Cross Waterpolo tournament in Basingstoke. It was the first time all our players had competed as a team, and we came fourth overall. Our first match was against Worcester which we won convincingly with a final score of 10 - 4 to

Salisbury with strong performances from Jordan, Josh and Dan. In high spirits after the first match we then played Christchurch. Although we fought hard, Christchurch beat us with a very strong team, including a junior national player. In our third and final match we were playing for third position against Basingstoke. Despite it being a tough match, we narrowly missed out on third place. In the team was Ben,

Charlie, Daniel, ED, Ellie, Heather, Joel, Jordan, Josh, Molly, Toby and Zack; some of whom had never competed in a waterpolo tournament before. We look forward to competing again together soon.



LEARN TO SWIM

CLUB CHAMPIONSHIPS: These will be held in late November/early December with the Awards evening on Saturday 4 December. All swimmers in Stage 7 & above are invited to take part. A detailed email will be sent out soon.

LAST SWIM SESSIONS: Thursday 9 December @ Godolphin, Sunday 12 December & Monday 13 December @ Five Rivers.

REBOOKING: This will take place from Thursday 2 December. Please make my job as a volunteer easier by paying for the spring term before swimming stops for Christmas. 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 - 6.30pm & Monday 6 - 7pm.

PAYMENT: For the first time the club will be differentiating between the half hour & hour lessons. Payment remains at £45 per term for the half hour lesson but increases by £5 for the hour lessons. Af-

ter much discussion, the club has also decided to no longer offer a family membership rate - from January the annual membership fee will be £10 per swimmer. This money is used to help pay for the ASA registration of every swimmer & poolside helper.

The fees for next term include the annual membership fee & are as follows:

£55 for all half hour lessons & £60 for all hour lessons.

Cheques should be made payable to Salisbury Stingrays ASC & will be cashed after the first session of the new term so should be post dated 1 January.

If you currently pay by standing order please change payment to ensure that the correct amount is paid from January ie £12.50 per month for hour lessons & £11.25 per month for half hour lessons.

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.

SPRING TERM DATES: There will be 12 sessions next term. First day back is Thursday 6 January. 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 & were possible will offer make up sessions.

VOLUNTEERS: Welcome to Kerry Dawson who has joined our teaching team on Sundays. Thank you to all our teachers & helpers who volunteer their time. If any of our parents are interested in volunteering poolside, training to be a teacher or helping the club in other ways, please contact me

Fiona Croager
Learn to Swim admin

THURSDAY SENIORS CLIFFORD TROPHY: All Thursday Seniors are requested to swim on Thursday 25 November when the Clifford Trophy will be awarded to the best female & male swimmers in this section. Marks are awarded for technique over all four strokes, see Nell for more details.



Learn to Swim written by
Fiona Croager

LEARN TO SWIM DATES SPRING 2011

SUNDAYS:

JAN: 9, 16, 23, 30

FEB: 6, 13

MAR: 6, 13, 20, 27

APR: 3, 10

MONDAYS:

JAN: 10, 17, 24, 31

FEB: 7, 14, 28

MAR: 7, 14, 21, 28

APR: 4

THURSDAYS:

JAN: 6, 13, 20, 27

FEB: 3, 10, 17

MAR: 3, 10, 17, 24, 31





Written by
John Sneesby
jsneeze@btopenworld.com

MASTERS BULLETIN

Membership

Several new members have turned up for Monday night swimming in the last few weeks, so that the current Masters squad now amounts to 34 active swimmers - most have done their paperwork (Club and ASA Reg) and there is some significant talent on show. On the down side, we have said goodbye to Margaret Wilkinson and more recently Val Silo, both of whom hung up their goggles, after 100 plus combined years of competing with for Salisbury.

Fees

We do have to make sure that we pay our Membership and Pool fees on time and Mike Demetri, Club Treasurer will be writing individually to those who have yet to cough up. He would like us all to use Standing Orders for the monthly pool fees, because the 5 Rivers fees go out before all our cheques make it through the system. If you think you are OK, please just check to make absolutely sure - Mike won't bite!

Competition Report

Wiltshire Champions again:

In the third and final round of the County Championships we stormed to an emphatic victory. The team consisted of swimmers of all ages, with the youngest being 19 and the eldest being a fresh 78 years young.

Noteable performances came from Philippa Carter who had a clean sweep of 5 individual gold medals as well as a relay silver, this by far her best medal haul of the season, a fantastic performance. Not to be outdone, young Katy Neale took 5 individual golds and a relay gold, again a brilliant individual contribution to the teams cause.

Phil Muspratt returned from injury to take four gold medals from his four swims and Rob Langan put in some great swims to claim two golds and three silvers in his age group (18-24 years). This was great preparation for his future appearance at the National Champions in Sheffield towards the end of October.

We went into this, the last event of the year, leading the overall standings by 7 points. The mens final points tally was just shaded by Swindon Dolphins, 172 to 167, but it was the ladies who did the real damage as they stormed to a final points tally by 72 points! Topping the table with 173 points to Swindon Dolphins 101. The overall standings left Salisbury top with 357, Swindon Dolphins with 281 and Bradford on Avon on 184.

SW Masters Inter County Championship - record selection:

It is no surprise then that 8 members of the Masters have been selected to represent the Wiltshire Masters at the SW Inter Counties event at Sherborne on 21 November. Lee Hill, Rob Langan, Harriett Lerwill, Phil Muspratt, Will Collings-Wells, Carol Vaughan, Katy Neale and Lorna Harding have all been selected for individual events and after the relay teams have been organised there may well be more.

Outdoor swimming:

Not to be outdone those Masters who prefer to swim in rubber also did their bit, venturing outside swimming in charity events, triathlons,

rivers, lakes and sea races.

This year's season started in April with freezing conditions after a cold winter. Having said that by late June and the Sea-horse Race at Knoll beach most people had managed to get their wets suits off. Mark Barrow was the first swimmer home from Salisbury in 1 Hour 10 minutes over 3.8 Km. He was followed by Will Collings-Wells, David Rimmington, Richard Pettit and Penny Marshall. In our next race, the 4.6 mile Brownsea Island swim, Salisbury again had a strong representation with Will, David, Penny and Steve Reed completing the course. Fastest back was Will in 1 hr 48 minutes. Finally the season was complete in mid September when David, Mark and Penny competing in the 10K River Dart swim, the longest and coldest swim of the season.

Freezing conditions, 3.8kms, 4.6 miles, still wearing wet suits in June, 10kms R Dart swim (in August) the longest and coldest of the year....Who said you couldn't have fun swimming!!

You can recognise these Masters swimmers by the slightly faraway manic look most of them have.. *"The Dart Swim?? You don't know man, you weren't there!"*

Masters Meeting

There are a number of issues to iron out - Pool usage, costs, competing, social events and so on John Sneesby, the Club Rep, will be sending out an email/letter to arrange the Meeting. It will include a draft agenda and an opportunity for any other Masters members to air their thoughts and will be organised for a mid week evening, 6.30 or so; watch this space!

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 - £50 per month
 Elite 2 - £50 per month
 Junior Elite - £42 per month
 Senior Performance - £42 per month
 Junior Development - £28 per month

Masters swimmers

One weekly session - £12.00 per month
 Two weekly sessions - £24 per month
 Three weekly sessions - £30 per month

Water Polo

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

Annual membership fee—£12
 Squad/Masters Annual membership— £30

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.

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



Club Treasurer
Mike Demetri



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

Squads Christmas Break

Last swim day 23rd December - recommence AM 29th December, normal day 30th December. No swimming 31st December to 2nd January - recommence PM 3rd January 2011

www.salisburystingrays.co.uk

Salisbury Stingrays ASC

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

Phone: 07765 795125
 E-mail: info@salisburystingrays.co.uk or
headcoach@salisburystingrays.co.uk

