

RAYS REVIEW



NEW FUNDRAISER FOR THE CLUB

STINGRAYS 200 CLUB

A Private lottery club governed by Salisbury Stingrays ASC

Like all fundraising activities, the success of the Stingrays 200 Club depends on a strong membership. The more people that join, the more money raised and the more prize money there is. If every member in Salisbury Stingrays ASC represented one Draw Number, then the 200 Club would raise £200 each month.

1. The Stingrays 200 Club shall commence on 1st May 2011.
2. Membership of the Club shall be by payment of a subscription of £12 per year per number, payable in advance. Members may have multiple subscriptions and hence multiple numbers.
3. Members joining later in the year will be charged on a pre-rate basis, to fall in line with the renewal date of 1st April each year.
4. 50% of the monthly payments make up the "Prize Fund" while the remainder goes to Salisbury Stingrays ASC.
5. Anybody over the age of 16 can become a member of the Stingrays 200 Club. Membership is restricted to those associated with Salisbury Stingrays ASC.
6. The Stingrays 200 Club shall not be limited to 200 members.
7. A member is eligible for inclusion in the draw for any month so long as the subscription for that month has been paid.

Please contact Sam Balshaw at samandspot@hotmail.com and register your interest please leave a cheque in the Stingrays Office in the blue file for the year which is £12, you can buy as many tickets as you like in multiples of 12 for example 2 tickets for the year would be £24. You will then be contacted with your number and issued with a copy of the ticket or tickets and a copy of the rules. The draw will take place at the end of every month and you will be contacted if you are a Winner. Cheques made payable to Salisbury Stingrays ASC.

STOP PRESS COMMENTS FROM HEADCOACH

Which swimmers do you feel deserve a mention recently? - *"The swimmers that are well worthy of a mention for their attendance, effort, and potential are Eleanor Wolverson and Sam Greenslade"*

Where do you hopefully see the club early next year? - *"Not only would I like to see the club acquire more water time but use the time well and wisely. That is if the club (the swimmers and parents) WANT to become a strong and successful competitive swimming club"*

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**Please check
our
website for
up to date
news and
dates**





MESSAGE FROM ERIC—HEADCOACH

ADVICE FOR PARENTS

Parents Watching Training Sessions

The coaching staff encourage parents to watch training sessions from time to time. It's probably not best to watch practice everyday, nor is it healthy to never come to the pool. The reality of transporting young athletes and carpools is that many parents are present everyday, however you don't necessarily need to watch every minute of practice. Here are some important guidelines to keep in mind when observing a practice.

Firstly, young swimmers want their parents' approval more than anything. If they know you are watching practice, it's only natural for some of their attention to be directed at you. However, for the swimmers to learn as much as possible, it is imperative that the coaches have your child's undivided attention during practice. We therefore kindly request that you try not to communicate with your child during practice and compete with the coach for his/her attention.

Secondly, we insist that parents do not interrupt the coaches on deck while they are coaching. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group) or during their office hours.

Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their groups. Each training set or instructional drill has a purpose and one practice and/or practice set often builds on another throughout the week. If you have not attended all training sessions, you may not understand the purpose of what the swimmers are doing on any given day.

Finally, please do not try to coach your child based on what you see (or think you don't see) him/her do. Many times when teaching stroke skills, the coaches ask our swimmers to do things that might not look correct or might actually be illegal according to the rules, but does have an important purpose in teaching skills (ie. swimming one-arm fly or breast-stroke with a flutter kick).

With these various reasons in mind, we ask parents to stay off the pool deck during practices and not attempt to coach your child based on what you observe at practice. Your cooperation and support in this matter is greatly appreciated. Please contact your child's coach if you have any questions.

LEARN TO SWIM TERM DATES SUMMER 2011

SUNDAYS:

MAY: 1, 8, 15, 22
JUNE: 5, 12, 19, 26
JULY: 3, 10, 17

MONDAYS:

MAY: 2, 9, 16, 23
JUNE: 6, 13, 20, 27
JULY: 4, 11, 18

THURSDAYS:

MAY: 5, 12, 19, 26
JUNE: 9, 16, 23, 30
JULY: 7, 14, 21

Fiona Croager
Learn to Swim Coordinator

STINGRAYS SPRING OPEN MEET

On Sunday 3 April the club held its annual Spring Open Meet with over 250 swimmers from 20 clubs competing. It was quite an occasion with Stingrays winning almost 80 medals as well as top swimmers in the 10 yr boys - Sidney Fenwick, 12 yr boys - Luke Demetri, 15yrs+ Jack Evans & 12yr girls - Clare Southon.

The day was a first competitive gala for many of our swimmers with first time bronze medals for Seb Southon in the 50m breaststroke and Georgia O'Keefe & Thomas Musselwhite in the 100m IM.

Virginia Baker and Luke Demetri both won four gold medals in their events with Jack Evans on four golds and one bronze. Top medal winner was Jenny Wiltshire with two golds & four silvers across a range of strokes & distances. Other medal winners included Louise Davidson, Sidney & George Fenwick (five each), Clare Southon, Phoebe Wing, Robert Croager, Michael Armitage, Sam Greenslade (four each), Elena Demetri, Rob Langan (three each), Jordan Neale, Tom Rutter, Katy Cutler and Alastair Morrison (two).

Single medals were won by Ellie Wolverson, Luke Musselwhite, Alastair Kershaw, Sam Dalton, Ed Rutter, Matt Fratesi, & Aaron Sevier.

Speeding tickets were awarded to Virginia Baker, Luke Demetri, Katy Cutler, Phoebe Wing & Clare Southon. This means that they swam faster than the upper qualifying time & could not then be in the medals. The full results are on the club website.



Bagcat swimmers

Bournemouth Open Meet—
report page 5



WILTSHIRE COUNTY CHAMPIONSHIPS

This year 43 swimmers entered the County Championships held over several weekends in the Spring. These swimmers won 94 individual medals (excluding championship medals) in total - 30 golds, 29 silvers & 35 bronzes. The Junior boys relay team won bronze in both their events.

Top male swimmer in the youth category was Phil Muspratt with seven medals, followed by Sam Greenslade with five. Top female swimmer was Gemma Currie with 12 medals, followed by Jenny Wiltshire with nine & Gabby Pountney with seven medals.

In the BAGCat category Luke Demetri achieved first place in his age group & ten medals chased by Archie Bourne in sixth place with 6 medals. Sidney Fenwick was third in the 10yr olds & won six medals. In the 9yr old boys Robert Croager was placed fifth & won four silver medals having only joined the squad in October. We had two Podium swimmers in the 9yr old girls - Katy Cutler was fifth (3 medals) & Elena Demetri was sixth & won two bronze medals.

Well done to all the swimmers who qualified & especially to those who competed for the first time this year.

A full breakdown of the swimmers & their race positions is available on the website.



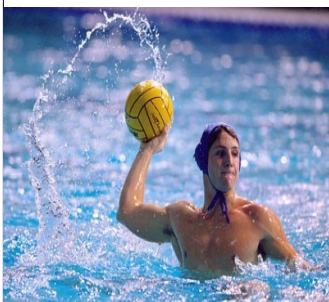
SW YOUTH CHAMPIONSHIPS

10 swimmers attended the South West Region Youth championships at Millfield a few weeks ago.

Gabby Pountney won a silver medal in the 50 Breast and achieved PB's in her 2 events. Philip Muspratt swam the 50 free where he achieved the silver medal and a PB. Gemma Currie competed in 6 events, she reached two finals and also achieved PB's. Rob Langan competed in 5 events, all PB's and 1 final. Other Competitors included Jenny Wiltshire (6 events), Virginia Baker (6 events), Louise Davidson, competing in her first Regional Championships(2 events), Samuel Greenslade (1 event), Tom Rutter (4 events) and Jack Evans (4 events). Many PB's were achieved —well done to all.

This will also be the last time Jack Evans will swim in a major competition for Salisbury as he is keen to put his efforts into cricket this summer. Jack has the ability and especially the skill to be a very good swimmer and could improve greatly with training. I would like to wish him good luck and I hope to see you back one day. Eric





Waterpolo News
written by Penny
Marshall

WATERPOLO

We have had a busy few months in the water polo section with a selection day for the Dorset County team back in February, and a quite a few league fixtures.

The county team selection went extremely well with Phillip Rogers, Ed Rutter, Heather Baker, Elly Crosthwaite, Katy Cutler, Izzy Davies and Joshua Marshall all being selected to play in various age groups for Dorset. The first match for the 12 and under team has already been played in Exeter in which they came a creditable second.

We have had a couple of Senior fixtures which although we have not won, we have improved our play dramatically to the extent that we drew against Bournemouth at home and in fact were in the lead for the first half of the match.

The Juniors have also performed well, although we knew it would be hard this year with a much younger side. They have all played really hard and I think we should reap the benefits next season.

The KS3 team had a very hard match against Bridport when we had a minimum team and had to play home and away on the same afternoon. Everyone did really well but we were out played quite dramatically. We also had a fixture against Blandford at home which again we played well but against a number of much larger players we were out swum. I think along with the Juniors this team will come into its own next season, and I think we should also be able to field a KS2 team which will allow the younger players the opportunity to play their own age group.

Salisbury Stingrays Success at the Seaside!

12 Stingrays Swimmers attend the 1st Annual Swim Bournemouth Open Meet at the Litledown Centre, Bournemouth. The Level Two meet took place over two days and competition was fast and furious!

9 year old Katy Cutler put in an excellent all-round performance, collecting silver medals in her 50 m and 200m Butterfly, and Bronze in her 50m Backstroke and 200m IM with an impressive Personal Best Time.

Luke Demetri took the competition in his stride, consistently bringing home a medal in every event he entered - he took Gold in the 50m, 100m and 200m Breastroke events, Silver in the 200 Individual Medley and the 100 m Freestyle (for which he achieved a personal best time of 1 minute 3 seconds) and Bronze in his 50m and 200m Freestyle.

The only other Gold of the competition came from 9 year old Elena Demetri who, after taking Silver in her 200m Breastroke, then pulled out all the stops for the final event of the meet to take Gold in the 50m Breastroke.

Bronze medals were brought home by Phoebe Wing in the 100m Butterfly and George Fenwick in the 100m Breastroke.

Rob Langan, who is currently preparing for the British Masters Championships in Leeds later on in the year put in some fine performances, narrowly missing out on a number of Personal Bests in many events including 100m Backstroke, 50m Freestyle and 50m Backstroke

Also taking part were Jenny Wiltshire, Joe Demetri, Louise Davidson, Ginny Baker, Jordan Neale and Ed Rutter who all swam well and managed to hold their own in competitive age groups including National Standard Qualifiers.

NEW BANK DETAILS

Bank - Santander UK plc
Account name - Salisbury
Stingrays ASC
Account number - 37263487
Sort code - 09-01-54

All present standing orders
will not be affected.

UPDATE FROM OUR TREASURER

One year into twelve months

This article is aimed at all those paying by monthly standing order. Firstly I would like to offer my sincere thanks to you all for making my job so easy. Since the vast majority of Squad and Masters fees as well as a good proportion of Water Polo members now pay by monthly standing order I have been able to dedicate a larger proportion of my time to assisting Laurie as Chair and Eric as Head Coach in their respective roles. I did however wish to clarify the allocation of the monthly fees paid in so much as each section of the club has fees to cover the full calendar year. These fees are then apportioned to either three terms or twelve months and therefore even though we have a summer shutdown every year in August this is accounted for in the level of fee in place. I hope this clarifies the situation and none of you feel you are paying for something you are not receiving. As ever please feel free to contact me with any specific queries you have with respect to finance. The club relies on the regular income generated from these fees to survive and grow so once again thanks to you all and keep it up.

Stingrays Spring Open Meet

Due to the fabulous effort and enthusiasm of all the parents attending the Spring open meet it was a great success. We were hampered with a few technical problems but the electronic timing was working fine. The efforts of Eleanor Evans, Hayley Rutter and Vicky Dalton should be recognised, but to be honest I could name just about every parent of the Stingrays swimmers at the meet as they all rose to the challenge and accepted any job they were given.

As a fundraiser it surpassed our expectations and this event raised over £4000 for the club. The raffle was very popular mainly due to the hard work of Mel Cusack for presenting the prizes so well. Attendance was terrific with the spectator area bursting at the seams. If you were involved with this event give yourself a pat on the back and I hope you will be willing and able to help out at the forthcoming novice meet we have planned for 24th July!

Summer Shutdown

Most competitive swimming clubs have a forced shutdown for the whole of August each year. This allows the swimmers, coaches and volunteers to enjoy a well-deserved rest. It is also a time when there would be a greatly reduced level of attendance as the majority of families take their annual holiday in this month. We realise however that not everyone appreciates such a complete stop to activities so this year we will be operating the following reduced timetable in August.

Monday evening 1st August 6 to 8pm

Wednesday morning 3rd August 6 to 8am

Thursday evening 4th August 6 to 8pm

No swimming thereafter until

Monday evening 22nd August 6 to 8pm

Wednesday morning 24th August 6 to 8am

Thursday evening 25th August 6 to 8pm

Normal squad training sessions will resume on Thursday morning 1st September 6 to 8am

Note that ALL sections of squad are welcome to these August sessions.

MASTERS

Events have picked up since the last Newsletter, with the Wiltshire Champs underway, the pace of training increasing (thank you Ron) and (some) Masters looking forward to outdoor swimming.

Wiltshire Block 1 - 26 Feb 11 (Swindon); Block 2 - Trowbridge 4 Jun 11

Despite a low turn out, because the gala was in the half term week, those who could compete pulled out all the stops and everyone gave a very creditable display. Just 10 women and none below 32 and yet our "girls" lead in the women's event over Swindon Dolphins; just five men and none between the ages of 26 and 50 and we sit in third place in the men's event. Combined scores have us second, behind Swindon, by just 9 points and ahead of 3rd place Bradford on Avon by 30 points (10 teams). Very tight getting all the relays filled and there were some great performances. Nell now holds 2 county records, in the 100 Fly and Free and Julia and Carol one record each, while our young guys (Phil, Rob and Darren) swam in all 4 individual events and four relays each - towards the end they didn't even have time to dry off between events!

The second gala will be held at Trowbridge on 4 Jun, again 7 relays to fill and again in the half term week! We have just received the entry forms and require names and times in to Wilts by 18 May, so clear your diaries.

You will have seen that I raised the subject of the Wilts Gala timings over half terms at the most recent Wilts Masters AGM, but they cannot change the dates. The Masters Galas are shoehorned into a very heavy county programme already, which has to fit in around the National and Inter County competition programme and very busy pool timetables.

Swimathon - 9 April 11

Another successful event. The Senior squad (posing as Bishop Wordsworth's) had set the bar quite high with 220 lengths in their 55 minutes in the morning and so we knew what our target was. We knew we weren't in the ball park for 220, but just failed to reach our revised target of 200, with a very creditable 197 lengths. That works out at 625 metres each, all in one length sprints. Not sure how much money the swimathon raised this year, but we must have raised over £800 just in the Masters team. Good effort. Remember that Alan Corkill requires your cash by 8 May.

Summer BBQ July - I will be sending out an email with details of the Summer BBQ in the next week or so. We had a lovely time last July and were blessed with great weather, despite some ominous clouds, so look forward to seeing everyone who can make it. It will be the same format, bring a bottle, oh yes and some food (Sarah will coordinate that side) and starting at a convenient time for everyone.

Training

There had been requests from a number of you to toughen up the training and I am sure everyone has noticed how Ron has been very gently (not to me) tightening the screw over the last few weeks. Certainly down in Lane 1 we have found ourselves swimming the distance we used to do in the hour, as we pass through the 45 minute point. Thank you Ron, we will all benefit from the increase in effort. It will also help our membership.

Membership - Six new members since last Christmas and all by recommendations as you get out there chatting to your friends, so really well done. As you know, we need to keep membership at or above 30 active swimmers (currently 37) to cover the cost of pooltime and get our best out of everyone in the Wiltshire Galas.

[www.salisbury
stingrays.co.uk](http://www.salisburystingrays.co.uk)

Written by
John Sneesby
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STINGRAYS SUMMER FUN

OPEN MEET

(Under ASA Laws and Technical Rules)
Level 4 License number: applied for



SUNDAY 24th JULY

At

Five Rivers Leisure Centre, Salisbury

- ❖ **Electronic timing with 8 lane scoreboard**
- ❖ **Eight lane 25m pool with anti turbulence lane ropes**
- ❖ **Large spectator gallery - £3 entry, including programme**
- ❖ **Cafeteria & free parking**
- ❖ **Entry fee £4 or £15 for 4 events**

Age on Day of event. All events will be HDW

Age Groups: 9, 10, 11, 12, 13 years.

Medals for 1st to 3rd place and trophies for best boy/girls in each age group



Doors Open		14.00
Warm Up		14.15
Start		15.15
Sex	Distance	Stroke
M	50	Back
F	50	Fly
M	50	Free
F	50	Breast
M	50	Fly
F	50	Free
M	50	Breast
F	50	Back

CLOSING DATE THURSDAY 30th JUNE 2011

For information and entry pack please visit:-

www.salisburystingrays.co.uk

Email: openmeet@salisburystingrays.co.uk