

STINGRAYS' NEWS



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AN UPDATE FROM OUR CHAIRMAN

At last November's AGM I took on the role of Chair of Salisbury Stingrays ASC. I was treasurer for two years previously and so feel comfortable in taking on the additional responsibility of chair. I must thank Laurie Dormer for his determination and commitment over the past two years in laying such solid foundations upon which the club can build. We have a strong sub-committee structure, exceptionally skilled and dedicated coaches and a large number of volunteers all of which are essential if we are to continue our journey. My vision for the club is simple:

Promote swimming (including water polo) to the community in general and offer the highest standards of teaching and coaching.

Encourage and support all swimmers' enthusiasm, whether or not it is at a competitive level.

Offer every swimmer the opportunity to reach their full potential.

To meet these aspirations I have set various goals for the next 12 to 18 months:

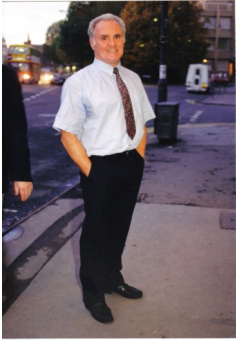
- To train at least six parent volunteers to teaching or coaching level 1 (the basic level at which teachers can improve the skills of the swimmers).
- To train at least two parent volunteers to teaching or coaching level 2 (the standard level at which teachers can confidently supervise and instruct a large group of swimmers).
- To train at least six parent volunteers to Judge level 1 (we need to have a pool of volunteer officials if we wish to compete in galas and open meets).
- To train at least two parent volunteers to Judge level 2(S)
- To ensure continuing professional development of our qualified volunteers and coaches.
- To raise funds for training through our Marketing and Sponsorship sub committee.
- To monitor progress of the swimmers through the use of RANX software

I would like all parents and swimmers to consider the efforts made by the volunteers within the club and quoting President Kennedy – 'Do not ask what your club can do for you but ask what you can do for your club'. Getting involved in any small way is rewarding and at the very least will allow you to exert influence on the club's policies and procedures. So often we are engrossed in the business of keeping things going we can lose sight of the bigger picture.

Finally I invite members to get in touch with me if they have any concerns whatsoever. I am generally at Five Rivers on Monday and Thursday evenings for a quick chat or by all means contact me by email to arrange a formal meeting.

Email – mike.demetri@ntlworld.com





HEAD COACH

How long does it take for a child to become a good swimmer?

How long is a piece of string!?! Being classed as a good swimmer is a very relative term and unique to each individual. However, it is critical for parents and swimmers alike to understand that success in swimming takes numerous years of consistent, regular and hard training. Some experts have argued that it takes 10,000 hours of practice to become good at anything.

At this club we take the long term view to swimming. Our aim is not to produce short term success or young children who win medals at every competition they go to. Our focus is much more geared to giving swimmers the right skills and training that will allow them to succeed and realise their full potential when they reach the senior ranks of the sport. We want our members to explore how far they can go in swimming and in the large majority of cases this will not happen until an athlete is well into their 20's. Full physical maturation is not achieved until the mid-20's and it is not unusual these days to see swimmers achieving their best results at or beyond this age.

Patience and dedication are the key.

SQUAD NEWS

Well done to the following squad swimmers who competed in the semi final of the Schools Biathlon at Bath:

Robert, Freya & Hannah Croager

Jessica Cusack

Jenny Wiltshire

Aaron Sevier

Phoebe Wing.

Lily Battersby

Congratulations to Robert Croager and Jenny Wiltshire who came 5th and 6th respectively in their age groups. They both go forward to the

SOCIAL

The Race Night held at the Pembroke road Social club last September was a great success and enjoyed by all, especially those who made a profit on the night

The next event is a quiz for swimmers, parents and friends. This is planned for February or March, so please watch out for the emails

AWARDS EVENING 20 DEC 2011

WATER POLO

Junior Endeavour:	Kitty Smithson
Junior Most Improved:	Sam Dalton
Junior Player Of The Year:	Ed Rutter
Senior Endeavour:	Liam Healey
Senior Most Improved:	Phil Rogers
Senior Player Of The Year:	Jordan Neale

AWARDS FOR IMPROVEMENT: (Squad)

Junior Boy :	Phil Rogers
Junior Girl:	Natalie Sainsbury
Senior Boy:	George Fenwick
Senior Girl:	Georgia Sainsbury

FASTEST 50 & 400 AWARDS:

Junior Boy 50	Luke Demetri
Junior Girl 50	Phoebe Wing
Senior Boy 50	Adam Davidson
Senior Girl 50	Jenny Wiltshire

AWARDS FOR ENDEAVOUR: (Squad)

Junior Boy:	Robert Croager
Junior Girl:	Beth Cusack
Senior Male:	Sam Greenslade
Senior Female:	Jenny Wiltshire

Junior Boy 400	Phil Rogers
Junior Girl 400	Phoebe Wing
Senior Boy 400	Rob Langan
Senior Girl 400	Ginnie Baker

SWIMMER OF THE YEAR:

Phil Muspratt

SENIOR CAPTAINS:

Rob Langan & Louise Davidson

JUNIOR CAPTAINS:

Phil Rogers & Emma Griffin

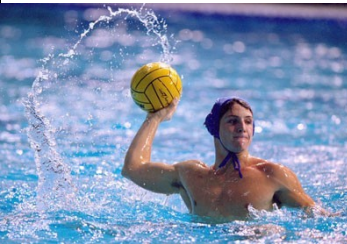
MASTERS

Masters Swimmer Of The Year: Nell Walker





Waterpolo News
written by Penny
Marshall



WATERPOLO NEWS

It has been a busy year of Water Polo, as we have entered 3 teams into the Dorset League this year; Senior men, junior mixed (U19), and KS3 (which is year 9 and below).

The final league standings were:-

Senior men's team was bottom of the league having conceded 117 goals during the course of the season. Quite an achievement in itself! The winning team in this league was Weymouth and Portland Men's team, whom scored 111 goals, but only 23 of them were against us so for that we need to be congratulated. We are always optimistic for the coming season so watch this space...you never know.

The Junior team did better coming 4th in their league, and some of these matches were incredibly close. We have already had our first fixture of this season and won it quite comfortably 11-6, so things are looking good, especially as we have lost very few players to University this year.

Our KS3 team entered the league for the first time this past year and did an amazing job. Although we came 4th overall we won half our matches convincingly and having only lost a couple of players to the next age group this year, I feel confident we can improve our standing quite considerably.

There have been no ladies matches this year as no one club has enough for a team and despite joining forces with Seagulls the other teams have now dropped out. There are plans for a ladies development day in December which will be a welcome opportunity for our female players to play even if only for the day.

We are also entering this season a KS2 team. I think we should be able to hold our own really well in this league, especially as two of our players in this age group were selected for the county team last year, Katy Cutler and Izzy Davies.

The Development days held at St Marys School were much better attended this year and we had several players selected for the county teams, although not all age groups have played due to pool problems at Millfield the usual venue for county tournaments. Heather Baker was again selected for Dorset and they played in Exeter and won the silver medal. Joshua Marshall was selected for the U17 side and they played in the SW inter-county Championship on Saturday 5th November. They all played very well, but with only 9 players and very strong opposition came a disappointing 3rd. Other selections for county teams were Ed Rutter, and Phillip Rogers, Katy Cutler and Izzy Davies. Well done to them all.

There has been a new Regional Development Centre set up at Basingstoke pool this term. This is a huge step forward for our development as a club. It means we have 3 players now attending an RTC instead of just 1 travelling to Exeter every week. Sam Dalton and Ed Rutter have now joined Joshua Marshall on this next step of player development and I think they will get a lot from the coaches, as they will all have a lot of experience and knowledge to share.

Joshua was selected to attend the National Academy at Millfield school this summer. This is a weeklong training camp where the players are up at 5.15 every morning for a 2 hour swim set, followed with 2 more 2 hour water polo sessions plus land training. An amazing opportunity to swim with the best players in the country and have top class national coaches, although that was not quite what Joshua said to me when I picked him up at the end of the week.

Darren Petty, Trevor Clark, and I have qualified as Grade D referees this year, which was quite a challenge, but enjoyable, although it does not seem to make refereeing a match any less stressful, hopefully with practice and a slightly thicker skin it will become a more pleasant experience.

The other members of the coaching team have again done a marvellous job this year, with Trevor, Ben Carter, Tim Rolfe and Tom Whetstone all being reliable and confident with the players on a Tuesday evening and as a result there has been a good improvement in the players skill levels. Thank you. I would also like to thank the other people who always help out when we have a match that they are not playing in, with the table or time-keeping; Daniel Clark, Dan Racey, Trevor Clark, Holly Jones, Sam Cutler, Tanya Rogers.

We will probably be losing Ben, Tim and Tom next year, as they move onto the next step in their education, so I am very keen to recruit some new helpers for either Tuesday evening or Sunday evening to help out on poolside. If you are interested please let me know, or just come along and see what we do.



LEARN TO SWIM

Welcome to the new term, I hope all the swimmers have settled into their lessons. Thank you to everyone who paid their fees before Christmas however there are still a number of persistent late payers who I have to chase over the school holidays. Pulling together all the paperwork for the lessons takes a considerable amount of time. It would be really appreciated if all payments could be made before the end of the previous term. As the cheques are not cashed until after the start of the new term, there really is no need to delay payment.

Last term the Thursday Seniors held their annual Clifford trophy. The swimmers are marked according to their technical ability over all four strokes. Medals and certificates are awarded to the top three in each category and the top male and female swimmers are presented with the Clifford Trophies. This year the boy's trophy went to Oscar Treleven and the girl's trophy was retained by Becky Gwyther. Well done to everyone who took part.

The Lionel Fanner cup (named after a past president of the club) was awarded to Claire Down from the learner pool. This cup is presented to the swimmer who has shown a marked improvement over the term. Claire's confidence in the water has improved immensely since she started lessons with us. Well done!

This term we will be awarding the cup to a swimmer from the Sunday main pool lessons.

And finally a big thank you to all the teachers and poolside volunteers who give up their time to help your child improve their swimming. We really do appreciate all the support you give.

By Fiona Croager

LEARN TO SWIM DATES SPRING 2011

	Mon	Tue	Wed	Thur	Fri	Sat	Sun		Mon	Tue	Wed	Thur	Fri	Sat	Sun
							1								
Jan	2	3	4	5	6	7	8	Mar				1	2	3	4
	9	10	11	12	13	14	15		5	6	7	8	9	10	11
	16	17	18	19	20	21	22		12	13	14	15	16	17	18
	23	24	25	26	27	28	29		19	20	21	22	23	24	25
	30	31							26	27	28	29	30	31	
Feb			1	2	3	4	5	Apr							1
	6	7	8	9	10	11	12								
	13	14	15	16	17	18	19								
	20	21	22	23	24	25	26								
	27	28	29												





MASTERS BULLETIN

The last 6 months have been very successful for the Masters - County Champions again, an encouraging membership and more Masters competing in other events at county and national level.

Wiltshire County Championships

The third stage (Block 3) of the County Championships was run at 5 Rivers in early October and we swept to victory by 90+ points. Our women's team takes the plaudits and were outright winners by 100+ points, but the men's team are closing the gap every year. As a club we currently hold 59 records between 12 members and now have 2 National Champions and record holders in Phil Muspratt and Dave Bryant. We provided a number of swimmers for the county Team at the SW Championships in Bristol in November, helping Wilts to 3rd place in the SW and 12th Nationally. I worked it out that if two of our non selected swimmers had competed and they had swum their usual race, we would have come in 2nd in the SW and 8th Nationally - small margins!

Masters Swimmer of the year this year though is Nell Walker - despite a knee injury which forced her to give up Breaststroke, she won 9 out of 9 events entered during the year. She went on to take 4 County age group records this year in 100 Free, 100 fly, 50 Free and 25 Fly and was fourth highest female individual points holder across the year. She was in the Head cup relay team that won the cup in October and still finds time to help out poolside, particularly at Godolphin on Thursdays.

Swim Timetable

The 5Rivers and Godolphin timings were sent out in an email last week - next Godolphin session is Wednesday 4 January and 5R Monday 9 January. We have been struck quite hard by the loss of the 5R sessions on Bank Holidays - most Bank Holidays are on a Monday (our principal night) and we lose between 6 and 8 sessions across the year now. You will know by now that we will be offered some Friday evening sessions at Godolphin, if the squad do not need them, so watch your emails

Wilts ASA have confirmed that the Wilts Block Dates for the County Champs are:

Block 1 (Swindon) - Saturday 18 Feb 2012

Block 2 (Trowbridge) - Saturday 2 Jun 2012

Block 3 (Salisbury) - Saturday 6 Oct 2012

Summer BBQ and Christmas Dinner

Odd to talk about them both in the same breath, but its been 6 months since the last newsletter. Summer (Hah!) BBQ was spent under the gazebo in my garden in July, but we had great fun. By the time you read this we will have had our Christmas Dinner as well, which was on 6 Jan at the New Inn. Highly recommended.

Membership

We are doing well and you will all have noticed the new swimmers joining throughout the year - it's a good job, because we are losing some long term members as well, some moving out of the area and a number who have decided to go down the motherhood route!



Written by
John Sneesby
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A SWIMMER'S PERSPECTIVE

Torremolinos swim camp October 2011

In October last year Eric Henderson, Ruth Wing and 18 swimmers flew to Spain for a week of a warm weather training camp. We all arrived bright and early, 5am at 5 Rivers to drive down to Gatwick airport, all buzzing for the week ahead. We were kitted out in our lovely grammatically correct pink T-shirts and made our way through the airport, onto the plane to land in the sunny Spanish town of Torremolinos.

Our first impressions of the pool were very good. The pool its self was no more than 2 years old and was stunning with it's bright white walls, 10 lane 50m pool, diving pit and the brilliant back drop of mountains. We had high hopes for the rest of the week. We didn't do any swimming on our first day as we were all exhausted but we all got some much needed sleep and set off not so bright but definitely early the following morning.

On arrival at the pool it looked, if anything, more impressive than the day before, it was before sunrise and was the most brilliant blue. The pool was chilly to say the least, not quite what we were used to but we made the most of it and got on with some good training throughout the week.

There were plenty of memorable moments throughout the week including Tom on 'Sunny D', Gemma's new found love of balconies and a nice dinner and awards presentation at the end of the week. Not forgetting the day at the diving pit splitting the men from the boy's and the foof's from the 10 crew.

The weather was certainly varied throughout the week but we made the most of it and overall had a very nice time. Special thanks to Rob for organising everything and to Ruth and Eric for looking after us during the *week*. It's safe to say we are all looking forward to Swim Camp 2012.



A swimmer's perspective
Pictures Gemma Currie



**Please can all monies
come by Standing Order
or cheques payable to
SALISBURY STINGRAYS**

TREASURER'S REPORT

For those who don't know me, I have three daughters swimming in different squads and seem to spend my life poolside. As a pensions actuary, I have a financial background which should help me when trying to fill the big shoes left by former Treasurer Mike Demetri.

Although Mike did an excellent hand-over of the vast quantity of paperwork, emails and electronic files, I am still finding my feet with the role of Treasurer. I had hoped to be able to give you a financial update, but it transpires that target was a little ambitious!

However, as I trawl through all the information, there are a couple of things I have noticed that I should draw your attention to:

Membership fees: New fees applied from 1 October 2011. There are several club members who have not updated their standing orders to reflect these fees. Please ensure this is corrected this month and any top up required is forwarded to me by the end of January.

Standing Orders: Standing orders are our preferred payment method for everything and I thank all of those who have been making their payments this way. However, please will you note the following:

- Membership fees should be paid by the third week of the month to which they refer to ensure they are credited to our account in the month they are due.
- Competition fees must be credited by the closing date and include a reference to the competition they are referring to. A copy of the standing order instruction should be sent to the competition committee.
- Any other payments (eg club kit) should include a name and reference and a copy of the instruction should be sent to me.

Other Payment Methods: I appreciate standing orders are not possible for all members. However, where you pay by cheque or cash, payment is due in at the beginning of each term. Please ensure it is in the Treasurer's drawer in the club room promptly. All payments for this term should have been received, yet there remain many outstanding. Your co-operation in this regard will enable the efficient management of the club's finances.

Melanie Cusack

melcusack@btinternet.com

Fees

Squad	A	£60	per mth
	B	£50	per mth
	B1	£42	per mth
	C	£36	per mth
	Flexi	£42	per mth
Water Polo	Junior	£50	per term
	Senior	£60	per term
Masters	1 session/wk	£12.50 per mth	£50 per term
	2 session/wk	£25.00 per mth	£100 per term
LTS	1 hr lesson	£50 per term	
	1/2 hr lesson	£45 per term	

ASA Registration Fees (due January)

Water polo, LTS	£12.50	
Masters, Squad	£30	reduced to £17.50 if help on poolside

www.salisburystingrays.co.uk

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