



Deben Swimming Club E-Mail Newsletter

FEBRUARY 28, 2016

2016 - 1

Current Committee

Chairman
Ian Cotton

Vice-Chair
Sarah Elmer

Secretary
Elaine Claydon

Treasurer
Jim Wayman

*Committee
Members*
Karen Davies
Dawn Foskett
Podge Christian
Tracy Houston
Petrina Webb
Julie Attwater

**Welfare
Officers**
Ric Taplin
Liz Christian

Welcome to the first newsletter of 2016. It has already been a busy start to the year for the club and the Suffolk County ASA Championships are nearly upon us.

New Chairman

I am pleased to announce that I took over Chairman of the club about 3 weeks ago. It is an honour to be involved with the club once more in a significant role having been a member for the past 35 years – I have been a swimmer, committee member, Head Coach and President of the club amongst other things during that time.

If you have any queries regarding the club, please contact me by e-mail – debensc.chairperson1@hotmail.co.uk.

Coaching Changes

It is with sadness that the club needs to officially announce that Matt Boreham will be leaving us at Assistant Head Coach at the end of February to take up a role with another club. Matt has shown dedication and passion during his time with the club and we wish him well for the future.

The committee has started a recruitment process to find a replacement as soon as we can.

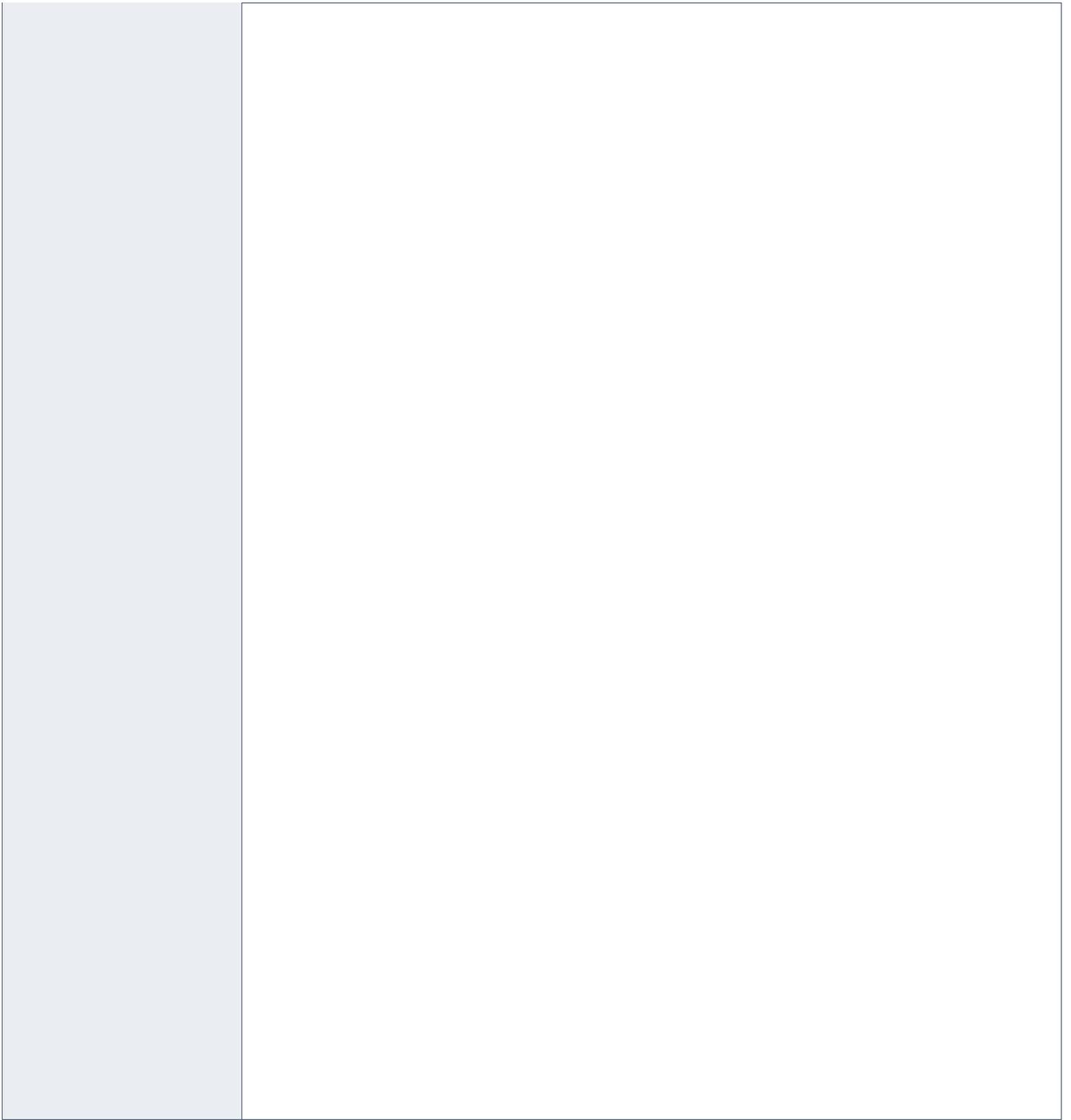
The club is also keen to find a coach to deliver land training sessions – if you are aware of anyone that may be interested in this role, please ask them to contact a committee member.

The club is always looking for volunteers to help with a variety of tasks and so if you are interested in helping in any capacity, please speak to a committee member. Any help will be gratefully received.

Time Trials – 30th January 2016

Congratulations to all the swimmers that took part in the recent time trials – this was the first taste of competition for many of those taking place and it was great to see so many take part.

Following the success of these time trials, we will be looking to run these several times a year.



Dates for Diary

February

13/14, 20/21
28

County Champs

March

19/20

Teamipswich Open
Meet
25-27

UEA CoN Open
Meet (LC)

April

16

Novice Gala
16/17

Newmarket Open
Meet

30-2 May

ER Youth Champs

May

7/8

West Suffolk Open
Meet

14

Summer League
28-30

ER Age Group
Champs

June

11

Summer League
18/19

County Devt
Champs

July

1-4

Club Champs (tbc)
9

Summer League
Final

September

Presentation
Evening (Date tbc)

October

14-16

Deben Open Meet

County Selection

Well done to the following swimmers who have been selected to swim for the Suffolk County team in a county event on 6th March –

Fraser Johnson	Lewis Moore	Robert Doig	Matilda Bogle
Helena Hall	Alexa Elliff	Abigail Webb	

Suffolk County Championships

The 2016 Championships are now upon us and everyone at the club wishes the swimmers well over the next 3 weekends – there are 32 swimmers taking part in individual events, and the club is also represented in all the relay events.

We will look forward to including highlights in the next newsletter.

Club Website

We are making some changes to the club website, and so the current site will be offline for approximately one week from Saturday 13th February.

We apologise for this inconvenience but believe it will be worth it once the new look site is up and running.

Karen's Cycle Challenge for Women V Cancer

Karen Davies - DSC Teacher and Skill Development Squad

It's that time in my life! Time to push my own boundaries rather than just watch my children widen theirs. Time to set myself a challenge and time to help make a difference.

Both my older boys, Benjamin and Matthew swam with Deben and have visited Vietnam and Cambodia in the last 2 years and I read the advert to join this challenge in a magazine..... one of those adverts that stays with you. On a rainy, dark morning I thought why not, why not just do it Karen and pressed the button!

I enjoy cycling, and am not really built for running so a cycling challenge seemed manageable. How manageable we will find out. In November I will be spending 10 days cycling from Ho Chi Minh City, Vietnam to Angkor Wat, Cambodia covering 450 km in 25 degree heat over varying terrain!

I am aiming to raise over £3000 and am organising a range of events over the coming months, one of which will include a **Funathon Evening** for Deben swimmers of all ages! Join me on **Wednesday March 30th** have some fun and help me reach my target. Watch out for further details after half term.

