



Deben Swimming Club E-Mail Newsletter

JULY 3, 2016

2016 - 4

Current Committee

Chairman
Ian Cotton

Vice-Chair
Sarah Elmer

Secretary
Elaine Claydon

Treasurer
Jim Wayman

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

**Welfare
Officers**
Ric Taplin
Liz Christian

Welcome to the latest newsletter of 2016. The Regional Championships are now behind us and well done to all the swimmers that took part. We are now approaching the end of the season with the Club Championships and Summer League Final remaining.

Under 14's Regional Championships Report

On the weekend of 28th to 30th May 2016 Deben took six swimmers to this year's under 14 Regional Championships in Luton. The swimmers were Matthew Anderson, Lily Bemmer, Hannah Snelham, Lewis Moore, Erin Yeomanson and Minnie Wayman and a summary is detailed below -

On Saturday, Session 10 saw Lily Bemmer (13) swim 50BF in 34.58 (1.5s quicker than last year!). Lewis Moore (14) swam the 100BRS in 1:16.17 coming 4th and the 400FC in 4:28.17 coming 3rd.

Session 11 saw Lewis win the 100BC in 1:04.18 some 2.3s clear of 2nd place. He then went on to the final to improve to 1:03.63 and nearly 3s clear of 2nd place! Lewis followed this with 50FC in 27.06, improving to 26.96 and 6th place in the final and then won the 400IM in a time of 4:58.40 to come 1st some 10s clear of 2nd place - truly amazing to watch and a lesson in how to swim and pace a 400IM. Erin and Minnie swam the first of their Regional swims in the 200BC in great style, both improving on their initial rankings. Erin achieved 2:41.21 (13th) and Minnie achieved 2:35.61 (6th) for a place in the final.

On Sunday, session 12 saw Minnie in action again coming 11th in a time of 2:50.63 in 200BF which was over a 7s PB on a LC pool! Lewis then swam the 200BRS coming 3rd in a time of 2:44.34. Matthew and Lewis were next up for the 50BF both doing extremely well. Matthew, still getting over a chesty cough did 31.56 for a great PB with more to come I'm sure if fully fit and healthy! Lewis came in on 29.38 for 8th position.

Session 14 saw Lewis win the 200IM in 2:18.89 and then went on to come 9th in the 100FC in 59.08 and then absolutely blitz the competition in the 200BC by winning in 2:16.21 some 6.7s clear of 2nd place! Again a lesson in BC technique! Erin and Minnie were back for the 100BC where Erin came 11th with a time of 1:14.44 and Minnie came very close behind in 12th in a time of 1:14.56!

On Monday, session 17 saw Erin, Lily, Hannah and Minnie all swim the 50BC and all were within just 2 heats! Minnie and Erin had a great race both recording the same time of 34.26 and coming joint 12th with Hannah also swimming very well coming 15th in 34.68. Lewis raced in the 50BC in a time of 30.55 for 2nd place and improving to 30.44 in the final for 3rd place. In the 200FC Lewis came 2nd in 2:04.94 and in the 50BRS he came 8th in a time of 35.19.

Dates for Diary

June

27

Club Champs

29

Mini Club Champs

July

1, 3 & 4

Club Champs

8

Skins Finals

9

Summer League
Final

Club Summer Break

Last session

Friday 29th July

First session back

Monday 22nd

August

September

3

Presentation
Evening

October

7

800m/1500m

Free – Deben

Open Meet

15-16

Deben Open Meet

This weekend was great for a number of reasons – it was fantastic to welcome three new Deben swimmers to the Regionals who were Erin, Hannah and Matthew, which is a great achievement. It was also great to see our swimmers improve their initial entry ranking and move up the leader board to show what great progress they have been making.

Deben finished 9th in the medal table (ahead of Newmarket, Luton, Basildon etc etc) and Lewis came 2nd in his age group. In addition, Lewis has 8 National Qualifying times – 50 / 100 / 200 BC, 200 / 400 IM, and 50 / 200 / 400 FC. Well done all six of our swimmers – you did our club proud, not only in the pool but poolside as well. There is such great potential for you all in the future. Well done!

The club also wishes Lewis well at the Nationals which take place at the end of July and early August.

New Training Fees

The Club Committee has been reviewing the training fees over the last couple of months. I am able to inform you all that there will be changes to these from 1st September 2016. These changes are being made for the following reasons –

- First rise for 3 years
- Increased costs, particularly in relation to pool hire
- Removed admin fees for entering open meets and club championships from 1st September 2016
- Plans in place for land training for Performance, Age Group Performance and Age Group Development Squads

The new fees will be as follows –

Squads	Monthly Subscription
Teaching	£ 23.50
Transition	£ 27.00
Transition plus (was junior)	£ 30.00
Skill Development	£ 33.00
Competitive Development	£ 36.00
Age Group Development	£ 45.00
Age Group Performance	£ 56.00
Performance	£ 61.00
Youth	£ 35.00
Club	£ 27.00

Please can we ask that you all update your standing order accordingly in preparation for 1st September 2016.

Coaching Team

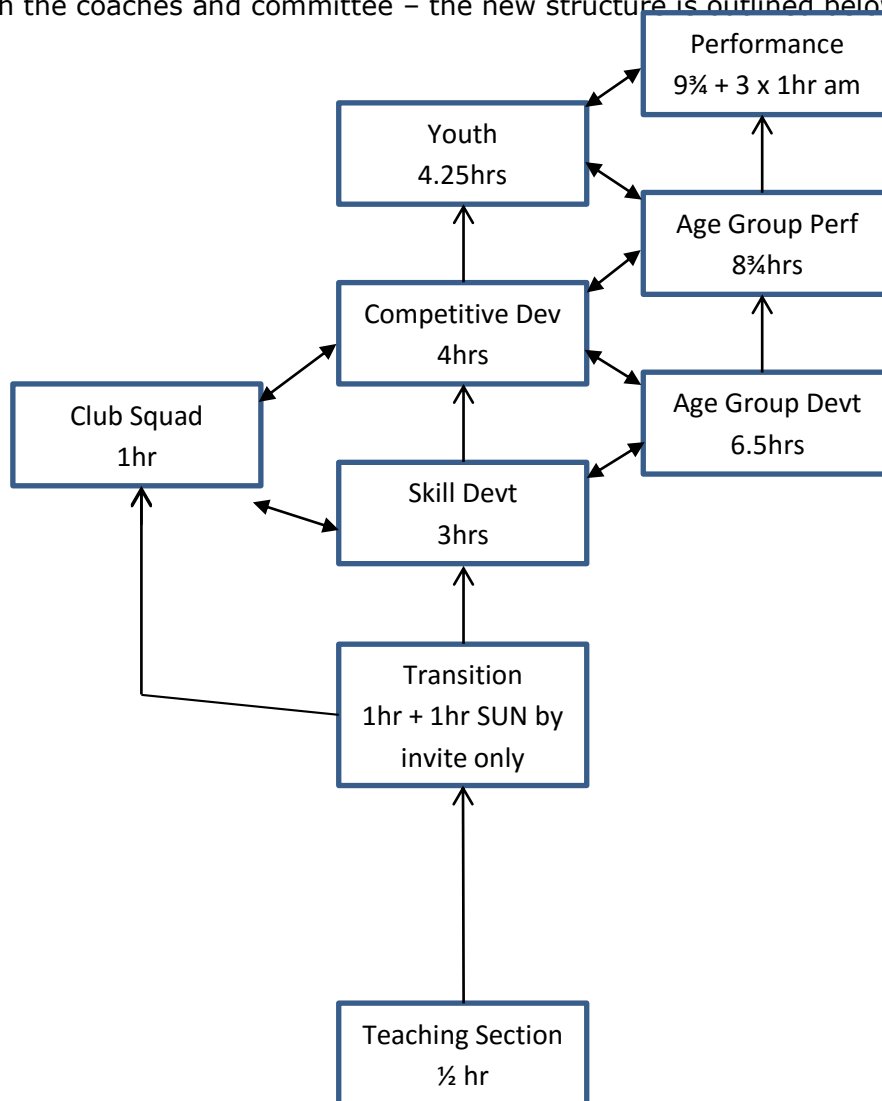
Stephen Moore
Kieran Whight
Dawn Foskett
Karen Davies
Jon Harris
Kevin Hall
Nigel Abbott
Rob Ward

Teaching Team

Ali Howard
Caroline Gemmell
Julie Taplin
Karen Davies
Matthew Griggs
Fran Souter

Squad Structure

The club has also undertaken a review of the squad structure in consultation with the coaches and committee – the new structure is outlined below –



Training Times

In line with the squad structure changes, there are also going to be some changes to the training times of some squads. The times for each squad are listed below.

Please note that there have been a couple of changes to the training times for Age Group Development and Age Group Performance squads to allow us to tie in training session with land training session.

Transition

- Wednesdays 5-6pm – Deben
- Sundays 6-7pm – Deben (invitation only)

Skill Development

- Mondays 7-8pm – Deben
- Wednesdays 7-8pm – Deben
- Sundays 6-7pm – Deben

Club Website is –
www.debenswimmingclub.co.uk.

Please refer to
this for regular
updates and club
information.

Competitive Development

- Mondays 8-9pm – Deben
- Tuesdays 6-7am – Deben
- Wednesdays 7-8pm – Deben
- Sundays 6-7pm – Deben

Club

- Wednesdays 5-6pm – Deben

Youth

- Mondays 8-9pm – Deben
- Thursdays 5.45-7am – Deben
- Fridays 8-9pm – Deben
- Sundays 6-7pm – Deben

Age Group Development

- *Mondays 6-7pm – Land Training – Hutchinson Room*
- Mondays 7-8pm – Deben
- Tuesdays 6-7am – Deben
- Tuesdays 5.45-7.15pm - Woolverstone
- Fridays 7-8pm – Deben
- Sundays 5-7pm - Woolverstone

Age Group Performance

- Tuesdays 6-7am – Deben
- Tuesdays 5.45-7.15pm – Woolverstone
- *Wednesdays 6-7pm – Land Training – Fitness Project*
- Wednesdays 7-8pm – Deben
- Thursdays 5.45-7am – Deben
- Fridays 7-9pm – Deben
- Sundays 5-7pm – Woolverstone

Performance

- *Mondays 6-7pm – Land Training – Fitness Project*
- Mondays 7-9pm – Deben
- Tuesdays 6-7am – Deben
- Tuesdays 5.45-7.15pm – Woolverstone
- Thursdays 5.45-7am – Deben
- *Fridays 6-7pm – Land Training – Fitness Project*
- Fridays 7-9pm – Deben
- Sundays 5-7pm – Woolverstone

County Team Selection

Congratulations to the following 3 swimmers from the club who have been selected for the Suffolk County Team to take part in the Regional Inter County competition in July –

- Jemima Wayman
- Lewis Moore
- Abbie Webb

Thank You

We would like to thank Liz Christian for help in coaching the Club Squad – sadly, due to work commitments, Liz will be standing down from the coaching team.



New Club Shirt

We have recently sourced a new club shirt which will be available from September. Please look out for further details or contact the Secretary – Elaine Claydon – debensc.secretary@hotmail.com.

Mini Club Championships

Congratulations to all the swimmers that took part in the Mini Club Championships on Wednesday 29th June – it was great to see so many take part and the atmosphere was fantastic in what was the first taste of competition for most.

A special thank you must go to Tracey Houston who organizing the event, and also for the support from teachers, helpers and committee members in ensuring everything ran smoothly.

Swim21 Accreditation

The club is pleased to announce that it has maintained its accreditation with the ASA – this ensures that the club is operating effectively and safely within the guidelines of the ASA and Sport England Clubmark.

Well done to Petrina Webb who oversaw this process with help from a number of committee members.