



DOVER LIFEGUARD CLUB



NEWS-SPLASH

September 2009

Ben Evans at the ASA Age Group Championships– Ponds Forge, Sheffield, 21-26 July 2009

We arrived in Sheffield on Tuesday afternoon, went straight to the pool to meet Ben and then on to a Coaches Meeting in the evening.

There were no chance of lie ins because each day we were up and at the pool by 7 am for warm up and some sessions Ben did not finish until 12.30 pm. It was then lunch and a rest each day for Ben and back for warm up at 4pm for finals – Wednesday, Thursday, Friday, Saturday and Sunday.

On Wednesday evening we attended an excellent seminar on Age Group Swimming chaired by Terry Dennison – long time GB Coach and Adrian Moorhouse's coach and also to Charlotte Niblett, Dover LGC, when she was at university in Leeds.

It was a long tiring week but well worth it as Ben really put Dover LGC on the map by swimming in 8 events and reaching 6 finals. On top of all this he was placed 10th in the boys 11yr BAGCAT Competition and received his award from ASA President, Kay Grimshaw, who was very pleased to be presenting it to a Kent swimmer. There were very few Kent swimmers at the Championships so to get to finals and get noticed was very good.

This is one of the best all round performances by a young age group swimmer Dover has ever had and we look forward to improving on this next year.



Kent Junior League– 13th September at Croydon

It was the second round of the Kent Junior League last Saturday and Dover Life Guard Club took a team of 30 young swimmers aged between 8 and 13 to Trinity School in Croydon . Some of the younger swimmers were competing in their first competitive competition at this level.

It was the first week of a new term not only of competitive training but also school for the majority of them so it proved a good

Dover Lifeguard Club are now very lucky to have our new Electronic Timing System up and running, already proving a huge success and very useful.

Thanks to Vista Leisure and "The Techno Team".

marker as to how they were all progressing. Age Group Coach, Mike Hughes, was not disappointed and there were a raft of personal best times across the board. Individual wins were achieved by Sophie Waller, Katie Latham (3), Ben Evans (2) and Cameron Cook. The 7 relay wins shows how the depth of talent in the club is increasing in these age groups. The 11 and under girls medley and freestyle teams of Danika Mote, Mollie Allen, Sophie Waller and Hannah Wain won both their relays as did the 11 and under boys teams of Cameron Cook, Christopher Clarke, Ed Smith, Kyle Kent and Robin Craft. The 13 and under boys team of Dan Latham, Tom Latham, Callum Haywood and Ben Evans also won their medley and freestyle team events. The final event of the evening, the mixed 8 x 25m Freestyle Squadron consisting of Hannah Wain, Ben Crosland, Sophie Waller, Ed Smith, Katie Latham, Ben Evans, Pam Flisher and Callum Haywood was an exciting race and Dover led from start to finish beating their closest rival by almost three seconds a tremendous effort at the end of a very competitive gala. When the points were added up the final result showed Dover firmly in second place.

1st Orpington OJAYS– 243 points

2nd Dover LGC– 203 points

3rd Greenwich Borough Mariners– 191 points

4th Erith– 147 points

5th Dartford- 131 points

6th Bexley- 85 points

Dover are now looking forward and planning for the third round in this competition which will be held at Dover on 21 November when the recently installed electronic timing at Dover Leisure Centre will be put to good use.

What are the criteria for a swimmer moving into another group?

As teachers we are often asked this question. We will highlight the criteria in this and future News Letters. As a club we are limited by the availability of pool time and space. So even though your child may have achieved all of the criteria if there is not room in the next group they cannot be moved up. However, if that is the case they will still be stretched to improve their abilities. Stage 1 is at 6.30 pm and 7.00 pm on a Thursday evening and 7am on Saturday morning.

They must -

1. Enter the water safely. (There may be use of an
2. Move forwards for a distance of 5 metres.
3. Move backwards for a distance of 5 metres.
4. Move sideways for a distance of 5 metres.
5. Scoop water and wash face.
6. Be at ease with the water showered over
7. Move into a stretched floating position using aids equipment or support.
8. Regain an upright position from on the back with support. *(Travel 5m on back unaided)
9. Regain an upright position from on the front with support. *(Travel 5m on front unaided)
10. Push & glide in a horizontal position to or from a
11. Take part in a teacher led partner orienteer-
12. Demonstrating an understanding of pool rules.

*Travel unaided on front & back & knowledge of breaststroke is DLGC criteria

'Move' is defined as any means of moving around the pool with feet on or off the bottom e.g. stepping, hopping, skipping, jumping. **Participants** at ease and at home with water being showered over the head / face. 'Support' defined as wall or other person.

'Pool rules' - participants assessed through questions & answers and/or through practically applying the pool rules.

If you want more information the Amateur Swimming Association has released a parent's information guide that is available from our shop at a cost of £2.50.

If a parent wants more information teachers are happy to answer questions but please be aware that lessons should not be disrupted.

Friends of the Dover Life Guard Club

Friends of Dover Life Guard Club are the fund raising part of the club. Outings and equipments are just some of the things that are subsidised by them.

Their Annual General meeting is on the 23rd of November. I know it seems a long way off but I thought we would give you all time to think about it. Are you interested in joining us? For more information speak to Twigs Redman, Julie Haywood or Rita Kingsbury.

SOLO ENGLISH CHANNEL SUCCESS

TOM RUSSEL

8th SEPTEMBER 2009

BOAT: SUVA

PILOT: NEIL STREETER

CO-PILOT: ADRIAN PIDDICK

OBSERVER: ROBERT NIGHTSMITH

HIGH TIDE: 01:30 (6.5m)

START SWIM: 00:37

FINISH SWIM: 15.20

TIME: 14 HOURS 43 MINUTES

Tom raised an amazing £3000 sponsorship money, which when we add in gift aid, comes to nearly £4000 for Help for Heroes. As Tom is aiming to join the Navy, this means a lot to him, so thanks to all of you for your support in sponsoring him.

CLUB CHAMPIONSHIPS

5.9.09, 16.9.09, 19.9.09 and 23.9.09

Dover Lifeguard Club held their annual club championships at the town's leisure centre during September. There was an added impetus to this years competition as the club put its newly installed electronic timing through its paces. There were some fine performances from the swimmers with many club records falling.

Results for the BOYS age groups were as follows

8yrs and under

Alfie Herrington- 1st 25 fly and 2nd 25 fs,25 br,25 bk

Lee Sheppard- 1st 25 fs,25 bk,25 br and 2nd 25 fly

Harry Thirkettle- 3rd 25 bk, 25 fs

Ben Waller- 3rd 25 br

9 yrs- boys

Robert Keen- 1st 100 IM, 50 fs ,50 fly,, 50 bk, 50 Br

Harry Bartram- 1st 200 IM, 200 Bk, 200 fs,200 br and 2nd 50 fs,100 IM, 50 fly, 50 Bk, 50 Br

Ben McHugh- 3rd 50 Bk

Liam Manley- 3rd 50 Br

10/12yr boys

Ben Evans- 1st 50br,100 fs,400 IM,50 bk,400 fs,50 fly,200 br,200 fly, 50fs,100 bk,200 fs,100 br,200 IM,800 fs,100 IM,200bk,100 fly

Ed Smith- 2nd 100 fs,50bk,50 fly,200 br,200 fly,100 bk, 200 fs,200 IM,100 IM,200 bk, and 3rd 50 br, 50 fs,100 br

Kieron Menniss- 2nd 50 br

James Smith- 2nd 50 fs, 100 fly and 3rd 100 fs,50 fly, 200 fly

Josh Morgan- 3rd 50 bk

Cameron Cook- 2nd 400 fs and 3rd 100 IM, 200 bk

Chris Clarke- 2nd 100 br and 3rd 400 fs,200 br, 200 IM, 800 fs

Kyle Kent- 3rd 100 br, 100 fly

Robin Craft- 2nd 800 fs and 3rd 200 fs

13/16 yr boys

Callum Basford- 1st 100 IM,100 fly,100 br, 200 IM,200 fs, 200 fly, 400 fs,200 br, 50 fly,400 IM, 50 bk, 100 fs, 2nd 100 bk,50 fs,50 br and 3rd 800 fs

Evan Waters- 1st 50 br, 2nd 100 IM,200 bk,100 br, 800 fs,200 br,50 fly,400 IM, and 3rd 100 fly, 200 IM,100 bk,200 fly,50 fs,400 fs,50 bk,100 fs

Matt Farran- 1st 200 bk, 100 bk,50 fs, 2nd 200 IM,200 fs, and 3rd 100 IM,50 fly

Lewis Young- 1st 800 fs, 2nd 100 fly,200 fly,400 fs,50 bk,100 fs and 3rd 200 bk,200 fs,400 IM

Callum Haywood- 3rd 100 br,200 br,50 br

17/24 yrs men

Rob Dawson- 1st 100 bk,200 fly,50 fs,

GIRLS age groups

8 years and under

Sadie Smith- 1st 25 fs, 25 fly 25 br and 2nd 25 bk

Maria Evans- 2nd 25 br and 3rd 25 bk, 25 fs

Lulu Willett- 1st 25 bk and 2nd 25 fly,25 fs

Ashleigh Menniss- 3rd 25 br

9yrs

Hannah Wain- 1st 200 IM,50 fs,50 bk,200 bk,100 IM,50 br,200 fs,50 fly

Connie Willett- 1st 200 br and 2nd 200 IM,50 fs,200 bk,200 fs,50 fly

Kira Tranter- 2nd 100 IM,50 br and 3rd 50 fs,50 bk,50 fly

Rosie Kilmurray- 2nd 50 bk, and 3rd 50 br,100IM

10/12yrs

Katie Latham- 1st 200 IM,200br,50 fs,100 fly,400 fs,50 bk,100 br,200 bk,100 IM, 50 br,200 fs,800 fs,100 fs,400 IM,50 fly, 100 bk and 2nd 200 fly

Sophie Waller- 1st 200 fly, 2nd 200 IM,200 br,100 fly,400 fs,100 Im,50 br,200 fs,400 Im,50 fly and 3rd 50 bk,100 br,200 bk,100 fs

Alice Latham- 2nd 50 fs,100 br,800 fs and 3rd 200 Im,,200 br,100 fly,400 fs,200 fly,100 IM,,50 br,200 fs, 400 IM,50 fly

Gemma Lawson- 2nd 100 fs,100 bk, 200 bk

Grace Beer- 2nd 50 bk and 3rd 100 bk,50 fs

13/16 yrs

Megan Basford- 1st 50 fs,50 bk,400 fs,100 br,200 bk,100 IM,200 fs,100 bk,400IM,100 fs,200 br, 200 IM, 2nd 50 br,800 fs,50 fly and 3rd 100 fly

Pam Flisher- 1st 200 fly, 2nd 200 IM,200 br,100 IM,50 fs and 3rd 100 fs,400 IM,800 fs, 50 br,100 br,200 bk,400 fs,50 bk

Tasha Hyde- 1st 100 fly,50 br, 2nd 100 br,400 IM and 3rd 50 fly,100 bk,200 IM

Devon Amos- 1st 50 fly, 2nd 50 fs,100 bk,200 bk,50 bk, and 3rd 200 fs

Megan Curtis- 1st 800 fs, 2nd 100 fly,400 fs,200 fs and 3rd 50 fs,100 IM

India Ribbans- 3rd 200 br,300 fly

Ebony Wright- 2nd 200 fly

17/24 yrs

Amy Bacmeister- 1st 100 fs,50 fly,100 bk,200 fs,200 bk,50 bk,400 fs,50 fs

25 yrs +

Kaira Redman- 1st 50 fly,,100 fly,50 bk,200 fly,100IM,800 fs,400 IM,50 fs,200IM

Siobhan Hollier- 1st 100 fs,100 bk,200 br,200 fs,100 br,200 bk, 2nd 200 IM,100 IM,50 br,50 bk,100 fly,50 fly and 3rd 50 fs

Julie Haywood- 1st 50 br, 2nd 800 fs,100 fs, 100 bk,100 br,50 fs, 3rd 100 IM,50 bk

PARENTS

Please ensure all contact information is updated with membership secretary. For example, change of telephone numbers, etc.

UPCOMING EVENTS

GALAS

- East Invicta's- 17th and 18th October 2009 at Canterbury
- Dartford B Gala- 7th November, Black Lion
- Development Gala (selected swimmers)- 7th November, Black Lion (evening)
- Arena National Swimming League- 14th November, Horsham
- Maidstone Open- 29th November



COURSES

- Pool side helpers and Child Protection Training
- *Part of our Swim 21 is that all poolside helpers need to undertake training. Jan Hyde, Child Welfare officer to trying to arrange a course. So please if you regularly help on poolside and have not had any child protection training please give your details to Jan.*

MEETINGS

- AGM meeting- 30th November 2009

As you are aware the club is run solely by volunteers, which includes the Head Coach.

If you would like to be more involved within the club and feel a part of this organization whether it be on poolside, or giving out drinks at galas, please come forward!

We would love any new faces to help out and help our club become even more successful in the future!

Apologies for the late publication of Septembers newsletter, unfortunately due to e-mail and printer difficulties, we were unable to get it out to you any earlier.

Please feel free to submit any jokes for following issues.

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