



# Wavelength

Woking Swimming Club's Newsletter  
Edition 7 - February 2005



## Comment from John Eastwood Acting Head Coach

"Welcome to a new year of swimming in 2005. Last year saw a myriad of changes in many things, from committee through to coaches and squads.

WSC swimmers continue to perform well individually and as a team, participating in a number of friendlies, leagues and Open Meets. Having won the Premier League Cup last year before the summer holidays, beating Guildford, the squads came back in the autumn term to win Rother League (Junior) and then the Hants & South Coast Junior cup, beating Haslemere.

WSC also sent a coach load of swimmers every day for a week to the Crystal Palace Summer School in August. The behaviour, work ethic and politeness of WSC swimmers were commented on, not only by the organisers and by the trainee coaches and teachers, but also by the tutors and senior swimmers from other clubs. In short, the organisers would have been hard put to do without WSC and have asked us back once more this year. Karen Eastwood was one of the teachers taking her Club Coach's course at Crystal Palace and we are pleased to report that she passed her exams.

The latter end of the year saw WSC travelling to Open meets at Crawley, Haslemere, Guildford and Havant & Waterlooville as well as the Speedo League. All swimmers excelled and many broke PB's at every event in every meet, on top of the many PB's that were achieved in Club Champs.

A Bowling night for the seniors and a Disco for the juniors, together with the fun night concluded a very busy last term for 2004.

Autumn 2004 also saw a change in coaching responsibilities, and due to a positive coalition of coaches and committee it was ensured that there were no hiccups and that the training and development of the swimmers continued.

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## Keep us up-to-date

Increasingly we are using email as our main means of communication with swimmers and parents. Please ensure that we have your up-to-date email address and telephone number. Please inform Kim Gibson of any changes.

Please also tell Kim of any changes to a swimmer's health (e.g. Diabetes, Asthma etc.) which could affect their training.

[kim@gibson1966.freeserve.co.uk](mailto:kim@gibson1966.freeserve.co.uk)

07749 226287



## WSC Notice Board & Website

Don't forget to check the WSC Notice Board in the Gallery regularly. There is lots of information on it. *If you have been selected for a gala please respond promptly as the team managers need to know if you are available.*

The Website is now **THE** place to find things out about the club so make a point of visiting it regularly.

[www.wokingsc.co.uk](http://www.wokingsc.co.uk)

## Woking Swimming Club

AGM

Wednesday 23<sup>rd</sup> February 2005

8pm

Woking Leisure Centre  
Restaurant

Got something to say?...

A question to ask?...

***This is the AGM of YOUR Club***

We are always interested in feedback from members (and their parents). Better still why not join the committee in some capacity – we really need the younger swimmers to be represented. No special skills needed, we've all learnt as we've gone along (and are still learning!).

**Come and join us**

## Social Events

So that its not all 'swim swim swim' we are trying to organise at least one social event each term.

Keep an eye on the website and notice board to find out what we are planning for this term. If swimmers have any good ideas please let me know. *Joan Deans*

[Deans.family@ntlworld.com](mailto:Deans.family@ntlworld.com)

The long awaited Roll of Honour has now been mounted next to the notice board in the gallery. This is aimed at recognising the significant contributions made by swimmers in the club. Those nominated will be announced alongside other club awards at the Christmas Fun Event. **Congratulations to Nic Smith who was nominated in 2004.**

## Forthcoming Fixtures

Date	Type	Event	Venue
<b>JANUARY</b>			
Sat 22nd	L/U14 Below	Wey Junior B League Round 1	<b>Woking</b>
Sat 29th	O	Haslemere Invitational meet	Haslemere
Sun 30th	O	Cranleigh Open Meet	Cranleigh
<b>FEBRUARY</b>			
Sat 5th		Surrey Championships	Guildford
Sun 6th		Surrey Championships	Guildford
Sat 12th		Surrey Championships	Crystal Palace
Sun 13th		Surrey Championships	Crystal Palace
Sat 19th			
Sun 20th			
Sat 26th		Surrey Championships	Guildford
Sun 27th		Surrey Championships	Guildford

Full details can be found on the website – [www.wokingsc.co.uk](http://www.wokingsc.co.uk)

If a swimmer has been handed a form for an Open Meeting and does not intend to participate, the coaches would appreciate the form being returned as it may be of use to another swimmer. A reason for non-participation is always helpful as well. If a swimmer wishes to participate in an Open Meeting and has not received a form then please do ask. (The Open Meets that Woking Swimming Club will be participating in are on the website along with all the other fixtures for the year.)

Parents are reminded that they are not allowed poolside at Open Meets, nor should children leave poolside without the permission of the coach.

The children are part of a team – and club – and should spend time with their teammates, giving each other support and encouragement. They should not be running up and down to parents in the gallery – this poses obvious safety issues, but also runs the risk of a child missing being called up for a race.

Parents should not scratch their children from a race without discussing it first with a coach. It is very difficult for the coach to keep track of things and know when they should be duplicating cards or hunting for swimmers if parents and swimmers have their own agenda.

If the children need to come up to the gallery, they must have checked with the coach beforehand and be wearing the correct attire (poolside shoes, t-bag and/or track suit, fleece).

### Continued from front page..

Spring 2005 has also seen some changes with Sarah Marks and Janet Bayfield taking over the reins of the Associates. The organisation and effectiveness of our Associates is looked at by many surrounding clubs with a great deal of interest and used as a blueprint by them. Our younger swimmers are a force to be reckoned with in the County and this is very much down to the early training years.

The New Year started with an Open at Brighton and a friendly gala, The Gibson Shield, at Woking on the same weekend. WSC won the Gibson Shield which is for younger swimmers and will encourage them in their future endeavours. More PB's fell at Brighton which, given the Christmas break, is a really positive start to the year.

Please do check out our website; there is normally a commentary on performance and/or some photographs, together with the 2005 fixtures list and many other items of information and reference.

A plea to all parents: I am delighted to belong to a club where the coaching team and the committee work together so well, however I am aware that many jobs fall on a handful of volunteers. Poolside support in terms of technical assistance/manning of tables at galas/club shop etc., and support in terms of committee membership is always required and I urge you to take an active interest in your child's club to secure its future.

Also, do come along and support your child, wherever possible at Galas or Opens ...the swimmers need your encouragement and support too. The "C" in WSC stands for Club, not crèche!"



**Woking SC Shop**  
If you need fins, hand paddles, hats, goggles etc. you can order them online at [www.wokingsc.co.uk](http://www.wokingsc.co.uk) or email: [shoporders@wokingsc.co.uk](mailto:shoporders@wokingsc.co.uk)



### Parking at Pirbright

The Army have asked us to remind those parents who are dropping off, or picking up their children from the Pirbright Army Garrison pool, that there is a car park for them to wait in adjacent to the checkpoint. Please do not park your cars on the pavements or in the side roads.