



Wavelength

Woking Swimming Club's Newsletter
Edition 9 - October 2005

We are pleased to announce the Club Captains for 2005/2006



**Girls Captain
Annie McGraw**



**Boys Captain
Chris Bett**



**Girls Vice-Captain
Sophie Gilkes**



**Boys Vice-Captain
Michael Calfe**

Woking Swimming Club Out and About

"Since the last edition of Wavelength in April 2005, Woking Swimmers have attended many Opens, galas and a Summer School at Crystal Palace in addition to the Surrey Championships, the Districts and our very own Summer Diddies!

On this journey, [WSC were crowned Minor League champions for 2005](#), after two exciting rounds in April and May and of the 8 Open meetings attended, were awarded [top club at 3](#). WSC once more retained the [Top Club trophy at the Hants & South Coast Invitational Gala](#) along with many individual honours. WSC had to withdraw from the Gemini League one round competition as a Guildford Schools gala clashed, which meant that Woking could not field 2 full teams (hence the name Gemini). WSC suffered a similar issue in July in the one round Junior Rother - this time at the hands of Woking Schools running a gala where at least 20 WSC members were required - this decimated our team and plans have already been made so that there is no re-occurrence in 2006.

The performance of WSC swimmers in the [Wey Junior Galas](#) in January and March ensured WSC [won the Division 2 trophy](#). The [Premier League](#) saw Woking "A" in 3rd place in Div 1 and Woking "B" in 3rd place in Div 3.

The friendly [Sprint Shield](#) saw Woking teams in 2nd and 5th places.

The [Rother Leagues Rounds 1&2](#) have taken place and Woking are in a good position and poised to strike in Round 3 on the 24th September. Further fixtures, including the Junior Cup and the Speedo league as well as a friendly 2 team Junior gala on the 17th September, are posted on the website.

WSC came away from the [Surrey Championships with 6 Gold, 8 Silver, 11 Bronze and 64 4th-8th places](#). At the Districts, apart from the relay teams, WSC were represented by just 3 swimmers, two of whom got to the finals - our target must be to increase this attendance and performance in 2006.

The annual pilgrimage to the [August Summer School](#) at Crystal Palace took place in the week of the 1st August. 45 WSC swimmers were transported daily by coach and once more had a most enjoyable time.

Detailed reports and photos of all the above and future fixtures are all on the website."

John Eastwood

Any old fins..?



We would like to have a stock of fins for use in the Associate Classes.

If you have any old fins please donate them to the Club. Jean Styles will be happy to take them off your hands (or feet!).

Club Championships 2005

Dates and times for Club Champs are on the notice board and website. We will shortly be emailing each swimmer with the events they have been entered for. Woking is a competitive swimming club and all swimmers will be expected to compete in the events they have been entered in.

Please come along and support the swimmers at each of the events - they all swim better with a bit of encouragement.

Did you know that you can now email the coaches from the website? Just go to Club Info and click on 'Meet the Coaches'.

Social Events

Since the last issue the older swimmers have enjoyed a evening at Spectrum Bowl - highest scorers were, Joanna Blair, Alex Campbell, John Hargan, Catherine Taylor and Robert Taylor. We also took over 50 swimmers to Thorpe Park in June (and didn't lose any this time!) and started off the new Autumn term with over 70 swimmers having a fun swim in the Leisure Lagoon followed by a moonlit picnic in the park!

The next event is a Christmas Disco for all full members on Sunday 18 December.

**WE NEED A DISCO
DOES ANYONE HAVE A CONTACT PLEASE!**

deans.family@ntlworld.com

CRYSTAL PALACE SUMMER SCHOOL

In August, 45 keen and committed Woking swimmers had some holiday fun by invading the Crystal Palace Summer School en-masse to regain some of their swim-fitness. Daily we travelled from Pool In the Park up to the famous 50 metre 8-lane pool by coach, the hour-long journey giving us all a welcome chance to catch up on each other's news and gossip.

Once there it was a quick change, and into the water for the older swimmers for an hour and a half coaching session followed by a brief snack break, whilst the youngest swimmers saved their energy for the last hour and a half of teaching sessions.

The swimmers soon settled into the rhythm of the swimming, and steadily progressed up through the lanes, tackling harder sets as the week whizzed by – although the attempted stampede for the Diving Pit needed to be seen to be believed! It was fairly obvious how much the swimmers were enjoying themselves when it was discovered that one group had managed to persuade their teacher that all the girls names were 'Becky' due to some clever deployment of named hats, and the boy's names – well you'll have to ask them!

Each day some very tired and hungry swimmers returned to the coach for the journey home – but the tiredness didn't last long. Once the team had been fed and watered the singing started – and be assured that our swimmers have very powerful sets of lungs. DJ Otzi's 'Hey Baby' took on a whole new meaning!

To protect their ears and sanity, the more mature members of the party brought out their secret weapons – 'A Bug's Life' and 'A Cinderella Story', and peace fell throughout. The team were so engrossed that they begged the coach-driver to go round a few roundabouts twice so that they could see the end of the film!

The swimmers were a pleasure to be with, and their manners and work ethic were commended time after time. Thank you to each and every one of you.

A huge thank-you also to John, Jean, Janet, Sarah, Jules and Simon for all their help – without them the week would not have been possible. All that is left for me to say is – next years dates for your diaries are

MONDAY 31 JULY – FRIDAY 4 AUGUST 2006

Karen



Congratulations to Sue & Bob Simmons

Sue & Bob have recently completed a 60k Walk for Breakthrough Breast Cancer raising over £3,000. 2,107 walkers took part and raised £5.1m in total. Well Done.



Congratulations to Kirsty Watling and Cheri Whitehead for getting through their A levels and going on to University, we look forward to seeing them during the holidays; and to all swimmers who took their GCSEs and ASs whilst still swimming with the Club.



All you ever wanted to know about Open Meets... but were afraid to ask!

Open Meets offer a chance for all swimmers to represent themselves and the club and to swim at different strokes/distances than in standard galas. Open Meets are graded at different levels and for different age groups so all competitive swimmers can enter the most suitable meets.

The Club has a core programme of meets to enter every year, and other ones may be selected if they are suitable.

Open Meets are graded and/or licensed. For licensed meets, the grading system is from 1 (top) to 4 (not usually used). Level 1 meets will have lower qualifying times, so you must have swum faster than the relevant times to be accepted. Level 2 meets have upper qualifying times, so you must not have swum faster than the relevant times. They may also have lower qualifying times. For Level 3 meets there are also upper qualifying times, which are slower than those set for Level 2.

Some clubs refer to their meets as designated, A grade or B grade; these categories tend to be similar to the licensing ones. To swim in the Nationals you must have achieved the qualifying time in County or District competitions, or a designated Open Meet.

Meets are usually run over one or two days, with two or three sessions per day. When you receive an entry pack from your coach, you can select which events to enter. Your coach may recommend certain events which you should enter; if you have any doubts or queries please ask your coach. Please fully complete the entry form enclosed with the pack and return it to your coach by the stated closing date. The closing date will be well in advance of the actual meet, but all the entries have to be checked and then entered on to the entry form or disk, and that takes time to do properly. In addition, some meets are first come, first served; if entries are not in early enough then the meet may already be full and later entries will be rejected.

Awards will generally be awarded to the fastest swimmers in each age group for each race, and these belong to the swimmer to keep. Swimmers finishing in the top places collect points, which are added together at the end of the meet to work out which club has won the "Top Club" trophy. Woking has been successful in winning this award at several meets; our two latest awards being Cranleigh A and Haslemere A this summer.

Hilary Dickenson