

Felixstowe Waves Swimming Club

Newsletter

July 2011



WAVES

New bags and shirts

From September FSC polo shirts, sweatshirts and new holdalls will be available in the 'new' blue. The holdall will cost approx £15.50 and the tops £18/£20. Please see Emma at the start of next term to place your order.

FSC Swim Shop

This is just to remind you that Jill Pane; our shop lady can be contacted on (01394) 211561. She always carries hats (priced £3.20) and is at the pool on Friday, Wednesday and Sunday!!

Electrical Services

A big thank-you to Paul Merry for conducting the PAT tests on our equipment without charge. He can be contacted on (01394) 283564 or mobile 07976510142.

July 17th

This is just to remind you the second 200m Championship evening takes place from 7.30 for Bronze members upwards.

Fun Night

We are holding a Fun Night on Saturday July 23rd in two halves for all of our members and their friends. The first session is from 6.45-7.45. This is for all members of the Teaching groups, Juniors and Bronze members. Those swimmers in Learner 1 or 2 and Improver 1 or 2 will need to bring an adult in the water with them. The second half is for all other squad members 7.45-8.45. There will be food after each session. Each member is welcome to bring a friend to swim and play with. Please complete the form overleaf or email Sally sands.smith@btinternet.com to let us know numbers. This event is free for members and their friends and parents so please come along for a fun experience with the inflatables and your friends.

Assessments for Learner 1&2 and Improvers 1, 2, 3 & 4.

Members of the teaching groups will receive their yellow assessment cards from their teachers soon. These will show adults what they have achieved and what they need to practise...possibly over the summer holidays.

Quite Big River Swimming

The Big Deben Swim is an excellent new open water swimming event covering 6 miles of the River Deben. This July 40 of us swam, in wetsuits, on an incoming tide from Ramsholt to Woodbridge. We swam in 4 'pods', each with kayak support, with one drinks stop. It took 2+ hours and I've never enjoyed a swim more - sunshine, smooth water and some great views. The swim raises awareness and funds for the Deben Estuary Partnership. see www.thebigswim.info

Seamus Bennett

We are online at:

<http://www.felixstowe-waves.co.uk>

End of term dates	
17 th July	200m championships
23 rd July	FSC 'Fun night'
25 th July	Summer term ends at Woolverstone
29 th July	Summer term ends for Teaching Groups
31 st July	Summer term ends for squads

**Term dates 2011-2012
Teaching Groups**

Autumn term	Friday 9th September	Friday 16th December
Spring term	Friday 7th January	Friday 30th March
Summer term	Friday 20th April	Friday 20th July

Squads

Autumn term	Friday 2nd September	Wednesday December 21st
Spring term	Wednesday 5th January	Wednesday 4th April
Summer term	Wednesday 11th April	Sunday 29th July

Squad swim timings are as follows:

Seniors: Friday 9-10pm, Sunday 7.45-8.45AM, Monday 7.30-9.00PM, Wednesday 6.30-7.30AM

Platinum; Friday 9-10PM, Sunday 7.45-8.45AM, 7.30-9.00PM, Monday 7.30-9.00PM, Wednesday 6.30-7.30AM, Wednesday 6.30-7.30PM

Gold: Friday 9-10PM, Sunday 7.45-8.45AM, 7.30-9.00PM, Monday 7.30-9.00, Wednesday 6.30-7.30AM, Wednesday 6.30-7.30PM

Silver: Friday 7.30-9PM, Sunday 7.45-8.45AM+ 6.30-7.30 PM, Wednesday 5.30- 6.30PM

Bronze: Friday 8-9PM, Sunday 6.30-7.30PM, Wednesday 5.30-6.30PM

Juniors: Friday 7.30-8PM, Sunday 6.30-7.30PM

Name _____

I will attend on July 23rd.

I will/will not be bringing a friend. Friend's name _____

Signed _____

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Swimathon 2011

On Saturday 9th April, three swimming club teams and four individual swimming club swimmers took part in the annual Swimathon event, raising money for Marie Curie Cancer Care and the Swimathon Foundation. Everybody had a fantastic evening. The teams completed the team 5k challenge and the individuals all swam 5km as well. Thank you to everyone who took part and to the parents who were also creating a good atmosphere. I hope we can get some teams for this extraordinary event next year.



Summer League

The first round of the summer league took place at Deben Swimming Pool on Saturday 16th April, all of the swimmers swam very well, and some especially good swims were from Faye Hermon, Thomas Boyt, Jack Beckett, Lydia Stoodley and Brooke Flower. Even though the temperature on poolside was unbearable, all of the swimmers swam to their best and got some good Pb's.

We hosted the second round, coming second, again after a close run race. The final round took place on July 2nd at Thetford. Team manager Chris was very impressed with the team spirit and highly competitive approach our swimmers displayed. We finished fourth overall. The trophies are in the cabinet so please have a look.

Attention all Masters and Senior Swimmers:-

Saturday 1st Oct 2011 at Newmarket is the East Region masters (25+ years) & Senior Age Group Championships. (18-24 years) This is an extremely well organised local masters gala. It features races of 50m, 100m, 200m in all strokes as well as 100m and 200m IM and 400m free. Swimmers need to be 18 on 31st December 2011 to compete. Last year we put out a team of 7 swimmers and everyone enjoyed the event. The closing date is 1st Sept - so you need to enter during the summer holidays. Don't forget! Please see

http://www.eastswimming.org.uk/swim/index.php?option=com_docman&Itemid=160 on the ASA East Region website.

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