

Felixstowe Waves Swimming Club

Newsletter October 2011



WAVES

Club Championships

Our championships this year is booked for December 3rd so please put that date in your diary as every FSC squad swimmer is expected to enter along with those in Improver 3 and 4.

Jack swims for Suffolk

A big congratulation goes to Jack Beckett in Platinum for squad as he has been selected to compete for Suffolk at the National Team Championships in Sheffield on October 14th.

Well done Jack - we wish you loads of luck!

Welcome to the following new members:

Olivia De'ath,

Jack Clarke

Phoebe Branton

Joseph Pattinson

Thomas Gibson

Kyrylo Postupalenko

Mark Smee

We hope you enjoy swimming with us.

The East Suffolk Novice series

This is a series of galas for young novice swimmers, with a few 'old hands'. It involves Stowmarket, Leiston, Hadleigh and Lowestoft and OB Swimming Clubs. The latest gala took place in Stowmarket where many of our team were first time gala attendees. They did us proud and we look forward to the next gala in the series at Felixstowe on October 8th.

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!!

New kit can be ordered now!

At last the orders can be taken for the new kit in FSC blue available as follows:

Adult hoodies are £20 in sizes small (36") medium (40") large (44") xl (48")

Children's are £16 5-6yrs, 7-8yrs, 9-10yrs, 12-13yrs.

Adult polo shirts are quick dry and the same sizes as the adult hoodies. £18.

The children have T-shirts as XS. The other sizes are for adults - S,M,L,XL. All are £14.

There is also a bag for £20 which is blue but not the same blue. We will have one at the pool to show you soon, Please see Emma.

Named hats

We have a small order for named hats but need more before it is ready to send. Please email sands.smith@btinternet.com with the writing you want on the hat. The price is £4.50.

We are online at:

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

Term dates 2011-2012

Learners & Improvers

Term	Start	Finish
Autumn	Friday 9th September	Friday 16th December
Spring	Friday 7 th January 12	Friday 30 th March
Summer	Friday 20 th April	Friday 20 th July 12

Squads

Term	Start	Finish	Notes
Autumn	Friday 2 nd September	Wednesday 21 st December	
Spring	Wednesday 4th January	Wednesday 4 th April	Good Friday is April 6th
Summer	Wednesday 11th April 12	Sunday 29th July 12	

Squad times 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

On Friday nights we also have a lane for swimmers working on the Competitive Start award for diving. This is by invitation only.

Wolverstone swimmers

Many thanks for remembering not to enter the changing rooms until given the all clear by a member of FSC Committee or the coach. This is much appreciated. May we also ask that swimmers leave promptly following the end of their swim at 9pm so the teachers can leave and the building be locked. Many thanks.

Membership Fees

Your letter requesting next year's fees will be on its way to you soon. Payment is the same £20 per member to be paid by October 31st. Many thanks.

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

East Region Masters

Felixstowe masters swimmers competed at the East Region Masters Championships on a very warm Saturday on 1st October held at Newmarket. This meet was yet again excellently organised and very well attended, with one swimmer travelling from as far afield as Dunfermline, and a number of regional records being set. Jon Wills swam in the 100m IM, 50m fly, 100m fly, and 200 freestyle, gaining a bronze medal in the 200m freestyle and a silver medal in the 100m fly. Chris Hickey swam the 100 IM, the 200 breaststroke and 200 freestyle. For these swims Chris was rewarded with a bronze in the 200m breaststroke and gold in the 200 free.

The next local competition for masters to get in training for is the Suffolk Masters Championship in February, Details will follow in a future newsletter.

JON WILLS

This seems a long while ago now but..... this is something to consider for next summer...

On Sunday 17th July, Sean Burgess and I took part in the East Region Open Water Championships at Whitlingham Outdoor Centre near Norwich. It was a new experience for both of us. We braved icy murky water, pond weed, swans and ducks. Meanwhile our parents sat in the wind and rain on the banks with their flasks of coffee. We both had very good swims, coming home with medals. We were both up against some very strong, experienced swimmers within our age groups, Sean finishing third and I finished second. We both really enjoyed the experience and will be interested in doing it next year. Hopefully some of you will join us.

Alice Theobald

FSC gala calendar

date	gala
Saturday Sept 17 th	ESN gala Stowmarket
Sunday Sept 18 th	Ipswich Novice Open
Saturday October 8 th	ESN gala at Felixstowe
14 th -16 th October	Deben Open
22 nd -23 rd October	Ipswich Open
26 th November	Winter league
3 rd December	FSC Club Championships
17 th 18 th December	Stowmarket No Frills Gala
Saturday 28 th January	Winter league
Saturday 25 th February	Winter league
10 th , 11 th , 17 th , 18 th March	Suffolk ASA County Championships
Saturday 27 th April	Swimathon

Just to mention.....

Without a doubt the club prides itself on the enthusiastic and respectful attitude of all of our young swimmers. All swimmers are reminded that they are representing the club and its values at the pool so please make every effort in the changing rooms and poolside to behave appropriately.

We are online at:

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

ICENI begin National Water Polo Challenge

Congratulations to Rachel Wills who recently passed selection and now plays for the IcenI - (East Anglia based) women's water polo team, which is in the highly competitive Women's National Waterpolo League Division 4 . IcenI played three matches at Sheffield Ponds Forge on weekend of the 10th/ 11th September against Southampton , Tydesley (near Manchester) and London based Polytechnic teams. Ponds Forge is a fantastic venue with the main 50m pool set to provide 2 separate water polo pitches. The atmosphere was great, with Men's League Division 2 matches also being played simultaneously. Unfortunately IcenI lost their matches, but are hoping to improve and build on their performance against Invitca (London) and City of Birmingham teams on the 24th &25th September. All the players enjoyed the weekend away in Sheffield and the team spirit was tremendous.

1st game v Polytechnic who were recently relegated from Div 3 and ICENI found themselves down to 6 players for 3 quarters of the game due to injuries and a wrapping. ICENI played really well but lost the game 14:2 in the end.

2nd Game v Southampton who are a pre-tournament favourite for promotion. Lost the game 17:0 with a very inexperienced 7 due to the injuries sustained during the first match. The positives were that the girls played really well in the second half restricting Southampton to just 3 chances and threatening to bounce back in the game.

3rd Game v Tydesley. Lost 22:1 but gaining experience all the time. Reinforcements had arrived in the shape of Laura White who scored the ICENI goal. ICENI dominated for much of the game but just did not score the goals their play deserved.

If any swimmers (7 years and above) are interested in learning water polo they can contact Chris Cawood on 07802 912770 .see <https://sites.google.com/site/iceniwp/>

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