



WOSC December 08

Newsletter

WOSC Mission Statement

White Oak Swimming Club is committed to fostering a friendly club environment that allows all its members to enjoy swimming as part of a healthy lifestyle. In particular, we:

- **welcome swimmers of all abilities, ensuring they can achieve their goals.**
- **place strong emphasis on teaching and developing swimming skills**
- **provide a stretching training and competitive regime for the more able swimmers**
- **aim to achieve this by providing a secure and caring environment where every member is valued and encouraged to work together as a team to achieve their goals.**

The new season has got off to a flying start and we have a lot to celebrate with the club winning the 2nd round of the Kent Junior League, Sevenoaks Sprint Gala and the 1st round of the National Speedo League. It looks as if the huge efforts the swimmers have been putting into their training is paying off.

Christmas is just around the corner and when we return in the new year the training for county, gold and silver squads will step up another level as we prepare the swimmers for forthcoming county championships. It would be magnificent to exceed the number of entries we had last year.

Despite the progress the club is making we are still desperately short of parents to assist with the day to day running of the club. If there are any parents who would like to help please introduce yourself to the committee on a Wednesday evening.

September Club Championships Results

Following a thrilling evening of swimming, our congratulations go to the following winners:

Boys U/8 1L Freestyle: Aaron Warr

Girls U/9 1L Breaststroke: Negin Mortazavi

Boys U/9 1L Breaststroke: Matthew Reeve

Girls U/10 1L Breaststroke: Maia Ward

Boys U/10 1L Butterfly: Harrison Cornwell

Girls U/11 1L Breaststroke: Natasha Warr

Boys U/11 1L Butterfly: James Graves

Girls U/12 2L Butterfly: Elle Barnes

Girls U/12 4X1 Ind. Medley: Elle Barnes

Boys U/12 2L Breaststroke: Rhys Nolan

Girls U/14 3L Backstroke: Nancy Mawhood

Boys U/14 3L Freestyle: Adam Fisher

Girls U/17 3L Freestyle: Megan Hill

Boys U/17 3L Backstroke: Ross Smith

Ladies Open 6L Butterfly: Megan Hill

Ladies Open 4X1 Ind. Medley: Megan Hill

Ladies Open 3L Breaststroke: Megan Hill

Mens Open 3L Butterfly: Freddie Mawhood

Mens Open 6l Breaststroke: Ross Fisher

Thank you to all the officials and poolside helpers, who give their time voluntarily.

White Oak Open

Thanks to all the swimmers, officials, helpers and spectators who attended the open at Black Lion on the 5th October and helped make it another roaring success. All of our swimmers competed well and we had our share of success stories as our swimmers won a number of trophies for finishing in the first 3 or medals for finishing 4th – 6th.

What a day for Ross Smith with two 1st places a 3rd and a 4th. Freddie Mawhood and Megan Hill also had a good day with both achieving 2 first place finishes and a second place.

The following swimmers won trophies or medals:

Freddie Mawhood	Mens Open 200m Butterfly	1st
	Boys 15 years 100m Butterfly	1st
	Boys 15 Years 100m Freestyle	2nd
Ross smith	Mens Open 200m Backstroke	1st
	Mens Open 200m Freestyle	3rd
	Boys 15 years 100m Backstroke	1st
	Boys 15 years 100m Freestyle	4th
Liam Gillespie	Boys 15 years 100m Backstroke	4th
	Boys 15 years 100m Breaststroke	2nd
	Boys 15 years 100m Freestyle	5th
	Boys 15 years 100m Butterfly	4th
Rebecca Thornton	Girls 15 Years 100m Freestyle	3rd
	Girls 15 years 100m Backstroke	3rd
Megan Hill	Girls 14 years 100m Butterfly	1st
	Girls 14 years 100m Breaststroke	1st
	Girls 14 years 100m Freestyle	2nd
Danica Ebers	Girls 14 years 100m Freestyle	4th
	Girls 14 years 100m Backstroke	4th
Abigail Barns	Girls 14 years 100m Freestyle	5th

	Girls 14 years 100m Breaststroke	2 nd
Lauren Williams	Girls 14 years 100m Freestyle	6 th
	Girls 14 years 100m Backstroke	6 th
	Girls 14 years 100m Breaststroke	3 rd
Olivia Rea	Girls 13 years 100m Freestyle	6 th
	Girls 13 years 100m Butterfly	5 th
Chelsey Bell	Girls 13 years 100m Butterfly	3 rd
Adam Fisher	Boys 12 years 100m Breaststroke	1 st
	Boys 12 years 100m Freestyle	5 th
Omid Hakimazari	Boys 13 years 100m Breaststroke	5 th
	Boys 13 years 100m Butterfly	4 th
Nancy Mawhood	Girls 12 years 100m Freestyle	5 th
	Girls 12 years 100m Butterfly	2 nd
Ben Connor	Boys 12 years 100m Breaststroke	6 th
Elle Barnes	Girls 11 years 50m Breaststroke	2 nd
	Girls 10 years 50m Butterfly	1 st
Rhys Nolan	Boys 11 years 50m Butterfly	3 rd
	Boys 11 years 50m Backstroke	5 th
Maddie Harvey	Girls 10 years 50m Backstroke	3 rd
	Girls 10 years 50m Breaststroke	5 th
	Girls 10 years 50m Butterfly	3 rd
Natasha Warr	Girls 10 years 50m Backstroke	6 th
	Girls 10 years 50m Freestyle	6 th
	Girls 10 years 50m Butterfly	5 th
Lottie O'Connor	Girls 10 years 50m Backstroke	6 th
Kirstie Britton	Girls 10 years 50m Butterfly	6 th
Oliver Bright	Boys 10 years 50m Butterfly	3 rd
James Bach	Boys 9 years 50m Freestyle	3 rd

As always we are indebted to the officials who give their time voluntarily and to the parents who assist around the pool and behind the scenes, without your help we could not stage this event. Thanks to Maureen for organising the officials & putting on the helpers buffet which went down a treat. Finally, A huge thank you to Georgina Bright for arranging matched funding from her employer Barclays Bank to the tune of £750. The club is massively grateful to her and Barclays for this support.

Gala Results

13 th September	Kent Junior League	Sevenoaks	1 st
27 th September	Sevenoaks Sprint Gala	Sevenoaks	1 st
4 th October	White Horse League	Crook Log	5 th
11 th October	Speedo League	Croydon	1 st
8 th November	Speedo League		2 nd
15 th November	Kent Junior League	Sittingbourne	1 st

White Horse League

The league has drawn to a close for the year following a series of good competitive galas against some very strong teams. Congratulations to Orpington Ojays who won the league. We hope to see you again next year to defend your trophy. White Oak finished joint 5th overall. The final positions were as follows:

Position	Club	League Points	Gala Points
1	Orpington OJ	94	1472
2	Beckenham "B"	84	1517.5
3	Bromley	84	1438
4	Erith	81	1394.5
5	White Oak	71	1259
6	GBM	71	1235
7	Eltham	58	677
8	Gravesend	20	333

Champions

Our younger swimmers put in some barn storming performances to win the 3 galas in their division of the Kent Junior League. The swimmers were presented with the division winners shield at the end of the Sittingbourne gala and celebrated their success with a team jump in. Congratulations to all that took part in these galas and keep up the good swims. We look forward to the challenge of competing at a higher level next year.

Lauren Willaims

Congratulations to Lauren who has been selected for the Kent under 17 netball squad. We all wish Lauren every success with her future development in this sport as well as with her swimming.

New Members

Welcome to the following swimmers who have joined the club since the last newsletter: Lucy Daniels, Sophie Jones, Louis Kane, George Holden, Joe Smith, Daniel Fogg, David Kinnaid, Liam Pasco and Joseph Collins.

Promotions

Congratulations to the following swimmers who have gained promotion to the next squad: Francesca Barber, Lottie O'Connor, Lara Hammond, Lucia Hart, Sophie Jameson, Nancy Stuart, Megan Stuart, Luke Baxter, Tessa Nolan, Jack Parsons, Henry Mason, Olivia Kane, Ethan Gillespie, Abbie Collins, Ellie Oaten & Kieran Freear, Maia Ward, Lucy Daniels, and Zoe Sullivan.

Apologies if I have missed anybody.

Swimmers of the month awards

The following swimmers won their respective squad swimmer of the month awards as a result of their efforts in training. Congratulations to you all and keep up the good work.

September

Green Squad Francesca Barber

Bronze Squad

Silver Squad Natasha Warr

October

Green Squad Honor Warren

Bronze Squad

Silver Squad Anja Ward

ARRANGEMENTS FOR DURING THE FESTIVE SEASON!

- **Christmas training times for all squads.** Our last routine swim session will be on **Tues 23rd Dec** and resume routine swimming on **Sat 3rd Jan**. (This is largely because the Centre is closed at 6pm between Christmas and New Year.)
- **However extra training times for Gold and County,** between Xmas and New Year have been booked to allow you build up to the Kents as follows and Dean hopes as many of you as possible will take part!

Sat 27th Dec 9 to 11 am

Sun 28th Dec 9 to 11 am

Mon 29th Dec 9 to 11 am

Tues 30th Dec 9 to 11am

Wed 31st Dec 9 to 11 am

- **Fun night on 17th Dec** The flumes are shut from 15th Dec for major maintenance, which is disappointing but we are negotiating for the large inflatable, to be used in 3 sessions between 6 and 9pm - more details before the night, so you know when to turn up!

- **Family Presentation Disco** is fast approaching on Friday 23rd Jan at 7.30pm. This is a whole family local event with a disco and fun DJ, held at Swanley Working Men's Club. Please come and buy your tickets as from 10th Dec. Tickets £10 per family. Bar available.

Panto

Best wishes to Francesca Barber who will be working very hard in the coming weeks as she is one of the dancers in the Christmas Panto at the Orchard Theatre.

Finally, the coaches and committee would like to wish you all a Merry Christmas and a prosperous new year.

