



WOSC December 2009

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.

As another year draws to a shuddering end, we have much to celebrate since the last newsletter.

White Oak Open

The white Oak open was held on the 4th October at Black Lion Leisure Centre, Gillingham. This was a fantastic opportunity to meet some old friends. As usual the event was well supported. It was pleasing to see the number of White Oak swimmers who took part. Orpington Ojays, Dartford and Black Lion arrived with their customary large numbers of swimmers. Orpington Ojays finished the day winning the Top Club award ahead of White Oak. Our own Ross Fisher won the top boy and Katie Davies (Orpington Ojays) top girl.

As always a huge thank you to everyone who took part, supported the swimmers or helped on poolside.

I have been asked to give the timekeepers a very special mention by the senior officials on the day who were extremely impressed by the high standard of our timekeeping. Due to technical problems the event had to run without Electronic timing so the pressure was on.

Well done Lesley Britton, Jane Kelly, Sarah Baxter, Debbie Harvey, Sharon Warr and Dave Mawhood.

Club Championships

We approach the final Club Championships gala of the year with several age group swimmers of the year awards still up for grabs.

Girls under 9	3 way tie
Boys under 9	2 points separating 4 swimmers
Girls under 12	2 way tie
Boys under 14	2 points separating 3 swimmers

Good luck to everyone taking part, it should be a good competitive event.

Opens

It is great to see the increase in the number of swimmers entering other clubs open meets. We recently attended the Dartford open with many of our swimmers achieving Personal Best times and the odd Kent championships qualification time. The club finished 4th overall which is a great achievement.

Congratulations to Beth Jarman who had never taken part in a gala before and only entered this event after a bit of gentle persuasion. Beth achieved 2 personal bests one of which was a silver time with the other just missing a gold. Beth attends most sessions available to her and always trains to the best of her ability, she is a credit to herself and these achievements are fully deserved.

Keep up the excellent work Beth and keep on smiling.

Bon Voyage

Sadly we have to say goodbye to some stalwarts who have been involved with the club for many years. Barry and Maureen Nunn are moving to Devon. Barry officiates at most of the Club championship galas and is a highly respected official within the Kent ASA. Maureen has organised done a number of jobs within the club from organising Club Championships galas, obtaining the officials for our opens and most importantly preparing the officials buffets which are legendary. Everyone at White oak wishes you both a fond farewell and wish you all the very best in your new home.

New Members

Welcome to all those swimmers who have joined the club since the last newsletter. These are usually dispatched quarterly and I hope that you find them informative. If there are any news or achievements you would like to share with everyone (not necessarily swimming related) please pass details to **(Steve Turrell)** for the next newsletter.

Presentation Evening

For the third year running we will be holding our Club Presentation evening on Friday 23rd January at Swanley Working Mens Club. It will be great to see as many swimmers and family at this event as possible. Trophies will be awarded to the winners of every event from this years Club Championship Galas as well as the overall winners of each age group plus other awards. I am sure that those of you who have attended before will testify what a great night it is.

Tickets are £10 per family and will be available from Wednesday 2nd December. Get in early and don't miss out.

Kent Junior League Champions

White Oak swimming club hit Canterbury like a whirlwind on Saturday 22nd November we competed in the final gala for the Kent Junior League and what a performance our swimmers put up. On an evening that started with a very subdued atmosphere, you could feel the tension in the air. Our swimmers raised the temperature and through the gauntlet down to the other as we set off at a scorching pace winning 9 of the first 10 races. The evening continued in a similar vein as we continued picking up top 3 finishes throughout the night. By the end of the event we had won 26 of the 51 events with many swimmers producing personal best times.

The gala result was as follows:

1 st	White Oak	242 points
2 nd	Hythe	198 points
3 rd	Folkestone	188 points
4 th	Larkfield	159 points
5 th	Southwark	120 points
6 th	Eltham	104 points

This result was sufficient for White Oak to win Kent Junior League Division 4 and gain promotion to Division 3 for next year. Congratulations to everyone who took part in these galas.

Sadly we have to say good bye to a couple of old folk Ben Connor and Nancy Mawhood as they will be too old to compete in these galas next year. Thanks for your efforts in these galas.

The National Arena Swimming League

The League table below shows our standing in the National Arena Swimming League East Division after 2 galas. The 3rd gala in this series is on 12th December and we will be competing against Braintree & Bocking, Redhill & Reigate, Dartford & District, 1066 Swimmers & Beckenham B. Good luck to everyone competing.

	CLUB	R1 GALA POINTS	R2 GALA POINTS	TOTAL GALA POINTS	LEAGUE POINTS R1	LEAGUE POINTS R2	TOTAL LEAGUE POINTS	LEAGUE POSITION
1	Orpington Ojays 'A'	229	206	435	5	6	11	1=
2	Dover Lifeguards	222	202	424	6	5	11	1=
3	Chelmsford	221	182	403	6	5	11	1=
4	Epsom District	209	201	410	5	5	10	4=
5	Sevenoaks	190	219	409	4	6	10	4=
6	East Grinstead	231.5	196.5	428	6	3	9	6
7	Hastings	147	191	338	2.5	6	8.5	7
8	Woking	193	197	390	4	4	8	8=
9	Elmbridge Phoenix	199	181	380	5	3	8	8=
10	Atlantis	185	200.5	385.5	3	4	7	10
11	Southend on Sea	132	176	308	2	4	6	11
12	Erith & District	124	171	295	2	3	5	12=
13	Braintree & Bocking	162	128	290	3	2	5	12=
14	White Oak	152	100	252	4	1	5	12=
15	Redhill & Reigate	147	159	306	2.5	1	3.5	15
16	Dartford & District	123	168	291	1	2	3	16=
17	1066 Swimmers	137	144	281	1	2	3	16=
18	Beckenham 'B'	125	113	238	1	1	2	18

Paul Chatley Relay Gala

Our run of good form continued as we travelled to Dartford to compete in the Paul Chatley Relay gala. This is always one of the most enjoyable events of the year as it is a relay only gala. The pace is always fast and unrelenting for the competitors and those working on pool side. Our swimmers arrived in good spirit following their success the following week and this again shone through as we stormed to our second successive win in a fortnight. As always the highlight of the night was the cannon ball relay. Congratulations to everyone who took part in this event.

Swimming Costume Rule Change

FINA the world swimming organisation have imposed the following rule changes regarding swimming costumes. From 1st January 2010 swimwear for men shall not extend above the navel or below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials. In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

The Art of Breaststroke



Olympic swimmer Nick Gillingham will be running a 4.5 hour The Art of Breaststroke course at Sevenoaks School on the 23rd of January. The course is geared to regular club swimmers of 10 to 16 years of age. Swimmers who either compete at breaststroke, individual medley or simply want to improve their stroke technique are very welcome. Please see the Club web site for more details.

Fun Night



As is White Oak tradition we will be looking to hold our Christmas fun night on Wednesday 23rd December. Full details will be supplied at a later date.

Swimmers of the year

Having finally analyzed the results from another year of enthralling Club Championship Galas I am pleased to announce that the following swimmers have won swimmer of the year for their respective age groups.

Girls Under 8	Libbie Bach	Boys Under 8	Louie Kane
Girls Under 9	Jade Farrow	Boys Under 9	George Holden
Girls U 10	Abbie Collins	Boys Under 10	James Stephens
Girls Under 11	Maia Ward	Boys Under 11	James Bach
Girls Under 12	Maddie Harvey	Boys Under 12	Bailey Parker
Girls under 14	Elle Barnes	Boys Under 14	Ben Connor
Girls Under 17	Megan Hill	Boys Under 17	Freddie Mawhood
Ladies Open	Megan Hill	Mens Open	Ross Fisher

Congratulations to you all. Don't forget to attend the presentation evening to collect your awards. Tickets available on Wednesday nights in the cafeteria.

Club Champs 2009 – A BIG THANK YOU:

As the final club champs fast approaches I would like to take this opportunity to thank all those parents/swimmers/officials (you know who you are) that have helped make this quarterly event the success that it always is. Without your help events like this would not be possible, so this leads me on to say “A VERY BIG THANK YOU TO EVERYONE INVOLVED – YOUR TIME AND EFFORTS REALLY ARE APPRECIATED”

Many thanks, as always for your continued support.

Sarah Baxter

Thank You

I would like to take this opportunity to thank a few people for the help and support they have given me during the year.

John Warr	Help on poolside at weekends.
Sharron Warr	for passing on the swimmers times from galas.
Liam Gillespie	who I am mentoring on a Wednesday Evening.
Ross Fisher, Andy Chalmers, Steve Rye & Sarah Baxter	for covering my training sessions when I am working.
Linda Condon	for collating the entries for opens and assisting with forwarding on swimmers times

Finally the swimmers in my squad for being such a fantastic bunch and working so hard.

Finally

Please remember this is your newsletter so if you have any snippets of information you would like to share with others please let me know. There must be loads of achievements that go unnoticed so please share them with me (Steve Turrell) so we can celebrate them as a group.

Important documents

Please note that the following documents can be viewed on the clubs web site: www.wosc.co.uk/clubinfo.htm

Clubs Code of Conduct

Club Rules

ASA Child Protection Policy

ASA Code of Ethics

