



WOSC

June 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.**

Where does the time go? Almost half way through the year and our thoughts are turning to our summer holidays. Many swimmers of the swimmers are contemplating joining new schools or even venturing into university in the next few months, good luck to you all. I hope that you find this summary of the last 3 months interesting and enjoyable.

March Club Championships

The winners at the last Club Championships were as follows:

Boys U/8	1L Freestyle	Aaron Warr
Girls U/9	1L Freestyle	Olivia Kane
Boys U/9	1L Backstroke	Matthew Reeve
Girls U/10	1L Backstroke	Maia Ward
Boys U/10	1L Freestyle	Harrison Cornwell
Girls U/11	1L Backstroke	Maddison Harvey
Boys U/11	1L Freestyle	Alex Reeve
Girls U/12	2L Breaststroke	Elle Barnes
Boys U/12	2L Butterfly	Ruairi Dennehy
Girls U/14	3L Freestyle	Nancy Mawhood
Boys U/14	3L Backstroke	Luke Sills
Girls U/17	4 X 1 Ind. Med	Grace Begley-Hunter
Girls U/17	3L Backstroke	Grace Begley-Hunter
Boys U/17	3L Freestyle	Freddie Mawhood
Ladies Open	6L Breaststroke	Grace Begley-Hunter
Ladies Open	3L Butterfly	Grace Begley-Hunter
Mens Open	6L Butterfly	Freddie Mawhood
Mens Open	3L Breaststroke	Reece Isted

Congratulations to Grace Begley-Hunter who was rather greedy and helped herself to 4 gold medals, also well done to everyone who took part.

A huge thank you to all our officials and helpers on the night, “we can not do these events without you”.

440 yds. Club Championships

The winners at this years event were as follows:

Girls under 14	Rosie Harvey
Ladies Open	Grace Begley-Hunter
Boys Under 14	Luke Sills
Mens Open	Freddie Mawhood

Clubs AGM

Please note that the clubs AGM will be held on Thursday 19th June at White Oak Leisure Centre in the old bar, which is opposite the Treasure Island play area. Commencing at 7.30pm.

We would like to see as many parents there as possible. Don't forget this is your club!

Promotions

Congratulations to the following swimmers who have been promoted to the next squad: , Anja Ward, Reece Nolan, Hanna Emery, Jason Loveless, Ellie Kane, Kelly Cunningham, Ryan Cunningham, Fancesca Barber, Katie Ainsworth, James Graves, Sophie Jameson, Olivia Rea, Robbie Sims, Ellie Condon, Eliza Stuart, Daniel Norman, Abigail Barnes, Rosie Harvey, Olivia Hall, Jessica Liu, Alexander Brace, Nancy Lewis, Kieran Freear, Lucia Hart, Matthew Reeve.

I apologise if I have missed anybody.

New Members

A big welcome to the following swimmers who have joined us since the last newsletter: Tillie Nowell, Alex Arthur, Shane Kavanagh, Negin Mortazavi, Jessica Marsh, Harry Higginson, Sophie Jameson, Lara Hammond, Tessa Nolan, Olivia Kane, Abby Collins, Ellie Oaten, & Cameron Pryor.

Kent County Championships

As the County Championships entered their final weekend our swimmers were still winning medals, congratulations to the following:

Grace Begley-Hunter	50m	Breaststroke	3 rd Place
	100m	Breaststroke	4 th Place
Harriett Pugsley	50m	Backstroke	5 th place
Freddie Mawhood	200m	Butterfly	2 nd & 5 th

My sincere apologies to any medal winners I have missed, please rest assured that every effort has been made to locate your achievements.

Olympic Trials

Congratulations to Adam Freundlich who trialed for the Great Britain Olympic swimming team at 100m Breaststroke. Although Adam did not make the team he knocked over half a second of his personal best and was in the top 20 nationally.

Gala Results

The Antwiss Trophy Gala	Sevenoaks	8 th March 08	4 th Place
Marjorie Fontain Trophy	Dartford	29 th March 08	2 nd Place
Millennium League	Larkfield	30 th March 08	5 th Place
Millennium League	Eltham	26 th April 08	1 st Place
Oliver May Trophy	Maidstone	03 rd May 08	1 st Place
Andy Holden Trophy	Crowborough	17 th May 08	2 nd Place
Millennium League	Dartford	7 th June 08	2 nd Place

Millennium League table after 5 rounds:

Position	Club	Gala Pts	League Pts
1st	Dartford	954	27
2nd	Maidstone	940	24
3rd	White Oak	1032	19
4th	Larkfield	1038	16
5th	Greenwich	1115	10
6th	Eltham	1122	9

Kent Primary School Championships

Congratulations to the following swimmers who represented their schools at the above event:

Rhys Nolan, Michael Moxom, Karl willaims, Oliver Mason, Harrison Hills, Elle Barnes, Emily Elphick, Harriett Pugsley, Georgina Cornwell, Tillie Nowell, Maddie Harvey & Ellie Kane.

Reece Nolan, Michael Moxom, Karl Williams, Elle Barnes & Harriett Pugsley all achieved top 6 finishes in their respective finals.

The achievements continued as Elle Barnes and Michael Moxom where both selected to represent Kent Schools against Surry, well done to you all.

Colfes Prep School Gala

On Friday 11th April Millie Bach and Ruairi Dennehey entered their school (Colfes Prep in Lee) 2008 swimming gala. This focused on the top swimmers in the school and with over 50 entrants and 30 events it was great to watch as the standard was very high. There were many close contests that came down to mere milliseconds to decide the winners. Each swimmer was able to enter 4 events and the champions of each year were decided on their overall time across all 4 races. I am pleased to say the year 6 overall winners cup and shield for the girls went to Millie and the boys was scooped up by Ruairi. As Ruairi had clearly won each of the events he had entered he also went home with 4 medals showing he was the fastest swimmer in the year in all 4 strokes. Well done to them both and well done to the club for the time and effort put in by the coaches in helping them both attain this success.

Article Supplied by Lisa McNally

Did you know?

You can access maps to the majority of pools we swim at throughout the year on the clubs web site www.wosc.co.uk/calendar. If the venue is green, double click to see the map. Whilst this is there to assist you the club can not be held responsible if the information is incorrect.

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