



## WOSC March Newsletter

Welcome to the first newsletter of the year. It is now nearly 3 months since White Oak and Dartford went their separate ways. Everything seems to have bedded down quite nicely and the club has welcomed 6 swimmers from Dartford who have all settled in very well. We hope to improve the club's performance throughout the year ahead.

At the beginning of January a number of swimmers were promoted from Silver squad to Gold. There has been a real buzz in Gold squad as the swimmers rise to the rigors of training with Dean.

Various swimmers have also been cross training with County squad with a view to enhance their development.

### **Club Champs winners 5<sup>th</sup> December 07**

Congratulations to everyone who took part and as always a BIG THANK YOU to all the officials and helpers.

<u>Boys under 8 1L Freestyle:</u>	Oscar Harvey
<u>Girls under 8 1L Backstroke:</u>	Negin Mortazavi (Acorn)
<u>Boys under 9 1L Freestyle:</u>	Harrison Cornwell
<u>Girls under 9 1L Backstroke:</u>	Maia Ward
<u>Boys under 10 1L Breaststroke:</u>	Alex Reeve
<u>Girls under 10 1L Butterfly:</u>	Maddie Harvey

<u>Boys under 11 1L Breaststroke:</u>	Ruairi Dennehy
<u>Girls under 11 1L Butterfly:</u>	Ellie Barnes
<u>Boys under 12 2L Freestyle:</u>	Andre Bloomfield
<u>Girls under 12 2L Backstroke:</u>	Nancy Mawhood
<u>Boys under 14 3L Butterfly:</u>	Michael Turrell
<u>Boys under 14 4 x 1 Ind./Med:</u>	Michael Turrell
<u>Girls under 14 3L Breaststroke:</u>	Danica Ebers
<u>Boys under 17 3L Breaststroke:</u>	Freddie Mawhood
<u>Boys under 17 4 x 1 Ind./Med:</u>	Freddie Mawhood
<u>Girls under 17 3L Butterfly:</u>	Grace Begley-Hunter
<u>Men's open 3L Backstroke:</u>	Adam Hobbs
<u>Men's open 6L Freestyle:</u>	Adam Hobbs
<u>Ladies open 6L Backstroke:</u>	Grace Begley-Hunter
<u>Ladies open 3L Freestyle:</u>	Grace Begley-Hunter

## **Promotions**

Well done to the following swimmers who have been promoted to the next squads: Natasha Warr, Harrison Cornwell, Malore Milchard, Emily Pine-Coffin, Rebecca Moxom, Scott Phillips, Oliver Mason, Charlie Leaver, Beth Jarman, Jason Loveless, Marnie Milchard, Luke Harrison, James Graves, Elena Carey, Sean Manley, Ellie Kane, Kirstie Britton, Olivia Rea, Rhys Nolan, Jessica Smith, Karl Williams, Harriett Pugsley, Megan Lewis, Megan Hughes, Omid Hakimazari, Deanna Gillespie, Ruairi Dennehy, Tara Dennehy, James Cornwell, Chelsey Bell, Laurel Begley-Hunter, Elle Barnes & Anja Sutton.

## **New Members**

A big welcome to our new members: Rob Dutton, Liam Gillespie, Megan Hill, Zoe Hill, Harrison Hill, Joshua Lawless, Jack Legon, Ross Smith, Matthew Reeve, Lucia Hart, Eleanor Gibson, Jack Parsons, Callum O'Shea, Chloe & Luke Murphy, Isabel Kelly, Francesca Barber, Olivia Kane.

## **Kent County Championships**

The Club has been well represented at the Kent County Championships over the last few weeks. Congratulations to everyone who achieved the qualifying times for this event. The following swimmers have received medals for finishing in the first six which is a fantastic achievement.

Andrew Chalmers	2 <sup>nd</sup>	50m	Breaststroke
	3 <sup>rd</sup>	100m	Breaststroke
Freddie Mawhood	4 <sup>th</sup>	100m	Butterfly
	5 <sup>th</sup>	50m	Freestyle
	2 <sup>nd</sup>	50m	Butterfly
Ruairi Dennehy	2 <sup>nd</sup>	50m	Breaststroke
	6 <sup>th</sup>	4 x 1	Individual Medley
Boys 13/14 Relay team	6 <sup>th</sup>	4 x 2	Freestyle

A big thank you to everyone who has represented the club and also to Dean & Tony who have spent most of their weekends on poolside for the last month.

### **Orpington Ojays Novices Challenge**

A group of 14 swimmers took part in the Orpington Ojays Novice challenge at Walnuts Leisure Centre. This gala is aimed at swimmers who have not achieved a first, second or third at an open meeting in the stroke they wish to swim. Of the 44 events our swimmers entered 26 finalist medals were won, which is an absolutely fantastic return. Well done to all involved and thanks to Debbie Harvey and Katrina Nolan who looked after the children on the day.

### **Club Captains**

The club is proud to announce the captains for 2008, Rob Dutton & Grace Begley-Hunter. Rob is one of the swimmers who joined us from Dartford he swam regularly for WhiteDarts and will bring a wealth of racing experience with him. Grace has been in the club for a number of years working her way through the squad structure. She was promoted to County squad last year and has worked tirelessly to maximise her performance. She regularly represents both White Oak and previously Whitedarts in competitions.

This year we have appointed two captains for the Millennium League and they are Laurel Begley-Hunter and Robbie Sims. Both these swimmers have shown strong commitment to the club for a number of years.

The committee fully endorses the choice of captains and feels sure that they will all be good ambassadors for the club. In particular they will help and encourage our younger swimmers at galas and club championships and help us create a real sense of team spirit at White Oak.

## **Presentation / Family Disco**

Friday 25<sup>th</sup> January, we held our annual presentation evening at Swanley Working Mens Club to present the awards achieved throughout 2007. I feel sure that those who attended on the night will agree that this was a fantastic evening which was very well supported.

The swimmers of the year for each age group were as follows:

Boys U/8	Oscar Harvey	Girls U/9	Maia Ward
Boys U/9	Harrison Cornwell	Girls U/10	Maddie Harvey
Boys U/10	Armen Hakimazari	Girls U/11	Elle Barnes
Boys U/11	Ruairi Dennehy	Girls U/12	Nancy Mawhood
Boys U/12	Andre Bloomfield	Girls U/14	Danica Ebers
Boys U/14	Michael Turrell	Girls U17	Grace Begley-Hunter
Boys U/17	Freddie Mawhood	Ladies Open	Grace Begley-Hunter
Mens Open	Adam Hobbs		

The winners of the above awards were decided by points accumulated from the 4 main Club Championships held throughout the year.

## **Silver Squad Swimmer of the Year**

Boys	Robbie Sims	Girls	Laurel Begley Hunters
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## **Most improved swimmer**

Boys	Reece Isted	Girls	Danica Ebers
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A huge thank you to Gill Gluck who did a fantastic job organising the trophies required for the evening and to Denise Isted and Susan Baugh for identifying, arranging and decorating the venue.

We hope that everybody enjoyed this evening. Should you have any ideas on how we can improve this event please kindly give your suggestions to the committee.

## **White Horse League 2008**

On the 12<sup>th</sup> January we competed in the first White Horse League gala of 2008. This was a landmark gala for us as it was the first time we competed in the league as White Oak, having previously competed as [Whitedarts](#). There were 2 new teams competing extending the league to 8 teams.

### **So how did we fare?**

After a good evening of racing, the club was able to hold its head up high, having finished a very respectable 4<sup>th</sup>, 1 point behind the team in 3<sup>rd</sup> place. Congratulations to everyone who took part in this gala and a huge thank you to all the officials and parents who helped to ensure the evening ran smoothly.

The next gala in this league is 19<sup>th</sup> April, at Crook Log, so please mark your diaries accordingly.

<b>White Horse League Table 2008</b>			
<b>After Round 1</b>			
<b>Position</b>	<b>Club</b>	<b>League Points</b>	<b>Gala Points</b>
1	<b>Orpington OJ</b>	16	304
2	<b>Bromley</b>	15	267
3	<b>Erith</b>	14	248
4	<b>White Oak</b>	13	247
5	<b>Beckenham "B"</b>	12	205
6	<b>GBM</b>	11	191
7	<b>Gravesend</b>	10	167
8	<b>Eltham</b>	9	115

## **Millennium League 2008**

Congratulations to everyone who competed in the 1<sup>st</sup> Millennium League gala of the year. The new pool at Eltham certainly brought the best out of our swimmers with virtually everyone producing a personal best. It was a great gala with lots of close finishes. The final result was also close with 4 teams being separated by just 10 points.

<b>Position</b>	<b>Club</b>	<b>Gala Pts</b>	<b>League Pts</b>
<b>1st</b>	<b>Dartford</b>	<b>173</b>	<b>6</b>
<b>2nd</b>	<b>Maidstone</b>	<b>186</b>	<b>5</b>
<b>3rd</b>	<b>Larkfield</b>	<b>219</b>	<b>4</b>
<b>4th</b>	<b>White Oak</b>	<b>224</b>	<b>3</b>
<b>5th</b>	<b>Greenwich</b>	<b>228</b>	<b>2</b>
<b>6th</b>	<b>Eltham</b>	<b>229</b>	<b>1</b>

### **John Sparrow Trophy Gala**

We took the short trip to Sevenoaks to compete in this Gala. As always it was fiercely competitive with White Oak just being nudged into 2<sup>nd</sup> place by Sevenoaks. This was a fantastic achievement as we arrived for the gala with a rather depleted squad due to illness. Team Captain Grace Begley-Hunter led by example competing in a mammoth 8 events for the evening. Well done all and better luck next time.

### **Antwiss Trophy Gala**

Went to Sevenoaks again to compete against teams from Sevenoaks, Edenbridge, Tonbridge & Dartford for the Antwiss Trophy. This was a good competitive gala with lots of very close races. Yet again our swimmers put in some excellent performances with many achieving personal best times. Although we had a very young squad the club came a very creditable 4th place overall. Well done to everyone who compete and thanks to all the parents who assisted on poolside.

<b>Position</b>	<b>Team</b>	<b>Points</b>
<b>1st</b>	<b>Dartford</b>	215
<b>2<sup>nd</sup></b>	<b>Sevenoaks - Red</b>	201
<b>3<sup>rd</sup></b>	<b>Edenbridge</b>	189
<b>4<sup>th</sup></b>	<b>White Oak</b>	174
<b>5<sup>th</sup></b>	<b>Sevenoaks - White</b>	144
<b>6th</b>	<b>Tonbridge</b>	91

For details of swimmers times from galas please refer to the see [www.wosc.co.uk](http://www.wosc.co.uk) and click on gala results

This is your newsletter and as always I am looking for information from swimmers and parents to keep it as fresh and interesting as possible. I am sure that there are many achievements that do not get the recognition they deserve. If you have any points of interest or ideas on how to freshen up the newsletter that you would like to share please speak to Steve Turrell or e-mail [info@wosc.co.uk](mailto:info@wosc.co.uk).

### **Important documents**

Please note that the following documents can be viewed on the clubs web site:

[www.wosc.co.uk/clubinfo.htm](http://www.wosc.co.uk/clubinfo.htm)

**Clubs Code of Conduct**

**Club Rules**

**ASA Child Protection Policy**

**ASA Code of Ethics**