



WOSC September

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.**

December Club Championship Results

Well done to everyone who took part in the final Club Championships event of the year. As usual there were some exceptional performances with many swimmers producing personal best times. To cap the evening Ross Fisher smashed the Boys under 17 Individual Medley club record with a stunning time of 1.30.75, Knocking almost ½ a second of the previous record . I am sure you will agree this is a fantastic achievement, well done Ross.

Congratulations to the following swimmers who won at least one event:
Freddie Mawhood, Danica Ebers, Adam Fisher, Ross Fisher, Negin Mortazavi, Julia Loveless, Aaron Warr, Matthew Reeve, Megan Hill, Maddie Harvey, Maia Ward, Tom Leaver, Rhys Nolan, Elle Barnes, Nancy Mawhood & James Graves.

Club Presentation Evening

The club held its' annual presentation evening at Swnaley Working Mens club on Friday 23rd January. It was fantastic to see so many people there to recognise the swimmers achievements. Awards were made to all swimmers who won an event in the 4 club Championship galas held throughout 2008 and the swimmer of the year for each age group. The swimmer of the year is the swimmer who has achieved the most points from the Club Championship galas.

The swimmer of the year for each age group is as follows:

Age group	Boy	Girl
Under 8	Aaron Warr	
Under 9	Matthew Reeve	Negin Mortazavi
Under 10	Harrison Cornwell	Maia Ward
Under 11	James Graves	Natasha Warr
Under 12	Ruari Denehey	Elle Barnes
Under 14	Adam Fisher	Nancy Mawhood
Under 17	Freddie Mawhood	Megan Hill
Open	Freddie Mawhood	Megan Hill

Silver Squad Coach Young swimmer of the year: Harrison Cornwell & Millie Bach

Dean Williams Swimmer of the year: Robbie Sims & Olivia Rea

Sports Personality: Danica Ebers

Once the presentations were over there was a rush for the dance floor with a few mature looking teenagers leading the way.

As always a huge thank you to Susan Baugh & Debbie Harvey for organising this event.

Kent County Championships

The county championships kicked off for it's usual gruelling 4 weekend stint on the 14th February. Expectations were high, but no one was expecting the resounding success our swimmers achieved, culminating in them winning 15

county championships between them Ross Fisher 6, Freddie Mawhood 6, Adam Freundlich 2 and Harrison Cornwell 1

Freddie Mawhood	3	Junior Mens	3	16 years
Ross Fisher	2	Junior Mens	4	16 years
Adam Freundlich	2	Mens open		
Harrison Cornwell			1	9 years

Other first 6 finishers were as follows:

	2 nd	3 rd	4 th	5 th	6 th	total
Freddie Mawhood	5	4	1	2	3	15
Ross Fisher	5	2	4			11
Harrison Cornwell	1	1		2		4
Maia Ward			1	1		2
Danica Ebers			1		1	2
Ellie Kane				1		1
Adam Freundlich	1					1
Rhys Nolan		1				1
Megan Stuart				1		1

If this was not enough Ross Fisher also achieved a Nation Qualifying time for the Individual Medley which will enable him to enter this event at the National Championships. What a fantastic achievement, well done.

On the final Sunday of the event the excitement continued as our young men reached 3 more finals and finished 3rd in one and 4th in the others.

Congratulations to everyone who took part in this event and a special thank you to Head coach Dean Williams and Tony Smith for all their hard work. I would also like to thank the parents who have supported the swimmers through this hectic time.

Gala Results

White Horse League	17 th January	Crooklog	3 rd
Beacon Relay gala	25 th January	Beckenham	4 th
Millennium League	21 st February	Eltham	2 nd

Kent Secondary Schools Galas

A number of our swimmers represented their schools in the Kent Secondary School galas during January. Freddie Mawhood and Ross Fisher formed part of the Dartford Boys Grammar School relay teams which won their way through to the English Schools swimming Association championships in Gloucester, where they finished 2nd in the 4x50m medley relay and 4th in the freestyle event. Congratulations to you both.

Captains

The club captains for this year are Megan Hill & Ross Fisher.

Millennium League captains are Ellie Condon & Matthew Liston.

Orpington Ojays Novices Gala

A small group of swimmers entered this event, but we still had our fare share of swimmers winning medals for finishing in the first six.

Maia Ward & Anja Ward winning 3 each, Marnie Milchard, Ellie Kane & Sophie Jameson 2 apiece, Kirstie Britton and Ryan Cunningham 1 each.

Well done to everyone who took part in this event.

Swimmer of the month

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.

January

Ryan Cunningham Green Squad

February

Robbie Robinson Green Squad

Rebecca Moxom Bronze Squad

Adam Howard Silver Squad

Up Coming events

Antwis Trophy gala 14TH March Sevenoaks LC

Millennium League 29th March Mote Park LC, Maidstone

Orpington Ojays Open 5th April Black Lion LC, Gillingham

White Horse League	18 th April	Crook Log LC, Bexleyheath
440yds Club Championship	22 nd April	White Oak LC, Swanley
Millennium League	25 th April	New Eltham LC.
Marjorie Fountain Trophy	2 nd May	Fairfield pool, Dartford
Millennium League	16 th May	White Oak LC, Swanley
Oliver May Gala	23 rd May	Mote Park LC, Maidstone
Black Lion Open	23 rd & 24 th May	Black Lion LC, Gillingham
Millennium League	6 th June	Fairfield Pool, Dartford
Margate Open	7 th June	Kingsmead LC, Canterbury
White Horse League	13 th June	Crook Log, Bexleyheath
Club Championship	17 th June	White Oak LC, Swanley

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