



## 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.**

That's it the summer holidays are nothing more than a long distant memory, the children are back at school and the homework is rolling in thick and fast. The anxiety about new schools and exam results are over. I'm sure it feels as if you've never been away.

Best wishes to Rob Dutton who is off to Newcastle University to study Marine Biology.

The committee are working full pelt, planning for the clubs open to be held on Sunday 5<sup>th</sup> October 2008 @ Black Lion Leisure Centre, Gillingham. This is the clubs major fund raising event of the year; we encourage as many swimmers as possible to enter this event as the profits raised enable us to keep our subscriptions as low as possible.

## Chief Coaches View

**Chief Coach Dean Williams gave the following report at the clubs AGM in June.**

This is my first report since the dissolving of Whitedarts Swim Squad. My initial feelings were that we have halved our strength and halved our accessibility when selecting swimmers for galas and we could struggle to compete. On the evidence of results produced so far show that we are competing and competing well.

In my opinion White Oak Swimming Club has benefited from the de-merger of the two clubs by maintaining and receiving the elite swimmers from the two Whitedarts Squads, movement from squad to squad has now become a much simpler process. I have seen an improvement in training and also an improvement in discipline however, on both issues there is still room for further progress. Finally, I as chief coach have a lot more control over the swimmers development.

Younger swimmers are improving due to the excellent coaching they are now receiving from the development squads' coaches.

The top squad has received new members and they adapting well to the training, this can be seen from the individual swimmers personal performances.

It would be nice to see a number of promising swimmers attending a few more training sessions as they will notice the improvement very quickly.

In order to continue our success the training and the discipline that goes with it has to be maintained at the highest level. The club has to attract new swimmers in considerable numbers throughout all squads in order to build for the future and to provide the much needed peer group development.

It is clear that we would not have been able to make so much progress without the support of the parents, the Management Committee, the Coaches and most particularly the swimmers. They have all given me tremendous support that has made my task easier.

In the Kent Championships, obviously we did not reach the level of the previous years though we did have some encouraging results. There were a number of personal best times and a number of finalists. I would especially like to congratulate those swimmers who competed and swimmers who competed in their first Kent Championships

If we all continue to work together the success and improvements are bound to continue.

Finally once again a big thank you to you all for giving me so much support, particularly the hard working swimmers, who are what the club is all about.

I wish you all a happy and successful 2008/2009

Dean Williams F.I.S.T(CC) – Chief Coach

## **June Club Championship Results**

With Grace Begley-Hunter on vacation in America for this event Megan Hill took full advantage winning the Ladies Open 6L Freestyle and 3L Backstroke as well as the Girls U/17 Breaststroke. Freddie Mawhood won the Mens 4 x 1 Individual Medley, 3L Freestyle and U/17 3L Butterfly. Natasha Warr won a fiercely competitive Girls U/11 1L Freestyle by .12 of a second from Shelby Morris-Zammit who is one of our Acorn swimmers. Well done to everyone and thanks for a good evening's entertainment.

As always thanks to the parents who helped and the officials who give their time freely. Please note that without these guys we would not be able to hold these events.

<u>Age Group</u>	<u>Event</u>	<u>Winner</u>
Boys U8	1L Backstroke	Aaron Warr
Boys U9	1L Backstroke	Matthew Reeve
Girls U9	1L Freestyle	Negin Mortazavi
Boys U10	1L Backstroke	Harrison Cornwell
Girls U10	1L Freestyle	Maia Ward
Boys U11	1L Backstroke	Alex Reeve
Girls U11	1L Freestyle	Natasha Warr
Boys U12	2L Backstroke	Ruairi Dennehy
Boys U12	4 x 1 Ind. Medley	Ruairi Dennehy
Girls U12	2L Freestyle	Elle Barnes
Boys U14	3L Breaststroke	Adam Fisher
Girls U14	3L Butterfly	Nancy Mawhood
Boys U17	3L Butterfly	Freddie Mawhood
Girls U17	3L Breaststroke	Megan Hill
Mens Open	6L Backstroke	Ross Smith
Mens Open	4 x 1 Ind. Medley	Freddie Mawhood
Mes Open	3L Freestyle	Freddie Mawhood
Ladies Open	6L Freestyle	Megan Hill
Ladies Open	3L Backstroke	Megan Hill

## Gala Results

Kent Junior League	21 <sup>st</sup> June	Crooklog	1 <sup>st</sup>
Maidstone Relay gala	28 <sup>th</sup> June	Maidstone	3 <sup>rd</sup>
Millennium League	12 <sup>th</sup> July	Maidstone	3 <sup>rd</sup>
Jimmy Club Trophy	19 <sup>th</sup> July	Dartford	2 <sup>nd</sup>
Kent Junior League	13 September	Sevenoaks	1 <sup>st</sup>

## Millennium League

Last season's Millennium League finished with the final gala at Maidstone. The Club came third in the gala and third overall in the league. This was a fantastic achievement considering the indifferent start we made to the campaign. As always a huge thank you to Sharron Warr & Sarah Baxter for their hard work selecting the teams for these galas, to all the parents who assisted on poolside and supported the swimmers and finally to the swimmers.

## Gala Selection

If you are selected to represent the club at a gala please can I ask that you confirm availability/non-availability to the contact number advised as soon as possible. This will enable the selector to endeavour to obtain a replacement swimmer. We appreciate that swimmers do have to withdraw from galas at short notice due to unforeseen circumstances.

Your support in this matter is appreciated.

## Saxon Crown –Future Champions

As in previous years we had a small group of swimmers who entered this event, all races are traditionally 1 length swims. Despite the entry from the club being low it sounds as if those who did take part had a good day. Congratulations to Millie Bach who finished 4<sup>th</sup> in the Butterfly and Ruairi Dennehy who achieved 1<sup>st</sup> place in Backstroke, Breaststroke, Butterfly and 2<sup>nd</sup> in Freestyle. He also won the award for best boy at the event.

I feel sure that those who took part will confirm that these one length events are excellent for swimmers who have not competed in an open event and want to experience what they are like. These events are ideal for swimmers from White to Silver squad. In these events you are competing as an individual against swimmers from numerous clubs often from Kent, Surry & Essex.

These events are usually hosted annually by Orpington Ojays and Saxon Crown swimming clubs in February and June. Check your e-mails for application forms and let's hope we can enter more swimmers and enjoy even more success next year.

## **Promotions**

Congratulations to the following swimmers who have been promoted to the next squad:

Luke Harrison, James Bach, James Howard, Honor Warren, Negin Mortazavi, Isabel Kelly, Lara Hammond, Jessica Marsh, Marnie Milchard, Arman Hakimazari, Katie Ainsworth, Ben Connor, Hannah Emery, Matthew Liston, Maddie Harvey, Joe Bright, Lottie O'Connor, Harry Higginson. Sorry if I have missed anyone.

## **New Members**

Welcome to the following new swimmers who have joined the club since the last newsletter:

Lizzie Cresswell, Abigail Collins, Katie Wright, Ethan Gillespie, Lucy Cotrell, Lottie O'Connor, Georgia Playfoot, Zoe Sullivan, Laura Warner, Cristo Graves, Ellie-May O'Flynn, Hannah Knight, Joseph & Oliver Bright.

Apologies if I missed anyone.

## **Coaches News**

Welcome to Michael Baugh who has joined the team of coaches having successfully qualified as an ASA level one teacher. Michael is well known to the club having swum for us for a number of years. He will be assisting Chris Rye with White Squad.

Congratulations also to Ross Fisher who also passed his Level One teaching course during the summer holidays. For those of you who don't know Ross, he has been a member of the club for several years he currently swims in our County Squad. I feel sure that his experience will be very beneficial to our younger swimmers. Ross is currently working with our Bronze squad swimmers.

Sadly we will be seeing a lot less of Catherine Baugh coaching as she has opted to take a gap year before going off to University. I am sure we will still bump into Catherine quite a lot as she is currently lifeguarding at WOLC. Congratulations to Catherine on achieving her exam results and a huge thank you for all the help and support you have given the club. Best wishes for the future.

## **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**

