



## 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.**

## **REPORT BY CHIEF COACH**

*Once again it is that time of the year when I have to prepare my report for the Annual General Meeting. This is my fourteenth report and this year has been very positive.*

*Firstly I would like to say the highlight of the last year was winning the National Swimming League this was a fantastic achievement, congratulations to all the swimmers who competed, I was proud of all of you. This year we face a harder challenge with promotion to Division One and I know if we continue to work hard we can improve as a club and raise the profile of Whiteoak Swimming Club.*

*Another high point of the year was the success at the Kent Swimming Championships. This year we surpassed previous years, we had encouraging results, there were a number of personal best times and a large number of finalists. I would especially like to congratulate the following for becoming Kent County Champions:-*

**HARRISON CORNWALL**

**ROSS FISHER**

**FREDDIE MAWHOOD**

**ADAM FREUNDLICH**

*Also congratulations to Freddie Mahood and Ross Fisher on their selection to represent Kent County Swimming in Germany.*

*The only moan, this year is still the lack of commitment shown by some of the swimmers when it comes to attending training, although generally over all training is much better, more swimmers are trying harder. This is very encouraging, especially with the new younger swimmers, Gold and County squads have received.*

*I would like to thank all the coaches for their excellent work and their ability to cover sessions at very short notice.*

*I would like to say thank you for all the assistance provided by the Management Committee, Parents and most particularly the swimmers. You have helped to keep me motivated and strive for greater success.*

*I wish you all a very a happy and successful 2009/2010.*

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

## AGM

On Thursday 18<sup>th</sup> June we held our AGM, whilst this wasn't as well supported as we would have liked it was great to see some new faces.

Sadly 3 long serving member stood down from the committee and it is only right that we thank Steve Rye, Maureen Nunn and Margaret McInness for all their help and support over a number of years. On a positive note we welcome Sharon Warr, Clare Parker and Rachel Jameson as new members to the committee.

Whilst I know it seems as we are always badgering you for help, this club is run by volunteers in their spare time, which becomes scarcer by the day. There are always lots of things that need to be done from helping at galas, admin. work, liaising with coaches at holiday times to ensure we have enough cover or even assisting those that already do jobs. If anyone is interested in helping please speak to a member of the committee. We all want to see the club improve but we need your help and support to achieve this.

## White Oak Open

Sunday 4<sup>th</sup> October, we will be holding the White Oak Open at Black Lion Leisure Centre, Gillingham. This is our big fund raising event of the year and it would be magnificent to see as many of our own swimmers entering this event as possible.

For those who have not entered an open event before you will compete against swimmers in an age band (e.g.9-11 year old boys) the times are then

taken and broken down to individual years. Trophies or medals are awarded to the first six of each year group e.g. 9 year olds, 10 year olds etc. in the event swim.

The funds raised at this event enable us to keep subscriptions to a minimum, invest in coaching courses or buy new equipment.

Support your club and get those entry forms in. Your club needs you!

## Raffle Prizes

Got old unwanted Christmas or birthday presents propping up that shelf at the back of your cupboard? Yes we have all been there. We all have that item we really don't want but hang on to just in case we might use it one day. If anyone has any unwanted items loitering at the back of those cupboards that are suitable for raffle prizes for the open please hand them to Susan Baugh before 4<sup>th</sup> October. Any donations will be gratefully received.

## Reward

The progress our swimmers have made over the last year has been beyond our wildest dreams. I know that our coaches are keen for this to continue over the coming year. The progress our swimmers are making is down to their sheer guts and determination along with commitment to their hard working coaches. As we move towards Christmas the top squad coaches minds will be turning to the county championships in February & March and the level of training will be cranked up another notch or two. Good luck to you all and lets see if we can have an even higher number of entrants than we achieved last year.

Ross Fisher and Freddie Mawhood have had a year to remember having achieved fantastic results at the county Championships. Freddie has been to Germany to represent Kent in a very prestigious event. The rumour mill has it that he has also been invited to attend a county training camp.

Ross qualified for the National age group championships where he competed against the best swimmers in the country for his age group. Ross and his family set off for the short trip to Sheffield. As always Ross gave it his all and whilst he did not make the final he did produce yet another personal best. Congratulations to you both.

## Coaches

Ross Fisher has taken on the role of White squad coach having passed his level one teachers last year and spent some time working with Bronze squad.

This will mean that white squad will have the benefit of having continuity with the same coach for the majority of their sessions, which is something we have been unable to do for some considerable time. Ross will continue to work with Michael Baugh and Andrew Chalmers.

It is now time to welcome a new member to the coaching team. Liam Gillespie spent part of his summer holiday attending an ASA level one teachers course, and is now a qualified level one teacher.

For those of you who don't know Liam he swims in the county squad and has decided to try his hand at teaching. For his sins he will work with myself and Green squad initially. This is a fantastic opportunity for us all to develop the squad and ourselves personally. I look forward to working with you and welcome to the team.

## Gala results

### Millennium League

Due in part to the non availability of swimmers our performances in these galas have fluctuated. However on a positive note we finished third in the final gala of the year which enabled us to finish fourth over all in the league.

Congratulations to everyone who took part in these galas.

## Kent Junior League

### Round 1

Our swimmers and supporters arrived at Seven Island Leisure centre to contest the first round of the Kent Junior League. This gala was always going to be a test for our swimmers following promotion last season. Our cause was not helped by a drastically depleted squad following late withdrawals. However this did not deter our gallant swimmers who produced 18 personal best times from 32 individual races. A special well done must go to Harrison Cornwell & Rhys Nolan and Natasha Warr. By the end of an exhausting evening the club finished in a very creditable 4th place.

Congratulations to all the swimmers who took part in this event and thanks to all the helpers on poolside.

### Round 2

Back on familiar ground we made the relatively short trip to Larkfield to compete at one of our regular stomping grounds. Unlike the previous round we arrived with a strong team and what a difference. The support and camaraderie amongst the swimmers was great and the result could not have been better. White Oak returned up the M20 with a very satisfying victory under their belts.

Great work everyone and lets hope for a similar result in the third and final gala in the series. As always thanks to all the parents who travel and support the swimmers as well as those who assist on poolside.

## Swimmers times

A gentle reminder to you all that if you want to see your child's personal best times they can be viewed on the club's web site [www.wosc.co.uk](http://www.wosc.co.uk). If you are unsure of how to access them please speak to me after a training session and I will give you details.

# **Finally**

**I hope you find these newsletters interesting. If anyone has any ideas how they could be improved please let me know- Steve Turrell**

## **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**

