



Shiverers S.C.

June 2007 Newsletter

ASA SER Youth Championships 5-7th May at Aldershot Garrison & SER Age Group (BAGCAT) Championships 2/3 and 9/10 June at K2

Many congratulations to all the swimmers who qualified and took part in either one or both of the above big South East Region events – Emma Smith, Amy Medlock, Jada Salil, Ciara McGrath, Luke Pennington, David Boxall, Henry Young, Daniel Cottey-Hill, Abigail Lelliott, Tim Longden, Jack Swift, Greg Longden, Matthew Boxall, Rachel Bell, Charlotte Woolliscroft, Jon Pook, Alex Borthwick, Justin Langford. Many of you achieved PBs and there were some outstanding results:

SE REGIONAL YOUTH CHAMPS.

Charlotte Woolliscroft won the girls 16/17 years 1500 f/c, came 2nd in the 800m and 400m f/c and was 4th in the 200m f/c. She now holds over 25 county and regional records.

Jon Pook finished 3rd in the 50m f/c, 4th in the 50m fly and 7th in the 100 f/c.

Rachel Bell came 11th in the 14/15 girls 800m f/c.

SE REGIONAL BAGCAT CHAMPS.

Henry Young was placed 11th in the boys 12 years.

Amy Medlock was placed 7th in the girls 11 years..

.....National...Swimming...Championships.....

NATIONAL YOUTH CHAMPIONSHIPS 27/7-1/8

Charlotte Woolliscroft – 100m, 200m, 400m, 800m, 1500m and 3000m freestyle, 100m and 200m backstroke. Charlotte has also been selected to represent the South of England in the National Schools' Games – Coventry August 2007.

Jon Pook – 50m and 100m freestyle.

NATIONAL AGE GROUP CHAMPIONSHIPS 23-26/7

Henry Young – 100m fly

Amy Medlock – 100m breaststroke

.....Other Competition News.....

Charlotte Wooliscroft came 5th in the British 5K open water champs in the Royal Albert Docks, London in June and 2 hours later finished 4th in the British 3K Junior International.

Junior County Squad Members 2007/08 – Daniel Cottey-Hill, David Boxall, Jack Swift, Henry Young and Amy Medlock.

Senior County Squad Members 2007/08 – Jon Pook, Justin Langford, Charlotte Woolliscroft and Ciara McGrath.

.....Early learners and Badges groups.....

Welcome to Gary, who has taken over the coaching of the Badges 1 and Badges 2 Groups. Gary has proved very popular with the younger swimmers and has helped improved them technically as well as continuing to make it fun. The Robinson family –

.....Sponsorship.....

Sponsorship for the update of the Club's website is needed urgently and if anyone is able to make a donation of £100, £50 or £25, it would be most gratefully received.

Safeguarding and Protecting Children.....

A reminder that training is available on **Tuesday 4th September at King Alfred – 6.30 p.m. – 9.30 p.m.** – for any coaches, assistants, helpers or other individuals interested in the above. To book: contact Bill Bell or Karen Woolliscroft.

ALSO – if anyone is interested in helping on the poolside in training or at galas, please contact Karen Woolliscroft. In this regard, there is a NRASTC life saving course for 4 hours on 19th August and 2nd September.

...Coaches Corner.....

A letter will be sent out shortly to those swimmers who have been selected for the forthcoming **County relay competition on 9th September.**

Competitive Squad – all competitive swimmers, please keep the following dates free in your diary for **the London Speedo League – 13th October, 10th November and 8th December.**

If anyone wants to start to do competitions, please see Karen Woolliscroft asap.

.....SSC – AGM.....

Shiverers SC AGM has been convened for 24th July 2007 at 7.30 p.m. at King Alfred. All members welcome to attend.

.....THANK YOU.....

A very big thank you to Bob White for purchasing a new pace clock for Lancing Pool and funding Shiverers' recent leaflet advertising in local schools.

...News and photographs...

Please email any news or photographs for the notice board to Vanessa



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William, Emily and Florence – have said that they vwoodsdenal@hotmail.com really like the new coach.



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