



THE ITALIAN JOB - the Club Captains' Report...

We arrived bleary-eyed at Gatwick at 5am. First, hitch - the plane was diverted from Venice to Verona. Minor hiccup compared to what was to follow! Jonny has bought a pair of flashy aviator sunnies at the airport of which he was very proud - he's such a poseur!

Morale high by the time we touched down on Italian soil. Performed a "massage conga" whilst waiting for our baggage. Locals bemused.

Our typical day...Up at 6.30am (or in the boys case 6.45). Report poolside 6.45am (or in the boys case somewhat later). Stretching exercises to warm up. 2 hours plus in the 50m pool. Water surprisingly cold - but we soon got used to it. We generally had 3 - 4 lanes. We shared the pool with a Swiss Club. Their Club Coach was introduced to Bill. When Bill told him his name, he said:"Not THE Bill Penny?". We were all well impressed!

Breakfast was usually at 9.30. Crusty rolls, cereal, yoghurt, cake (yes cake!) and hot chocolate. We then got ready for land training at 10.00 or 11.00 on the astro if we were doing stretch cords or on the beach if we were running. We would then lounge on the beach until lunch. We played rounders, some brave souls went swimming in the sea and we made crab forts. Lunch - or should we say pasta - was at 1.00. We then had free time until evening training. This is when we did the supermarket run to stock up on extra provisions. We all became obsessed with these special Italian biscuits, especially Kelci, who was so obsessed she brought them home with her! On one day all the girls were lounging around on the astro, when suddenly we were bombarded by balloons filled with water. It was the boys! But the girls responded to the challenge with the force that you would expect of highly trained and disciplined athletes! That is until it turned into a free for all. PS Don't tell the coaches, I don't think they knew what was going on.

Evening training varied from either 3 - 5pm or 5 - 7 pm. We had one really hard session a day and one session that was more focussed on technique. We all trained harder than we have ever trained before and by the end were the fittest we have ever been. While we were in Italy we had 2 or 3 video session, where Bill showed us not just model technique but also Sally filmed us and was able to show how we could improve our technique. Dinner was at 7.30/8.00 - more pasta, although one night the coaches managed to negotiate some pizzas - it was sheer bliss! Never has a pizza tasted so good.

The rooms were good and comfortable. In the evening we were all able to hang out together and chat. Bex and Issy did a nightly commentary on Issy's Ipod on the days events, with everyone chipping in their own comments.

One evening we challenged the coaches to a game of rounders. We let them win - you know what they would have been like if we hadn't.

Then volcano erupted and we were told we wouldn't be coming home for a while. Morale in the camp fell. It soon recovered and everyone was back to their normal selves as the weather got hotter and we realised that whilst we were sunbathing everyone else was at school!

However, on the day of departure everyone was sad to leave but excited to be going home. the Italian bus was great and comfortable, videos etc. The journey went smoothly and we arrived at Calais at midday. Half of us binged on Mcdonalds and half of us on paninis.

We arrived home at 6pm to a rousing welcome. Can't wait until next year!

PICTURE OF THE MONTH

Kally O'Keeffe demonstrating amazing flexibility in Italy!



ATLANTIS AGM & QUIZ NIGHT

Sixty parents and swimmers attended the Club's Annual General Meeting at the Holbrook Club on 7th May. The formal parts of the meeting were followed by a ploughman's supper and a lively pub quiz ably organised by **Sue Reay**. A hard fought contest was eventually won by...

Chairman **Andrew Dunlop** charted the Club's progress in and out of the pool over the last year, and thanked coaches, swimmers and parents for all their hard work during the Club's most successful year ever. Outgoing Treasurer **Debbie Windle** reported on the Club's healthy financial position with a retained surplus for the year of £8000, underpinned by receipts from Roy Pennington's two successful Open Meets, donations and sponsorship.

Bill Penny, our Chief Coach, spoke of his delight at the introduction of an advanced training programme for our core competitive swimmers, the increasing numbers of young swimmers coming up through Penguins & Seals and the introduction of a new Billingshurst Bronze Squad - our future competitive development looked bright. The Club had created a positive environment where success will flourish. Bill thanked all of the coaches for their huge (and largely unpaid) contribution, which was warmly supported by everyone at the meeting.

Two proposals were made: in principle the Club should seek Community Amateur Sports Club status as a means of boosting Club funds; and subscription levels should be increased from September (see below). A further communication about subs will be sent to members in July.

A number of suggestions were made during a lively Q&A including: a third open meet, clear squad criteria, better squad definition between those wishing to swim for competition and those wishing to swim for social or fitness reasons, introducing land training more widely, publicising Penguins & Seals galas on the Competition Calendar, charging a nominal fee, and awarding participation certificates, seeking Young Leader support from local schools, more pool time and focus on producing more national swimmers.

Thanks to all who organised and participated in a very successful evening, particularly Sue Reay.

The proposed increases in subscriptions are the first since 2008.

The rationale for the increases are a combination of:

- rise in the pool hire charges of 2.75%
- 25% increase in the amount of pool time across the Club
- need to ensure subscriptions cover the Club's basic running costs and protect the reserves required to provide sufficient working capital for a growing Club and a buffer against unforeseen events
- resources to invest in development & improvements.

Our subscriptions represent good value compared with similar Swimming Clubs and the cost of swimming lessons.

ATLANTIS COMMITTEE 2010/11

A new committee was elected at the AGM on 7th May 2010. The members of the new committee are as follows:

- **Andrew Dunlop**, Chairman, Dad of Issy
- **Paul Clarke**, Secretary, Dad of Naomi, Bethany & Leah
- **Caroline Dedman***, Treasurer, Mum of Emma
- **Anne Geale** (ex-officio), Club President
- **Roy Pennington** (ex-officio), Club Vice-President
- **Paul Blyth**, Bronze Squad Coach, Dad of Jonny & Howard
- **Lorraine Eamer**, Membership Secretary, Wife of John
- **Brian Elkins**, Swim 21 Co-ordinator
- **Tracy Hooker**, Kit Manager, Mum of Yasmin
- **Kathryn Hundleby**, Database & Assistant Team Manager, Mum of Beth & Edward
- **Hilding Kalman**, Masters Coach & Risk Manager, Dad of Alison
- **Andy Lambourne***, Dad of Cam
- **Andy Lobley**, Team Manager & Asst Gold & Silver Squad Coach, Dad of Bex
- **Fiona Morris***, Welfare Officer, Mum of Eleanor
- **Gill Sutherland**, Gala Secretary & Website co-ordinator, Mum of Becky
- **Alan Wheatland ***, Dad of Chloe & Elise

Debbie Windle (Treasurer), Nicki Kane and Nicola Underwood have all stepped down from the Committee. Our thanks to them for all their hard work, which has been much appreciated.

* New members of the Committee

NEW SUBSCRIPTION LEVELS

The Atlantis AGM unanimously approved the following increases in monthly subscriptions to take effect from 1st September 2010:

POOL

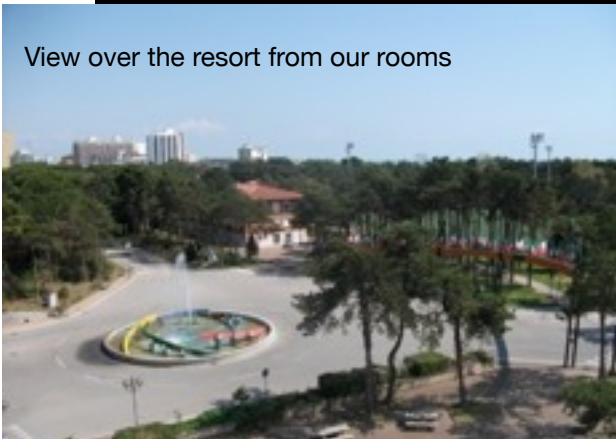
SQUAD	NEW	OLD	RISE
Penguins & Seals	£33.50	£30.75	£2.75
Coloured	£33.50	£31.75	£1.75
Steyning	£33.50	£31.75	£1.75
Billingshurst	£33.50	£31.75	£1.75
Masters	£27.00	£25.00	£2.00
Bronze	£39.00	£35.75	£3.25
Bronze +	£42.00	£39.00	£3.00
Silver	£45.50	£42.25	£3.25
Gold	£45.50	£42.25	£3.25
K2 LC supp.	£10	£10	Nil

LAND

SESSN	NEW	OLD	RISE
1	£6.50	£6.50	Nil
2	£10	£10	Nil
3	£13	£10	£3.00

JUST PICTURES

View over the resort from our rooms



Rachel & Jennifer stock up



Issy, Katy & Bex unpack



Cam, Katy Sam & Jonny in the "Piscina Olimpica"



Crabbing on the beach



Relaxing on the beach



A typical breakfast



Emma unimpressed with Kate's technique!



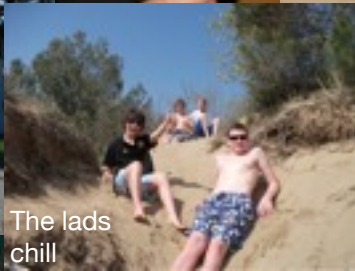
Jonny cool in the "aviators"



Land training with the stretch cords



Entrance to the pool



The lads chill



Sam gives Matt, Jonny & Cam a lift

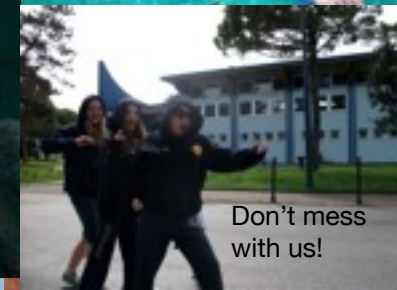
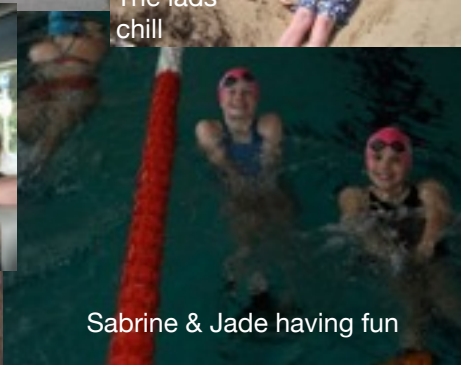
The coaches with their happy squad



Almost home!



Sabrina & Jade having fun



Don't mess with us!

Calais



It'll take more than a volcano to stop us!

ROSE CUMBER INTERVIEWS...



Bronze squad swimmer, Rose (eldest daughter of club coach Matthew Cumber), interviewed Junior Club Captains Cam Lambourne and Issy Dunlop, and Club Chairman Andrew Dunlop for this month's News Splash. Here are the results of her inquiries...

RC What age did you start swimming at Atlantis and what was the Club like?

CL I started three and half years' ago when I was 11. The Club was very different then. We had practically no team for the Speedo League races. I was always swimming up an age group. We never really won a lot, there were less members and we only had about 6 to 8 hours in the pool training.

RC What age did you start swimming Issy?

ID I learnt to swim when I was 3. My Dad taught me when we went on holiday. I didn't have any lessons before I joined Atlantis. I just swam in our pool at home with my Dad, but nothing proper. I joined Atlantis when I was 11. The Club wasn't that different from now, but we didn't have any land training and we didn't have as much pool time then.

RC What is your greatest swimming achievement to date?

CL My greatest swimming achievement? I don't really have one, but if I was allowed to pick two I would say coming second at the Nationals and being picked to represent England at the WISE Internationals in Glasgow!

ID Getting my first National time in the 200m breast was pretty special. I was also picked to represent Sussex at the Inter County Championships in Sheffield. That was great because it was a national competition and I was competing against some of the best swimmers in the country of similar ages.

RC Would you like to go to the Olympics one day?

CL Yeah I would like to go to the Olympics at some point. I see that really as my biggest goal right now.

ID I think it is every athlete's dream to go and I would love to go!

RC What is your favourite stroke?

CL Frontcrawl because I'm good at it and like swimming it!

ID My favourite stroke has to be breaststroke, followed by frontcrawl. My backstroke and fly needs a bit of work!

RC What's your favourite thing about Atlantis?

CL It has to be the friendly atmosphere and environment we have wherever we go.

ID I love the people and the positive atmosphere when we're training.

RC Why do you think swimming is important?

CL It's a good way to get fit, to work as a team and to make lot's of friends from places you've never even heard of.

ID Swimming is so important as it's a life skill. Everyone should be able to swim. For me personally it's something I love doing and have loved doing since I can remember.

RC Andrew, how did you get involved with Atlantis and were you a swimmer yourself?

AD Issy got me involved. She started at Steyning with Steve Barton and Roy Pennington, who obviously saw some potential. I was never a competitive swimmer, although loved sport. I used to compete in tetrathalons (swimming, cross-country running and riding and pistol shooting). I have always loved swimming and we have a pool at home, so I taught Issy to swim and dive, even though I couldn't at the time dive myself (she has now taught me to dive)!

RC When you became chairman what was your plan for the club?

AD Bill and Paul Blyth have done a tremendous job bringing more structure to the club. My aim has been twofold - to help make the Club even more competitive and provide a training programme that means we don't lose our best swimmers to other clubs when they get to a certain age or standard, and to improve the communication in the club so that members know what is going on and can feel part of a wider community, and in this way be motivated to become more involved.

RC How do you think it's gone so far?

AD Pretty well. We've revamped the website, made a video, we're updating all our Club. We also have a more ambitious training programme backed up by 25% more pool time & investment in our coaching team. The signs that things are moving in the right direction are the 10% increase in membership, improved attendance at all our training sessions and the fantastic pool performances - times are improving across the board - we are winning more medals and are one of the strongest teams at league galas.

RC What are your plans for the future?

AD To improve the swimming programme to provide as much training for our senior swimmers as the top clubs (i.e. at least 20 hours), build the base of membership at the junior end, with both Billingshurst and Steyning as important centres in their own right. We should also strengthen our links with local schools and swimming academies so we can spot talent coming through, providing a clear pathway for youngsters with the potential to be good competitive swimmers. Finally I hope we can develop more technique clinics, including perhaps more video work and also the social side of the club. Atlantis is full of great people. We work hard to be highly competitive, while at the same time being a very friendly and supportive club, where we have lots of fun.

DIARY DATES

- 22/23 May: Bracknell Level 1 Open Meet Aldershot
- 29 May: South East Age Group Regionals, K2
- 30 May: Bognor Level 3 Sprint Open Meet, Bognor
- 12 June: South East Age Group Regionals, K2

- 20 June: Cranleigh Level 3 Summer Open Meet, Cranleigh
- 22 - 27 June: Scottish National & Open LC Championships, Glasgow
- 1/8/15 July: Atlantis Club 200m Championships, Horsham
- 3 July: Sussex League Gala 3 vs Crawley & Mid Sussex Marlins, K2DON'

DON'T FORGET THAT THE SUMMER BBQ IS ON SATURDAY 24TH JULY AT MIDWAY HOUSE IN PARTRIDGE GREEN!

THE FACTS PAGE

To all those in the Club with Birthdays in...

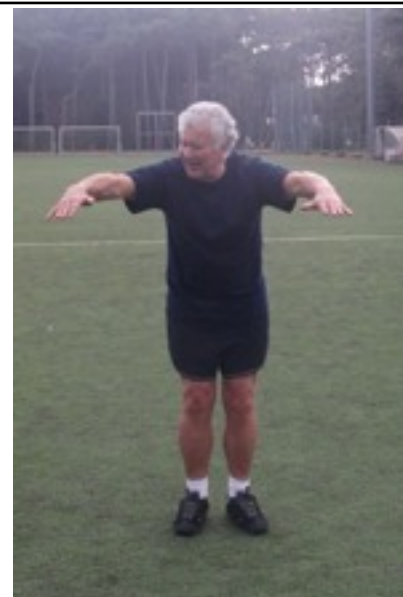
April	May
Emily Batchelor (11)	George Charter (12)
Madeleine Carey (9)	Eve Clarke (9)
Harriet Carr (14)	Alex Cooper (13)
George Clarke (14)	Max Dillon (13)
Naomi Clarke (14)	Ben Eager (15)
Louis Eager (12)	Oliver Foord (14)
Katie Hamer (13)	Emma Gadd (12)
Shannon Harrison (15)	Oliver Giles (14)
Thomas Kane (12)	Carragh Green (11)
Charlotte Larbig (12)	James Hartley (10)
Joshua Leggett (11)	Daniel Jones (8)
Poppy Maunder (11)	Ella Lewis (10)
William Redfern (14)	Jade Moulden (25)
Joseph Rodriguez-Molinero (11)	Jennifer Nash (13)
Taylor Salmon (10)	Kelci O’Keeffe (13)
Eleanor Schirn (12)	Gregor Ramage (11)
Owen Tyler (12)	Marcus Ramage (11)
Martin Verkuijl (38)	Alf Scott (8)
Sabrina Watson (13)	John Stebbings (38)
Chloe Wheatland (12)	Joe Widdowson (9)
Marama Winter (13)	
Ngaio Winter (13)	



MANY HAPPY RETURNS!

BILL’S QUESTION OF THE MONTH: WHAT ARE THE KEYS TO SUCCESS?

1. We must work together to become a **strong** club. We must remember we are all part of the same team and should help and support each other to achieve success.
2. Listen to your coaches. The things they tell **you** are to help you swim faster.
3. Be confident in your own abilities. You are **all** capable of success and reaching your own potential.
4. Attend as many sessions as possible. There is no substitute for actually being in the water. Always try to arrive on time and show individual commitment by mobile stretching & preparing yourself for a positive and meaningful session.
5. **Technique and relaxation** - this is the key to swimming **fast**. Just look at any top class swimmer - they are relaxed in the water. You must concentrate on your technique and being relaxed when you train and race.
6. The work you do in the training will show through when you race. Poor training habits will be reflected in your race performance. Don’t expect to swim well because you train hard for a week or two. It takes much longer than that - **consistency** over a long period will result in progression and success.
7. To ensure progression you must improve **technique**, increase **training effort** and develop **flexibility and strength**. Working at the same level will tend to produce the same result.



Bill in Italy showing how it’s done.

It is my belief that **you** decide how well you **swim**, how good your **school** marks are and how **successful** you can be. **It is your choice** and it is one of my aims to get you to believe in the one person that matters and can make things happen - **yourself**.

WELL DONE TO OUR TOP IMPROVERS (SINCE 31ST MARCH)

- Leah Clarke (10), Atlantis Spring Open, 200m Breast, 3.39.65 (-23.33)
- Matt Fulcher (15), Atlantis Spring Open, 200m Back, 2.37.49 (-20.43), 200m Free, 2.18.69 (-15.91)
- Tegan Jenkins (11), Atlantis Spring Open, 100m Breast, 1.33.24 (-10.08), 200 IM, 3.04.16 (-23.55)
- Andrew Kershaw (11), Atlantis Spring Open, 200 Free, 3.04.22 (-26.00)
- Lucy Lee (11), Atlantis Spring Open, 200m IM, 3.15.56 (-15.97)
- Eleanor Morris (11), Atlantis Open, 200m Free, 2.47.66 (-23.46), 200m Back, 3.05.52 (-34.45), 200m IM, 3.15.11 (-28.72)
- Joshua Shapland (11), Atlantis Spring Open, 100 Free, 1.25.83 (-18.92)
- Chloe Wheatland (12), Haslemere Grade B, 200 Free, 2.53.15 (-26.87), Atlantis Spring Open, 200m IM, 3.09.41 (-20.86)
- Elise Wheatland (10), Atlantis Spring Open, 200m Free, 3.50.16 (-35.07), 200m Breast, 4.35.78 (-38.50)

BILL’S QUOTE OF THE MONTH

“In life, the harder you run from failure, the nearer you get to it. The harder you run towards success, the faster you get to it”.