



EASTER MESSAGE FROM CHIEF COACH BILL PENNY



I was intending to write a New Year message to say what a great year 2009 was, eclipsing even our fantastic 2008. However, this year has so far been one of intense activity at Atlantis, and New Year's resolutions - as so often happens - come and go. So - a bit like the Pope - I'm delivering an Easter message instead!

After three months we're well on the way to a best of all 2010. A strong start in the Sussex League saw us winning our first two galas and now looking forward to a final shoot-out with Crawley and Mid-Sussex Marlins in June.

I was impressed by the way all of our swimmers really got into top gear with a fantastic showing at the Sussex Championships, emerging as top age group club in gold medals (25), top age group girls in medals (22) and points, and a close up second in combined age group points. In all our swimmers totalled 76 medals (28 golds), 181 PB's, 69 regional qualifying times, and two National Age Group qualifying times for our club captain, England Schools International, Cameron Lambourne. Ella and Kate Windle won the BagCat awards for all round excellence in their respective age groups. Ella, Yasmin Hooker and Jade Stocker made it a 1 2 3 sweep in the 11 years, emphasising the strength of our young girls.

Our top swimmers are now tuning up for the Portsmouth Long Course Open Meet at Easter, followed by our training camp at Lignano, Italy and then aiming towards South East Regional Youth and Age Group Championships in May. Also in May we have our own Spring Open Meet, which will give our younger swimmers a chance of competition and experience. A very busy year and we have only got to May!

A small core of our promising young swimmers has been the catalyst for much of our improvement this year. They informed me they would support a more demanding training programme. I am proud of the way they have responded to the increased intensity and volume of that programme and they deserve all the success they have had.

Competition success in swimming is not accidental. It comes from hard work in training and concentration on developing your technical skills. Small improvements in technique can often mean big improvements in times. Over the course of a long career I have been lucky enough to coach at a club, Beckenham, which at the time was the most successful competitive swimming club in the country. The same seeds for success are being planted here in Horsham too. Our promising young swimmers on Atlantis' National Development Programme are not only building a tradition of hard work and commitment within the club, but also a close-knit and supportive team environment. I'm confident the qualities shown by our top swimmers will grow in the future and encourage our young members in Penguins, Seals and Bronze Squads to follow their lead. If anyone needs inspiration they should remember that it was only a short four years ago that Cameron Lambourne was in the Penguin Squad; now he has become our first International swimmer.

REGISTERED YET WITH WEBSITE MEMBERS' AREA?

The re-design of the Atlantis website is now complete. The final phase has been to set up a Members' Only section on the site. So far 53 Atlantis swimmers, coaches and parents have signed up. It's easy to register and once registered you can create your own password and user name. In the Members' Only section you can create your own profile, swap news and comment on a blog and ask questions on one of five different discussion forums.

The other feature is the club database, which can be accessed only from the Members' Area. This is kept up-to-date by our Assistant Team Manager Kathryn Hundleby and will allow coaches, parents and swimmers to search the database to find out where they rank within the club, to find out their fastest times in each of the strokes and how their times have been improving over a period of time.

The Members' Area is looked after by one of our parents, Andy Kershaw, Dad of bronze squad swimmer, Andrew Kershaw.

We hope all members will find the Members' Area useful, informative and fun.

Of course the key is that the more people start to use it, the more interesting and fun the members' area will be. So join up and start posting!

PICTURE OF THE MONTH

Jade Stocker in full flight at the Sussex County Championships 2010.



BILLINGSHURST PROMOTIONS

We have secured additional pool time at Billingshurst to enable us to put on 2 two-hour sessions on Mondays, Wednesdays and Fridays. This additional pool time will come into effect on Monday 19th April after the Italy training camp. As a consequence of this, Atlantis is establishing a Billingshurst Bronze Squad.

Congratulations to: Bethany Cane, George Clarke, Benjamin Coole, Alexander Cooper, Sarah Cripps, Laura Crow, Pia Fordham-Weir, Rebecca Gabriel, Eleanor Gisbourne, Emma Howse, Luke Kilford, Poppy Maunder, Zoe Melhuish, Danielle Naughton, Lydia Palermo, Euan Ramage, Gregor Ramage, Eleanor Schirn, Katie Wells and Michael White who have all been promoted into this new Bronze Squad. This is an important further step in the development of these swimmers.

The creation of this new squad means that spaces will be available in the Billingshurst Penguins and Seals squads. With this in mind Atlantis is holding an Open Evening on Friday 23rd April at Billingshurst Leisure Centre between 17.30 and 19.30 for people interested in having a trial for Atlantis. Whilst this will be targeted on swimmers in and around Billingshurst, it will also be open to swimmers from other areas who are currently not able to find places in one of the Horsham squads.

SNIPPETS

Master Returns

Kirsty Melville, Club Captain as a teenager, has returned to train with the Club, while she is home on holiday from university where she is studying veterinary medicine, following a career change. Kirsty is a very useful freestyler - Katy Harris has only just beaten her long-standing 100m free club record - and has represented Middlesex. Hopes are high that Kirsty will turn-out for Atlantis in league galas, including the shoot-out with Crawley and Mid-Sussex Marlins in the final gala of the Sussex League Division 1 on 3rd July at K2.

New Addition to the Atlantis Family

Congratulations to our Land Training Coach Sam Stocker and her husband Nick, on the arrival on 24th March of their baby daughter Isla, a sister for Jade and Brooke.

Spring Open Meet

Our Spring Open Meet on 2nd May is now fully subscribed. Well done Roy!

Coaching team

Our coaching complement has increased with Bill's two daughters Natasha & Chloe helping out at Billingshurst. Natasha is studying for her Level 2 teaching (as is Steyning coach Rod Winter).

Both Natasha and Chloe were coached by Bill when they were younger, so know what he expects from his swimmers. They both swam at national level, with Natasha winning an Age Group medal in fly.



LIGNANO TRAINING CAMP



Chief Coach Bill Penny, accompanied by coaches Paul and Sally Blyth, Andy Lobley and 30 swimmers from the Gold and Silver Squads heads out from Gatwick on 8th April for a week-long warm weather training camp in the beautiful Lignano peninsula (pictured above) at the head of the Adriatic between Trieste and Venice. Lignano was the venue for the European Youth Olympics in 2005 and the European Junior Swimming Championships in 2006. The Atlantis squad will train for two hours twice a day in a 10-lane 50m indoor pool, as well as having land training sessions. It will not all be work as the coaches will also be organising some fun team games between training sessions.

PORTSMOUTH EASTER SWIMMING FESTIVAL



The Mountbatten Centre 50m Pool, Portsmouth

Atlantis is sending a strong squad of 24 swimmers to take part in Portsmouth Northsea SC's traditional 4-day Easter swimming meet. This will be the first time the meet is held in the new Mountbatten 50m swimming pool.

This will give Atlantis swimmers some good Long Course competition experience in advance of the South East Regional Championships in May. This year the Youth Championships are being held over two weekends - the first at K2, the second at the Mountbatten Centre. It will also give swimmers on the National Development Programme a chance to assess their progress since stepping up their training regime.

DIARY DATES

- Sun 18th April: Haslemere B Grade Level 3 Gala, Haslemere
- Fri 23rd April: Atlantis Open Evening, Billingshurst
- Sun 25th April: Littlehampton Level 2 Gala, Bognor Regis
- Sun 2nd May: Atlantis Level 3 Spring Open Meet, Horsham
- Sun 2nd May: South East Region Youth Championships, K2, Crawley
- Fri 7th May: Atlantis AGM & Quiz Night, Holebrook Centre, Horsham
- Sat 8th/Sun 9th May: South East Youth Champs, Mountbatten Centre
- Sat 22nd/Sun 23rd May: Bracknell SC, Level 1 Gala, Aldershot

THE FACTS PAGE

MANY HAPPY RETURNS!

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

- Sarah Cripps, 11
- Issy Dunlop, 15
- Benjamin Dunn-Flores, 10
- Tom Farrow, 29
- Abby Flynn, 8
- Sophie Hanna, 11
- Edward Hundleby, 11
- Amelia James, 16
- Andy Lobley, 44
- Sarah Petch, 42
- Guy Sherwin, 26
- Ben Stevens, 9
- Bridget Wallace, 18
- Elise Wheatland, 10
- Thomas Wheatland, 10
- Jasmyn Whibley, 14



QUESTION OF THE MONTH: WHAT GALAS TO ENTER?

If you are a relatively new member of Atlantis among the most daunting and baffling questions you face are: “Am I good enough to start entering competitive galas?”, “How do I know which are the galas the will most suit my level?” or “Once I’ve entered what happens then?”

If you are in any doubt about what you should do, then speak to your squad coach. Not everyone wants to compete - many want to stay fit and enjoy the healthy lifestyle that swimming can provide. However, we are a competitive club and would encourage everyone to have a go!

For the younger swimmers without competition experience, we have started holding Race Nights for the Penguins and Seals. These are held at the Pavilions on a Friday night once every couple of months. They are a lot of fun and give a taste of what racing is all about. The next step is to enter the Club Championships. These are held twice a year at the Pavilions - 50s & 100s in November and 200s and 400s in July. This year for the first time our Club Championships will be Amateur Swimming Association Level 4 Licensed Meets. This means that there will be electronic timing and the times achieved will qualify for the ASA National Rankings, although they will not be eligible to be used as qualifying times for Regional and National Championships.

There are two types of external galas. The first is team galas - the National Arena Swimming League and the Sussex League. To be part of these galas you have to be selected by the coaches. The team sheet is always pinned up on our notice board at the Pavilions. The Club also enters swimmers for Open Meets, where you compete as individuals under the Club’s colours. Each meet is graded according to a particular standard. There are A Grade meets where you must have achieved a time that is faster than stated to qualify. B Grade meets are typically for less experienced swimmers and are a good way to start off - in this case your times must not be faster than those stated on the entry form. Meets will also be classified by a level. Level 1 is for Long Course competition in a 50m pool. Level 2 is the highest classification for a Short Course (25m Pool) competition. The Atlantis Christmas Cracker Meet in December is Level 2. Level 3 is also Short Course, but with slightly less demanding times and is good for younger swimmers, Our Spring Open Meet is Level 3. Details of Galas can be found on the website, where you can download entry forms. Our Gala Secretary is Gill Sutherland, who does a tremendous job in sorting out all our entries. At galas swimmers are looked after poolside by an Atlantis coach and/or team manager.

IMPROVERS OF THE MONTH

- Owen Tyler: Horsham Bronze Squad, 50 Fly, 54.50, - 13.39 secs off personal best
- Katie Rooney: Horsham Bronze Squad, 50 Fly, 54.92, - 17.48 secs off personal best
- Archie Stripp: Steyning Squad, 50 Back, 1.04.73, - 9.12 secs off personal best
- Shannon Harrison: Steyning Squad, 100 IM, 1.37.28, - 6.17 secs off personal best

WELL DONE TO THESE SWIMMERS FOR THE IMPROVEMENTS THEY HAVE ACHIEVED AT THE MARCH TIME TRIALS!

QUOTE OF THE MONTH

At the other Clubs Bill has been with he used to give his top swimmers a motivating quote for the month to think about. We thought it might be nice to introduce this tradition at Atlantis. So Bill’s March ‘Quote of the Month’ is:

“A belief in one’s ability is tantamount to achieving one’s potential”.