



News Splash



November Issue

2010/11 Season

Andy Lobley looks back on his 6 weeks at the helm

Since our last newsletter Bill has been over in New Zealand enjoying catching up with all his family and watching some good rugby (well except for England performances of England!!). It has been a very busy period over the last 6 weeks as we have stepped up the training and started to compete at meets and team events. It has been a very enjoyable period of time for me and I am so pleased with all the swimmers' reaction to training in Bill's absence. The old slogan of "while the cat is away the mice will play" is certainly not one we need to get printed on our next T shirts. Every swimmer has shown respect to all the coaches by responding to the training sets; the work ethic in the club is firmly in place.

Our first round out at National League was a thrilling evening and I would have loved for us to nick top spot but I genuinely couldn't have asked our team to give anymore on the night. To finish second by one point with our leader away was a great sense of satisfaction for all the coaching team and I hope the swimmers were very proud of themselves. When we go to team events we most certainly swim with our hearts and perhaps our next set of tattoos should be hearts! The next round will see us travel to Dover from what promises to be another thriller.

On the back of some hard training, we also attended Crawley Level 3 Long Course meet with many of our swimmers competing for the first time this season. The results were encouraging to say the least. In the very early stages of the season our swimmers performed to a very high standard. Not every swim will result in a PB (if it did I have worked out that by the age of 72 I would be quicker than Michael Phelps at 100 fly and we all know that will never ever happen).



Sian Harrison & Robert Hartley holding the Endless Pools Trophy.

We also travelled to Eastbourne to attend a Level 4 meet with some swimmers getting their first taste of competition at an Open Meet and others looking to secure a couple of early county times. It was a mixed bag of swimmers on a very sunny day on the coast but a momentous day of performances. We were solid and strong the whole day and by the half way mark were second in the team standings behind Eastbourne. Given the number of swimmers they had compared to us it was a measure of the number of medals and top 6 finishes we got.

On the same weekend we had four swimmers competing for Sussex at the British Gas National Inter-counties Championships in Sheffield. All our swimmers competed well and achieved PBs, but couldn't prevent Sussex from being relegated from Division 1. Sussex will be looking to bounce back.

Last Saturday saw us host our first ever C grade gala at the Pavilions. For the first time we put out two teams and we raced against opposition from Shiverers, Marlins, Littlehampton, Redhill & Reigate and our neighbours Crawley. WHAT a night how the roof didn't come off is beyond me. The stands were packed to the rafters the noise level equivalent of a tornado jet taking off and a night of keenly fought competition was enjoyed by all. We picked the two teams based on the spirit of the event and that was one of giving less experienced swimmers the opportunity to take part in a team event. We had between the two teams nearly 20 teammates who had never raced in a competition before. There were some very nervous faces around poolside at the beginning but as soon as the start was underway nerves were forgotten and the business of racing was on everyone's mind.



Issy Dunlop prepares to take on GB International Danielle Lowe at National Inter-counties Championships.

Beths Hundelby & Britton, Yasmin Hooker, Jade Stocker Bex Lobley, Emma Dedman and Sabrina Watson celebrate their qualification for ESSA regional finals.



The trophy was kindly sponsored by Endless Pools. MD Craig Trusson came along to watch the event and to present the Cup at the end of the evening to the winning team. It was a nip and tuck evening and Matt, Becky and I were delighted that Atlantis A came out on top and made sure the silverware stayed in our club. Well done to everyone who took part in a splendid evening enjoyed by all. All the swimmers gained valuable experience, and I hope many will one day represent the Club in the National Swimming and Sussex Leagues. Thanks to everyone who helped make the evening a success and especially the senior swimmers, committee members, volunteer parents and coaches who worked poolside in various roles.

Elsewhere 8 Atlantis girls and 3 boys helped Millais and Tanbridge Schools qualify for the England Schools Swimming Association National Inter-schools Relay Championships regional finals, which are being held in Southampton on Saturday 26th November.

Finally we welcome back Bill and look forward to what promises to be a very busy but exciting run up to a well deserved day off on Xmas Day!

New Club Committee Members

Mel Davies was elected Hon. Secretary of the Club as a specially convened meeting of the Committee. This follows the resignation after two years of Paul Clarke. Club Chairman, Andrew Dunlop, made a presentation to Paul and thanked him for all his hard work since he became Secretary. Allison Hartley, Masters swimmer Sarah Petch and Caroline Walsh have also joined the Committee, replacing Michel Nehme and John Stevens, who were elected to the Committee in May before moving their children to another club.

Mel is mum of Issy, one of our regional swimmers and a member of the Silver Squad. Mel has four children, all of who have swum competitively. She has been involved in teaching swimming to all age groups for 15 years. She has been actively involved with two competitive swimming clubs, Leatherhead and Cranleigh. At Leatherhead she worked with Head Coach Ron Philpot and his Assistant Head Coach, helping for 5 years with both the Regional and National Squads. She was also the Leatherhead team manager for National League squad, which reached both the A and B finals during her tenure.

She was on the Leatherhead committee and set up the Welfare Officer post, which she held for 4 years, responsible for the swimmers and parents welfare. She was Team Manager for overseas camps for 40 swimmers! She is also a swimming tutor, teaching both beginner teachers and Full Teachers.



New Club Secretary, Mel Davies

The Squad Reps are back!

The squad rep role has been reinstated. Reps are there to answer questions, guide the less experienced competitive swimmers through the gala entry systems and to act as a go between parents and the coaches, who are busy poolside. If there's something bothering you that you don't feel comfortable raising directly with the coaches, let the relevant rep and know and they will do it on your behalf. The Squad Reps are:

- Penguins & Seals: Allison Hartley - ajarthartley@gmail.com
- Bronze: Isobel Clarke - isoclarke@gmail.com
- Bronze Plus: Caroline Walsh - caroline.walsh@bt.com
- Steining: Kate Carey -
- Billingshurst: Gill Sutherland - gill@sutherlandwell.com

Land-based activities to be extended to Bronze Plus Squad

Bill has authorised the introduction of a land-based activity session for members of the Bronze Plus Squad. This is part of our plan to provide a more effective transition from our foundation squads to our senior competitive squads.

It is proposed to hold a weekly session on a Monday in place of the 7 - 8pm pool session (see adjacent box). Our Land Training Coach, Sam Stocker will take this session. This will be introduced in the next few weeks and will be held in the main Sports Hall at the Pavilions. The session will be trialled initially until Christmas. If the session is a success, our intention would be to make this session a permanent feature of our programme. Watch for further details.

Additional pool time secured

The Club is constantly looking to improve the training opportunities for its swimmers. Pool time is the key to this. Atlantis with the support of Horsham District Council does very well for pool time in comparison with other Sussex Clubs.

Pool time is a scarce commodity we can never have enough of. HDC has agreed to our request for an additional lane at the Pavilions on a Monday night, to create the necessary space to promote swimmers from Penguins & Seals. They have also agreed to a new 2-hour session on a Tuesday night at Billingshurst. This will extend our Bronze Plus programme and provide it with a better balance. Finally, we have secured more 50m pool time at K2. This will enable us to introduce more of our swimmers to occasional long course training.

Atlantis Boys Rule OK

Long-time Atlantis member and Masters' swimmer Chris Tait was reflecting recently, while watching the Gold and Silver squads doing long course training at K2, how far the Club has come since the days when he and the likes of our coach John Stebbings were competitive squad regulars.

Chris was impressed by the performance of the Atlantis team at the opening National Arena Swimming League Gala in Gillingham. There has always been a friendly rivalry with near neighbours and it was nice to finish ahead of them on this occasions. But what was really significant to Chris is the fact that for the first time probably in the Club's history, all 4 swimmers making up the Mens' Open Relay Team - Matt Fulcher, Cam Lambourne, Duncan Smith and Sam Carter - all joined the club as 9 or 10 year old Age Group swimmers and have worked their way through the ranks. Well done lads!



George Boyle with Edward Hundleby

Get well soon George!

Silver squad member George Boyle (13) suffered a horrific and freakish accident at school during a PE session.

It is understood that George instinctively held out his arms to prevent someone careering into him. This caused a severe break in his wrist, which required surgery.

Everyone at the Club extends our very best wishes to George and hopes he makes a speedy recovery and is back swimming once again. His swimming was on fire before the accident and we all look forward to seeing him back in the pool when he is able.

Wrong fees still being paid!

Despite numerous notifications and reminders, 45 swimmers - around 20% of the Club's swimming membership - are at the end of October still paying the incorrect squad training fees. Atlantis SC is a non-profit making organisation and the Committee tries to budget that income is sufficient to cover our costs, the most significant of which are coaching costs and the cost of pool time.

The Club is therefore run on a very tight budget and failure to pay the right fees can mean the difference between maintaining a healthy working surplus, and slipping into deficit. The new fees were effective from the start of September; wrong fees mean that in just two months the Club is short of over £350 of income to which it is entitled, over £4000 on an annualised basis.

A further consequence of members failure to respond to the various reminders is that it adds unnecessarily to the burdens placed upon our Treasurer, Secretary and Membership Secretary, who are all volunteers with day jobs! So please help by correcting your fees if you haven't already done so.



Bill raises a glass of Ribena in Queenstown, NZ!

ATLANTIS "CHRISTMAS CRACKER" ON COURSE TO BE FULLY SUBSCRIBED



Atlantis will be breaking new ground on the weekend of 26th/27th November when for the first time in its history the club will be hosting a two-day Level 3 Open at the Pavilions in Horsham. This is a great opportunity for as many as possible of the club's swimmers to enter and try and secure some county qualifying times. There are still a limited number of late entries still available. The coaches expect everyone within the qualifying times to represent the club at our own meet. Swimmers don't of course have to enter all events. More details are available on the club's website.

The "Cracker" promises to be a memorable occasion. 90 per cent of the available time has already been filled, and the Club expects the meet to be fully subscribed by the closing date. 435 swimmers have so far entered, representing nearly 2450 individual swims. Entries have been received from 25 different clubs in the South from as far afield as Newbury and Swindon. Atlantis leads the way with 62 swimmers, followed by Mid Sussex Marlins with 59 and Shiverers with 49.

The Meet offers a full range of 50, 100, 200 and 400m events. Anyone interested in volunteering to help on either of the two days should contact either the Meet Promoter Giles Hundleby, Caroline Dedman or Debbie Windle.

Trip to Dover awaits Atlantis in next round of National League

Atlantis make the long trip along the South Coast on Saturday 12th November to the Channel port of Dover for the second round of the National Arena Swimming League. Having been narrowly beaten into second place by Black Lion at Gillingham, the club - currently lying 4th in the 17-club South Division 1 (East) - take on 2nd placed Dover Lifeguards; Hastings Seagulls; Orpington Ojays; Beckenham B and White Oak.

Atlantis will be looking to finish in the top two again to secure a place in the top gala for the final round in December. The club will once again be hiring a coach, so there will be room to take our own travelling support.

Don't forget the Club Champs!

The club champs start on 3rd November. Unlike normal years we are running the club champs over 3 successive Thursdays. Warm Up will begin at 5.30pm and racing at approx 6.10pm. There will be no disruption to Seals & Penguins training, which runs between 4pm and 5pm. We strongly encourage swimmers in all squads to take part in our club champs. They are licensed this year to enable swimmers to achieve an eligible County Time. We would like to encourage participation from Bronze, Bronze +, Silver, Gold, Club and Masters and look forward this year to seeing lots of representation from Billingshurst and Steyning. Please note there will be no training for anyone that normally trains on Thursdays between 6pm and 8pm. Horsham Bronze Squad should check with Andy/ John or Bill re available training on race nights.

To all those in the Club with Birthdays in Nov and Dec

- | Nov | Dec |
|----------------------|-----------------------------|
| Gary Baillie (11) | Laura Baillie (12) |
| Lily Davis (12) | Rhona Baillie (14) |
| Natasha Golding (13) | Lily Cane (8) |
| Grace Hanna (14) | Joe Carter (12) |
| Issy Harrod (12) | Sam Carter (16) |
| Andrew Kershaw (13) | Kian Cooke (9) |
| Rebecca Lobleby (16) | Gina Foice (14) |
| Saskia Norman (9) | Thomas Clancy (13) |
| Yelena Palmer (12) | Toby Holliday-Williams (13) |
| Lauren Pedel (11) | Ryan Kashanizadeh (12) |
| Jayson Probin (11) | Amber Magee (12) |
| Molly Smith (13) | Lydia Palermo (13) |
| Vicky True (21) | Jess Sullivan (17) |
| Amy Welch (13) | Matilda Tagg (13) |
| Sophie White (10) | Toby Van der Pelt (10) |
| Andrew Wilkie (35) | Tara Williams (13) |
| Amber Wright (10) | Sophie Winwood (15) |



GENERAL NUTRITION FOR COMPETITIVE SWIMMERS

If you're a Competitive swimmer, you will already be aware of the importance your diet plays on your performance in the pool. But assuming you're a healthy eater, read on for information on how you can tune your eating habits to boost your swimming performance. Nutritional needs change depending on whether you are in training or about to enter a competition. But if it is general tips you want on fine tuning your eating habits to perform better then here is some advice from the experts at the ASA.

Exercise Meals

If you're planning to go swimming or training later in the day try to eat an exercise-friendly meal two and three hours before you go. This means keeping your carbohydrate and protein levels high on roughly a 60:40 ratio and don't pig out on sluggish unsaturated fats.

Here are some good examples:

- 1 Baked potatoes – fill them with beans, sweet corn or chilli, not too much cheese, and remember to eat the skin, it's the healthiest bit!
- 2 Pasta meals or bakes – again go light on the cheese, throw in plenty of vegetables. Tuna is also a great energy source.
- 3 Beans on toast – they may be the signature of a student's staple diet but low-sugar baked beans are actually really good for you. Bags of protein in the beans and wholemeal toast has your complex carbohydrates. And if beans aren't your thing, eggs will do a similar job.
- 4 Chilli con carne – beans, lean mince, and brown rice all should set you up perfectly for exercise in a few hours. Fatty, greasy mince, white rice and salty tortilla chips will not.

Pre-training Snacks

- 1 Unless you're trying to lose body fat don't train on an empty stomach, you'll be running on empty and your performance will be impaired. Eat a small meal or snack between one and two hours before you start your training.
- 2 Great snacking foods are fruits (fresh is best but dried are still okay), energy foods (cereal bars, energy drinks, protein shakes), yogurt (low fat if possible) or whole grain foods (whole wheat cereal or wholemeal toast).

Snacking During the Day

- 1 Elite athletes keep their blood sugar level as constant as possible by snacking regularly (and healthily) during the day.
- 2 Only do this if you're training enough not to add body weight from the increased food/calorie intake.
- 3 Target the same snacks you would as a pre-training boost – complex carbohydrates, fruits or protein shakes.

Refuelling

- 1 If you're putting in the metres in the pool, your body will need a boost when you finish your training.
- 2 Always try to refuel within 30 minutes of finishing and preferably within 15 minutes – your body immediately needs nutrients to repair muscles and replace energy.
- 3 Make sure you're refuelling with the 'right' foods though – something low in fat but high in carbohydrates and protein.

**DIARY DATES**

3rd November: Atlantis Club Champs Session 1, Pavilions

6th November: Long Course Training, K2

10th November: Atlantis Club Champs Session 2, Pavilions

12th November: National Arena Swimming League Gala 2, Dover

13th November: County Development Meet, Brighton

13th November: Long Course Training, K2

17th November: Atlantis Club Champs Session 3, Pavilions

19th November: Crawley 'Not So Early Bird' Level 1 Open Meet, K2

26th/27th Nov: Atlantis 'Christmas Cracker' Level 3 Open Meet, the Pavilions

3rd/4th December: South East Regional Championships, Aldershot Garrison

9th December: Atlantis Christmas Party & Club Champs Awards, Holebrook

10th December: National Arena Swimming League, venue tbc

17th December: Extended Long Course and Land Training, K2

14th/15th January: Brighton 'Tom Handley' Level 2 Open Meet, Brighton

21st January: Extended Long Course and Land Training, K2

28th/29th January: ASA Southern Zonal Championships, Millfield