



NEWS SPLASH

The Atlantis Swimming Club Newsletter

Issue 199

September 2009

Happy Birthday to all those swimmers who celebrate their birthday in September:

Howard Blyth
Isobel Boyle
Ethan Butcher
Louisa Clark
Bethany Clarke
Lewis Dobson
Charlotte Gisbourne
Jack Gladdish
Emily Hayward
Megan Holms
Yasmin Hooker
Rosie Inman
Tegan Jenkins
Cameron Lambourne
Bryony Moore
Euan Ramage
Odessa Redgrove
Nick Sherwin
Sam Sutterlin
Emily Underwood
Rebecca Van Pelt

From all your friends at Atlantis, we hope you all have a wonderful time.

NATIONAL SWIMMING CHAMPIONSHIPS

Atlantis swimmer Cameron Lambourne – Cam to his family and friends – swam out of his skin to take silver behind Jack Smith of the Plymouth Leander Club in the final of the boys 13 yrs 100m freestyle in the National Swimming Championships in Sheffield last Thursday night. He recorded a fantastic time of 54.95 secs. In a desperately close, fast and cracking race, Cam was one of only two swimmers to swim sub 55 secs and was only three tenths of a second away from taking gold.

Earlier Cam had recorded a three-second personal best time of 54.93 secs in the heats to qualify as the second seed for the final. The race rounded off a successful week for Cam, who also reached the final of the 200m freestyle, improving on his personal best time going into the championships by 3 secs, chalking up a time of 2.02.40 secs and finishing a very creditable 6th in a very strong field.

At last year's National Championships Cam just missed out on the medals, achieving two 4th place finishes in the 100m & 200m Freestyle. Having come so close to success last year Cam was determined to go one better this year and to be among the medals.

Additionally, Jonny Blyth and Katy Harris are to be congratulated on their magnificent achievement on both reaching the Nationals and also for their solid performances on the day. On this occasion they were unable to scoop a medal but were up against fierce competition.

Well done to you all.



Atlantis SC Christmas Disco And Presentation Evening

Friday 4th December 2009

7.30pm – 11.00pm

Venue: The Holbrook Club
North Heath Lane
Horsham

Tickets: Family £25.00
Adult £8.00
Child £6.00

Put the date in your diary and look out for posters and ticket information

ATLANTIS SCOOPS FOUR MEDALS AT SUSSEX RELAYS

Atlantis Horsham Swimming Club scooped four medals at the Sussex Relay Championships on Sunday at the Prince Regent Pool in Brighton.

Last year Atlantis won one silver and three bronze medals; this year the club improved on this performance taking one gold, two silvers and one bronze.

In the 9 – 10 year old girls 200m medley Issy Harrod, Kate Windle, Beth Britton and Leah Clarke all swam impressively to take gold, emphasising the growing strength of Atlantis among the younger age categories. Aimee Davies, Beth Britton, Kate Windle and Issy Harrod also showed up well in the 9 -10 year old girls 200m freestyle, taking a well deserved silver. Aimee, Beth, Leah, Kate and Issy are pictured below looking happy with their medals!

Not to be outdone the 9 – 10 year old boys team of Toby Underwood, Edward Hundleby, Joe Nehme and Josh Leggett snatched bronze in a tight finish in the 200m freestyle.

The girls 15 – 16 year old team, led by Senior Club Captain Katie Harris, and comprising Luisa Clarke, Vicki Kallman and Natalie Tobin swam magnificently against some very tough competition to pick up a silver in the 200m freestyle.

Team Manager Paul Blyth said: "We are delighted to have improved on last year. For the first outing of the season, we saw some really good swims. It bodes well for the rest of the season".

Next up for Atlantis swimmers is the Ken Deeley Sprint Meet in Brighton on Saturday 19th September. On the same day four Atlantis swimmers – Senior and Junior Girls' Club Captains Katie Harris and Issy Dunlop, Cameron Lambourne and Sam Carter - have been selected to represent Sussex Schools at the Regional Schools Championships in Southampton.

Race Nights for Penguins and Seals

Following the highly successful Mini-Gala organised by Beth Hundleby and Rebecca Lobley over the Summer, our Chief Coach Bill Penny wants to build on this by introducing regular Race Nights for the Penguins' and Seals' Squads. The aim is to hold these once a month and the first such event is planned for Friday 16th October at the Pavilions. Race Nights will be fun and will give all of our younger swimmers a taste of competition and valuable experience for when they compete in their first galas outside Atlantis. For parents it is an opportunity to sit in the stands, to watch their children put into practice all their hard work in training and to have fun cheering them on. So keep an eye out on the notice boards for further information. Parents interested in being involved in helping with the organisation, for example, as timekeepers, let us know!

Squad Representatives

The Club is introducing the role of squad representative, as part of a continuing effort to improve channels of communication. In addition to each squad having its own lead coach, there will also be a parent who can act as a link between parents and the coaching staff and club committee. If parents have any issue they would like to raise or suggestions that they would like the coaches or the Committee to consider, then the squad representative will be able to act as a first port of call to ensure that your voice is heard.

The three parents who have kindly agreed to act as squad representatives are:

- Penguin and Seals: Nicola Underwood – 01403 710901/njteunderwood@tiscali.co.uk
- Bronze and Bronze Plus: Nicki Kane – 01403 240053/nicki.kane@btinternet.com
- Silver and Gold: Tracey Hooker – 01403 265321/andy-jhook@talktalk.net

Information about the squad representatives will also be included on the new website.

New Kit

Due to the greatly anticipated changes to our club logo we have held off ordering new kit. We do still have good stocks of tee-bags, tracksuits and swimming hats but do not have any kit bags and only a limited supply of costumes. We have sourced a new rucksack kit bag and new swimsuits which will be on display with Lorraine in the next fortnight.

We hope to produce a full product brochure with pricelist shortly.watch this space!

A New Club Logo and Website

As trailed in the Chairman's recent letter to members, the Club will be launching a new and re-designed website at the end of September.

This is the first phase of a two-phase project to make the website easier to navigate and to introduce more varied content, including more regular news updates and more photography that illustrate the full range of the club's activities. We hope to complete the second phase of the website overhaul by the end of November. Once this second phase is completed the website will have the functionality to include video clips, a password protected members'-only area that will enable swimmers to maintain their own profiles, and a data-base searchable by members to track personal best times and rankings. Our aim is to have a website that is interactive and engaging and that becomes a regular means for members to stay in touch.

Below are the two colour formats for the new logo. The design maintains the Lost City of Atlantis theme of the current logo. However in this treatment, the name "Atlantis" is used to represent the submerged city on the seabed, with the three wavy lines to represent water (or if you prefer, three swimmers diving off the blocks - with the middle Atlantis swimmer's reaction time of course the best!). Overall we have chosen a clean and simple design that has the right feeling of movement appropriate for a sports club. We hope you like it!

All of our new kit will be produced with the new logo. However, we are conscious that members will have new or still serviceable training kit with the old logo, and will not want to incur unnecessary expense replacing kit before they have to. Kit with the new logo will therefore be phased in over a transition period. In future, as normal practice, the club will provide out of club funds swimming hats with the new club logo, for all those selected to represent Atlantis at team galas.



The Ken Deeley Sprint Meet at Brighton Saturday 19th September 2009

On a beautiful September morning 25 Atlantis swimmers met up at the Prince Regent Pool in Brighton for the annual sprint meet run by Brighton SC.

All 25 swimmers not only put in a great team effort in the pool but made their presence felt poolside with their fantastic vocal support for each other, as every Atlantis swimmer mentioned was followed by loud cheers and clapping.

Must say it was also great to see all the parents enjoying the racing and appreciating all the effort put in by their children. The team brought back 20 trophies for the first 3 places, 13 medals for places 4 to 6, 25 County Qualifying Times and an incredible 85 pb's.

All the swimmers were stars but I must mention the following:

Kate Windle

1st in the 9 year old Girls 100m IM and 50m Breast
2nd in the 50m Back and 3rd in the 50m Butterfly and Free

Leah Clark

1st in the 9 year old Girls 50m Free and Butterfly
2nd in the 50m Breast

Rebecca Lobley

1st in the 13 year old girls 50m Breast and Free
2nd in the 100m IM and 3rd in the 50m Butterfly

Toby Underwood

1st in the 10 year old Boys 50m Breast and 3rd in the 100m IM,
50m Free and Butterfly

Aimee Davies

2nd in the 9 year old Girls 50m Fly

Issy Harrod

3rd in the 9 year old Girls 100m IM and 50m Back

Joe Harrod

3rd in the 13 year old Boys 50m Butterfly

Well done to everyone from Andy and myself for keeping us entertained and being well behaved.

Remember keep up the hard work in training, focus on the simple things you can improve on and become a better swimmer and competitor.

My award for the most improved swim of the day goes to Eleanor Morris who swam 44.44 in the 50m Butterfly with an entry time of 1.03.91, an 18 sec pb.

This was a great team effort and once again well done for all your hard work and fantastic attitude at the meet.

Paul Blyth
Team Manager/Coach

Diary Dates

2009/2010

- 4th Oct Cranleigh Open Meet Level 3 at Pavilions
- 10th Oct National Swimming League at Dover Leisure Centre
- 18th Oct Inter County @ Sheffield
- 18th Oct Long Course Training @ K2 (Silver/Gold)
- 24th Oct ESSA National Finals
- 25th Oct Sussex County Development
- 25th Oct Long Course Training @ K2 (Silver/Gold)
- 31st Oct South East Region Winter Champs
- 14th Nov National Swimming League Gala 2 – Pavilions in Park, Horsham
- 14th Nov Haslemere Level 1 Open Meet
- 15th Nov Long Course Training @ K2 (Silver/Gold)
- 15th Nov Sussex County Development Meet 2
- 19th Nov Club Champs Session 1
- 21st Nov Crawley SC Not So Early Bird Level 1
- 26th Nov Club Champs Session 2
- 28th Nov Club Champs Session 3
- 28/29th Nov Haslemere Elite Short Course Meet Level 1
- 29th Nov Sussex County Development
- 4th Dec Christmas Disco and Awards Evening
- 6th Dec Atlantis Christmas Cracker Level 2 Meet
- 12th Dec National Swimming League Gala 3 (TBC)
- 9/10th Jan Tom Handley Age Group Meet @ Brighton
- 17th Jan Long Course Training @ K2 (Silver/Gold)
- 24th Jan Long Course Training @ K2 (Silver/Gold)
- 7th Feb Long Course Training @ K2 (TBC)
- 14th Feb Sussex County Champs @ K2
- 21st Feb Long Course Training @ K2 (TBC)
- 27/28th Feb Sussex County Champs @ K2
- 7th Mar Sussex County Champs @ K2
- 14th Mar Long Course Training @ K2 (TBC)
- 20/21st Mar Sussex County Champs @ K2
- 9th – 16th Apr Italian Training Camp
- 24/25th Apr Last Chance Regional Qualifier at Portsmouth

Sussex League - Div. 1 Final League Placings

(gala points in brackets)

Crawley (1255) 9pts
Mid Sussex Marlins A (1264) 8pts
Atlantis (1087) 7pts
East Grinstead (955) 6pts
Littlehampton (929) 5pts
Brighton (917) 4pts
Md Sussex Marlins B (636) 3pts

This is our best ever position. Congratulations to all those who took part.

Brighton and Marlins B are relegated, to be replaced by Worthing and Hastings.

You are invited to the:

Sussex County ASA Dinner and Dance 31st October 2009

As some of you may know, Sheila Paice is the President of Sussex ASA and is also an Atlantis SC member. This year Atlantis is the host club for the Sussex County ASA Dinner and Dance and Sheila is the organiser.

This only happens once in a blue moon, so it is a great honour for the club to host such an event as well as being a fantastic opportunity to raise our clubs profile in the county swimming scene.

It should be a very enjoyable evening and the more members who can attend the better.

Tickets: £35.00 each
Venue: The Copthorne Hotel

Please see Lorraine Eamer if you are interested in purchasing tickets.



Changes to the Swimwear Regulations from 1st January 2010

The ASA has decided to implement changes in the regulations regarding acceptable swimwear when competing. The basic rules are:

Only one swimsuit can be worn at a time during racing.

Skin Surface coverage:

MALE:

The swimsuit shall not extend above the navel, nor go below the knee.

FEMALE:

The costume shall not cover the neck or extend past the shoulders, nor extend below the knee. (It may be a 1 or 2 piece costume).

So do take care when buying new swimwear - that "bargain swimsuit" may not meet the new rules!"