



NEWS SPLASH

The Atlantis Swimming Club Newsletter



Issue 202

December 2009

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

- Rhona Baillie
- Joe Carter
- Sam Carter
- Gina Foice
- Amber Magee
- Lauren Maidment
- Sarah McCarthy
- Raffaella Milne
- Lydia Palermo
- Claudia Ramage
- James Skipper
- William Thomas
- Toby Underwood
- Tara Williams
- Sophie Windwood

...and we can't forget, John Eamer!

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

ATLANTIS FINISH NATIONAL ARENA SWIMMING LEAGUE ON THE UP

Atlantis finished the National Arena Swimming League season on the up. We came a very close second to home team Woking in the third and final NASL gala at the Pool in the Park on Saturday night, confirming a sustained improvement in performance over the three galas.

We were pitched against Hastings Seagulls, Woking, Elmbridge Phoenix, Southend On Sea and Erith and District A in the "middle" gala of this final round in Division One East of the South Region. Going into the gala Atlantis was in 10th place in the division, behind Hastings, Woking and Elmbridge (who had beaten us by 14 points in the first gala).

From the first race there were only two clubs in it, with Woking and ourselves battling it out for top spot right down to the last few races. In the end Atlantis, supported by a large and vocal band of travelling supporters, missed out on first place by just 6 points and well ahead (by 45 points) of third-placed Elmbridge. The night was not without moments of drama and some controversy. Woking was judged to have incurred DQs on two occasions for false starts, but these rulings by poolside officials were overruled by the Woking gala referee, who was in overall charge on the night. Had only one of these rulings been upheld, Atlantis (who had no DQs) would have won the day. Margins for achieving success are often very narrow.

The final points tally was Woking 227, Atlantis 221, Elmbridge Phoenix 176, Hastings Seagulls 151.5, Southend On Sea 141, and Erith & District 120.5. The result meant that we finish the season in a very creditable 8th place in the division of 18 teams, just behind Woking in 7th place.

Bill Penny said: "I'm pleased with the way my swimmers performed at the end of what has been a tough few weeks of competition. With each round of the NASL we have got steadily better. We were 4th in the first gala, 3rd in the second and 2nd in the final gala. Next year our goal will be to be in the shake-up in the top gala for the final round. Let's see if we can push for promotion to the Premier Division. We are an ambitious club and the swimmers thrive on being set new challenges."



Wishing you all a very merry Christmas and a happy New Year from Atlantis Swimming Club



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Swimsuits - New Rules

From 1st January 2010 all competitions in England, Scotland and Wales will be applying the FINA rules below in relation to Swimsuits for swimming (excluding Masters and Open Water) competitions.

FINA rules state:-

GR 5 SWIMWEAR

GR 5.1 The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.

GR 5.2 All swimsuits shall be non transparent.

GR 5.3 The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.

BL 8.2 In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

BL 8.3 From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

Diary Dates

2009/2010

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



Christmas Holiday Training Calendar

December 2009 – January 2010

Wednesday 23rd AM training at Pavilions & normal training at Billingshurst and Steyning

Thursday 24th - Monday 28th inclusive NO TRAINING

Tuesday 29th Pavilions -

5.00 - 6.00pm Seals and Penguins
6.00 - 7.00pm Bronze/ Bronze Plus
7.00 - 9.00pm Silver/Gold
8.00 - 9.00pm Masters

Wednesday 30th Normal Training at Pavilions AM, Billingshurst and Steyning

Thursday 31st - Friday 1st Jan inclusive NO TRAINING

Saturday 2nd Normal programme resumes.

ATLANTIS 'TOP TEAM' IN A CHRISTMAS CRACKER

Atlantis swimmers enjoyed themselves at their own annual Christmas Cracker Open meet at the Pavilions on Sunday, emerging as the top team with 2490 points – 250 points clear of Shiverers SC, who took the Top Club Trophy for visiting clubs for the second year in a row. Atlantis swimmers won an incredible 58 medals – 23 golds, 17 silver and 18 bronze.

The meet – in its third year – was an ASA Level 2 Licensed Meet, the highest available for a 25m pool, and attracted a high quality field of over 300 swimmers from 23 different clubs from Sussex, Surrey, Kent and London. In all there were around 1300 individual swims in 18 different events – 50m and 200m in all strokes and 200m IM - spread over the day. The event was sponsored by local Horsham-based firm, Home Counties Pools and Hot Tubs. Home Counties MD Craig Trusson presented the Top Club Trophy to the Shiverers coach.

A noisy, capacity crowd was in festive mood and able to enjoy some very high quality competition. 3 swimmers achieved National Qualifying Times. Top Atlantis performance of the day was 9 yo Kate Windle, who won a clean sweep of 5 gold medals, setting 5 new event records, with three of the times within the automatic 10 yo regional qualification. Amongst other Atlantis swimmers Yasmin Hooker, Katy Harris, Rebecca Loble, Issy Dunlop, Jonny Blyth, Ella Windle and Cam Lambourne achieved an impressive 15 automatic South East Regional qualifying times between them. The club's swimmers also notched up 70 qualifying times for the Sussex County Championships in February and March 2010.

There were some sensational individual swims: Rebecca Loble found an extra gear to knock nearly 10 seconds off her 200m breast PB; Yasmin Hooker took 13 seconds off her 200m back; Beth Matlock over 10 secs off her 200 IM best; Leah Clarke an incredible 23 secs in the 200m back; Jess Matlock 10 secs in the 200M back; Emma Dedman 12 secs in the 200m IM and 11 secs in the 200m free; and Toby Underwood nearly 12 secs off his 200m free PB.

Atlantis Chief Coach Bill Penny said: "I don't know about me motivating the swimmers, but they are certainly motivating me at the moment. I was delighted with the way our swimmers showed great fitness and versatility to be able to multi-event at a high standard throughout a very long day of competition".

"I am excited by the potential at this club. We all know what a fine prospect Cam Lambourne is. Our young 9, 10, 11 year old girls are showing great promise. And our older age-group girls are also beginning to really show what they are capable of."

"Horsham District Council should be congratulated for having the foresight to invest in a wonderful competition pool. With their ongoing support, we hope to continue to build a successful competitive swimming club, of which Horsham district can be proud".