



## NEWS SPLASH

The Atlantis Swimming Club Newsletter

Issue 201

November 2009

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

Phillipa Gill  
Natasha Golding  
Issy Harrod  
Andrew Kershaw  
Rebecca Lobley  
Matthew Long  
Jessica Matlock  
Yelena Palmer  
Lauren Pedel  
Joshua Shapland  
Molly Smith  
Victoria True

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

### Competitive Start Award

The following swimmers have successfully completed the ASA Competitive Start Award:

Isobel Boyle  
Joseph Carter  
Eve Clarke  
Benjamin Dunn-Flores  
James Hartley  
Charlotte Larbig  
Molly Moss  
Cavan Murphy  
Laura Philps  
Katherine Rooney  
Natasha Rudderham  
Ben Stevens  
William Thomas  
Bronwyn Thomas  
Eleanor Morris  
Beth Britton  
Natasha Golding  
Andrew Kershaw

Congratulations to you all.

### Sussex County Development Gala

**1<sup>st</sup> November 2009**

The first day of the 2009 Sussex County Development Meet was held at the Prince Regent Pool in Brighton and a team of over 20 swimmers were there to represent Atlantis Swimming Club.

The aim of this meet is for the swimmers to achieve their qualifying times for the 2010 County Championships held next February and March.

The team put on a great display for the supporting parents and produced some exciting swims and lots of pb's.

Jess Matlock was competing for the first time and produced four astonishing swims to win the Girls 9 years 200m Free and 50m Free, and finish third in the 200m Back and 100m IM all with County Qualifying Times.

Beth Britton turned on the power to win the Girls 10 years 200m Free and 200m Back by some margin and achieve CQT's.

Kate Windle continued her rapid rise in swimming with a great performance in the 200m Back to achieve her CQT and maintain her growing reputation as a swimmer to watch in the future.

Other swimmers who achieved CQT's were Issy Harrod in the Girls 10 years 200m and 50m Free and 200m IM, Jennifer Nash in the Girls 12 years 100m Free, Aimee Davies in the Girls 10 years 200m Free, Gemma Cumber in the Girls 9 years 50m and 200m Back and 100m IM, Emma Dedman in the Girls 13 years 100m IM.

George Boyle swam a great race in the Boys 11 years 200m Breast but unfortunately missed his CQT by just 1 second.

The other swimmers competing were Amber Magee, Sophie Lee, Lucy Lee, Tom Kane, Rose Cumber, Chloe Wheatland, Tegan Jenkins, Natasha Godfrey, Bryony Moore, Sabrina Watson, Caitlin Moore, Eleanor Morris, Philippa Crundwell, Andrew Kershaw and Natasha Golding.

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

## **SATURDAY NIGHT FEVER AT THE PAVILIONS**

*16th November 2009*

At the end of a stormy November day, the atmosphere inside the Pavilions pool on Saturday night was electric as Atlantis took on Dover Lifeguards, Orpington Ojays, Beckenham B, Braintree and Bocking and local rivals East Grinstead in the second gala of the National Arena Swimming League South (NASLS), Division One East series.

The club's aim this season is to emulate last season's performance (its first in this higher division), by consolidating a mid-table finish. Atlantis - lying 10th after the first round of galas - was up against 3 of the top 4 teams and facing a tough contest.

Roared on by a capacity crowd, the young Atlantis team rose to the occasion and put on a fantastic all-round team effort. The result was in the balance right up until the last race, with only a few points separating the top 4 teams. This set up a thrilling blanket finish with the noise inside the pool reaching fever pitch. In the end Atlantis edged out East Grinstead for 3rd place with a final points total of 200 ½, just 1 ½ points behind 2nd place Dover Lifeguards and a mere 5 ½ points behind 1st placed, table-topping, Orpington Ojays.

A measure of the team's all-round performance is that Atlantis won or came second in 26 of the 50 events (14 firsts and 12 seconds) - more than any other team on the night. The 9 - 11 girls demonstrated once again that they are untouchable in this league, while the senior swimmers also weighed in with some gutsy swims.

The results of the first 2 galas determine which gala clubs will compete in for the final round on 12<sup>th</sup> December. After Saturday night's result Atlantis has maintained its mid-table 10<sup>th</sup> position and will compete in the "middle" gala against Hastings, Woking, Elmbridge Phoenix, Southend on Sea and Erith & District. Atlantis has accumulated more gala points in the league so far than all of these teams, with the exception of Woking, who have picked up 4 ½ more. However, there will be no complacency in the Atlantis camp; all the swimmers know they will have to perform at their best if the club is to secure it's highest ever league placing.

This guarantees the club's position in the division for another season and puts Atlantis in a good position to go all out to try and win the final gala.

A delighted Atlantis Chief Coach Bill Penny said at the end of an evening of high drama and emotion: "I don't want to single out anyone. This was a great team effort. All my swimmers did themselves proud. They punched above their weight. I was especially pleased to see the talent and technique shown by our young swimmers. This augurs well for the future."

## **Diary Dates**

**2009/2010**

- 26<sup>th</sup> Nov Club Champs Session 2**
- 28<sup>th</sup> Nov Club Champs Session 3**
- 28/29<sup>th</sup> Nov Haslemere Elite Short Course Meet Level 1**
- 29<sup>th</sup> Nov Sussex County Development**
- 4<sup>th</sup> Dec Christmas Disco and Awards Evening**
- 6<sup>th</sup> Dec Atlantis Christmas Cracker Level 2 Meet**
- 12<sup>th</sup> Dec National Swimming League Gala 3 (TBC)**
- 9/10<sup>th</sup> Jan Tom Handley Age Group Meet @ Brighton**
- 17<sup>th</sup> Jan Long Course Training @ K2 (Silver/Gold)**
- 24<sup>th</sup> Jan Long Course Training @ K2 (Silver/Gold)**
- 7<sup>th</sup> Feb Long Course Training @ K2 (TBC)**
- 14<sup>th</sup> Feb Sussex County Champs @ K2**
- 21<sup>st</sup> Feb Long Course Training @ K2 (TBC)**
- 27/28<sup>th</sup> Feb Sussex County Champs @ K2**
- 7<sup>th</sup> Mar Sussex County Champs @ K2**
- 14<sup>th</sup> Mar Long Course Training @ K2 (TBC)**
- 20/21<sup>st</sup> Mar Sussex County Champs @ K2**
- 9<sup>th</sup>-16<sup>th</sup> Apr Italian Training Camp**
- 24/25<sup>th</sup> Apr Last Chance Regional Qualifier at Portsmouth**



## **Christmas Shopping**

We have invited SwimStop and Albion Images to the Christmas Cracker event. They will be there from the start of the first session with lots of ideas for Christmas presents.



## Christmas Holiday Training Calendar

December 2009 – January 2010

Monday 21st Normal training at Pavilions and Billingshurst

Tuesday 22nd Normal training at Pavilions

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 SC Christmas Disco And Presentation Evening

**Friday 4<sup>th</sup> 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.

***Tickets will be on sale at the Club Championships on Thursday 26<sup>th</sup> November and Saturday 28<sup>th</sup> November.***

## **ATLANTIS SWIM WITH THE HELP OF SOUTHERN WATER**

14th November 2009

Atlantis, Horsham's competitive swimming club, has received support from Southern Water in advance of its critical National Arena Swimming League Division 1 Gala against three of the division's current top four teams – East Grinstead, Dover Lifeguards and the Orpington Ojays. The gala on Saturday is being held at Atlantis' home base at the Pavilions in Horsham and is the second in a series of three galas.

Southern Water has donated to the Atlantis squad 40 swimming towels carrying the Southern Water logo. Southern Water supplies fresh and quality drinking water to more than 1m households across Sussex, Kent, Hampshire and the Isle of Wight.

The company has 16 years' association with swimming in the region. Covering an area with 1250 kilometres of coastline, Southern Water has recognised how important it is for youngsters to learn to swim and be safe in the water. The company currently sponsors the *Learn to Swim* scheme for children between the ages of 4 and 12 in the area covered by the company's activities. This involves 70 centres across the region – including currently the Pavilions in Horsham – and 1000 ASA-qualified instructors and helps more than 40,000 children each year to learn to swim. Former Olympic swimming gold medallist Duncan Goodhew is a keen supporter of the scheme and says: "The more children who learn to swim, the more likely we are to produce champions at the 2012 Olympics".

Helen Sparkes, organiser of Southern Water's *Learn to Swim* scheme said: "We are always happy to support events like this. Swimming is a vital skill that not only provides people with a fun way to keep fit and healthy but one that could also one day prove a life-saver. The swimming gala was a great opportunity for the children to show off their skills to their friends and family and Southern Water was delighted to be able to provide towels to those who took part".

Atlantis Chairman Andrew Dunlop said: "We are very grateful to Southern Water both for the company's commitment generally to swimming in the region and for this very generous donation. We look forward to exploring further with Southern Water other opportunities for working more closely together".

## **ATLANTIS AND HOME COUNTIES POOLS ANNOUNCE NEW PARTNERSHIP**

Atlantis, Horsham's competitive swimming club, today announced a new link-up with Home Counties Pools. Home Counties, which has been based at Hillier's Garden Centre just south of Horsham since 1983, is sponsoring the club's Christmas Cracker Meet on 6<sup>th</sup> December.

Atlantis has been able to use part of the sponsorship money to invest in a set of new backstroke flags that help swimmers to know when they are approaching the ends of the pool. Husband and wife team Craig and Gill Trusson – who own and run Home Counties - presented the flags to Atlantis Chairman, Andrew Dunlop, before the start of the first session of the annual Atlantis Club Championships on Thursday night.

Home Counties started as a pool installation company, but since 2001 has branched out into other products lines including hot tubs. Home Counties has also been appointed by Endless Pools as their area dealers for Sussex and Surrey for the sale of the company's renowned swimming machines that enable people to exercise against a fully adjustable current. In this way swimmers can enjoy benefits of a full-sized pool in compact spaces indoors or outdoors.

Craig Trusson said: "Building a long term relationship with Atlantis is a perfect fit for us. Most of our customers live within a 20-mile radius of Horsham. We have always been keen to support local groups and charities. It now makes sense for our business to forge a deeper relationship with a substantial local group. Atlantis is very complimentary to what we do and is clearly committed to developing as a club and raising throughout the area its own and swimming's profile".

Atlantis Chairman Andrew Dunlop said: "We are delighted to establish this relationship with Home Counties. And we are excited by the prospect of seeing how we can extend our partnership as we look towards 2010 and beyond. This initiative is an indication of how our Fundraising Co-ordinator Nicki Kane has galvanised this side of our club, for which she must take a lot of credit".