



NEWS SPLASH

The Atlantis Swimming Club Newsletter

Issue 200

October 2009

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

Ruth Allam
Lilly Cherriman
Ben Coole
Gemma Cumber
Katy Harris
Emma Howse
Sophie Lee
Anastasia Lucey
Danielle Naughton
Natasha Patel
Charlotte Rea
Natalie Tobin
Nicholas Trout
Kate Wilkinson

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



Raffle Prizes

We are currently collecting raffle prizes from local companies for three Atlantis events; Christmas Cracker, National League Gala and the Atlantis Christmas Disco.

If you know of any very generous employers that wish to support their local swimming club by donating a raffle prize please contact Nicki Kane on 01403 240053.

Thanks.

PLUCKY ATLANTIS IN NATIONAL SWIMMING LEAGUE

Atlantis headed off down the M20 to take part in the first National Swimming League Division 1 Gala in Dover on Saturday evening.

This year the National Swimming League is being sponsored by swimwear company Arena, who have replaced Speedo.

Atlantis – forced to field a weakened team missing some key senior swimmers - faced some tough competition against Dover Lifeguards, Sevenoaks A, Erith & District, Elmbridge Phoenix and Dartford & District.

The team responded with a gutsy all-round performance with many younger swimmers forced to “swim-up” an age group. It was a closely-fought and exciting contest with the final placings in doubt until the last race. In the end Atlantis secured 4th place with 185 points, just 5 points behind third-placed Sevenoaks and 14 points behind Elmbridge, with Dover out in front with 222 points.

The gala saw the return to competition of Atlantis Junior Boys Club Captain Howard Blyth after a long lay-off. Despite lack of training time, Howard showed his class, flying home first in the 100m breast in a time of 1.14 secs. Other notable performances included 12 year-old Olivia Winter, who swam a 31sec 50m freestyle split, and helped out with the u 15 girls relay team and Matt Fulcher, making his League debut, who swam well in the u 15 boys' freestyle relay. The girls 9 – 10 year-old relay team of Yasmin Hooker, Jade Stocker, Ella Windle and Kate Windle (the youngest member of the team at 9, also making her debut) showed they were a cut above the competition, scoring crushing victories in both the freestyle and medley relays. Katy Harris won the 100m open backstroke, Issy Dunlop took both the Open and U 15 breaststroke and Yasmin Hooker the 50m 9-10 backstroke.

Chief Coach Bill Penny said: “I knew this would be a tough first gala. I thought the whole team responded well and pulled out some great swims. Our aim this season is to consolidate our position in the division and this result gives a chance of doing so”.

The result leaves Atlantis lying 10th in the division of 18. The second round takes place on 14th November. Atlantis will be at home at the Pavilions for this gala and they will need to be at their best – they face three of the current top four in the division (East Grinstead, Dover – again – and the Orpington Ojays).



Swimming Awards



Congratulation to the following swimmers who have recently received Competitive Swimming Performance Awards:

Aimee Davies	Gold Sprint – 50m Backstroke
Nick Baillie	Bronze Middle – 200m Freestyle Silver Middle – 200m Breaststroke
Natasha Golding	Bronze Middle – 200m IM Silver Middle – 200m Breaststroke
Matt Fulcher	Platinum Sprint – 100m Freestyle Bronze Middle – 200m Fly Silver Middle – 200m Backstroke Gold Middle – 200m Backstroke Platinum Middle – 200m Free
Sabrina Watson	Platinum Sprint – 100m Backstroke Platinum Middle – 200 IM

RACE NIGHT

Atlantis held their first "Race Night" for the Seals and Penguins on the 16th October. Inspired by the Rubber Duck Relay Night held at the end of last season Head Coach Bill Penny, along with squad coach John Eamer, are keen to introduce a competitive side to our younger swimmers.

Lots of cheering from a large group of spectators helped to give the Race Night a great atmosphere. The swimmers produced some fabulous swims and the coaches poolside were really impressed with the effort that all of the swimmers gave.

All the swimmers who entered now have times for all 4 strokes and we will use these as a base for the next race night.

We are looking to hold another Race Night before Xmas and prizes and certificates will be up for grabs for the swimmers that improve on there times.

Special thanks to mums Carter and Lambourne for running the whipping area and big thanks to our timekeepers for the evening Beth, Bex, Sam and Cam.

Diary Dates 2009/2010

- 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



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 AT HOME FOR CRANLEIGH OPEN MEET

5th October 2009

Atlantis swimmers felt right at home for Cranleigh Swimming Club's Level 3 Licensed Meet on Sunday 4th October. The meet was being held at Atlantis' Pavilions in the Park home base in Horsham due to the current closure of the Cranleigh pool. Atlantis swimmers took over 30 medals for 1st, 2nd or 3rd places.

In the younger age groups, Toby Underwood showed his versatility, winning the 10 year-old boys 200m IM and coming second in the 50m free. Newcomer Sophie Lee showed great staying power to take the gruelling 9 year-old girls 200m fly. While Philippa Crundwell got among the medals with a 2nd in the 11 year old girls 50m breast.

Leah Clarke, Aimee Davies, Beth Britton, Jade Stocker and Yasmin Hooker all maintained their fine early season form with a clutch of medals between them.

The 13 year old girls all showed up well. Emma Dedman demonstrated her strength in the backstroke, taking 1st in the girls 50m, 1st in the 100m and 2nd in the 200m as well as a 3rd place finish in the 50m freestyle. Becky Lobleby took two firsts in the 200m IM and breast, a 2nd in the 50m freestyle and a 3rd in 200m freestyle. Beth Hundleby swam an excellent race to take the 100m freestyle to accompany a 2nd in the 200m breast and a 3rd in the 50m breast. For the boys Joe Harrod chipped in a 3rd place in the 200m freestyle.

Amongst the older swimmers, Louisa Clarke enjoyed a good day taking first place in the girls 16 year old 200m IM, 50 back and 50m freestyle. Jonny Blyth took a clean sweep of the boys 17 and over races. Issy Dunlop improved her personal best in the 200m freestyle and took first in the girls 14 year old 200m IM, 2nd in 50m freestyle and 3rd in the 200m freestyle.

Next up for Atlantis is the first National Arena Swimming League Division One fixture at Dover next Saturday; this promises to be a challenging opener for Atlantis.

It will also mark the first time that Atlantis swimmers will sport the club's new logo on their racing hats (see letterhead). The new logo has been designed to coincide with the launch of a new club website, which goes live this week at www.atlantishorsham.co.uk. The new site is intended to provide more information, to be easier to navigate and make the club more accessible and even more attractive to existing and prospective members.