



Penguins' News

www.wcpsc.org.uk

September 2011

Welcome to the bi-monthly newsletter for Winchester City Penguins Swimming Club. If you would like to suggest an item for the newsletter or if you have any news that would make a good article for the newspaper, please e-mail press@wcpssc.org. The Penguins' website is full of important information regarding training, competition, results, news etc. Some parts are protected for club-member viewing only and you will need a username and password to access this information. If you haven't already got one, email chalknslate@aol.com.

Alison Crompton, Editor and Press Officer.

Welcome back to the new season and a particular welcome to all our new club members. With the Olympics coming up, 2011/12 is set to be a memorable year for us all.

Those involved in lessons will be receiving this for the first time and I hope you will enjoy learning more about the club and the page designated to lessons. We will be looking forward to seeing all our lessons swimmers from 12th September on.

We have a great season ahead and are expecting some really good results. From the balcony it certainly looks as though we are off to a great start, attendance has increased this week following the holidays and swimmers look eager to get back to a routine and work hard. Our coaches and teachers are as passionate as always and we will continue to support them to improve the club's results in every way we can.

High attendance at training is paramount for good results and will be monitored closely by our coaches. I know you will support our programme this season, especially our Club Championships in November. We want a record number of entries!

Our swim camp to Majorca is approaching rapidly, along with a range of galas and open meets, including our novice gala and the National Arena League. Remember every swimmer is important to the club, every session beneficial and every competition an opportunity for success. Enjoy the season and let's show everyone how good WCPSC is!

Sue Falconer, Chair



A Fantastic achievement for 12-year-old **Rebecca Lin** who swam at the National Age Group Swimming Championships in Sheffield. Rebecca was seeded 16th for the 200 m breaststroke event when she came into the competition, but achieved a 3 second PB in the heats to qualify for the final in 7th place. In the final, Rebecca swam even faster to finish 6th in a time of 2.51.04 mins. Well done Rebecca!



Competitions

Recent events

Fareham Nomads Summer Open Meet, 16-17 July

WCPSC took third place in the 'Top Club' award at FNOM. **Sam Redman** won the Top Male 16/over trophy. Sam won gold in 200 m IM and three silver medals in 50 m and 100 m breaststroke and 100 m butterfly.

Lucy Robson was third overall in the 'Top Female' 16/over age group with wins in 50 m butterfly and 50 m breaststroke, silver in 50 m backstroke and bronze medals in 50 m freestyle and 100 m backstroke.

Ellen Trayhurn, 15, was also third overall in her age group, taking gold in 200 m IM, silvers in 50 m freestyle and breaststroke and bronzes in 50 m butterfly and backstroke.

Nine-year-olds **James Baxter** and **Oliver Bulpett** finished second and third respectively in their age group. Baxter had wins in 50 m freestyle and butterfly, took silvers in 50 m backstroke and breaststroke and bronze in 200 m IM, while Bulpett was awarded silvers for 50 m and 200 m freestyle and bronzes for 50 m backstroke and breaststroke.

Other medallists included **Georgie Elliott**, 15 (gold: 50 m and 100 m backstroke, bronze 200 m freestyle); **Matt Mew**, 17 (gold: 100 m backstroke, bronze: 50 m backstroke); **Freya Rhodes**, 13 (silver: 50 m backstroke, bronze: 100 m freestyle); **Joe Briggs**, 13 (gold: 50 m backstroke, silver: 100 m butterfly); **Alicia Judd**, 11 (gold: 50 m freestyle); **Phoebe Burdett**, 11 (silver: 100 m butterfly); **Justin Craig**, 18 (silver: 50 m freestyle); **Isabella Talbot**, 14 (silver: 50 m backstroke); **Adam Crompton**, 14 (bronze: 50 m butterfly); **Sam Coward**, 14 (bronze: 50 m breaststroke); **Abbie Pease**, 13 (bronze: 100 m backstroke) and **Lucie Baines**, 12 (bronze: 50 m freestyle).

Salisbury Level 4 Open Meet , 24 July

Well done to all the award-winners, particularly those winning their age groups:

Zoe Upcraft – Top 9 year-old girl

Abby Buchanan – Top 10 year-old girl

Elena Hassard – Top 12-year-old girl

Callum Bruce – Top 13-year-old boy

Gold medal winners were **Abby Buchanan, Elena Hassard, Maddie Fosberry, Callum Bruce, Billy Wright** and **Isabelle Harding**.

Silver medals went to **Zoe Upcraft** (3), **James Hartley** (2), **Callum Bruce, Abby Buchanan, Helena Federico, Elena Hassard, Tim Lewis** and **Maddie Fosberry**.

Bronze medals were awarded to **Billy Wright** (2), **Callum Bruce** (2), **Maddie Fosberry, Zoe Upcraft, Isabelle Harding, James Hartley, Elodie Donald** and **Helena Federico**.

There were a total of 46 PBs from 79 swims!

[Results as supplied by Stewart Crowe]



Salisbury Open Meet Competitors [Please note that competitors should be wearing club kit when representing Penguins!]



ABOVE: FNOM Medallists Issy Talbot, Freya Rhodes, Lucy Robson and Ellen Trayhurn



LEFT: FNOM Medallists Joe Briggs, Alicia Judd, Matt Mew, Sam Redman, Lucy Robson, Georgie Elliott, Adam Crompton, Abbie Pease, Oliver Bulpett and James Baxter

Congratulations to **Lucy Robson** and **Freya Rhodes** (K1) who have been awarded their gold swimming hats for achieving under 64 secs in 100 m freestyle at the Fareham Nomads Summer Open Meet.

Lucy: 1.03.24 min Freya: 1.03.93 min

Upcoming events

17 September – Rother League Round 3, B Team, Fareham Leisure Centre (by selection)

24 September – Junior Cup Round 1, A & B Teams at Guildford (**Team members will be expected to travel on the coach to Guildford unless you have emailed Alison Fenwick beforehand to inform her you are travelling separately. Spectators will be allocated a seat on the coach on a first-come-first-served basis by emailing the Secretary secretary@wcpssc.org. Officials will take priority.**)

24 September – SER Masters Short Course Open Meet, Aldershot (closed)

25 September – Hampshire Schools' Championships (open to swimmers in school years 7-13. Closing date: 10 September. Enter at www.hampshireschoolswimming.org).

1-2 October – Portsmouth Northsea Level 3 Meet (closed)

8 October – National Arena Swimming League Round 1 (A team)

15 October – Novice Gala, RPLC (Lessons swimmers and some Junior Squad members. See notice boards)

16 October - James Moreno Open Meet, The Quays, Southampton (closing date: 8 September)

12 November – National Arena Swimming League Round 2 (A team)

19 November – Junior Cup Round 2, A & B Teams (by selection)

20 - 27 November – WCPSC Club Championships, Winchester College and St Swithun's School (entry forms available shortly)

3-4 December – Peter Bull Level 3 Development Meet

3-4 December – SER Winter Championships (by qualification)

10 December – National Arena Swimming League, Round 3 (A team)

WCPSC Club Championships 2011

Sunday 20 November (800 m & 1500 m free) at Winchester College

Tuesday 22 November (400 IM) and Fri 25 November (400 m free) at Winchester College

Main programme of events - Saturday 26 November & Sunday 27 November at St Swithun's School

- Entry forms will be available shortly
- **All** age group **squad** swimmers are expected to enter the Club Champs, even if you have only just become a member.
- As a licensed Level 4 Meet, all qualifying times will be accepted for entry to the County Championships.
- If you have any questions, please see your coach or email Garry Hassard at openmeets@wcpssc.org
- Awards will be made at the Club Christmas Presentation Evening on Sunday, 18 December.

Training

Long course training

The next long course training session at Aldershot Garrison pool is from 8-10 am on Sunday 18 September and is for **swim camp participants and K1 squad**.

Please make sure you book your place on the sheet at Winchester College notice board and place a cheque for £7.50 in the WCPSC post box in advance of the session.

Land training

Land training runs every Sunday at Winchester College from 08:55 – 09:55. The session is open to all club members aged 12+. Swimmers who normally train from 9-10 am on a Sunday may join the later swim session from 10-11 am if they have done the land training. Please wear tracksuit bottoms/shorts/t-shirt/trainers and bring a drinks bottle to the gym. Please complete the confidential health questionnaire and bring it to your first visit.

Saturday evening training sessions, 5.30 – 7.30 pm at Winchester College

Sat 10th Sept - time trials for 800m (girls) and 1500m (boys). Email secretary@wcpssc.org to book your place*
Sat 17 Sept – For those attending the swim camp
Sat 24 Sept - no session
Sat 1 Oct - Lessons diving session
Sat 8 Oct - Flippers and Otters starts and turns
Sat 15 Oct - no session
Sat 22 Oct – Masters and K2
Sat 29 Oct - Seals and Kings 1

TRAINING CANCELLED on Wednesday, 21 September at Kings School due to Open Evening.

Strategy Update

Members may remember In February we held a workshop on 13th February 2011 for club committee members and coaches to set the future direction of the club and we'd like to update you on the progress made since then.

The purpose of the workshop was to explore the future direction of the club and set out a process to establish a 5-year strategy for the club. The workshop aimed to achieve the following:

- Agreement on the purpose of the WCPSC
- Identification of key words and phrases for the vision for WCPSC
- A list of key objectives for WCPSC
- A process for completing the club's 5-year strategy.

Coaches and Committee agreed the WCPSC purpose:

Developing swimmers to become the best competitive athletes.

And our vision:

To be one of the top 5 competitive swimming clubs in the county by 2016 – based on the results at county championships

To achieve the above we agreed to:	Achievements to date:
Secure greater access to a local swimming pool and office space for the club	Short term - The Committee has secured extra hours at Winchester College on Saturdays, and discussions are continuing at Kings School. The search for a base/office for WCPSC is continuing. For the future – a subgroup has been established and has submitted a response to Winchester City Council's 'Plans for Places' consultation to be published early September at http://www.winchester.gov.uk/plans4places . The campaign group, headed by Emma Back Emma@working-mother.co.uk , will be developing a campaign for new sports and leisure facilities and the group will be seeking support from members to engage with the campaign.
Review the coaching and administration roles in the structure of the club with a view to creating some new, well defined roles	A part time paid Secretary post has been established with benefits of efficient admin and long term security for the club. A Junior Section Coach has been recruited to ensure an integrated competitive programme is offered with the aim of increasing the number of swimmers moving from lessons to squads.
To develop and implement an athlete-centred approach to lessons, fully integrated with the club's athlete training and competitive programme and parent education programme.	Lessons swimmers will be members of the club from Sept to improve integration, communication and education of the competitive programme in line with the strategy. The Head Coach will oversee the teaching plan. Newsletters will be sent by email to lessons members. Information leaflets for level 7 lessons swimmers will be produced. Regular squad meetings have been established. Squad reps are recruited and meet with coaches and Committee members to be briefed on club events and offer feedback from members. Website is regularly updated.

To secure strong partnerships with key organisations that support the club

Regular meetings are held with pool operators and sponsors. Regular communication with WCC helps to develop the swimming in the Winchester district. Links with private swim schools are attracting competitive swimmers to the club. Communication with clubs in the region has improved and links with top regional clubs will be developed.

It has taken a great deal of time, both paid and voluntary, to deliver the above developments to date. The daily running of our club requires many hours over and above the paid hours and for this we are grateful to our coaches and volunteers. We cannot operate this complex programme without the help and advice of our members.

As a club we are good at delivering; the programme runs smoothly most of the time, and those involved do a really excellent job. If we cannot recruit the necessary volunteers we will be forced to pay for this expertise, with the inevitable increase in fees. Please consider offering support for the advertised posts and essential roles.

Volunteering within the club leads to a greater knowledge of the sport, our programme and general workings of the club. By becoming more involved and understanding our mission reduces the tendency for 'balcony criticism'. Take ownership and enjoy becoming part of a team who are committed and determined to deliver our strategy and can share the satisfaction of the success we enjoy.

Sue Falconer, Chair

Kai Glennie

For those of you who don't know Kai Glennie, Kai is an Australian swimmer who trained with our K1 squad for a couple of months last year while he was visiting his grandparents in the UK. His grandmother still sends him press cuttings of Penguins' successes to keep him up-to-date and now, his mother thought we'd like to know how Kai has been getting on this past year.

In April Kai went to the Australian Nationals which was held in Adelaide. There were about 15 swimmers from Kai's club, Ryde Carlille, who qualified and many were medallists. Kai swam in 10 races and his best result was a silver medal in the Medley Relay in which his team won the New South Wales record.

This month Kai's club are having a big celebration to mark the 90th birthday of Forbes Carlille MBE, who formed the club 50 years ago, at which Carlille's most famous protégé, Shane Gould, will attend. Shane Gould was the Australian swim coach for the 1948 Olympics and only left at the

end of the Moscow Olympics in 1980. He still attends every meet with the club and Kai says he still sits by the pool watching and analysing every swim.

Also this month, Kai is off to Threadbo Ski Resort for high altitude training where they swim for 6 hours a day and a few weeks later some of the club are flying off to Hawaii for training.

Stephanie Glennie says, 'We hope the 'Penguins' continue to have success. We'll keep watching from down under and, don't forget, if you happen to be passing please pop in, we'd love to see you!'



Kai (second from the left) with his team mates awarded silver at the Nationals.

Social

Gala Dinner and Presentation Evening

At
Winchester Rugby Club
on
Sunday, 18 December
6 pm till late

This event is for squad swimmers. Priority will be given to competitors of the Club Championships and parents of Age Group swimmers. Siblings may be offered tickets subject to availability. The evening includes the presentation of awards. Full details will be available shortly, but keep a note in your diaries now!

SWIM CAMP MEETING – Wednesday, 14 September at 7 pm, Kings School.

For all swimmers going on the Majorca swim camp, and parents, to discuss final details and give you the chance to ask any questions. Please remember to bring any outstanding consent or medical forms.

WCPSC is joining Facebook! Penguins members who are on Facebook will be invited to join the 'closed group' and will be updated with pool closures, news and notifications, plus members can add their own comments. Invitations will be sent out shortly, but if you're missed, request to join the group yourself via Facebook.

Please note that WCPSC do not endorse the joining of Facebook by any underage member of the Club. This is merely a means of communicating directly with members, but those members who are not on Facebook will continue to be informed via our other methods of communication.

The Administrator will be a member of our K1 squad and all content will be monitored by members of Committee. If you have any concerns, please email press@wcpssc.org

Fundraising

100 Club

July's winner was **Steven Pease** (kindly donated to the club).

August's winner was **Tracy Heath**.

e-mail chalknslate@aol.com if you'd like to purchase some numbers and be included in the monthly draw for either £30, £50 or £100.

Sainsburys/Tescos Vouchers

Thank you to everyone who donated their vouchers which we used to purchase lessons equipment and stopwatches.

We are exploring lots of ideas for spending fundraising money, including top swimmer or coach visits, swimming camp weekend to Crystal Palace and more. Watch this space for further details!



Congratulations to **Elodie Donald** (Seals) who finished first in her age group at the South East Region Triathlon Series. The series consisted of 5 races throughout the summer with an athlete's best three results counting towards their final score.

In the Youth age group **Laura Fenwick** (K1) finished second in the series, behind GB international Kate Curran, and went on to represent the South East Region at the British Championships in Sunderland where she finished a creditable 25th. Well done girls!

Penguins' Lessons

Autumn Term lessons run from Monday, 12 September – Sunday, 11 December (half term: 24-30 October)

A very successful 4 day course of swimming lessons was held from 2 – 5 August. All the feedback from parents was extremely positive with several people commenting on both the high standard of teaching and the great team work being displayed between helpers and teachers.

This summer we also introduced/experimented with holding a once a week one-hour squad-style training session for swimmers in stage 7 and above. This has also proved to be very popular and the progress made by the swimmers who have attended has been huge.

This term we will be using our new Swimsoft software system to assist us in managing our lessons program. We hope that this will increase the efficiency of our program and enable us to inform parents quickly and easily by email about pool closures, re-enrolment procedures, etc.

A diving session for those in stages 5b and above is to be held on Saturday 1 October from 5.30 -7.30 pm at Winchester College. There is no charge for this session, but the number of places is limited. If you wish to reserve a place please contact Sarah via email juniors@wcpssc.org.uk. Places will be allocated on a first come first served basis.

Could we advise parents to keep an eye on the website for details of a 'distance swim' session to be held later this term and also the date of our next crash course.

Sarah Standen
WCPSC Junior Section Coach

The coaches and swimmers said goodbye to Jenny Bowes as she stepped down from coaching to concentrate on her law career. Head Coach, Kevin Terry, presented Jenny with a card and gift from all the swimmers and thanked her for all her hard work and commitment over the years. We wish Jenny all the best for the future!



Swimmers say 'goodbye' to Jenny Bowes



Coaches Stewart Crowe, Sarah Standen, Jenny Bowes and Head Coach Kevin Terry



Squad News

Your Squad Reps are here to help you

flippers_rep@wcpssc.org (Katie Butcher) otters_rep@wcpssc.org (Sharon Barnes) seals_rep@wcpssc.org (Emma Back)
kings_rep@wcpssc.org (Hilary Sharpe) dolphins_rep@wcpssc.org (Maggie Lewis)

If you have any squad news e-mail press@wcpssc.org

Squad Moves

Congratulations to the following swimmers who have now changed squads:

Flippers to Otters- Emma Hartley, Charlotte Churcher, Isabelle Harrison, William Scriminger, Matthew Wedgwood, Maddy Turner and Camille McMillan.

Otters to Seals – Daniel Woodland, Abby Buchanan, Laura Brown, Lizzie Sanderson, Georgia Bell, Maddie Fosberry, Pippa Cropley, Helena Federico, Elena Hassard, Anna Cutts and Grace Reid.

Otters to Dolphins – William Upcraft, Ben Pearce, Sabrina Martin and Tim Lewis.

Otters to K2 – Amita Muthalagu

Dolphins to K2 – Callum Bruce and Ed Field

Seals to K2 – Charlotte Amies, Rachel Anderson, Ross Humphrys and Jenny Budden

Seals to K1 – Phoebe Burdett and Freya Crompton

Flippers and Otters

JUNIOR SQUAD SWIMMER OF THE MONTH:

Congratulations to the following swimmers who won the award for June:

Emma Hartley



July:

Phoebe Willoughby-Hannington



Well done Emma!



Great swimming Phoebe!

Top Attendees

	Flippers	Otters	Seals	Kings 1	Kings 2	Dolphins
July	Emma Hartley Michael Butcher Thomas Munday	Georgia Bell Abby Buchanan James Hartley Tim Lewis	Freya Crompton Zoe Upcraft James Baxter Christian Price	Chris Sharpe Adam Lewis Georgie Elliott	Amelia Harrison Matt Dewey James Hunter	Callum Bruce Kenzie Leedell-Clarke Ellie Hazlitt
August	Ed Menlove Amber Westley William Lewis Martyn Humphrys Michael Butcher	Emily Hamill-loader Harry Coulson Isobelle Harding Isabelle Harrison Caspar Kwint	Georgia Bell Abby Buchanan Evie Johnson Maya Garside	Adam Lewis Chris Sharpe Freya Crompton	Sam Coward Amelia Harrison Ross Humphrys Ellie Jones	Tally Evans Tim Lewis Kenzie Leedell-Clarke

Have you updated your squad fees?

Please adjust your standing orders to take account of the September fee increase. If you missed the increase for September, please adjust accordingly for October. Thank you.

Your Committee...

1. **Chair:** Sue Falconer Email: chair@wcpssc.org
2. **Secretary:** Alison Fenwick Email: secretary@wcpssc.org
3. **Treasurer:** Katie Felgate Email: treasurer@wcpssc.org
4. **Jan Warwick:** (Vice-Chair, Contracts, Swim 21, Fundraising, Lessons, Club Championships & Schools Gala) Email: janetwarwick1@btinternet.com
5. **Garry Hassard:** (Open Meets Secretary) Email: openmeets@wcpssc.org
6. **Alison Crompton:** (Press & Publicity) press@wcpssc.org
7. **Thelma Hawkings** (Schools Gala, Novice Gala) novicegalas@wcpssc.org
8. **Liz Jones** (Minutes secretary)
9. **Sharon Price**
10. **Nick Fosberry**
11. **Vicky Harrison** (Fundraising)
12. **Jemma Kwint**
13. **Peter Wright**

Other helpful contacts...

ASA Registrations, New Members, Membership Renewals: Denise Crowe (01329 280664) Email: chalknslate@aol.com

Website Submissions and Queries: Carol Shepeck Email: web_feedback@wcpssc.org.uk

Learn to Swim: Email: juniors@wcpssc.org



You can read the Minutes of the Committee meetings here if you have your username and password:

[here](#)