



# LEWES SWIMMING CLUB

President : Mick Burt

www.lewesswimmingclub.org

## Newsletter Summer 2011

### IN THIS ISSUE

NATIONAL ACHIEVEMENTS.....	1
TEAM GALAS .....	1
USEFUL CONTACTS:.....	1
SQUAD SWIMMERS.....	2
SUMMER TERM DATES .....	2
PAYMENT DETAILS .....	3
FEES FOR 2011 .....	3
POOL SESSIONS .....	4
CALENDAR DATES.....	4

### NATIONAL ACHIEVEMENTS

At the end of February Nic Cole attended the National Youth and Junior Disabled Championships in Sheffield. This is a top-level meet at the Ponds Forge International Pool. Nic came away with a gold medal in the 100m Butterfly, he also gained 4<sup>th</sup> Place in the 400m Freestyle, 5<sup>th</sup> Place in the 50m & 100m Freestyle and 6<sup>th</sup> Place in the 100m Medley and 100m Backstroke.



*Well done Nic!*

### TEAM GALAS

Lewes has now started competing in the Sussex County league. For many of our swimmers who are chosen to represent the club this will be the first taste of County level swimming. It is important that our swimmers get exposure to this high level of competition and we have seen some excellent swims in both individual and relay events. We have one final round this year on 18<sup>th</sup> June so please keep this date free especially if you have been selected for any of the earlier rounds.

Some of the notable achievements so far:

1 <sup>st</sup> Place	Vincent Langley, George Richenberg, Isaac Flower, Nic Cole	Under 16 Freestyle Relay
1 <sup>st</sup> Place	Vincent Langley	Under 16 100m Breaststroke & Under 16 Individual Medley
1 <sup>st</sup> Place	Sam Flower	Under 12 50m Breaststroke
1 <sup>st</sup> Place	Josh Nisbett	Open 100m Breaststroke
2 <sup>nd</sup> Place	Sarah Nisbet	Open 100m Butterfly & Open 100m Breaststroke
2 <sup>nd</sup> Place	George Richenberg	Under 16 100m Backstroke
2 <sup>nd</sup> Place	Alice Fouch	Under 16 100m Breaststroke
2 <sup>nd</sup> Place	Lillian Acker	Under 16 100m Freestyle
2 <sup>nd</sup> Place	Isaac Flower	Under 14 50m Breaststroke

### USEFUL CONTACTS:

Chair / Lead Teacher	<b>Caralynne Ledingham</b>	01323 492757	caralynne@talk21.com
Treasurer	<b>Paul Fouch</b>		paul@lewesswimmingclub.org
Secretary	<b>Graham Mortimer</b>	01273 513798	grahamn.mortimer@sky.com
Head Coach	<b>Alan Langley</b>	01323 872161	langleyaw@btinternet.com
Club Championships organiser	<b>Beth Jaques</b>	01323 896717	beth@lewesswimmingclub.org
Team Manager	<b>Trixie Nisbet</b>	01273 582629	Nisbets@Peacehaven-sussex.org.uk
Club Shop	<b>Janet Tidey</b>	01323 898339	
Swim21 Liaison Officer	<b>Lisia Muller</b>	01435 882087	lisia_muller@hotmail.com

## SQUAD SWIMMERS

As mentioned in the last newsletter we have now published the qualification times and new squad details on our website. All length swimmers are in D squad unless listed in the squads below.

Several D squad swimmers already have one or two qualifying times from the recent club championship gala and other meets. As soon as they achieve the minimum requirement of three qualifying times they will be added to the lists.

Any swimmers who would like a list of their current PB's and the equivalent Squad rating please email me and I will forward a copy to you. (Nisbets@Peacehaven-sussex.org.uk)

Current Members of Elite, A,B & C Squads at 30<sup>th</sup> April are as follows:

C SQUAD	B SQUAD	A SQUAD	ELITE SQUAD
<b>Todd Blackburn</b> <b>Emma Branton</b> <b>Amelia Brooks</b> <b>Daniel Carter</b> <b>Henry Chown</b> <b>Charlotte Cole</b> <b>Georgia Cudby</b> <b>Alexander Francis</b> <b>Ruth Goffi</b> <b>Thomas Harris</b> <b>Matthew Hooper</b> <b>Charlotte Mitchell</b> <b>Dayna Mitchell</b> <b>Michael Mitchell</b> <b>Moana Muller</b> <b>Molly Osborne</b> <b>Grace Valentine</b> <b>Christopher Wadlow</b>	<b>Jasper Baker</b> <b>Charlotte Burden</b> <b>Emily Burden</b> <b>Graham Faultless</b> <b>Rebecca Field</b> <b>Isaac Flower</b> <b>Henry Fouch</b> <b>Alice Gordon</b> <b>Raphael Harrison</b> <b>Oskar Langley</b> <b>Adam Lansley</b> <b>Ben Ledingham</b> <b>Jack Ledingham</b> <b>Erin Long</b> <b>Alanna Mitchell</b> <b>Graham Mortimer</b> <b>Amy Nicholson</b> <b>Jack Robinson</b> <b>Carla Sandalls</b> <b>Jack Smith</b> <b>Jade Trill</b> <b>Kate Vessey</b>	<b>Lillian Acker</b> <b>Toby Baker</b> <b>Chloe Brooks-Carter</b> <b>Kieran Cheney</b> <b>Nicholas Cole</b> <b>Jenny Cornish</b> <b>Samuel Flower</b> <b>Oliver Guile</b> <b>Abigail Jaques</b> <b>Christina Jaques</b> <b>Nastassya Muller</b> <b>Jonathan Richenberg</b> <b>Theodore Richenberg</b> <b>Daniel Robinson</b> <b>Adele Sandalls</b> <b>Andrew Seivewright</b> <b>Jade Smart</b> <b>Luke Staples</b>	<b>Alexander Cragg</b> <b>Isabel Davis</b> <b>Alice Fouch</b> <b>Lukas Hobden</b> <b>Ian Jones</b> <b>Max Lambert</b> <b>Vincent Langley</b> <b>Lucy Nisbet</b> <b>Sarah Nisbet</b> <b>Josh Nisbett</b> <b>George Richenberg</b>

## SUMMER TERM DATES

W/C	Mon Ringmer	Tue Ringmer	Tue Newlands	Wed S/Head	Thu Lewes	Fri S/Head	Sun Newhaven
MONDAY	Times	Times	Times	Times	Times	Times	Times
25 April	None	None	None	None	None	None	5:45-8:00
02-May	None	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	5:45-8:00
09-May	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	5:45-8:00
16-May	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	C.CHAMPS
23-May	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	5:45-7:15
30-May	None	None	None	None	None	None	None
6-June	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	C.CHAMPS
13-June	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	5:45-8:00
20-June	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	5:45-8:00
27-June	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	C.CHAMPS
04-July	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	5:45-8:00
11-July	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	5:45-8:00
18-July	6:00-8:00	6:30-8:00	5:30-7:00	7:00-8:00	6:30-9:00	5:30-8:45	5:45-7:15

## PAYMENT DETAILS

Please see the attached Price List for details of Annual Subscriptions and Termly Swimming Fees.

We have introduced some new payment methods and would now prefer you, wherever possible, to make payments electronically.

### 1. INTERNET BANKING

Account: Lewes Swimming Club No.2 account  
 Bank: Barclays  
 Sort Code: 20-49-76  
 Account No: 23185745  
 Reference: [Please quote the swimmer's name. If more than one, use the name of the youngest.]

### 2. PAYPAL

Pay to: pay @ lewesswimmingclub.org  
 Reference: [Please quote the swimmer's name. If more than one, use the name of the youngest.]

### 3. CHEQUE

Please send your cheque, payable to 'Lewes Swimming Club', to 15 East Street LEWES BN7 2LJ or hand it to your pool coordinator.

**I regret to advise that we can no longer accept cash payments.**

An email detailing the amount due, will be sent to each member during April.

## FEES FOR 2011

### JOINING FEE

Volunteers	NIL
'Learn-to-swim' (30 minute lessons only)	NIL
All others	£5

### ANNUAL SUBSCRIPTION

*(Payable in January each year or upon joining. For those joining in Nov/Dec this will include the next full year.)*

*Annual Subscriptions payable to the club include mandatory ASA annual subscriptions for each member.*

Category 1 Swimmers	
<i>(i.e. the majority of members)</i>	
Learn-to-Swim (30 minute lessons only)	£15
Other under-18s	£25
Over 18s / Masters	£33
Family	£65

Category 2 Swimmers	
<i>Per person, in addition to all the Category 1 charges, for members who wish to compete in 'Opens' etc.)</i>	
Elite Squad	£5
All Others	£20

### SWIMMING FEES PER PERSON PER TERM

*(Payable during the first week of the Spring, Summer and Autumn terms)*

Weekly Swimming – Single Session	
30 minute session	£36
45 minute session	£42
60 minute session	£48
75 minute session	£54
90 minute session	£58

Weekly Swimming – Multi-Session	
Any 2 sessions	£86
Any 3 sessions	£114
Any 4+ sessions	£128

### OTHER CHARGES

Certificates/Badges	£2.50
Club Championships - All events (paid before 1st event)	£25
Club Championships - Per event	£3
Holiday swimming - 30 or 45 minute session	£4.00
Holiday swimming - 60 or 90 minute session	£5.00

### LATE PAYMENT FEE

for those who do not pay on time – **£10 per person**

**POOL SESSIONS****RINGMER (RINGMER SWIMMING POOL, LEWES RD, RINGMER BN8 5RB)**

Monday 6:00-6:30 Learn to swim 6:30-7:00 Learn to swim 7:00-8:00 Development/age group 6:30-8:00 Squad Lead Teacher: Organiser: Jayne Baker - 01825 750391	Tuesday 6:30-7:00 Learn to swim / Junior squad 7:00-7:30 Learn to swim / Junior squad 7:00-8:00 Development squad / Age Group Lead Teacher: Lisa-Marie Chitty – 01825 766052 Organiser: Katharine Horner – 01825 890614
--	--

**SEAFORD (NEWLANDS SCHOOL)**

Tuesday 5:30-6:00 Learn to swim 6:00-6:30 Learn to swim 6:30-7:00 Learn to swim Organiser: Beverley Templeman – 01323 891856
--

**SEAFORD (SEAFORD HEAD POOL, SUTTON AVENUE, SEAFORD BN25 4LX)**

Wednesday 7:00-8:00 Development squad Lead Teacher: Mick Burt – 01323 899433 Organiser: Sam Mitchell - 01273 306329	7:00-8:00 Age Group / Senior
Friday 5:30-6:15 Development 6:15-7:00 Development Lead Teacher: Caralynne Ledingham - 01323 492757 Organiser: 5:30 – 6:45 Trixie Nisbet - 01273 582629, 6:45 – 9PM Mike Mitchell - 01273 306329	6:15-7:15 Junior squad 7:15-8:45 Squad 7:15-8:45 Masters

**LEWES (LEWES LEISURE CENTRE, MOUNTFIELD ROAD, LEWES BN7 2XG)**

Thursday 6:30-7:00 Intermediate 6:30-7:15 Junior squad 7:15-8:00 Junior / Development Lead Teacher: Lisia Muller – 01435 882087 Organiser: Mrs & Mrs Luke - 01273 479444	7:00-8:00 Age Group/Junior Dev 8:00-9:00 Age Group / Senior squad 8:00-9:00 Recreational / Masters
---	--

**NEWHAVEN (SEAHAVEN SWIM & FITNESS CENTRE, CHAPEL STREET, NEWHAVEN BN9 9PN)**

Sunday 5:45-6:30 Intermediate /Juniors 5:45-6:45 Intermediate /Juniors Lead Teacher: Alan Langley – 01323 872161	6:30-8:00 Senior squad 6:45-8:00 Masters Organiser: Claire Cornish - 01273 513259
---	---

**CALENDAR DATES**

Day	Date	Event	Type	Level	Venue
Sunday	22 May 2011	Club Championships		All	Seahaven
Saturday	28 & 29 May 2011	SE Region Champs		Region	K2
Sunday	29 May 2011	Bognor Open	Open	Elite, A & B	Arun Leisure
Saturday	11 & 12 June 2011	SE Region		Region	K2
Sunday	12 June 2011	Club Championships		All	Seahaven
Saturday	18 June 2011	Sussex League	League	Selected Team	Worthing
Saturday	02 July 2011	Eastbourne Team		Selected Team	Eastbourne
Sunday	03 July 2011	Club Championships		All	Seahaven
Sunday	02 October 2011	Club Championships		All	Seahaven
Sunday	Oct / Nov	Sussex County Dev. Meet	Open	Elite, A & B	TBA
Sunday	20 November 2011	Club Championships		All	Seahaven
Saturday	03 December 2011	Eastbourne Team		Selected Team	Eastbourne