

MODERNIAN SWIMMING CLUB



East Region Winter Championships

Over the weekend of 6th & 7th November six Modernian swimmers competed in the east region winter championships. Out of the six swimmers who competed five made it to the finals, two won medals and one broke a county record. The swimmers who made it to the finals were David Carline, Karen Kwok, Sam Briggs, Charlotte Ovenden and Hayley Alcock. Out of the five swimmers in the finals Hayley was the most successful winning one bronze (200 breaststroke), one silver (100 breaststroke), and one gold (50 breaststroke) all in the junior category. Out other medallist was Charlotte who won silver (50 breaststroke) in the senior competition. To top off the weekend Sam Briggs broke his own 50 backstroke county record by 0.03 of a second swimming 28.05. Well done to all six of the swimmers competing.

Congratulations Barbara Pasquire

(Nicola's mum)
on completing her Judge L2 award.

Thank you

The Committee and Junior Squad swimmers would like to thank **Anders Christensen** for all his help and support in coaching the Junior Squad this year but you won't have seen the last of him as he will still occasionally help out at galas and events in the future.

Tesco and Sainsbury's voucher collection 2010

The committee would like to say a massive thank you to all those Parents, grandparents and friends of modernian swimmers who collected vouchers this year. The club collected a massive 6,630 vouchers from Tesco and 5,296 from Sainsbury's. This enabled us to buy speed reaction hoops, hurdles and mats which are used by the swimmers in their land training sessions, as well as a new storage trunk to keep it all in. We also banked some vouchers to use next year, so hopefully we will be able to add to the new equipment. Finally, a big thank you to Kate Langford for counting all the vouchers!

2nd Hand Kit

If anyone has any spare kit that they don't need anymore or they have grown out of then they could donate them to the club and any money raised will be put back into club funds. Dave Hannah is coordinating so any queries please contact Dave or any member of the committee, and likewise, if they need anything they could see if Dave has anything in the 2nd hand box before buying new.

Thoughts from swimmers at the Italian Training Camp

"Training was hard but was still great fun"

*"Red pasta, digging holes
And training hard"*



*"Lots of red pasta but
It was good fun"*

"Mistress ploppy!"



*"Hard training, hard work.
Well done to most!"*

"Simply amazing!"

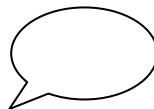


*"It was really good. The swimming,
food and the sleeping!"*

*"Pasta, pasta, pasta, pasta, pasta,
Pasta, pasta, pasta, pasta!"*



*"Good fun, hard training
Lots of pasta... still enjoyed it."*



"I liked how the rooms were arranged"

*"I thought the training was good
And the beach was really fun"*

IMPORTANT: Please note

Parents and Swimmers please note that the Code of Conduct for swimmers has been amended and the following has been added: -

Personal Appearance: All swimmers must wear a MSC swimming hat and a MSC Club Polo shirt when competing. Hoodies are optional.

Medication/Medical Conditions: It is important that information on all medication currently being taken should be reported to the Welfare Officer/Team Manager who will report it to the relevant personnel. Allergies to any medication must be reported to the Welfare Officer/Team Manager. It is the responsibility of the swimmer to update the ASA Therapeutic Usage Form as and when necessary.

Officials

Well done to all of you who have recently completed your Judge level 1 course.

I will arrange mentoring for you all in order that you can complete the sign offs in your workbooks, but please be patient as this is not an immediate process. We do rely on the host clubs at galas to accommodate our requests for mentoring. In addition some of you will be swimming, but may have the opportunity at galas where you are not and your brothers or sisters are.

It would help if all of our existing officials are able to offer additional help at forthcoming galas so that we can provide our own mentors as well as the right number of officials.

I have recently given out a number of letters to swimmers inviting them to become officials. If I have missed anyone, I apologise. Please let me know if you would like to go on the list for this.

Also, if there are any parents who wish to become officials please let me know. We are particularly short of junior squad swimmer's parents and rely on either our young officials or the parents of our senior squad swimmers to fulfil our obligations at level 3 and below galas.

You can email me on :

t.pasquire@virginmedia.com

or catch me on Wednesdays and Fridays at training sessions.

Many thanks
Barbara Pasquire
Officials Secretary

**A VERY MERRY CHRISTMAS & HAPPY
NEW YEAR TO ALL MODERNIANS,
THEIR FAMILIES AND FRIENDS**

**Deadline for next newsletter:
March 25th 2011**