



# Freestyle

Issue 18

April 2009

## Club Clothing

We have recently found a new supplier for our Club Polo tops. They are available in Gold for swimmers or White for Adults. If you would like to buy one please see Kerry O'Dell, or use the poster on the noticeboard.

## Time Trials

We have organised 2 time trials as follows,  
Sunday 19<sup>th</sup> April  
50m Butterfly  
100m Freestyle  
200m Butterfly  
200m

Breaststroke  
400m IM

This is for the development and senior squads.

Sunday 26<sup>th</sup> April  
25m All strokes  
50m All strokes

This is open to all swimmers.

Both sessions will start at 4.00pm



## Rushden Swimming Club Achieves Swim21 status

Over the past 6 months the Club has been working very hard to achieve this status and we are now accredited as a 'Skill Development' Club. Our next goal is to be an accredited teaching club.

Swim 21 Accreditation is a 'Quality mark'. It recognises nationally and regionally the clubs that are committed to providing safe, effective and quality services for the benefit of their members.

Swim 21 is the ASA's Club Development model - a planning tool, based on the principles of Long Term Athlete Development, enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential. It focuses particularly on the needs of athletes - striving to provide them with the best possible support and environment.

## Northamptonshire County Championships

We have had our most successful Championships for many many years. The number of individual races that we entered was at an all time high and an increase of 30% on last year. Our swimmers recorded a total of 128 Personal Bests and 79 of these where age group records for the club. On at least 2 of the sessions we had over 20 swimmers poolside and this made for a brilliant atmosphere for our team. Having been present at all of the sessions it was evident that everyone put in a huge amount of effort into their swims. In the age group competitions Bethany Saunders was our highest placed swimmer, she came 2<sup>nd</sup> in the 9 year old category. The Junior County Champion at 200m Butterfly is Andrew Ward, he also achieved 3 Regional Championship Qualifying times.

Thanks must go to everyone involved, not just our swimmers but the adults that supported them as well. Our presence was noted by the other county clubs and officials in a very positive manner. A full set of results is displayed on the noticeboard.

Congratulations to all of the swimmers who took part.

**Swimwear**

Don't forget if you order Swimwear or accessories on line at [www.mailsports.co.uk](http://www.mailsports.co.uk) And use the promotional code RUSC103 you can get a 5% discount. The club will also receive a small amount of commission.

**Chiltern League Round 2**

The 2<sup>nd</sup> round saw the team travel to Dunstable and put in another strong performance to come 2<sup>nd</sup> on the night. There were 1<sup>st</sup> places for Sam Henman, Jasmine Cole, Alice Thorncroft, Charlie Savage, Ian Yarwood, Michael Clifford, Laurence Stead as well as the Mens Open Medley relay and the Boys 14/u Freestyle Relay. Full results will be on the noticeboard. Well done to everyone who took part.

**Recent competitions**

In January two separate groups travelled to Biggleswade and Aylesbury for Level 2 open meets. Six swimmers took part at Biggleswade; notable performances came from Andrew Ward (5 out of 6 PBs, all club records), Ian Yarwood (6 out of 6 PBs, one club record) and Bethany Saunders (4 out of 4 PBs, 3 club records). Six swimmers also went to Aylesbury where Jack Britchford (4 out of 4 PBs, one club record) and Marcus Eaton (5 out of 5 PBs) were top performers.

In the Chiltern League Round 1 at Leighton Buzzard a slightly under-strength Rushden team did well to finish in third place. Out of 50 races 10 were won and 11 second places achieved and of the 22 PBs 4 were club records. Individual race winners were Alexa Cribb, Annabel Rice, Gaby Ruff, Shannon O'Dell, and Sophie Aitken. Relay wins were Ladies Open 4x50m Medley, Men's Open 4x50m Medley, Girls 14U 4x25m Medley, Ladies Open 4x50m Freestyle, Men's Open 4x50m Freestyle.

The Wilkinson Sword Gala for the 9-11 age group at Wellingborough was a high level event with the leading teams in the County. In the face of stiff opposition Rushden performed creditably to finish 5<sup>th</sup> out of 6 teams. 16 PBs were achieved of which 5 were club records. Individual race winners were Bethany Saunders (U9 Girls 50m Freestyle & 50m Backstroke) and Danny Savage (U9 Boys 50m Freestyle).

Steve Yarwood

**Open Meets**

The next Club supported open meets will be,

Northampton Summer Festival	Rugby Swimming Pool	11 <sup>th</sup> & 12 <sup>th</sup> July 2009
City of Coventry Sprints	Coventry Swimming Pool	26 <sup>th</sup> September 2009
Sheffield City 'B' Grade	Ponds Forge International Pool	28 <sup>th</sup> November 2009

Some of these competitions will have entry requirements. Please keep checking the noticeboard for details of see Ann Ruff our Open Meet Coordinator.

**Diary Dates**

18/4/09	Chiltern League Round 2	Dunstable
25/4/09	Relay Gala	Aylesbury
17/5/09	Sadie Murray Shield	W'boro'
23/5/09	Chiltern League Round 3	TBA
27/6/09	Trophy Gala	Aylesbury
11/7/09	Northampton Summer Festival	Rugby
18/7/09	County Presentation Gala	W'boro'

**Officials**

As a club we would like to be able to hold our own inter club swimming galas at Splash or the new pool when it has been built. To enable this to happen we need qualified officials. Currently we have Carol Younghusband, Andy Aitken, Kevin Henman and Stephen Ward working towards their Judge 1 qualification. We are now looking for volunteers to become either Club Timekeepers, or Judges. If you are willing to help us develop in this area please talk to Sue Aitken.

If you have any articles that you would like to contribute to the next Quarterly Newsletter please let us know, either by leaving a note at the front desk or e-mailing [rsc\\_newsletter@btinternet.com](mailto:rsc_newsletter@btinternet.com)