



Freestyle

Issue 16

December 2007

Rushden Swimming Club

would like to wish all of our swimmers and their families a

Merry Christmas and a Happy New Year

Club Captains

Congratulations to;

Men's Jon Lawrence
Ladies Ashlee Ward

Well done to Ashlee and Jon on being elected, by the swimmers, as club captains for the next year. Thanks also goes to Jo Lee, Hayley Channell, Stephen Robinson, Michael Clarkson and Sean Houghton for agreeing to have their names entered into the ballot.

Quarterly Coach Award

Junior Georgina Kenton
Ali Ernest

Senior Sophie Aitken
Ian Yarwood

Congratulations and well done for all of your hard work. Keep it up!

Club Timekeepers.

We are planning to run a timekeeping course in January. If you are interested in taking part please see Stephen Ward Watch the noticeboard for more details.

Verulam - 15th September

The team made the long trip down to Hemel Hempstead for our 1st Gala of the season. This was an unusual event as race winners received 1 point and 6 points for last place. We got off to an excellent start with wins for Marcus Eaton (u14 50m Back), Leo Clarkson (u16 100m Breaststroke), and Matt Houghton (u14 50m Free) along with the Boys u12 Freestyle relay to give us a 12 point lead after the first 14 events.

The next 14 events brought another 3 1st places, for Ally Sloan (u12 50m Fly), Ashlee Ward (open 100m Breaststroke) and for the Boys u14 Medley Relay. By this time we had extended the lead to 19 points. The last 21 events saw us achieve 4 more 1st places, David Clarkson (u14 50m Breaststroke), Boys u16 Medley Relay, Boys u12 Medley Relay and the Boys u14 Freestyle relay. Along side these 1st places we also had eighteen 2nd and eleven 3rd places, this meant that we were in the top 3 for 40 of the 49 events.

The final results saw us coming 1st out of the 6 teams that entered with 122 points, 27 points ahead of Enfield who came second.

Swim of the night must go to Nicola Kenton for knocking a massive 13 seconds off her 100m fly time. All of the team took part with enthusiasm and purpose, this was exemplified by the look of sheer determination on Leo Clarkson's face as he pushed for the finish to win his race.

Overall this was an excellent result with many of the team swimming up an age group or two! with 21 PB's broken.

Milton Keynes - 1st December

This was a 'B' grade gala with no cut off times, so it was always going to be one of our toughest galas this year. However the results show that all the hard work that the team puts into training is starting to pay off.

There were wins for Andrew Ward (12/U 50m Backstroke & 50m Butterfly), David Clarkson (12/u 50m Breaststroke), Sam Henmam (14/u 50m Breaststroke) and James Buckle (Open 50m Freestyle & 50m Backstroke). There was also a first place for the Mixed 12/u Medley Relay team (Andrew Ward, David Clarkson, Stevie Brett and Sophie Aitken). The evening saw the team set 14 PB's and 9 club records, not bad going for 16 swimmers!

Autumn Trophy - 6th October

We went to Wellingborough with high expectations of retaining this trophy. Despite some strong opposition from Wellingborough, once again the team came up trumps!

The evening went extremely well with Ally Sloan (13/U Fly), Bethany Saunders (13/u Fly) and Shannon O'Dell (15/u Back) all setting club records. We also had a win with William Wing in the 13/u Fly. There were more wins for Louis Saunders, Rhys O'Dell, Georgina Kenton and Shaan Patel but because they were faster than the cut off time we didn't get any points. The 11/u boys won both the Freestyle and Medley relays, as did the boys 13/u team. Not to be out done the girls 15/u team managed the same feat! We had more relay success with the 11/u girls medley relay.

The final result was Rushden 194, Wellingborough 182, Witney 145, Kettering 139, Modernians 113 and Deepings 100

St Neots - 13th October

This was the first time the club had taken part in a gala that included 200m and 400m events. Unfortunately we had to sit out the first 4 events as we had no swimmers, but then they were 200m butterfly races!

Considering that this was the first time our swimmers had competed at these distance we did extremely well. The night saw eight 1st places, 26 PB's and 17 club records out of the 18 swimmers that took part. The final placings were Huntingdon 82, St Neots 75 and Rushden 54

We will definitely be back next year and I'm sure will have some 200m butterfly swimmers as well.

Sheffield - 24th November

This year we took a team of 23 swimmers to Pond's Forge. For many this was their first experience of swimming in a 50m international competition pool. We came home with 9 trophies and 1 speeding ticket. The team also came 11th out of the 37 clubs who entered. It was a superb effort from everyone who took part. Lets see if we can take even more swimmers next year. Watch the noticeboard in the summer for details.

Don't forget if you order Swimwear or accessories on line at 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.

Diary Dates

- 5/1/08 Friendly Gala with South Northants at Splash
- 12/1/08 Presentation Evening
- 19/1/08 Competitive Diving Award
- 26/1/08 Chiltern League Round 1
- 3/2/08 Wilkinson Sword Gala
- 9/2/08 Swimshop Gala
- 23/2/08 Chiltern League Round 2
- 1/3/08 Junior Gala
- 8/9/15/16 March
County Championships
- 22/3/08 InterClub Time trials
- 29/3/08 Piranhas Spring Shield.

Tracksuits

We now have the final price for the new Club tracksuit tops;

£21 for small sizes
£26 for larger sizes

If you have placed an order please can we have the money as soon as possible so that we can send the order of to the printers.

Each year we hold 2 competitions aimed at our younger swimmers and the winners are;

Allen's & Mullins Cup 2008

Boys	Girls
1st Joshua Seale	1st Brittany Wells
2nd Matt Hill	2nd Maddison Saunders
3rd Mitchell Sloan	3rd Claire Merriman

Best Style Breaststroke 2008

11/U Girls	9/U Boys
1st Stevie Brett	1st Danny Savage
2nd Sophie Aitken	2nd Rhys O'dell
3rd Evie Roberts	3rd Shaan Patel
11/U Boys	9/U Girls
1st Charlie Savage	1st Bethany Saunders
2nd Elliot Tufnail	2nd Kate Thorncroft
3rd Ally Sloan	3rd Alice Thorncroft

Presentation Evening & Disco

On Saturday 12th January we are holding our first ever Presentation Evening. This event, to be held at the working Men's Club in Higham Ferrers, is to celebrate ALL of our swimmers achievements this year and in particular to award the Trophies achieved at our Club Championships held over the last few months. We hope it will be a fun evening that all families will enjoy. Join us to banish the post Christmas blues!

Tickets are priced £5 per adults and £3 per child (including buffet) and are available from Stephen Ward, the front desk, any committee member or e-mail- rsc_newsletter@btinternet.com

Admission is by ticket only.



Start Awards

On Saturday 19th January we will be running a Competitive Diving course at the Nene Centre in Thrapston. This will allow our swimmers to dive from either the side or starting blocks at the shallow end of a pool. It is aimed at our regular gala swimmers. Please watch the notice board for more details.

T Bag Shirts

If you don't have one and would like one please see Angie Channell.

If you have any articles that you would like to contribute to the next Quarterly Newsletter please let Linda know, either by leaving a note at the front desk or e-mailing rsc_newsletter@btinternet.com

Club Championship Results

Congratulations to everyone who took part in this years championships, we had some fantastic races. It was good to see a number of swimmers entering, particularly the longer distance events. A lot of new PB's were recorded as well as some club records.

Boys

Bacstroke	1 st	2 nd	3 rd
Under 10	D SAVAGE	R O'DELL	R WILLIS-JONES
10/11 (50M)	A SLOAN	W WING	I YARWOOD
10/11 (100M)	A SLOAN	I YARWOOD	D SAVAGE
10/11 (200M)	A SLOAN	E TUFNAIL	
12/13 (50M)	A WARD	M EATON	L STEAD
12/13 (100M)	A WARD	M EATON	L STEAD
12/13 (200M)	A WARD	M EATON	L STEAD
14/15 (50M)	M HOUGHTON	M AITKEN	C BALL
14/15 (100M)	M AITKEN	M HOUGHTON	
14/15 (200M)	M HOUGHTON		
Open (100M)	J LAWRENCE	S ROBINSON	

Breaststroke	1 st	2 nd	3 rd
Under 10	R O'DELL	D SAVAGE	J SEALE
10/11 (50M)	E TUFNAIL	I YARWOOD	A SLOAN
10/11 (100M)	J HOLDER	A ERNEST	C SAVAGE
10/11 (200M)	E TUFNAIL	A ERNEST	C SAVAGE
12/13 (50M)	D CLARKSON	M EATON	A WARD
12/13 (100M)	D CLARKSON	A WARD	M EATON
12/13 (200M)	D CLARKSON	A WARD	A EATON
14/15 (50M)	L CLARKSON	S HENMAN	M HOUGHTON
14/15 (100M)	S HENMAN		
14/15 (200M)	S HENMAN	L CLARKSON	
Open (50M)	J LAWRENCE	M CLARKSON	
Open (100M)	J BUCKLE	M CLARKSON	

Girls

Backstroke	1 st	2 nd	3 rd
Under 10	B SAUNDERS	R WARD	L YOUNGHUSBAND
10/11 (50M)	S BRETT	S AITKEN	B SAUNDERS
10/11 (100M)	S AITKEN	S BRETT	A TRILLE
10/11 (200M)	G KENTON		
12/13 (50M)	S O'DELL	J RYMILL	F HENMAN
12/13 (100M)	S O'DELL	J RYMILL	F HENMAN
12/13 (200M)	S O'DELL	F HENMAN	
14/15 (50M)	A WARD	S ROBINSON	E ERNEST
14/15 (100M)	A WARD		
14/15 (200M)	N BLACKWELL		

Breaststroke	1 st	2 nd	3 rd
Under 10	B SAUNDERS	B TELFORD	M SAXBY
10/11 (50M)	S BRETT	G RUFF	E ROBERTS
10/11 (100M)	G RUFF	S BRETT	S AITKEN
10/11 (200M)	S BRETT	G RUFF	E ROBERTS
12/13 (50M)	A BISHOP	S O'DELL	F HENMAN
12/13 (100M)	F HENMAH	S O'DELL	N KENTON
12/13 (200M)	F HENMAN	A BISHOP	N KENTON
14/15 (50M)	A WARD	E ERNEST	
14/15 (100M)	A WARD	N BLACKWELL	
14/15 (200M)	A WARD	N BLACKWELL	
Open (50M)	H CHANNELL		
Open (100M)	J LEE		
Open (200M)	JO LEE		



Training will start again after the Christmas and New Year break as below.

Friday 4th January - Development and Seniors start.

Monday 7th January - Learn to Swim starts.

Sunday 13th January - land training starts again.

Boys

Butterfly	1st	2nd	3rd
Under 10	D SAVAGE	R O'DELL	
10/11 (50M)	A SLOAN	W WING	C SAVAGE
10/11 (100M)	C SAVAGE		
12/13 (50M)	A WARD	M EATON	D CLARKSON
12/13 (100M)	A WARD		
14/15 (50M)	A JONES	M AITKEN	S HENMAN
14/15 (100M)	M AITKEN		
Open (50M)	J LAWRENCE	M CLARKSON	S HOUGHTON
Open (100M)	S HOUGHTON	M CLARKSON	

Freestyle	1st	2nd	3rd
Under 10	R O'DELL	D SAVAGE	L SAUNDERS
10/11 (50M)	I YARWOOD	W WING	A SLOAN
10/11 (100M)	I YARWOOD	A SLOAN	W WING
10/11 (200M)	I YARWOOD	A SLOAN	E TUFNAIL
12/13 (50M)	A WARD	D CLARKSON	M EATON
12/13 (100M)	A WARD	M EATON	D CLARKSON
12/13 (200M)	A WARD	L STEAD	
14/15 (50M)	M AITKEN	S HENMAN	
14/15 (200M)	M AITKEN	S HENMAN	M HOUGHTON
Open (50M)	J BUCKLE	J LAWRENCE	M CLARKSON
Open (100M)	J LAWRENCE	M CLARKSON	S ROBINSON
Open (200M)	J LAWRENCE	S HOUGHTON	

IM	1st	2nd	3rd
10/11 (100M)	A SLOAN	E TUFNAIL	W WING
10/11 (200M)	A SLOAN	C SAVAGE	
12/13 (100M)	A WARD	M EATON	D CLARKSON
12/13 (200M)	A WARD		
14/15 (100M)	M AITKEN	M HOUGHTON	A JONES
14/15 (200M)	S HENMAN	M AITKEN	
Open (100M)	M CLARKSON	J LAWRENCE	S HOUGHTON
Open (200M)	J LAWRENCE	S HOUGHTON	

Girls

Butterfly	1st	2nd	3rd
Under 10	B SAUNDERS	K THORNCROFT	
10/11 (50M)	S BRETT	B SAUNDERS	S AITKEN
10/11 (100M)	G KENTON		
12/13 (50M)	S O'DELL	J RYMILL	N KENTON
12/13 (100M)	N KENTON		
14/15 (50M)	A WARD	S ROBINSON	N BLACKWELL
14/15 (100M)	S ROBINSON		

Freestyle	1st	2nd	3rd
Under 10	B SAUNDERS	R WARD	A FOWLER
10/11 (50M)	S AITKEN	G RUFF	S BRETT
10/11 (100M)	S BRETT	G RUFF	S AITKEN
10/11 (200M)	S BRETT	G RUFF	S AITKEN
12/13 (50M)	S O'DELL	J RYMILL	A RICE
12/13 (100M)	S O'DELL	J RYMILL	N KENTON
12/13 (200M)	J RYMILL	S O'DELL	F HENMAN
14/15 (50M)	A WARD	N BLACKWELL	S ROBINSON
14/15 (100M)	A WARD	S ROBINSON	E ERNEST
14/15 (200M)	A WARD	E ERNEST	
Open (200M)	H CHANNELL		

IM	1st	2nd	3rd
10/11 (100M)	S BRETT	S AITKEN	E ROBERTS
10/11 (200M)	S BRETT	G KENTON	
12/13 (100M)	J RYMILL	F HENMAN	A RICE
12/13 (200M)	J RYMILL	N KENTON	
14/15 (100M)	A WARD	N BLACKWELL	
14/15 (200M)	A WARD	S ROBINSON	
Open (100M)	H CHANNELL		
Open (200M)	J LEE		

**And Finally!**

Pack your own bag, **YOU** are the athlete, **YOU** need to know what **YOU** have with **YOU** and where it is. **YOU** need what is in it. **YOU** have worked and trained hard to get here and your parents or carers have worked hard to get **YOU** to training. Who are **YOU** now to sit back and have them wait on **YOU**. It's time for **YOU** to start sorting out stuff for **YOU**. The first step to controlling your own swimming as **YOU** move into competition is **YOU** packing your own kit. **YOU** need it, **YOU** use it, **YOU** pack it.