



# Retford Swimming Club

For the Swimmers and their families.

June 2009

NEWSLETTER

## Welcome to the Retford Swimming Club Newsletter.

**SUCCESS!!! SUCCESS!!! SUCCESS!!! SUCCESS!!!**

The year got off to a great start with a total of twenty two swimmers competing in the 2009 County Championships held in February and March each year, these are:

**Alice Cary**, Craig Spears, **Jess Tomlinson**, Matt Poskitt, **Hannah O'Donoghue**, Henry Bland, **Elizabeth Davies**, Matthew Greenwood, **Niamh Askin**, Luke Salmon, **Tilly Spink**, Steven Carling, **Lucy Palfreyman**, Keiran O'Donoghue, **Megan Eakin**, Calum O'Donoghue, **Lucy Garnett**, Robbie Collingburn, **Faith Hinit**, **Sophie Taylor**, Joe Freestone and **Asha-Jo Anthony**.

Swimmers recorded a total of thirty two 'podium places' - that is placed in the top six in their individual age groups. The "men's" team finished fourth in each of the Medley and Freestyle team swims and the "women's" team finished third in both of their events.

In May the Youth Midlands were held and Jess Tomlinson won 200 breaststroke, 200 IM, 400 Free, came 2nd in 200 Free, 3rd in 100 Breaststroke, 5th in 400IM and was Top Winning Girl in the 16/18 age group and Alice Cary achieved 10 Midland entry times and chose to enter 6 events, she reached 4 finals, came 5th in the 100M backstroke, 6th in the 200M backstroke, 7th in the 50M fly and 8th in the 200M IM. Special mention must go to Hannah O Donoghue who sustained a shoulder injury in 2007 and hasn't been able to train at full level since. Nevertheless she qualified in 200M backstroke and achieved a seasons best time, and this was her first time in a 50M pool since her injury!!!!

**SUCCESS!!! SUCCESS!!! SUCCESS!!! SUCCESS!!!**

*In April, our Home Gala was held with an absolutely FANTASTIC turnout, along with a group of swimmers from Bircotes S.C whom we are now pleased to welcome into our Club.*

*This Meet was so successful we didn't have time to run the Individual Medley events and these had to be postponed to 31<sup>st</sup> May 2009. Although we regretted having to postpone through lack of time, it's a sign of the enthusiasm of our swimmers and parents. Again the results from this gala were excellent with many swimmers recording personal best times, and some enjoying the competitive experience for the first time. The cheering from spectator gallery and poolside made the atmosphere really great.*

If you wish to speak to a coach about your child, please book an appointment through the club desk, they will ensure that you get your chance to speak to a coach at the beginning or end of a session therefore not interrupting training sessions.





# Retford Swimming Club

## Dates for your diary:

**21st June 2009 - Ponds Forge**

**4th July 2009 - Development Gala -**  
Keep an eye on the notice board and website

**12th July 2009 - Notts Summer Gala - Entry forms available from Club Desk.**

### Summer Closure :

To be announced shortly

**Have a safe and fantastic summer everyone!!!**

**2009 Club Championships dates:**

**20th September 2009**

**23rd September 2009**

**4th October 2009**

**7th October 2009**

**18th October 2009**

*Thanks must go to the many parents who make galas run so smoothly, Team Managers, Timekeepers, Judges, Starters and the Referee, plus the Technical wizards, ladies on the desk and the young ladies who make sure refreshments are there when needed. We'd like to know if you want to volunteer to help with the galas, the more parents who help the better, meaning everyone can take turns in watching their own child swim - that's what it's all about after all.*

Over the Spring Bank Holiday weekend a group of our swimmers went to a Gala at Doncaster DARTES S.C. For many of them this was a first experience of a competitive meet outside our own Club.

They were:

**Asha-Jo Anthony, Anushka Bovill, Ros Cooper, Megan Eakin, Sarah Eakin, Lucy Garnett, Katy Lowder, Lucy Palfreyman, Sophie Taylor, Amber Booth, Rebecca Flint, Siobhan Gibbings, Megan Meadows, Eloise Walker, Tom Atkinson, Harry Palfreyman, Reece Jackson, Daniel Rostron, Kieran O'Donoghue, Calum O'Donoghue and Alex Gibbings,**

It couldn't have gone any better, ALL the swimmers recorded personal best times in very nearly all of their swims, we had 5 races winners, 10 places in the first three and 10 places in the first six. Swimmers also recorded a total of NINE county qualifying times (based on 2009 times). They were registering quite brilliant pb's, from 1, 2 and 3 seconds up to 18 seconds and in two instances 25 seconds pb. This was a great day for the swimmers, their parents and the Club.

Many thanks to Matthew Greenwood for being Club Coach for the day.

### Raffle Prizes

**We need Raffle Prizes for our Open Meet at Ponds Forge and our Summer BBQ.**

**Please bring them to the Club Desk on a Wednesday or Sunday.**

### Age Group Midlands.

**Beth Davies has achieved 5 and Corey Mead 8 qualifying times. They will be swimming on the 6th, 7th, 13th and 14th June. Corey also achieved National Qualifying Times in four events which he will swim in July.**

**We wish both Beth and Corey every success**

### Summer BBQ

**18th July 2009**

**Tickets on Sale shortly.**

**Reserve yours now!!**

### Newsletter!!!

If you would like to contribute anything to the next newsletter, please let Amanda Palfreyman have your details.



## RETFORD SWIMMING CLUB WEBSITE:

[www.retfordswimmingclub.org.uk](http://www.retfordswimmingclub.org.uk)

It's your site - Please support it.



### Personal Information:

**Please notify the Club desk on a Wednesday or Sunday if any of your personal data changes, e.g. e-mail, mobile/telephone numbers.**

**This will ensure that our database is current and up-to-date and we can send you information about RSC.**