

## A busy period...

The summer break approaches, and it's been a busy few months for the Sharks. Head coach Carolyn has introduced some changes over the last few months, with the development squad being 'split' into two groups - Swordfish and Tiger Sharks, and extra pool time allocated to accommodate this. The performance squad will now be known as the Junior and Senior Coaching squad. The coaching staff are now in place to help our swimmers along, and hopefully continue to improve.

Swordfish and Tiger Sharks have continued the Plain League Galas, the Junior and Senior Coaching Squad have been in action at the Cheshire, Cheetham Lambert and Satellite Open Galas. Tom Bottomley and Alex Joines attended the North West Regional Youth Championships 2009.

And, of course, all squads have continued to train hard to improve their times.

And Sharkies – swimming lessons for the very young swimmers - has continued with a new term. This is a great way for youngsters to learn to swim, and at very competitive prices!

Please contact a member of the committee, or email us at:

[info@sandbachsharks.co.uk](mailto:info@sandbachsharks.co.uk)

[www.sandbachsharks.co.uk](http://www.sandbachsharks.co.uk)

Visit our website:

### Club Championships 2009 Sunday, 21<sup>st</sup> June at MMU, Alsager. Pool side at 2.45

Our Club Championships are to be held at MMU Alsager on 21<sup>st</sup> June.

Due to time constraints the 200M freestyle will be held at MMU on the 14<sup>th</sup> June.

The Club Championships are held every year and are a great opportunity for you to improve your times and compare your progress with others at the club.

Points are awarded to the first three of each age group, based on age on the day of the gala. The points are added up and the swimmer in each age group with the most points is the age group winner! Prizes and awards will be given at the presentation evening.

### Come and celebrate with Sandbach Sharks.

Come and join us for our annual presentation evening when our swimmers receive their medals, trophies and certificates from the Club Championships. No one goes home empty handed and it's a great way to share in Sandbach Sharks ASC's success.

The evening includes a cold buffet with vegetarian options and tickets will be on sale at the Club Championships on 21 June, and available from any committee member at swim sessions thereafter.

For further information please contact Karen Cody 07595 425290

### You are invited to the Sandbach Sharks Presentation Evening

To be held at  
**Sandbach Cricket Cub**  
Hind Heath Road  
Sandbach

Saturday 4th July 2009 at 7.30

Tickets: £5.00 per person, Family Ticket £20.00

### Stop Press!!

### Summer Swimming Times

August 1st to August 31, returning to the normal timetable on September 1st

Day	Squad	Venue	Time
Tuesday	Swordfish	Sandbach Boys School	19:00 -20:00
Tuesday	Tiger Sharks and Junior Coaching	Sandbach Boys School	20:00 - 21:00
Tuesday	Senior Coaching	Sandbach Boys School	20:00 - 21:30
Tuesday	Masters	Sandbach Boys School	21:00 - 21:45
Wednesday	All Squads	Needham Pool, MMU, Alsager	19:00 -21:00
Friday	All Squads	Needham Pool, MMU, Alsager	19:00 -21:00



## Committee news

### Club Mobile 'Phone

The Club now has a mobile phone for parents to contact us in an emergency when their children are attending galas. The number is:

**07724 753287**

Can you please ensure that your parent's details are up to date should they need to be contacted? Any updates should be sent to **Heather Bottomley**.

### Volunteers wanted!!!

We have some funding available for courses from a High School scheme:

- Poolside helpers
- Teaching and Coaching qualifications
- First aid
- Lifeguarding.

If there are any volunteers, please contact **Karen Cody**.

We are always on the lookout for helpers of any description, so *please* make yourself known!

## A Message from Carolyn...

I'd like to say how I have enjoyed my first few months with Sharks. I have finished the re-organisation of the training schedules and times and we can hopefully continue to enjoy our training. I have been very pleased with the results at Cheshires, Satellite and Cheetham Lambert meets, not just with the numerous Pbs, but to the attitude of swimmers who overcome fears to compete, and those who came to discuss race plans and strategies. Most of all, I have enjoyed the interaction with all of the swimmers and coaches.

I would like us to concentrate on our skills - small things that make a big difference:

- Streamlining off the wall,
- Breathing patterns and
- Behavior

We need to concentrate on these for every swim, not just when I'm watching!

Everyone must try hard to get the most out of your sessions. Remember to listen to your coach, and not to be afraid of trying new things. Most of all, you must respect all of your coaches, again not just when I'm there! **Carolyn.**

## Masters News

### North West Region Youth Championship 2009

Tom and Alex had good enough times to swim in the North West Youth champs again. Tom got to the final for Breaststroke, and Alex picked up silvers and a bronze

### New Session.

There is now an additional Masters session on Sunday 3-4 at MMU Alsager. The cost of the monthly fees for swimming in the masters sessions have been reduced from £21 to £10 for masters swimmers, student swimmers £5.

The sessions are:

Tuesday 9.00 - 9.45

Sunday 3.00 - 4.00

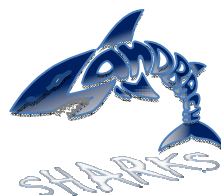
These sessions are not only open to Sharks Masters and parents, but also to Masters from other clubs wishing for extra pool time.

If you know of anyone who wishes to take advantage of this, please contact a member of the committee, or email us at:

[info@sandbachsharks.co.uk](mailto:info@sandbachsharks.co.uk)

## Sandbach Sharks ASC Committee July 2009

<i>Chairman</i>	<i>Mark Davies</i>	<i>07826-535732</i>
<i>Vice Chairman</i>	<i>John Bottomley</i>	<i>01270 768744</i>
<i>Secretary</i>	<i>Gordon Porter</i>	<i>01477 534202</i>
<i>Treasurer</i>	<i>Richard Slater</i>	<i>01477 537061</i>
<i>Membership</i>	<i>Heather Bottomley</i>	<i>01270 768744</i>
<i>Welfare</i>	<i>Carol Waters</i>	<i>01477 535737</i>
<i>Awards Officer</i>	<i>Tracy Budd</i>	<i>01477 533147</i>
<i>Sponsorship/fundraising</i>	<i>Karen Cody</i>	<i>01270 768029</i>
<i>Gala Manager</i>	<i>Julia Chatten</i>	<i>01477 535846</i>
<i>Pool Bookings</i>	<i>Chris Siddons</i>	<i>01270 766023</i>
<i>Shop</i>	<i>Kathy Tudor</i>	<i>01270 216915</i>
<i>Publicity</i>	<i>Phil Walsh</i>	<i>01270 505617</i>
<i>Head Coach</i>	<i>Carolyn Cowburn</i>	
<i>Development Coach</i>	<i>Renee Davey</i>	<i>01606 836137</i>
<i>Sharkies Coach</i>	<i>Renee Davey</i>	<i>01606 836137</i>



## Swordfish and Tiger Sharks squad news

The development squad has been 'split' into two groups - Swordfish and Tiger Sharks, and extra pool time allocated to accommodate this. This is to enable the sessions to be less crowded, so giving the coaches more time to develop individual skills.

The times for these sessions are printed on the late page.

**If you are unsure what times you should be swimming, please ask your coach.**

**Remember, you can now train on Sunday afternoons as well as the usual times.**

The Galas in the Plain league have continued, and although the final results have not been ideal, an improvement in the overall swims times can be seen. Hopefully as the year progresses and the new training squads settle in to the routine, we will have more success next year.

The Peak and Plain celebration Gala will be held at Macclesfield on 27<sup>th</sup> June.

All 8 teams from both Peak and Plain leagues get together for a celebration of the season.

## Junior and Senior Coaching squad news

The Junior and Senior Coaching squad (formally performance squad) continues to impress with good representations at open galas, and some excellent swims.

### Cheshire Championships

The Cheshire Championships were well attended by Sharks, with some excellent swims and P.B's.

Rosie Walsh achieved an excellent overall 8<sup>th</sup> in the 11 years 50M Fly. Matthew and Alex Joines finished overall 10<sup>th</sup> in their respective 100M Backstroke age groups, Alex reaching the final.

This was a mammoth Gala over 4 days – the Saturday at Stockport was more like an endurance test for swimmers, parents and coaches. Thanks to Carolyn who lasted the whole day!

### Cheetham Lambert

Well done to everyone who took part in the Cheetham Lambert Gala on Saturday 4<sup>th</sup> April at Macclesfield pool.

It was created especially for the less experienced swimmers to give them some gala experience. There were seven teams taking part and Sandbach came fifth. Some good swims, and quite a few 1st, 2nd and 3rd certificates collected by the club.

A big thank you goes to Dave and Anthony for their four day marathon at Macclesfield pool advising and cheering on the swimmers.

## Dates for your diary...2009

Sun 21 Jun 09	Club Championship	MMU, Alsager	All
Sat 27 Jun 09	Peak and Plain	Macclesfield	Development
? July 09	Stockport Metro End of Season	Stockport	Performance
Sat 11 & Sun 2 July	Biddulph Open	Biddulph	Performance
Sat 18 July	Crewe Flyers Diddy Gala	Flag Lane, Crewe	Development
September (TBC)	ESSA	Liverpool	School 11 years +
Sun 20 September	Sheffield Teaspoon Gala	Ponds Forge, Sheffield	Performance
Sat 4 & Sun 5 October	Robin Hood Gala	Ponds Forge, Sheffield	Performance
10 October	Deva League	Chirk	Club
1 November	Deva League	Oswestry	Club
7 November	Deva League	Knutsford	Club
14 November	National Swimming League	TBC	Club
28 November	Wrexham Junior sprint	TBC	11, 12 years
November	ASA NW regional		Performance
5, 6 December	National Swimming League	TBC	Club
12 December	Stafford Apex Long Distance	Wolverhampton	Performance

## Satellite Open

Well done to all the swimmers who took part in the Satellite Open Gala. All our swimmers did very well and many came away with P.B's. The standard was high with most of the Cheshire clubs being represented. Seven of our swimmers managed to make the finals: Emily Jevons, Callum Waters, Matthew Joines, Tom Bottomley, Max Jevons, Jonathan Chatten and Verity Porter. There were particularly good swims from Tom Bottomley and Callum Waters. Tom got a bronze and Callum achieved 5<sup>th</sup> place in the 50m Breaststroke.



## Swimming Times

### Sharkies

Day	Venue	Time
Saturday	Sandbach Leisure Centre	08:30 -09:00
Saturday	Sandbach Leisure Centre	09:00 -09:30 *

\* Starfish link squad swim at this time

### Swordfish - Coaches: Renee Davey, Michael Davey

Day	Venue	Time
Tuesday	Sandbach Boys School	19:00 -20:00
Wednesday	Sandbach Leisure Centre	18:30 -19:30 *
Sunday	Needham Pool, MMU, Alsager	14:00 -15:00

\* Starfish link squad swim at this time

### Tiger sharks - Coaches: Dave Goddard, Anthony Jevons

Day	Venue	Time
Tuesday	Sandbach Boys School	20:00 -21:00
Friday	Sandbach Boys School	19:00 - 20:00
Sunday	Needham Pool, MMU, Alsager	15:00 - 16:00

### Junior and Senior Coaching, Club swimmers

Coaches: Carolyn Cowburn, Anthony Jevons, Jody Davies

Day	Venue	Time *
Wednesday	Needham Pool, MMU, Alsager	19:00 - 21:00
Friday	Needham Pool, MMU, Alsager	19:00 - 21:00
Sunday	Needham Pool, MMU, Alsager	16:00 - 18:00

\* Junior coaching do not swim for the whole session

### Masters and Club swimmers (1 hour option)

Day	Venue	Time
Tuesday	Sandbach Boys School	21:00 - 21:45
Friday	Needham Pool, MMU, Alsager	20:00 - 21:00
Sunday	Needham Pool, MMU, Alsager	17.00- 18.00
Sunday	Needham Pool, MMU, Alsager	15.00- 16.00