

The Club Championships are now an official Level 4 meet!

After some great swims by the Sharks at the North Mids and Cheshire's, it is now time to prepare for the Club Championships, which this year for the first time will be an official Level 4 meet. This means that time achieved at the club champs can now be used for entry times to any open galas you enter.

The championships this year will be run over two weekends - Friday 18th / Sunday 20th and Friday 25th / Sunday 27th June.

The Friday sessions are to enable two new events for Sharks – the 1500 and 800 m free. There will also be 200 M events.

Entry forms and event calendar can be downloaded from our website:

www.sandbachsharks.co.uk

The new term starts in the New Year for Sharkies starting Saturday, 17 April 2010 and running to Saturday, 10 July 2010
For further information, please contact a member of the committee, visit the website or email us at:

info@sandbachsharks.co.uk

North Mids Championships

The North Midlands Galas were held on Saturday 9th, Saturday 23rd and Sunday 25th January and Sharks were well represented with 17 swimmers. Once again, there were many PBs and a total of 33 top 10 finishes:

Alisha Meakin	9 th	50M Fly -	44.59
Oliver Shenton	8 th	50M Breast -	46.80
Stephanie Bell	8 th	50M Fly -	38.15
Sam Siddons	9 th	100M Free -	1:18.48
Callum Waters	8 th	200M Breast -	3:41.66
Cameron Slater	8 th	200M Back -	3:08.49
Max Jevons	3 rd	1500M Free -	24:01.12
	8 th	100M Back -	1:28.82
Jessica Porter	9 th	50M Back -	37.52
	10 th	100M Back -	1:20.65
Emily Jevons	2 nd	1500M Free -	22:08.00
	9 th	200M Back -	2:51.99
Grace Henderson	9 th	50M Breast -	44.86
Alex Joines	3 rd	100M Back -	1:04.60
	4 th	50M Free -	26.28
	5 th	50M Back -	30.29

Nearly everyone who swam bettered their entry times, and mention must go to Rosie Walsh's marathon sessions. Rosie entered 10 events and came out with 10 PBs!

Thanks must go to the older swimmers who encouraged the younger ones during the Gala, and to Carolyn who was once again poolside over the three days, encouraging the swimmers as always.

Club Mobile Phone – 07724 753287

Don't forget that the Club has a mobile phone for parents to contact us in an emergency when their children are attending galas, and to let the coaches know if someone cannot attend for any reason. The 'phone will be switched on an hour before and during any galas.

Please ensure that your parent's details are up to date should they need to be contacted. Any updates should be sent to Noelle Trussler.

Cheshire Championships

Sharks took its strongest ever team to the county swimming championships at Stockport and Macclesfield for the Cheshire Championships.

A team of 14 young swimmers qualified with county times for the competitions, some of them swimming in a 50 metre pool at Stockport for the first time. All of the Sharks swam well, with many swimming their personal best times.

Two of the team's youngest swimmers age 10, performed well with **Abigail Rawlinson** finishing 7th (50m breaststroke) and **Verity Porter** finishing 13th (50m backstroke). Verity's was following in her sister's footsteps, with **Jessica Porter** swimming in the 200m backstroke competition.

Catriona Cody was the highest placed Sandbach Shark, age 11, finishing 6th (50m breaststroke) – well done Catriona!
A strong team of 11 year old boys finished 13th (Sam Rawlinson), 14th (Callum Waters) and 15th (Oliver Shenton) in 50m breaststroke. Stephanie Bell set a new club record for 50m butterfly in 38.55 and finished 12th overall.

Team Captain, **Emily Jevons** qualified for 3 races finishing 17th (200m back) and 18th (100m back), cheered on by her brother, **Max**, who also qualified.

There were also good performances by some of the older team members at age 16, with the Sharks team captain **James Bottomley** finishing 7th and **Matt Joines** finishing 8th in the 50m freestyle.

Millie Henderson, who qualified for the 50m free said "It's so exciting to qualify for the Cheshires as it means we get to compete against some really big clubs and race against some of the best swimmers in the North West".

Carolyn Cowburn said "I was delighted to be taking so many Sandbach Sharks to the county championships this year. As the club continues to grow, I am looking forward to taking even more of our swimmers to the championships next year. It's a really exciting time for the club and I was really proud of how all my swimmers competed."

Swordfish and Tiger Sharks squad news

Sharks younger swimmers started their assault on the Peak and Plain league.

There is only one league this year due to the withdrawal of Satellite and Dane Valley, leaving the six remaining clubs to battle it out.

In the galas to date, sharks have performed well with some good PBs. In addition, the younger Sharks are getting some good experience of a competitive gala.

Keep up your training - if you are unsure what times you should be swimming, please ask your coach, or check the notice boards and website - and make sure you enter the 'Mini Meet' galas to monitor your improvement throughout the year.

From the Sandbach Chronicle Thursday 18th February

Waitrose donation makes a splash with the Sharks

Sandbach Sharks Amateur Swimming Club has been presented with a cheque for £400 as a Waitrose good cause in the Waitrose Community Matters scheme.

Each month, the Waitrose Sandbach branch donates £1000 to three local good causes as voted for by the customers. At the checkout, the customer receives a token which they then place in their selected box at the store exit for the good cause they would most like to support. The more tokens an organisation get the bigger share of the £1,000 they receive. Sharks were lucky enough to receive £400, a donation that will buy a laptop needed for future galas.

The cheque was presented to coach Michael Davey at a young Sharks training evening at Sandbach Leisure centre by Julie Franks of Waitrose, with several of the young Sharks 'Swordfish' squad in attendance.



The swordfish squad is predominantly for the very young who have recently learned to swim with Sharkies to the National Plan for Teaching Swimming (NPTS) to level 7 and are learning the techniques for competitive swimming.

Sandbach Sharks are a friendly swimming club where the very young can learn to swim with Sharkies, and the older children can compete in team galas and individual "open" galas. Our training sessions go from beginners, through development of swimming techniques and onto coaching sessions and masters. Our swimmers come from Sandbach and surrounding areas, Haslington, Crewe, Middlewich, Holmes Chapel, Alsager and Congleton. We hold regular club galas where everyone can swim and gain experience of team galas and achieve times required for entering open galas aimed at all age groups from 8 to 18. We also hold regular social events where the swimmers can get together and celebrate their achievements. Come and give us a try or bring your young child along to Sharkies on a Saturday mornings for our 'learn to swim' classes? For more information, visit our website www.sandbachsharks.co.uk or email info@sandbachsharks.co.uk

The Mini Meet Grand Prix is a series of time trials for junior swimmers aged up to 12 years.

The aim of the Series is to give our younger swimmers the incentive to attend their training sessions and to work hard. It will provide early exposure to a competitive environment so that they can develop their racing skills, whilst remaining in the relax surroundings of the Club Arena.

The series will also provide an early introduction to the ASA "Bagcats" awards for swimmers, parents and coaches alike. For details of these awards, have a look at the Sandbach Sharks handbook www.sandbachsharks.co.uk/webdocs/handbook09.pdf

Regular mini meet attendance will allow your coach to monitor your progress as the series develops. Parents are also to be actively encouraged to develop skills as technical officials, poolside helpers and "Coaches" during the running of the series.

Gala and Date	Events
Gala 1 Sun 14th Feb 2010	50m Freestyle, 50m Butterfly and 100 or 200m I.M
Gala 2 Sun 11th April 2010	50 Breaststroke, 50m Backstroke and 100 or 200m Freestyle.
Gala 3 Sun 2nd May 2010	50m Freestyle, 50m Butterfly and 100 or 200m I.M
Gala 4 Sun 6th June 2010	50 Breaststroke, 50m Backstroke and 100 or 200m Freestyle
Gala 5 (Finals) Sun 4th July 2010	50m Freestyle, 50m Butterfly and 100 or 200m I.M
Gala 6 (Finals) Sun 11th July 2010	50m Breaststroke, 50m Backstroke and 100 or 200m Freestyle

The Grand Prix Series is a group of events which give the opportunity for swimmers to practise racing skills on all strokes plus the 200m individual medley and 200m free. It is therefore recommended that **all** strokes across **all** distances in your particular age group are entered. Please see the entry form on the website for details.

Age at 26.6.2010	Events
9 years and under	25m fly 25m back 25m breast 25m free 100m I.M. at all sessions
10 years	50m fly, 50m back, 50m breast, 50m free, 200m I.M.* and 200m free.
11 years	50m fly, 50m back, 50m breast, 50m free, 200m I.M. and 200m free.
12 years	50m fly, 50m back, 50m breast, 50m free, 200m I.M. and 200m free.

*Swimmers who are 10yrs and older **may only** with the agreement of their club coach enter 100m I.M. instead of the 200m I.M. It should be noted that there is no 10yrs and over 100 I.M. in the finals.

Sandbach Sharks ASC Committee April 2010				Committee News	
<i>Chairman</i>	<i>Mark Davies</i>		07826 535732	<p>Julia Chatten has stepped down from the position of Home Gala Manager due to other commitments.</p> <p>MMU Students need our help</p> <p>Students of the MMU have requested our help with their studies. Students may ask for your son's or daughters participation at any of the MMU swimming sessions, but please note that this is only on a voluntary basis and with the agreement of both the swimmer and parent.</p> <p>Assistance with this will help strengthen the bonds and co-operation between the MMU and the Sharks.</p>	
<i>Vice Chairman</i>	<i>John Bottomley</i>		01270 768744		
<i>Secretary</i>	<i>Gordon Porter</i>		01477 534202		
<i>Treasurer</i>	<i>Richard Slater</i>		01477 537061		
<i>Membership</i>	<i>Noelle Trussler</i>		01477 534427		
<i>Welfare</i>	<i>Carol Waters</i>		01477 535737		
<i>Awards Officer</i>	<i>Simon Geary</i>		01270 753466		
<i>Sponsorship/fundraising</i>	<i>Karen Cody</i>		01270 768029		
<i>Gala Manager</i>					
<i>Open Gala Manager</i>	<i>Rob Waters</i>		01477 535737		
<i>Committee Helper</i>	<i>Mike Gilmott</i>				
<i>Pool Bookings</i>	<i>Chris Siddons</i>		01270 766023		
<i>Shop</i>	<i>Kathy Tudor</i>		01270 216915		
<i>Publicity</i>	<i>Phil Walsh</i>		01270 505617		
<i>Head Coach</i>	<i>Carolyn Cowburn</i>				
<i>Development & Sharkies Coach</i>	<i>Renee Davey</i>		01606 836137		
Dates for your diary 2010					
Sat 17 April 10	Peak and Plain	Knutsford	TBC		3
24 + 25 April 10	City of Derby open	Derby	Individual Entry		
Sat 22 May 10	Peak and Plain	Sandbach	TBC		3
8 + 9 May 10	Satellite open	Macclesfield	Individual Entry		
22 + 23 May 10	Rotherham Long Course	Ponds Forge	Individual Entry		
6 June 10	Peak and Plain	Buxton	TBC		3
12 June 10	Cath Ankers B grade	Wrexham	Individual Entry		
Friday 18 th June	Club Championships	MMU	All		4
Sunday 20 th June	Club Championships	MMU	All		4
Friday 25 th June	Club Championships	MMU	All		4
Sunday 27 th June	Club Championships	MMU	All		4
Sat 26 June 10	Peak and Plain	Macclesfield	TBC		
W/E 10 + 11 July 10	Biddulph open	Biddulph	Individual Entry		
W/E 24 +25 July 10	National Age Group BAGCAT	Ponds Forge	Individual Entry		
W/E 28 - 31 July 10	National Age Group BAGCAT	Ponds Forge	Individual Entry		
W/E 3 - 7 August 10	National youth champs	Ponds Forge	Individual Entry		
11 September 10	Deva	TBC	TBC		club
18 September 10	Rotherham Metro A + B	Ponds Forge	Individual Entry		
19 September 10	Teaspoon	Ponds Forge	Individual Entry		
10 October 10	Arena Swimming League	TBC	TBC		club
16 October 10	Deva	TBC	TBC		club
23 October 10	Geoff Drew	Holywell	Individual Entry		
24 October 10	Belper Marlin	Derby	Individual Entry		
30 October 10	Deva	TBC	TBC		club
6 November 10	Deva	TBC	TBC		club
13 November 10	Arena Swimming League	TBC	TBC		club
21 November 10	Cheshire 6th graded meet	Macclesfield	Individual Entry		



Swimming Times

If you are unsure of when you should be swimming, please see your coach.

Sharkies & Starfish – 0.5 Hours for Sharkies, 1.5 hours for Starfish

Day	Venue	Level	Time
Saturday	Sandbach Leisure Centre	1 - 4	8:30 - 9:00 am
Saturday	Sandbach Leisure Centre	5 - 7 & Starfish	9:00 - 9:30 am
Wednesday	Sandbach Leisure Centre	Starfish	6:30 - 7:30 pm

Swordfish – Maximum of 3 hours

Day	Venue	Time
Tuesday	Sandbach Boys School	7:00 - 8:00 pm
Wednesday	Sandbach Leisure Centre	6:30 - 7:30 pm
Friday	Sandbach Boys School	7:00 - 8:00 pm**
Sunday	Needham Pool, MMU, Alsager	3:00 - 4:00 pm

** Only as option if cannot attend Tuesday or Wednesday, allowing some flexibility - only allowed Max 3 hours per week.

Tiger sharks – 3.5 hours possible (3 hours, plus 0.5 hours optional)

Day	Venue	Time
Tuesday	Sandbach Boys School	8:00 - 9:00 pm
Friday	Sandbach Boys School	7:00 - 8:00 pm
Sunday	Needham Pool, MMU, Alsager	3:00 - 4:30 pm – Pool 4:30 - 5:00 pm Poolside-land (optional)

Junior Coaching – Blue – 5.5 hours possible

Day	Venue	Time
Tuesday	Needham Pool, MMU, Alsager	7:15 - 8:45 pm
Wednesday	Needham Pool, MMU, Alsager	8:00 - 9:00 pm
Friday	Sandbach Boys School	7:00 - 8:00 pm
Sunday	Needham Pool, MMU, Alsager	3:00 - 4:30 pm Pool 4:30 - 5:00 pm - Poolside Land

Junior Coaching – Red – 5.5 hours possible

Day	Venue	Time
Tuesday	Sandbach Boys School	8:00 - 9:00 pm
Wednesday	Needham Pool, MMU, Alsager	7:00 - 8:00 pm
Friday	Needham Pool, MMU, Alsager	7:00 - 8:30 pm
Sunday	Needham Pool, MMU, Alsager	4:00 - 4:30 pm - Poolside Land 4:30 - 6:00 pm Pool

Senior Coaching – 8 hours possible

Day	Venue	Time
Tuesday	Needham Pool, MMU, Alsager	7:15 - 8:45 pm
Wednesday	Needham Pool, MMU, Alsager	7:00 - 9:00 pm
Friday	Needham Pool, MMU, Alsager	7:00 - 9:00 pm
Sunday	Needham Pool, MMU, Alsager	3:30 - 4:00 pm - Poolside Land 4:00 - 6:00 pm - Pool

Masters and Club swimmers – 3 hours shared pool time

Day	Venue	Time
Tuesday	Sandbach Boys School	8:00 - 9:00 pm
Friday	Needham Pool, MMU, Alsager	8:00 - 9:00 pm
Sunday	Needham Pool, MMU, Alsager	3:00 - 4:00 pm