

## A big push before the holidays...

With the Club Championships, finals of the Mini Meet Grand Prix series, AGM and presentation evening, and the celebration gala for the younger swimmers in the Plain league, it is a hectic time for all sharks before the summer holidays!

The new term starts in September for Sharkies starting Saturday, September 4th 2010 to Saturday, December 4th 2010

We have all heard the rumours about the imminent closure of the MMU pool. We have not yet been given a date for this, but rest assured that your committee is trying to secure alternative training sessions at Sandbach Boys and Girls Schools should this happen.

For further information, please contact a member of the committee, visit the website or email us at:

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

### Fundraising

#### Raffle prize request

As the Club Championships fast approaches we are looking for raffle prizes (suitable for all ages) so that we can run a good raffle on the door for all the club championship sessions. If anyone can help run the raffle for these sessions then please just turn up and pitch in, your help would be very much appreciated. Prize donations can be delivered by hand to 50 Abbey Road, Sandbach or to the pool (MMU Tuesday or Sunday).

#### Nectar point collector?

Do you collect nectar points? If you do you can log on to your nectar card account and convert your points to Active Kids Vouchers online for Sandbach Sharks. The more points we have the more items we can order for the club. So please convert your nectar points for our swimmers. DEADLINE - WEDNESDAY 30th JUNE.

#### Active Kids vouchers

Carolyn Cowburn, Head Coach will be writing her shopping list for the club at the beginning of July and we need to send our vouchers with our order. If you have any Active Kids Vouchers then please make sure you get them to Karen Cody or one of the coaching team ASAP. DEADLINE - WEDNESDAY 30th JUNE.

Thank you for your continuing support for our fundraising efforts.  
Karen Cody

### Club Championships 2010

There is a change to our normal format for the club championships this year.

Firstly, the championships are now an official ASA licensed level 4 meet, which means that times achieved can be used when entering most open galas that Sandbach sharks support.

Also, they will now be held over four sessions in order to fit in some additional events not normally swum be the Sharks – 1500 M free, 800 M free, 400 M free and 200 M in all strokes.

The dates of the sessions are:

Friday, 18<sup>th</sup> June 2010 – 1500m only  
Sunday 20<sup>th</sup> June 2010 – 400m free & other events  
Friday 25<sup>th</sup> June 2010 – 800m free only  
Sunday 27<sup>th</sup> June 2010 – 400m IM & other events

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!

### 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 and 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 the membership secretary, Noelle Trussler.

### Attention all parents... Child Safety

The safety of the children is paramount and is the responsibility of all of us at Sharks sessions.

If you are the last out after a session and a child is still waiting for a parent, could you please stay with the child and attempt to contact the parent, or a member of the committee (there is a list of numbers on the notice boards at all pools) until they are picked up. We have had an occasion recently when, due to a mix up, a child was left outside the MMU pool for half an hour after the session finished.

<p><b>Swordfish and Tiger Sharks squad news</b></p> <p>Sharks younger swimmers continued their assault on the Plain league. In the galas to date, sharks have performed well with some good PBs, and the younger Sharks have had some good experience of a competitive gala. The Plain league Celebration Gala is on 26<sup>th</sup> June at Sale Leisure Centre. There will not be a bus for this gala – can all swimmers find their own way there. Further details can be found on the notice boards.</p>	<p><b>Presentation Evening and AGM</b></p> <p>You are invited to attend the first of the new combined club champs presentation evening and AGM.</p> <p>We will be electing new members to the committee before moving on the main event – the presentation of the medals, trophies and certificates from the Club Championships to the swimmers. Please come along and support your child in their achievements - 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 in June, and available from any committee member at all swim sessions thereafter.</p> <p>For further information please contact Jeanette Henderson or a member of the committee.</p>				
<p><b>Half term swimming skills camp a great success</b></p> <p>A swimming skills camp was held over the June half term proved to be a great success. Aimed predominantly at the younger Sharks, the swimmers were put through their paces, including starts, turns and stroke improvement</p> <p>The camp ran for four mornings 9am to 11am on Tuesday to Friday.</p> <p>Young Shark Heléna Walsh (10) enjoyed the week. “It helped to improve my technique in diving in and starting the race as well as tips on breaststroke.” Her elder sister Rosie (13) agreed. “I thought that the camp helped as we were able to really focus on the strokes and not just trying to go fast! It was good fun.”</p> <p>It is hoped to run more skills camps in the future. The week was run by head coach Carolyn and her son Ian.</p>	<p>You are invited to the</p> <p><b>Sandbach Sharks AGM and Presentation Evening</b> To be held at <b>Club AP Station Road Holmes Chapel</b> Friday, 16<sup>th</sup> July 2010, 7.00 to 11.00 pm.</p> <p>Tickets: £5.00 per person, Family Ticket £20.00</p>				
<p><b>Bring a friend in August</b></p> <p>Have you any friends who would like to come to a training session with you? Do you know anyone who might be interested in joining but are unsure? Can you persuade any of your friends to come and have fun?</p> <p>Sandbach Sharks are offering a “Bring a Friend to Swim” sessions during the month of August to see if they would like to join us. This will give them a chance to see if they would like to be part of a fun and friendly swimming club.</p> <p>If you do know anyone who is interested please ask them to see your Coach who will be happy to organise a suitable date and time.</p>	<p><b>Mini Meets</b></p> <p>The Mini Meet Grand Prix series has been a great success, and have been very well attended by our younger swimmers, and there have been some great swims. The older swimmers too have benefited, some of their races being very competitive.</p> <p>There have been 4 heats so far, and the finals will be held on the 4<sup>th</sup> and 11<sup>th</sup> July at the MMU pool.</p> <table border="1" data-bbox="821 1657 1492 1769"> <tr> <td>Gala 5 (Finals) <b>Sun 4<sup>th</sup> July 2010</b></td> <td>50m Freestyle, 50m Butterfly and 100 or 200m I.M</td> </tr> <tr> <td>Gala 6 (Finals) <b>Sun 11<sup>th</sup> July 2010</b></td> <td>50m Breaststroke, 50m Backstroke and 100 or 200m Freestyle</td> </tr> </table> <p>As well as the sharks enjoying the galas, thanks must go to the coaches and special mention to the parents who acted as timekeepers, starters and judges, and to Jody Davies who organised the sharks into their respective heats.</p>	Gala 5 (Finals) <b>Sun 4<sup>th</sup> July 2010</b>	50m Freestyle, 50m Butterfly and 100 or 200m I.M	Gala 6 (Finals) <b>Sun 11<sup>th</sup> July 2010</b>	50m Breaststroke, 50m Backstroke and 100 or 200m Freestyle
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<b>Sandbach Sharks ASC Committee June 2010</b>				<b>Committee News</b>	
Chairman	To be elected at AGM			<p>It's all change on the committee this year with a number of positions up for election. Sandbach Sharks must have a full committee in order to function properly, and we are looking for willing helpers in the positions of:</p> <p style="text-align: center;">Chair Vice Chair Club Secretary Welfare and Child Protection Sponsorship / Fundraising Gala Manager / Team Manager</p> <p>Thanks to all who filled out the questionnaire recently – now it is time for you to make a difference! If you would like to be considered for one of these positions, or if you would like to help in any way, please contact a member of the committee.</p> <p style="text-align: center;"><b><u>Sandbach Sharks needs your help!</u></b></p>	
Vice Chairman	To be elected at AGM				
Secretary	To be elected at AGM				
Treasurer	Richard Slater	01477 537061			
Membership	Noelle Trussler	01477 534427			
Welfare	To be elected at AGM				
Awards Officer	Simon Geary	01270 753466			
Sponsorship/fundraising	To be elected at AGM	01270 768029			
Gala Manager	To be elected at AGM	-			
Open Gala Manager	To be elected at AGM	01477 535737			
Committee Helper	Mike Gilmott				
Pool Bookings	Chris Siddons	01270 766023			
Shop	Kathy Tudor	01270 216915			
Publicity	Phil Walsh	01270 505617			
Head Coach	Carolyn Cowburn				
Development & Sharkies Coach	Renee Davey	01606 836137			
Sharkies co-ordinator	Zoe Hilson	01477 544097			

<b>Dates for your diary 2010</b>					
W/E 10 + 11 July 10	Biddulph open	Biddulph	Individual Entry		
Fri 16 July 10	Presentation evening and AGM	Club AP Alsager	1900-2300		
W/E 28 - 31 July 10	National Age Group BAGCAT	Ponds Forge	Individual Entry		
1 Aug 10	National Age Group BAGCAT	Ponds Forge	Individual Entry		
W/E 3 - 7 August 10	National youth champs	Ponds Forge	Individual Entry		
4 September 10	Deva	TBC	TBC		club
18 September 10	Rotherham Metro A + B	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		
13 November 10	Arena Swimming League	TBC	TBC		club
20 November 10	Deva	TBC	TBC		club
21 November 10	Cheshire 6th graded meet	Macclesfield	Individual Entry		
28 November 10	Bramcote	Nottingham	Individual Entry		
W/E 4 + 5 December 10	Warrington Warriors	Warrington	Individual Entry		
11 December 10	Arena Swimming League	TBC	TBC		club



## 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