



All change at Sharks

With the closure of the MMU pool, it has been a busy time for the committee, with changes to the swimming times to accommodate swimming at the boy's school and the Leisure Centre.

Obviously, there has been some disruption as everyone gets used to the new times, but hopefully, things are starting to settle down, and the committee would like to thank the swimmers and parents for their patience throughout this difficult period.

We are actively seeking further training times at the leisure centre, and are hopeful that our home galas can be held there. For further information, please contact a member of the committee, visit the website or email us at:

info@sandbachsharks.co.uk
www.sandbachsharks.co.uk

Letter from our new Chairman

At the beginning of the term I wrote to tell you we would be looking for more pool time to alleviate some overcrowding on Tuesdays. I would like to update you on our progress so far.

Boys School - On a Tuesday we have managed to get an extra 45 minutes - Sessions now from 6.30pm to 9.15pm.

Leisure Centre - Despite meetings with Cheshire East Council and the Leisure Centre we have not obtained any dedicated additional pool time at the Leisure Centre. This has been very disappointing. We have managed to negotiate a number of joint sessions with the public. The Sunday morning session, shared with the public, will now consist of a dedicated 30 minute session for Sharks, 8.30am - 9.00am, a shared session - 2 lanes from 9.00am to 10.00am. Carolyn will be asking additional swimmers, including Masters, to use this session as there is plenty space available.

On a Thursday after school Carolyn is running a School Club from 3.30pm to 4.50 pm - any club swimmers who are above Tiger shark standard can attend this session free of charge. We will be starting another joint session with the public - 2 lanes, on a Wednesday 7.30 pm to 8.30 pm - Carolyn will be inviting specific swimmers to this session.

To improve the swimmers overall fitness there will be some additional land training on offer. Carolyn will be inviting specific swimmers, who would benefit from this type of training, to this session - Wednesdays 5.30pm to 6.30pm at the Leisure Centre at a cost of £1. If this is successful there may be some additional land training in the New Year.

The Club would still like more pool time and we will be working on this in the future. In the meantime there may be some adjustments to who swims where to balance out the numbers of swimmers at the sessions.

John Bottomley

Committee news

Sandbach Sharks ASC is a member of the ASA, and as such has to pay fees per swimmer. The cost of membership has been steadily increasing over the last few years and the club has been able to absorb most of these, although we have been running at a slight deficit. With a further rise due next year, we will have to increase our membership fees in line with the ASA increases.

With the closure of MMU, our pool hire charges have increased dramatically, and there is a possibility of a small increase in these fees also. The committee is looking into ways of making any increase as small as we can, but we cannot run if we are making a loss. The new fees will be announced in the New Year. Watch your email in box and the notice boards for further news.

The committee changed at the AGM back in the summer with the old chairman Mark Davies stepping down and vice chair John Bottomley taking his place. A full list of committee members can be found later in this newsletter, and on the notice boards at the pools.

Help Required

Sandbach Sharks is run by volunteers and we desperately need people for the following positions:

Welfare Officer
Gala Manager
Publicity
Awards

If you think you can help in any way, please contact any committee member for details - the Club **can not function** without a Welfare Officer and Gala Manager.

Remember - We are always on the lookout for helpers – the more the better!

If anyone wants to get qualifications in timekeeping, judges, coaching or life-guarding or simply helping poolside, please contact a member of the committee or keep a look out for information throughout the year.



<p style="text-align: center;">Rotherham Open Meet</p> <p>The Rotherham Open Meet was held at Ponds Forge International pool in Sheffield on 18th September. 8 swimmers made the long trip across the Pennines and were rewarded with some great swims and a hatful of PBs.</p> <p>Steph Bell, 12, enjoyed the whole experience of swimming in an Olympic sized pool, all be it with the pool length reduced to 25 metres for the event.</p> <p>"I thought the whole experience was amazing, and I really enjoyed the atmosphere of a big meet" said Steph</p> <p>"The most nerve-racking bit was in the marshalling room where you registered and waited for your race. I was really excited and nervous, but I was determined to do my best as some of the other girls I was speaking to were telling me their PBs and I wanted to beat them!!</p> <p>There were a lot of spectators and competitors from all over the north. It was a tiring day but well worth the trip."</p> <p>Our two recently qualified judge 1s, Dave Trussler and Phil Walsh also enjoyed the experience of judging at the pool. Thanks to the parents who came along to support, and to Carolyn who was poolside throughout the day.</p>	<p style="text-align: center;">Full Results</p> <table border="1"> <tr> <td>Alisha Meakin (10)</td> <td>Speeding Ticket 50m free Speeding Ticket 100m IM Speeding Ticket 50m back 2nd 50m breast 2nd 100m fly 5th 100m free</td> </tr> <tr> <td>Rachel Slater (10)</td> <td>3rd 50m free 11th 50m breast 22nd 50m back</td> </tr> <tr> <td>Rachel Trussler (11)</td> <td>1st 50m breast 6th 50m free 9th 50m fly DQ 100m breast DQ 50m back</td> </tr> <tr> <td>Steph Bell (12)</td> <td>Speeding Ticket 50m free 1st 100m fly 2nd 50m back 2nd 100m free 3rd 100m back 4th 100m IM</td> </tr> <tr> <td>Oliver Shenton (12)</td> <td>1st 50m breast 1st 50 fly 3rd 100m fly 3rd 50m free 8th 100m free</td> </tr> <tr> <td>Sam Siddons (12)</td> <td>5th 100m back DQ 50m free</td> </tr> <tr> <td>Cameron Slater (12)</td> <td>1st 100m IM 2nd 50m breast 2nd 50 fly 6th 50m back 7th 100m free 10th 100m back</td> </tr> <tr> <td>Rosie Walsh (13)</td> <td>3rd 100m fly 5th 100m back 5th 100m IM 5th 50m back 5th 100m free 6th 50m fly 10th 100m breast 13th 50m free</td> </tr> </table>	Alisha Meakin (10)	Speeding Ticket 50m free Speeding Ticket 100m IM Speeding Ticket 50m back 2 nd 50m breast 2 nd 100m fly 5 th 100m free	Rachel Slater (10)	3 rd 50m free 11 th 50m breast 22 nd 50m back	Rachel Trussler (11)	1 st 50m breast 6 th 50m free 9 th 50m fly DQ 100m breast DQ 50m back	Steph Bell (12)	Speeding Ticket 50m free 1 st 100m fly 2 nd 50m back 2 nd 100m free 3 rd 100m back 4 th 100m IM	Oliver Shenton (12)	1 st 50m breast 1 st 50 fly 3 rd 100m fly 3 rd 50m free 8 th 100m free	Sam Siddons (12)	5 th 100m back DQ 50m free	Cameron Slater (12)	1 st 100m IM 2 nd 50m breast 2 nd 50 fly 6 th 50m back 7 th 100m free 10 th 100m back	Rosie Walsh (13)	3 rd 100m fly 5 th 100m back 5 th 100m IM 5 th 50m back 5 th 100m free 6 th 50m fly 10 th 100m breast 13 th 50m free
Alisha Meakin (10)	Speeding Ticket 50m free Speeding Ticket 100m IM Speeding Ticket 50m back 2 nd 50m breast 2 nd 100m fly 5 th 100m free																
Rachel Slater (10)	3 rd 50m free 11 th 50m breast 22 nd 50m back																
Rachel Trussler (11)	1 st 50m breast 6 th 50m free 9 th 50m fly DQ 100m breast DQ 50m back																
Steph Bell (12)	Speeding Ticket 50m free 1 st 100m fly 2 nd 50m back 2 nd 100m free 3 rd 100m back 4 th 100m IM																
Oliver Shenton (12)	1 st 50m breast 1 st 50 fly 3 rd 100m fly 3 rd 50m free 8 th 100m free																
Sam Siddons (12)	5 th 100m back DQ 50m free																
Cameron Slater (12)	1 st 100m IM 2 nd 50m breast 2 nd 50 fly 6 th 50m back 7 th 100m free 10 th 100m back																
Rosie Walsh (13)	3 rd 100m fly 5 th 100m back 5 th 100m IM 5 th 50m back 5 th 100m free 6 th 50m fly 10 th 100m breast 13 th 50m free																
<p>Sandbach Leisure Centre to host our home peak and plain gala in May 2011.</p> <p>The fixtures have just been announced for the 2011 Peak and Plain league.</p> <p>Now that we can no longer use the MMU pool for our galas, Chris Siddons, our pool booking officer has managed to secure Sandbach Leisure Centre for our home gala.</p> <p>It will take place on 14th May 2011, times to be confirmed.</p> <p>It is hoped that there will be room for 50 seats for poolside spectators, plus the viewing gallery upstairs will be available.</p> <p>It is the first time that Sharks have used the Leisure Centre for some time and we will hope for a successful gala. All dates are on the calendar at the end of the newsletter.</p>	<p style="text-align: center;">Club Mobile Phone – 07724 753287</p> <p>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 the membership secretary, Noelle Trussler.</p> <p style="text-align: center;">Attention all parents... Child Safety</p> <p>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 both pools) until they are picked up.</p>																



Letter from the Head Coach

Sandbach Sharks is committed to cater for swimmers of all abilities. So in addition to the Coaching Squads, we provide swordfish for younger swimmers and Sharkies for complete beginners all working towards ASA National Swim Awards 1-9.

General Squad Expectations

- Arrive on time for your sessions
- Be prepared to listen to your coach and work effectively
- Be respectful of the Coaching Staff, Team mates and poolside helpers.
- Provide consistent attendance
- To Train for the duration of the session
- Be Committed to preparing for Competition
- Be available for all club team Galas
- Be prepared to enter designated club Galas
- Have FUN

Be Competitive!!

Be the best that you can be. Compete against swimmers who are equal or better than yourself either individually in open galas, or as a member of a team at league galas racing to gain points for the 'Team'.

League Gala Team sheets are put on the notice boards at both pools. If you have been selected to swim, you will be expected to attend. Can you please indicate your availability for the gala as soon as possible by either putting a tick against your name or, if you are unavailable, putting an X against your name. If the space is left blank, someone has to spend time checking with you, your parents and then chasing replacements. This causes a lot of extra time and effort all around and often means we cannot field a full team, and that is not fair on your team mates and coaches.

Open Galas are published on the notice boards, by e-mail and on the website. If you have a time that is within the qualifying times and at an appropriate level, then you are eligible to compete. You are then required to fill out an individual entry form and hand it in along with payment by the clubs closing date. I would encourage you to attend some designated meets.

Please download our club handbook which will show the various galas and levels. It is available on the club website.

Training – Learning

No matter which section of the club you attend- your Teacher/coach will have planned programmes around a term (lessons), seasonal or annual plan. Each session has a place within a training cycle and if missed could result in a swimmer not experiencing the activity or type of work that is needed to improve or pass to the next level.

Parents

Parents have more influence over their child's swimming than anything coaches or team mates can.

You may not be as passionate about swimming as they are but your interest and involvement in the activity will make all the difference to their success. How do swimmers arrive on time if you do not get them there?

Please do not ask them to leave before the end of a session unless really necessary, and even then remind them to ask at the beginning of a session not as they get out of the water. There are two reasons for this – I will only be available for questions at the end of a session, and once a swimmer gets out of the water we cannot be responsible for them. Please show support and interest in training and competition. Ask them about letters, messages. Call in and check the notice boards make sure you and your swimmer do not miss out on what's going on. If you have any questions please ask me either at the end of the sessions (I am not available for "a quick word" during sessions) or via e-mail, or ask a member of the committee - there are photographs of the current committee on the notice boards at the pools.

Thank you.

Carolyn Cowburn
Head Coach

Sharks Officials

At many galas, it is a requirement that Sharks bring along some officials. We have several qualified timekeepers, and now we have 3 Judge 1 qualified officials.

Dave Trussler and **Phil Walsh** qualified before the summer break, and now **Richard Slater** has recently completed his qualification at the Arena gala in Bury. Congratulations to Richard.

New member of the coaching team

We would like to welcome Matthew Hickey to the coaching team.

Matthew will start coaching the Friday evening session from 7.00 to 9.00



New club captains

James Bottomley and Emily Jevons stood down from their team captain roles at the Presentation evening and AGM in July. Grace Henderson and Sam Peart were elected as your new team captains for the next year.

“Thank you very much for voting me as your club captain, I very much appreciate it.” said Grace.

“I am very excited about taking this role and having this great opportunity to give something back to the club and the swimmers.

Part of being a club captain is to help the needs of others in the club so if you need to talk to me or have any issues or concerns about anything please don't hesitate in contacting me, as I would like to do my best for all the swimmers and the club.”

Congratulations to both new captains. If you have any issues you would like to discuss with them, please contact them at the sessions.

Sandbach Sharks Committee – November 2010

Position	Name	Telephone
Chairman	John Bottomley	01270 768744
Vice Chairman	Simon Geary	01270 753466
Secretary	Phil Walsh	01270 505617
Treasurer	Richard Slater	01477 537061
Membership	Noelle Trussler	01477 534427
Welfare	Vacant	
Awards Officer	Vacant	
Publicity	Vacant	
Gala Manager	Vacant	
Open Gala Manager	Terry Cowburn	01477 534742
Pool Bookings	Chris Siddons	01270 766023
Shop	Kathy Tudor	01270 216915
Sponsorship/fundraising	Sue Peart	
Social Secretary	Jeannette Henderson	01260 295445
Head Coach	Carolyn Cowburn	01477 534742
Fundamentals Coach	David Goddard	07834315975
Sharkies co-coordinator	Zoe Hilson	01477 544097

Free trial with Sandbach Sharks!!

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?

Sandbach Sharks are offering free trial sessions for anyone who thinks they might 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.

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.

Dates for your diary 2010 / 2011. Further dates will be added later.

21 November 10	Cheshire 6th graded meet	Macclesfield	Individual Entry	
28 November 10	Deva	Wrexham	Warm Up 17.30	
W/E 4 + 5 December 10	Warrington Warriors	Warrington	Individual Entry	
11 December 10	Arena Swimming League	TBC	TBC	Club
18 th December	Sharkies Christmas Party	Sandbach LC	All Sharkies	
Saturday 8 th January 2011	Sharks Disco	TBC	All Sharks squads	
Saturday 15 th January	North Midlands (1,2,3)	Macclesfield Leisure Centre	Individual Entry	2
Saturday 22 nd January	North Midlands (4,5,6)	Macclesfield Leisure Centre	Individual Entry	2
Sunday 23 rd January	North Midlands (7,8,9)	Macclesfield Leisure Centre	Individual Entry	2
Saturday 5 th February	Peak and Plain	Alsager Leisure Centre	Warm up TBC	Club
Sunday 6 th March	Peak and Plain	Knutsford Leisure Centre	Warm up TBC	Club
Saturday 2 nd April	Peak and Plain	Nantwich Pool	Warm up TBC	Club
Saturday 19 th March	Cheshire Championship	Macclesfield Leisure Centre	Individual Entry	2
Saturday 26 th March	Cheshire Championship	Stockport Metro	Individual Entry	2
14 th May	Peak and Plain	Sandbach Leisure Centre	Warm up TBC	Club
4 th / 5 th June	Club Championships	Sandbach Leisure Centre	Dates to be confirmed	All
11 th / 12 th June	Club Championships	Sandbach Leisure Centre	Dates to be confirmed	All
Saturday 18 th June	Peak and Plain Celebration Gala	Sale Leisure Centre	Warm up TBC	Club

Shark Bites

Swimming Times

November 2010



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

Sharkies & Starfish –0.5 Hours for Sharkies (Level 1 – 7), 1.5 hours for Starfish

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

Swordfish – Maximum of 3 hours

Day	Venue	Time
Wednesday	Sandbach Leisure Centre	6:30 -7:30 pm
Friday	Sandbach Boys School	4:30 -5:30 pm
Sunday	Sandbach Leisure Centre	8:30 -10.00 am

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

Day	Venue	Time
Tuesday	Sandbach Boys School	6:30 -7:30 pm
Friday	Sandbach Boys School	5:30 – 7:00 pm
Sunday	Sandbach Boys School Or Sandbach Leisure Centre	9:00 – 11.00.am 8.30 – 10.00 am

Junior Coaching – Blue – 5.5 hours possible

Day	Venue	Time
Tuesday	Sandbach Boys School	7:15 – 8:15 pm
*Thursday	Sandbach Leisure Centre – school / club link session.	3.30 – 4.50 pm
Friday	Sandbach Boys School	5.30 – 7:00 pm
Sunday	Sandbach Boys School	9:00 – 11.00.am

* Term time only

Junior Coaching – Red – 5.5 hours possible

Day	Venue	Time
Tuesday	Sandbach Boys School	8:15 – 9:15 pm
*Thursday	Sandbach Leisure Centre – school / club link session.	3.30 – 4.50 pm
Friday	Sandbach Boys School	7:00 – 8:30 pm
Sunday	Sandbach Boys School	9:00 – 11.00.am

* Term time only

Senior Coaching – 7 hours possible

Day	Venue	Time
Tuesday	Sandbach Boys School Please arrive a 7.00pm for mobility exercises	7:15 – 9.15 pm
*Thursday	Sandbach Leisure Centre – school / club link session.	3.30 – 4.50 pm
Friday	Sandbach Boys School	7:00 - 9:00 pm
Sunday	Sandbach Boys School	9:00 – 11.00.am

* Term time only

Masters and Club swimmers – 2 hours shared pool time

Day	Venue	Time
Friday	Sandbach Boys School	7:00 - 9:00 pm