

# NEWSLETTER

Issue 22

October 2009

## CUPS AND TROPHIES

Please could last year's winners return all CUPS AND TROPHIES to your coach or teacher by 23<sup>rd</sup> October at the latest. Please ensure they are engraved and polished.

E K Engraving Ltd at 231 Tring Road, Aylesbury HP20 1JH (01296 337722) has been recommended by members as reasonably priced local engravers.

## SESSION AND VENUE CHANGES

As a result of a mutually beneficial agreement with Maxwell Swim Club, from Friday 6<sup>th</sup>

November ADSC will no longer train at the Aqua Vale on Friday evenings. Sessions will be held at the Stadium as follows:

- 5.30 – 6.30 Parry (no change)
- 6.30 – 7.30 Goodhew/Moorhouse Lanes 1 – 3
- 6.30 – 7.45 Goodhew/Moorhouse Lanes 4 – 6  
(please consult Cliff or Andy for confirmation of your lane)
- 7.30 – 9.00 Foster
- 7.45 – 9.00 Hickman / Masters

## DIARY DATES

### TIME TRIALS SUNDAY !8<sup>th</sup> OCTOBER

All squad swimmers not competing at Barnet Copthall should attend the Aqua Vale from 2pm to 4.30pm for time trials. Please register with Kathy on poolside from 1.45pm.

This replaces training for Parry, Moorhouse and Foster Squads who would normally attend the Stadium.

### FAMILY DISCO AND PRESENTATION EVENING

This will be held on **Friday 8<sup>th</sup> January 2010** from 7.30 – 10.30pm at Aylesbury Rugby Club. Entry is payable on the door at £10 per family or £3 per person.

### BAT MEET

**Sunday 10<sup>th</sup> January 2010**

ADSC is holding its first county qualifying meet in conjunction with Thame and Bourne End swimming clubs. The intention is to provide an opportunity for swimmers still needing qualifying times to achieve them for entry into the 2010 County Championships in March.

<http://www.adsc.org.uk>

Remember to check our website regularly for club information.

## **CLUB CHAMPIONSHIPS 22<sup>nd</sup> NOVEMBER 2009**

The Club Championships is open to all ADSC swimmers who are fully paid up members and for whom ADSC is their first claim club. All eligible swimmers are encouraged to take part in what is a fun day which brings the entire club together. The entry form shows the events available to each age group and age is as at 31<sup>st</sup> December 2009. The Championships cater for all ages and abilities and heats are arranged so that you will always swim with others at your level. So no one needs to feel worried about taking part and everyone is encouraged to enter all the events available to their age group. Don't forget to take details of your event numbers from the form before you hand it in. The information sheet explains how the Club Championships are organised but if there is anything you are not sure about please speak to your coach or teacher. The closing date for entries is Friday 23<sup>rd</sup> October.

**\*\*\*\*As always we will need many parent volunteers to ensure the day runs smoothly. Ideally we would like to spread the load and have all parents help for a short period of time. Please indicate your willingness to take part on the entry form and our volunteer coordinators will be in touch a week or so before the day to confirm your allocated role and time. Many thanks. \*\*\*\***

## Membership Renewals

Renewal forms for 2010 will be available at the Club Championships. If you are able to renew on the day it would greatly assist Debbie. Many thanks.

## ADSC merchandise

Lynne Foster has done an amazing job for a number of years in taking care of the Club 'Shop'. Regretfully, due to work commitments she is no longer able to continue. Please contact her if you may be able to take this on and she will advise you what is involved. Until 19<sup>th</sup> October Lynne will be taking orders for personalised hats. Please see the website for details.  
[Email: Lynne@adsc.org.uk](mailto:Lynne@adsc.org.uk)

### Contact Numbers

|                               |  |
|-------------------------------|--|
| Coaches: Roger                | 434184   |
| Rob                           | 334265   |
| Cliff                         | 696973   |
| Andy                          | 437684   |
| Kathy (Chairman)              | 336580   |
| Caroline (Secretary)          | 330145   |
| Debbie (Membership Secretary) | 432099   |
| Antonia (Masters Rep)         | 07789 758060   |
| Email addresses are           | <a href="mailto:name@adsc.org.uk">name@adsc.org.uk</a> |

### AGM

The AGM will be held at Stoke Mandeville Stadium on Thursday 26<sup>th</sup> November at 7.30pm. All are welcome to attend. New committee members are always welcome. Please contact Kathy if you are interested in getting more involved and ensuring a successful future for the Club.