

**NEWCASTLE SWIMMING DEVELOPMENT COACHES NEWSLETTER
JANUARY 2006**

CONGRATS TO:

SWIMMERS OF THE YEAR 2005;

AA Chris Cook; A Andrew Learmouth, AZ Daniel Bosman, BB Lewis Wiseman-Ord, City B Natasha Venchard, East End B Lucy Pages, Seniors Peter French. Dolphins; East End - Lucy Howarth, Gosforth - Zoe Kirkwood, Jesmond - Amy Larsen, Elswick - Sophie Moulding. Presentations were made at the Club Disco. Well Done to all!

Wayne Surtees – Elswick Dolphins, on achieving ASA Level 2 Award.

Ian Oliver - on his selection as Coach with the England Commonwealth Games Team in Melbourne in March.

Welcome to new poolside Helpers; John Sim with City B Squad and Stacey Hall with Fenham Dolphins.

COMPETITION RESULTS:

Chris Cook and James Johnson represented GB in both the FINA World Cup series in Stockholm 17/18th Jan & Berlin 21/22nd Jan.

In Stockholm, Chris was 4th in the 50bs in 27.73 and 4th in the 100bs in 59.61.

James was the only Youth swimmer to final and did so in the 200im where he finished 7th in 2.04.48 he also finished 6th in the hdw 400im event in 4.23.79.

In Berlin, Chris was 6th in the 50 bs in 27.52 and 4th in the 100bs in 59.77. James was 13th in the 200m bs in 2.14.52, 17th 400im in 4.30.08 and 24th in the 200im in 2.05.48.

2006 JUNIOR LEAGUE

A new start again for this years junior league team. The dates and venues are as follows;

Round 1- Tynemouth, Saturday February 25th Bus to leave City Pool at 8.00am, 8.50am warm up, 9.30am start.

Round 2 – City Pool, Saturday March 18th (no bus), Swimmers to be at City Pool by 8.45am, 9.00am warm up, 9.40am start.

Round 3 – Billingham, Sunday May 7th Bus to leave City Pool 3.30pm, 4.20pm warm up, 5.00pm start. Final to be held at Felling Pool on Sunday June 18th.

Any swimmers not available for any rounds or final please inform swimming development office on 2116250 asap. Swimmers can only be considered for the final if they have competed in rounds 1,2 or 3.

Dawn' s notes from Shanghai China with GB Team:

Development squads are to be encouraged to include **25m kick races** in their sessions. All strokes, some with, some without a board, but they must be completed at speed.

NEWCASTLE CITY SCHOOL SWIMMING CHAMPS 2006

The Boys City Schools Senior Swimming Champs will take place at Outer West pool on Wednesday 8th February and the Girls City Champs at Outer West on Wednesday 1st March. Events are open to all City schools for years 7 & 8, 9 & 10 11 & 6th form.

The Junior school heats will be taking place across the city as follows; Elswick, Outer West Fenham pools Tues 28th Feb; City Pool Wed 1st March East End pool Thurs & Fri 2nd & 3rd March; Gosforth pool Mon 6th March and Jesmond pool Thurs 9th March. Events are for swimmers in years 3 & 4 and 5 & 6. The first 3 swimmers from each of the years 5 & 6 heats qualify for the grand final on Tuesday 21st March at the City Pool 5.30pm start.

ROTHERHAM MASTERS

A Long Course event just after the Christmas break isn't what most Master's swimmers would call a 'fun' weekend, but the annual Rotherham meet at Ponds Forge is always well attended and this year was no exception. Five Newcastle swimmers made the trip this year and there were some very good results. Martin Douglas (30/34) had a patchy year in 2005 with a serious back problem but he seemed to put that behind him with an easy victory in the 400fc(4:40.95). He also picked up a silver and bronze in the 50&100 bs events. Walter Mack (55/59) took advantage of his first swim in a new age group to collect a silver in the 100fc (1:19.77) and a bronze in the 50fc (34.43). Mark Raper (30/34) swimming his first competitive event in more than a dozen years collected a silver in his first event, the 50m backstroke. He was just outside the medals in the 50bs(4th), 50 fc(4th) & 50bf(5th). Peter French (45/49) set his fastest long course for 10 years in the 50fc (29.66) when he finished 5th. He also finished 4th in the 100fc & 50 bf. Moira Atkinson (45/49) just missed out on the medals in both the 400fc (6:49.74) and the 400im (8:39.39) finishing 4th in both events. She also finished 7th in the 50bs and 8th in the 50fc.

Dates for your Diary:

Feb

3/4/5 City of Newcastle Age & Youth Open Meet

10/12 BUSA LC Nationals Sheffield

18/19 N&D Senior & Youth Champs Newcastle

25 Junior League Rd1 Tynemouth

26 Sunday Swim

Mar

5/6 N&D Bagcat Age Group Champs, Middlesbrough

11/12 N&D Bagcat Age Group Champs, Middlesbrough

15-26 Commonwealth Games, Melbourne

16 Inter Dolphin Gala

18 Junior League Rd 2 City Pool

19 Sunday Swim

NEWCASTLE GRADED MEET advance notice of date;- Saturday 1st July

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Club & Seniors website visit : www.cityofnewcastleasc.co.uk & conasc-masters.co.uk