



# Aquasplash



## The newsletter of Haringey Aquatics

formally known as Haringey Borough Swimming Club

### Contents

#### Page 1

Dates for your diary & time trials

Well done Swimmers!

#### Page 2

Haringey Sports Award

Club Kit

#### Page 3

Club fees

Club social

Gala report

#### Page 4

Word search

Useful websites

Strength & Conditioning update

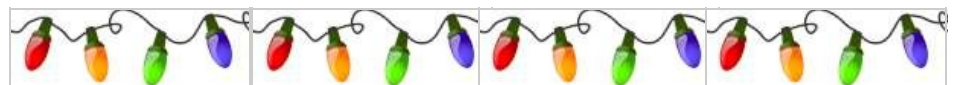
Hello, and welcome to the last newsletter of 2010. Over this last year we have had many changes in the club and will be starting 2011 with a brand new name, logo and kit.

We have also had some very exciting events happen, one of these being when Duncan Goodhew visited following our swimmers success in entering the Swimathon, with the most memorable moment being Duncan sculling with both legs in the air and still talking to the swimmers!!!!



Over the last year many swimmers have gained new personal best times and we hope these keep coming throughout 2011.

The committee and staff would like to wish you a Merry Christmas and Happy New Year.



**AGM Coming early 2011**  
More info to follow

## Well done swimmers



The National Arena Swimming League

In our first year of competing in the Arena League Haringey Aquatics have made the top gala! After competing in 3 rounds Haringey Aquatics have made the top 8 teams in its division so will now compete in round 3. This is a fantastic achievement - a big 'Well done'

### Dates for your diary

#### December

4th/5th—Middlesex Short Course,  
Southbury Road

11th— Arena League, Harlow

18th/19th—Hillingdon Winter Championships,  
Uxbridge Pool (50m) Warm up 1.30pm

### **Date for next Time Trials:**

**Sunday 5th December 2010**

Time trials for all squad swimmers will take place at 5.30pm on Sunday 5th December 2010 at Tottenham Green Pool.

These are 50m time trials for all strokes



## Haringey Junior Sports Performer of the Year

Well  
done Josh

The borough's top sporting talent was centre stage for the 4th annual Haringey Celebrating Sports awards held at Alexandra Palace on Thursday 18th Nov 2010.

Josh was nominated for this award by Joe Doyle

'Josh is the most talented swimmer in this Borough and is also Haringey Aquatics fastest ever swimmer aged just 16. In the last 18 months I have had the pleasure of working with Josh. He is one of our county champions and also our club captain (voted by the swimmers!). For the last 12 months Josh has trained 8 sessions a week with strength and conditioning work on top of this. Josh also helps me in the development squad and learn to swim before his training program. He shows tremendous patience, encourages the kids, gets in the pool to demonstrate whenever needed. The kids love having Josh teach them.

He never misses one of these sessions and does not get any reward from this. Josh also attends gala's and competitions he is not selected to swim in. Josh comes to help out the team managers and also to help the younger swimmers in their first competitions, part of his duties as a club captain.

Josh is the heartbeat of Haringey Aquatics a truly loyal and committed swimmer. It is an honour to know him, he fully deserves all recognition and success that will come his way.'

Josh was up against 2 fellow high achieving sportsmen (a rugby player and also a badminton player) but Josh's all round work for the club through his captaincy and willingness to help developing swimmers shone through for him to win .

Josh received his award from the Mayor along with a Spurs goodie bag and gift token.



# New Club Kit

Sizes: Small, Medium & Large

£12



Also  
available  
club hats  
£3.50

To order one of our brand new polo shirts please contact  
Linda Samworth (lindas\_hbsc@hotmail.com)

## **Club social/Presentation of trophies**



**Saturday 29th January**  
**St Michaels Church Hall**  
**Bounds Green Road**  
**Wood Green**  
**N22**

**Tickets**  
**£5 adults**  
**£2 Swimmers**  
**Other children £3**



### **Graded Gala Cathall Road**

It was really disappointing that our team for the most recent North London Graded League gala was not able to swim.

It was disappointing for a number of reasons. It is the perfect place for younger swimmers who have no experience of galas to find out what it is all about and what fun it can be.

The gala was staffed almost entirely by Haringey officials who had given up time to go along. Failure to swim or give adequate notice that we would not be able to attend attracts a fine to the club of £50. Unfortunately this had also happened before so we have needed to pay out £100.

If you are invited to a gala it is really important that you do turn up.

If you cannot for any reason be there, it is even more important that you let Joe know as soon as possible so that he can try to find somebody to take your place. Relay teams have to have four swimmers and they need to be from stated age groups. Think how disappointing it is for three swimmers who have come along to a gala to not be able to take part because the fourth member of their team has not arrived.

This is a real plea to all swimmers to support your club mates and be sure to show up for all the galas for which you are chosen.

### **CLUB FEES**



Haringey Aquatics' only source of income is by collecting monthly squad fees. The preferred method of collection is by Standing Order (the mandate can be found in the Parents Section of the website). For those still paying by cash or cheque payment can be made to Carol Ferguson (Adina's mum) on the first Monday of the month at Tottenham Green, swimmers at Park Road can pay Linda Samworth who is at poolside on Friday evenings. **Please note swimmers who are more than three months in arrears will not be allowed to take part in training sessions.**

When leaving the club one month's notice is required in writing to be addressed to the Members Secretary or the Treasurer.

# Useful websites

[www.swimming.org](http://www.swimming.org)  
[www.swimming.org/britishswimming](http://www.swimming.org/britishswimming)  
[www.nationalswimmingleague.org.uk](http://www.nationalswimmingleague.org.uk)  
[www.swimshop.co.uk](http://www.swimshop.co.uk)  
[www.mailsports.co.uk](http://www.mailsports.co.uk)  
[www.srsclubshop.co.uk](http://www.srsclubshop.co.uk)  
[www.allensswimwear.co.uk](http://www.allensswimwear.co.uk)



## Word search

s	w	i	m	m	i	n	g	z	x	l	y
l	a	b	m	l	t	b	j	l	l	a	w
g	t	e	a	c	h	e	r	c	w	n	a
b	e	r	y	t	w	a	h	k	m	e	y
d	r	f	s	g	r	t	m	k	o	r	u
b	v	z	g	j	o	l	h	c	a	o	c
a	r	v	m	k	n	g	u	z	p	p	f
c	f	t	a	h	z	i	g	e	w	e	q
k	g	o	e	g	h	j	m	l	l	s	m
z	s	w	r	g	a	l	a	h	e	t	f
q	f	e	b	j	q	r	n	z	r	s	m
p	u	l	l	b	u	o	y	f	d	r	o

hat	water	swimming
pullbuoy	laneropes	towel
teacher	goggles	gala
coach	wall	back

### STRENGTH AND CONDITIONING UPDATE:

IT'S BEEN A REAL PLEASURE WORKING AMONGST SO MANY GREAT KIDS WITH HUGE SPORTING POTENTIAL.

THE DRY SIDE TRAINING HAS BEEN GOING FROM STRENGTH TO STRENGTH AND WE'VE HAD A REALLY GOOD FEEDBACK.

THE FOCUS HAS BEEN ON IMPROVING CORE STABILITY AND DYNAMIC FLEXIBILITY OF THE ELITE SWIMMERS. THE STYLE OF TRAINING HAS BEEN ADAPTED TO CATER FOR THE INDIVIDUAL DEMANDS OF SWIMMERS.

THE LATEST PLAN IS TO DEVELOP THE REHABILITATION FROM INJURY USING OSTEOPATHY USING THE TREATMENT FACILITIES WITHIN THE CENTRE.

I HAVE RECENTLY OPENED A NEW PURE DYNAMIC OSTEOPATHY CLINIC IN CROUCH END PROVIDING TREATMENT FOR THE PUBLIC AND HAD A FEATURE ABOUT PURE DYNAMIC OSTEOPATHY PUBLISHED IN THE INDEPENDENT.

SEE THE WEBSITE

[WWW.PURE-DYNAMIC-OSTEOPATHY.CO.UK](http://WWW.PURE-DYNAMIC-OSTEOPATHY.CO.UK)

RICHARD EMMERSON M. OST. BA (DUNELM) NO DO

MOBILE: 07886 846 289