

HAPPY ★ NEW ★ YEAR

FROM EVERYBODY AT HARINGEY AQUATICS

WE HOPE THAT 2012 WILL BE A GREAT YEAR FOR ALL OUR SWIMMERS.

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Presentation Disco



Following our successful Club Championships all swimmers and their families are invited to the Presentation Disco:



Date: Saturday 28th January 2012

Venue: Sheridan Hall, Scout Park, Gordon Rd, London N11 2PB

(there is parking and Scout Park is in walking distance of Bounds Green tube and buses 221, 102, 299, 184 all stop near by)

Time: 7pm - 10.30pm.

Presentation of trophies/medals/ribbons: 8.30pm

Please bring a donation of food for the buffet table.

Tickets are £5 for adults and £2.50 for swimmers/children and can be purchased from Carol at Tottenham Green, Sharon at Park Road, Linda or on the door.

WWW

We have now changed our website address:

www.haringeyaquatics.org.uk

Make sure you check it out for up to date information.

AGM

ANNUAL GENERAL MEETING

Haringey Aquatics Annual General Meeting



The AGM will be held on Monday 20th February 2012 in the Silver Room at Tottenham Green Pool, please arrive from 7pm for 7.15pm start there will also be light refreshments available .

The AGM is where the Club Officials report to the membership on the key events and results from the last 12 months. Also to pass on some thoughts for next year and seek to fill the formal committee posts. Your committee would like to extend an invitation to all swimming members (although only those aged 14 and over may vote on any issues) and parents to join us. The business of an AGM is often fairly straightforward and does not take too long.

In addition attending the meeting can sometimes give you a better understanding of what goes into running a club like ours and might, hopefully encourage some of you to consider taking on a more active role in the future.

We would therefore appreciate your attendance. We will also be presenting some trophies to swimmers at 8.45pm.

ASA REGISTRATION 2012

ASA registrations are up for renewal in early 2012. ASA Registration costs are:

- Category 1 £10.40 Learn2Swim and Development Squad (Level 8)
- Category 2 £27.20 Development Squad (Level 9 & 10), Squad & Performance Squad
- Category 3 £4.20 Officials & Poolside Helpers

This must be paid by **January 31st 2012** Linda, Carol & Sharon will be collecting the payments.

If parents wish to make a payment by bank transfer (bank details as for Standing Orders) they must email Linda on lindas_hbsc@hotmail.com to let the club they are making payment this way.

Gala Reports

Redbridge Winter Open Meet

Haringey Aquatics sent a strong team of 23 to the Redbridge Winter Open Meet on Jan 7th/8th. 27 personal best swims were achieved. Swim of the weekend belonging to Junior Performance swimmer Megan Boardman for a superb 100m butterfly clocking 1.31.82 smashing her previous best of 1.42.09.

Fellow Junior Performance Squad members Adina Roper gained 5 personal bests and Lucy Corry 3. Fionn McGuinness-Maris is now leading Cem Altindag and Brook Williams in the race to get under 30 seconds first for the 50 Freestyle with a 30.03 swim. Josh Philpott cruised to victory in the 100m Freestyle 54.22 and 2.11.66 for the 200m Backstroke. Cem Altindag finished 3rd in the 100m Fly 1.11.95 and 2nd 200m Breastroke 2.56.77. Haringey Aquatics newest member Georgia Smith took over 2 seconds off her 100m Freestyle 1.11.58.

A big thank you to Georgia Jackson-Virk and Ruby Oakes for helping out on poolside.

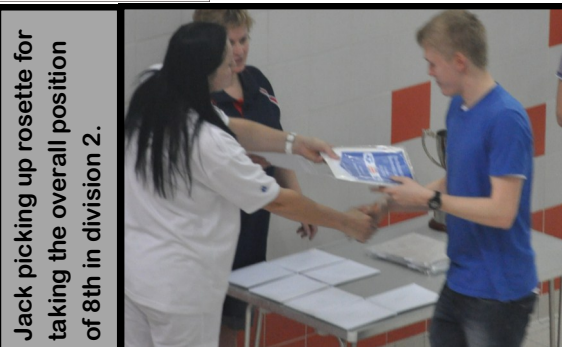
The meet has ensured that Haringey Aquatics go into the Middlesex BAGCATS and Youth Gala with the largest number of entries in its history. Current Haringey Aquatics qualifiers are Joe Northover, Jack Pinnick-Gray, Nick Makinen, Josh Philpott, Albie Duffy, Harry Pinnick-Gray, Elizabeth Hunter, Gulfem Turkoglu, Hana Mohamed, Ruby Oakes, Elif Altindag, Fanni Somogyi, Adina Roper, Lucy Corry, Cem Altindag, Fionn McGuinness-Maris, Ricardo Conte, Tosan Egado, Sushila Ghose-Coveney, Nicola Lawrence, Nikolaj Lerche, Tommy Sitek, Alfie Lucas and Georgia Smith.



To all swimmers who competed in all 3 Arena League Galas.



For helping Haringey Aquatics finish 8th out of 16 in the 2011 Arena League Division 2 London Region. Your great swimming and commitment allowed us to achieve an excellent result.



Jack picking up rosette for taking the overall position of 8th in division 2.

Place	Team	Gala Points				League Points				
		R1	R2	R3	Total	R1	R2	R3	Bonus	Total
1	Chelsea & Westminster	349	356	326	1031	8	8	16	20	52
2	Hoddesdon	258	327	268	853	7	8	14	20	49
3	St Pauls Barnes	250	266	230	746	7	6	12	20	45
4	Hemel Hempstead	243	274	214	731	6	7	8	20	41
5	Epping Forest & District	252	228	188	668	8	6	6	20	40
6	City Of St Albans	233	229	224	686	4	5	10	20	39
7	Stevenage	234	262	181	677	5	7	4	20	36
8	Haringey Aquatics	239	213	154	606	6	4	2	20	32
9	Greenwich	238	195	297	730	4	2	16	0	22
10	Sudbury & District	212	203	279	694	2	3	14	0	19
11	Saxon Crown	238	186	247	671	5	3	10	0	18
12	Hitchin	167	190	251	608	2	4	12	0	18
13	Halstead	197	226	229	652	3	5	8	0	16
14	Rochford & District	228	178	221	627	3	2	6	0	11
15	Cheshunt A	104	115	158	377	1	1	4	0	6
16	Enfield	0	104	0	104	0	0	0	0	0



Roland (above) and Alfie (above right) getting ready for their races.



Adina competing in a butterfly race. (above) and Josh's winning 200m IM.



Haringey Aquatics Diving Club

If you would like any more information or details on availability please email hadiving@gmail.com
Or contact Richard on 07967037414 or Jill on 07957340960



Waltham Forest Diving Club Open Competition, Sunday 20th Nov

The Diving club sent along a squad of eight divers for our first team competition since we formed in September this year. Competing against eight other clubs who had an average of fourteen members per team we enjoyed huge success with five of the team taking medals. The great team performance was highlighted by the fact that despite only having eight divers we managed to finish above one other club in the team competition which was won by Waltham Forest who had forty-two divers entered in all competitions.

Results in order of appearance:

13/14 Years Girls (Novice) Alice Hunter 3rd Place (Bronze medal) 78.45pts

Under 8 Girls – Aimee Brosnan 3rd Place (Bronze medal) 52.75 pts

8 years Boys - Roland Somogyi 8th Place 42.90

9 years Boys – Jake Lerman 2nd Place (Silver medal) 76 pts, Cass Beckford 5th Place 49.20pts, Dominick Carson 6th Place 46.45 pts

12 years Boys (Novice) Samuel Carson 3rd Place (Bronze medal) 66.60 pts

12 years Girls (Novice) Mathilda Whitehead 3rd Place (Bronze medal) 66.40 pts



CONGRATULATIONS TO ALBIE



Who has been selected to represent GB in the 96-born Men's International Water Polo Tournament in Lviv, Ukraine, May 2012.

Your Haringey Aquatics Club Captains

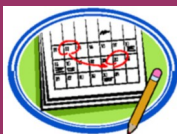


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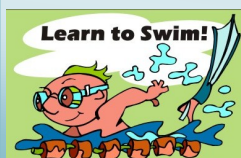


Junior Captains
Jake and Adina

Senior Captains
Yita and Nick



Gala Calendar: 2012 calendar not yet confirmed so please keep checking the website for upcoming dates.



We currently have some spaces in our Learn to Swim programme for children aged 4 & up @ Tottenham Green and Park Road Pools
Contact Linda on 07958 219459 or lindas_hbsc@hotmail.com

CLUB KIT

SWIMMING HATS



£3.50

The coaching staff want all swimmers to wear club hats.

POLO SHIRTS



£15.50

Sizes: extra small, small, medium, large & extra large



Over the head or Zip front

HOODIES

£25

Sizes: extra small, small, medium, large & extra large



For your child's initials to be embroidered on polo shirts and hoodies please add £3 to the cost.



How to ORDER



Email Linda Samworth on lindas_hbsc@hotmail.com
Or fill in and return order forms which are available online
or from: Carole (TG), Sharon (Pk Rd) or Linda.



Names are unable to be embroidered onto clothing due to Child Protection Concerns.

All swimmers will be issued with a club pass which must be shown to access training at Tottenham Green and Park Road Pools.
If you have not received yours yet please see Paul, Carole or Sharon.



USELESS OLYMPIC SWIMMING FACTS

At the second modern Olympic Games contested in Paris in 1900, the most unusual event to be held was underwater swimming.

In the 1948 Olympics, the U.S. won every event in the swimming competition.

Swimming became a part of the Olympic Games in 1896. It started as a men's only event, with the women's event starting in 1912.

The Front Crawl stroke is the fastest, most popular stroke and is swam over seven different distances at the Olympic games.

The Japanese won all the men's titles except the 400-meter freestyle in the 1932 Los Angeles Olympics.

FRONTCRAWL SWIMMING FACTS

Keep your head as still as possible when swimming front crawl. This will help direct you in a straight line and reduce drag.

The arm stroke in freestyle provides the majority of the propulsive force.

Staying as streamlined as possible is important for increasing your front crawl efficiency.

Keep your head low and your hips high to avoid dropping your legs while swimming front crawl.



Front crawl kicking basics – pointed toes with flexible ankles and kick from the hip, not the knee.

The freestyle breathing pattern can be adjusted to the need of the distance you are swimming and the effort you are putting in.