



Haverfordwest Seals Swimming Club

Haverfordwest Seals Swimming Club

Newsletter October 2010

Greetings to you all once again.

Thank you all for your continued support and commitment to the club. We do appreciate the efforts and hard work of all the swimmers, the coaches & committee involved voluntarily, with Haverfordwest Seals.

If you have anything to share, please email - hwestsc@hotmail.co.uk and we can forward to the web site.

Keep looking & as always your views matter - www.swim-haverfordwest.org.uk

Message from the coaches....

All swimmers need their own fins, a kick-board and a pull buoy to be able to fully participate in their sessions. These can be ordered through the Seal's shop or any good sports shop.

You can place an order with Sharon on sharon.s.thomas@btinternet.com 07530 687345 or catch her on the balcony Monday evenings.
Catalogues available to view.

Recent Galas

During October we had teams competing in both R.A.O.B. Ribbons & The Tudor Shield Gala in Pembroke. These are ideal local galas where some of our younger swimmers got the chance to experience competitive swimming.
Well done to all swimmers.

Club Championships & Long Distances

November 12th, 19th & 26th

6 – 9pm

It has been decided to hold our club championships on a Friday session this year. It is hoped that all Seals swimmers will participate, have fun & achieve times for their swims. The programme of events have been circulated, get your entries in!

Entries £1.00 per race

To be submitted to lane coaches.

by November 5th 2010

Normal sessions will not be held on this evening.

•

Long distances -

Friday 12th November

Monday 29th November

•

Club Championships

Friday 26th November

Please speak to coaches if you have any queries.

Could all swimmers please remember to swipe their cards at Reception. Some of you are not doing so!!

Haverfordwest Seals Open Meet

As a club, we are planning to attend a local meet in Neath on **15th January 2011**. We would like to see as many Seals as possible entered in this event as it is step forward in local competitive swimming. Competition details will be on the Notice board.

We are planning to arrange transport for the team and parental support is essential.

We are keen to raise our profile and team spirits.
Please check with coaches/committee for further details.

You can check for further meet clarification on www.swimwales.co.uk

Presentation Evening

The date is set, the disco booked!

All you need to do is get your tickets for our Annual Presentation evening.

It is on Saturday 18th December

7pm

Haverfordwest Cricket Club.

£6.00 a ticket (includes food)

•

Our Hamper raffle takes place at this event and we kindly ask if all families could donate items that could be included. A box will be kept at the leisure centre to collect your donations .

Many thanks again

Trophies & Shields

These all need to be returned to Tony Jones for this year's Championships.

Please could they be brought back polished and ready for the Presentation evening by 10th December.

You can leave them with Alicia Jones

on poolside most evenings.

Thank you.

COLOURS GALA 2010

Well done to all our **Seals** who took part in our annual fun event. An action packed afternoon was spent where cunning tactics was the order of the day. Well done to all swimmers who took part, parents included!!

A special mention to the Team managers & captains for organising their teams and banners.

And huge CONGRATULATIONS go to the **GREEN** team for their winning efforts & also to the **yellow** team on producing the winning banner.

Thank you too to all helpers on the day.

Haverfordwest

Seals

presented

Kieran

Williams &

Jake Watson

with a card

and gift for

their recent

18th Birthdays

Celebrations.

Many Happy

Pembrokeshire County Championships 23/24th October

A fantastic turn out of 30 Seals' swimmers this weekend. Well done to you all! Some personal bests achieved as well as good times for our newer swimmers.

Medals were jingling and faces were smiling.

We are always looking for support and help within the swimming club. If you feel you have any time or skills to share please contact a member of the committee. If you would like to post anything in our Newsletter please contact Judith Billing - jude19671@hotmail.co.uk. We value

your input

Thank you