



NEWSLETTER DECEMBER 2007

Etwall Eagles would like to take the opportunity of wishing everyone a very happy Christmas and looks forward to many more PBs (personal bests) in 2008.

The Club has gone from strength to strength during 2007 with many new members joining us for the starter sessions on Sundays. We thought it was an appropriate time to remind or update members on what has been happening in the Club over the past year.

Olympic Development Squad 2012

We are pleased to announce that Chris Steeples, who is a member of Etwall Eagles, but trains with the Derwentio Squad, has been selected for the Olympic Development Squad 2012. He was also nominated by the club and subsequently won Young Sportsman of the Year Award receiving a grant of £80.00 at the recent South Derbyshire Sports Award. Many congratulations Chris on these wonderful achievements.

Christmas Presentation Night

Don't forget that the presentation night for the Club is being held on Friday 21st December at Willington Social Club, starting at 7.00pm to midnight. This is a fun event and is open to all swimmers and their families. Presentation of awards, including sprint badges from the October time trials are followed by a disco. We do not charge admission for this event but request that everyone brings something for the buffet.

Webpage

We are proud to announce that the new website for Etwall Eagles has now been launched. The web address is www.etwalleagles.co.uk. This website will be updated regularly and should be your main point of reference for anything which is happening in the Club.

Photographs to appear on the website may be taken during galas or swimming sessions during the year. If you would prefer that your child was not photographed can you please let one of the coaches know asap.

Christmas Closing

The last swimming session for the Club will take place on **Sunday 23 December**. Normal swimming lessons will take place upto 5.00pm, following by two fun sessions from 5.00pm – 6.00pm and from 6.00pm – 7.00pm.

Swimming lessons will then resume at Repton on Thursday 3 January and at Etwall Leisure Centre on Friday 4 January 2008.

Diddy League (8 – 12 year olds)

This league is a good introduction to club swimming and swimmers from the age of 8 years can start to compete on a friendly basis. 8 and 9 year olds swim relays only, races for older swimmers are generally two lengths. Over the past few years we've had limited success in the Diddy League.

This year the teaching structure has been changed and along with the recruitment of new swimmers this year we plan to improve our performance in 2008. The Club championship results seem to bear this out and the hunt is already underway to identify the swimmers in the 9-10-11-12 year age groups who will take part.

Speedo League

This is the main competitive league that the Club swims in. It is a National League and we compete in the Midlands Section. Last year we narrowly missed out on a promotion to the next Division (Division Two).

There are three fixtures which take place in the Autumn (Oct/Nov/Dec). At the first one this year on 13 October, Etwall Eagles came first with very good performances from a small number of swimmers.

Overall Result:

1.	Etwall Eagles	206 points
2.	Belper Marlin	184 points
3.	Dranfield Dolphins	172 points
4.	Matlock and District	167 points
5.	Leicester Neptune	137 points
6.	Nuneaton	DNS

If results continue in this vein, we hope to reach the area finals in the New Year and this time secure promotion to Division Two.

However it was very disappointing that at the above gala when the squad was already low in numbers that three swimmers failed to show up without any notification to any member of the Club that they were unable to swim.

Before each gala a team sheet is posted on the upstairs notice board at Etwall. Age groups for the Speedo competition are 11 and under / 13's / 15's and open. Could all swimmers please look at this and indicate availability, if selected, as soon as possible. If for whatever reason you are unable to make it, we are then able to get substitutes and are not left in the situation of having no swimmers in a particular event. (The number of individual swims is restricted by competition rules).

Transportation

Unfortunately the Club is unable to fund coaches to every gala due to the high cost of transportation and therefore we rely on parents being able to take their child to the event. However there have been many occasions where lift sharing could help. If you have space and are willing to take extra children with you to one of the galas then perhaps you could put a note to this effect on the notice board. Please note that you need to ensure you have business use on your insurance. This usually doesn't involve an extra charge.

Fund Raising

The Club is always looking at ways of raising funds, maybe in the hope of providing transportation to all galas. The Club has recently set up a link to a website called easyfundraising.org.uk. If you buy anything via this website and declare Etwall Eagles as the recipient, the Club will receive a percentage of what you spend with absolutely no extra cost to yourself. A fantastic way of helping the Club raise funds. Please take a few minutes to look at the webpage when you are doing your Christmas shopping and of course throughout the year. An example of companies participating are Amazon, Comet, and Tesco etc. It has been tried and tested and already the Club is benefiting.

Masters

The Club has a thriving Masters section (Masters is for swimmers 18 years plus). We regularly compete in competitions up and down the country and this year at the European Championships in Slovenia.

Our squad is approximately twenty-five strong with ages currently ranging from mid twenties to sixty. It doesn't matter if it is your first or hundred and first competition you'll be an important and valued member of the team.

The last twelve months the squad has become one of the most recognized in England and certainly one of the regions most successful Clubs.

This year has been the most successful in the Clubs history with the team winning ten national titles, breaking over twenty regional records, winning twenty-six medals at the Midlands championships, and just for good measure twelve Irish Open titles!

The secret to all this success is the fantastic team spirit. So come and give it a go!

Masters sessions are not all about competing, if you would just like to come along to improve your swimming and fitness levels then the session on Fridays are a perfect introduction to the Masters squad.

Masters Training Sessions: (Etwall Leisure Centre)

Monday 9.00pm to 10.00pm

Wednesday 8.45pm to 10.00pm

Friday 8.00pm to 9.00pm

Merchandise

Etwall Eagles has a very well stocked box of swimming apparel, considerably cheaper than you will find in the high street, so if you are in need of new swimming costumes, goggles, hats, floats, etc. then please see Joanne or Sandra. Joanne is normally around on Mondays, Wednesdays and Friday nights at 7.30pm and Sandra and Joanne are about on Sundays from 4.00pm to 8.00pm. If there is something specific you need then Joanne is usually able to order in special items for you, please call 01335 330057.

Please also see Joanne or Sandra for Etwall shirts and swim bags which can be printed with your name on. Cost of shirts is £13.80 with £1.20 for printing. The backpack bag costs £12.95 and the holdall is currently £10.00 until current stocks are depleted, both include printing.



Training

Training takes place on the following days, please see one of the coaches if you are unsure which other sessions would be suitable for your child(ren).

Monday – Etwall Leisure Centre (Currently)

7.00pm to 7.45pm Intermediate Swimmers

7.45pm to 8.45pm Junior Swimmers

8.45pm to 10.00pm Senior and Master Swimmers

NB NEW YEAR TRAINING TIMES ARE:

7.00pm to 8.00pm Intermediate Swimmers

8.00pm to 9.00pm Junior Swimmers

9.00pm to 10.00pm Senior and Master Swimmers

Wednesday – Etwall Leisure Centre

7.00pm to 7.45pm Intermediate Swimmers

7.45pm to 8.45pm Junior Swimmers

8.45pm to 10.00pm Senior and Master Swimmers

Thursday – Repton School

7.00pm to 8.00pm Junior Swimmers

8.00pm to 9.00pm Senior Swimmers

Friday – Etwall Leisure Centre

7.00pm to 8.00pm Junior and Senior Swimmers

8.00pm to 9.00pm Master Swimmers

Sunday – Etwall Leisure Centre

4.00pm to 4.40pm Beginners, widths

4.20pm to 5.00pm Improvers, lengths

5.00pm to 5.45pm Intermediate swimmers

5.45pm to 6.45pm Junior Swimmers

6.45pm to 8.00pm Senior Swimmers

Coaching by Dean Howard

After many months of trying to fulfill the coaching requirements the Club needs, we now have a new teaching and coaching structure in place. With the growth area being at the young squad and teaching area, I'm glad we have managed to retain Charlotte Howard, Level 2 teacher in charge of widths lessons.

Charlotte is now backed up by Chris Roworth, Sue Harman and Zoe Stretton, to provide us with scope to provide three teaching stations on Sundays. This now leaves me free to observe the swimmers and get a better overall picture of the improvements and progress being made.

After two months this new structure is proving successful to the benefit of all.

2008 Gala Dates

Please see the webpage for any confirmed fixture dates for 2008.

Etwall Eagles Committee

The Etwall Eagles Committee is run purely on a voluntary basis, predominately by parents of Club swimmers, who meet once per month on a Tuesday night. We are always looking for new members to help in the organization and management of the Club and would love you to join us.

There are many other ways you can help the Club apart from being a Committee member. We are always looking for assistance in the running of galas. The more parent helpers we have on pool side the smoother and quicker the galas can run. We also need spotters during the normal swimming sessions. At the moment we have no spotter for the 5.00pm session on a Sunday. To become a spotter (an extra pair of eyes to ensure the safety of the children) involves attending a course (no more than 2 hrs) at the Etwall Leisure Centre. Details of the next course will be posted on the website or again speak to one of the coaches or Committee members and we can put your name forward.

We would also like to take this opportunity of extending an enormous thank you to Malcolm Amatt who has retired from the committee after 4 years as Chairman. Malc's major achievement was to apply for, and secure Swim 21 status for the club. He also saw us build the membership back up after a period of financial difficulty, and oversaw a change of the coaching structure last year.

Committee Members

Chairman:	Janet Briggs
Secretary:	Sandra Holden
Treasurer:	Andy Sadler
Membership Secretary:	Mandy Smith