



Edenbridge Piranhas Club

NEWSLETTER

January 2010

Octopus League Round 1

Well done to all our swimmers on Sunday. 4th place is a really good result for the first round of this league and a time restricted gala.

We had a number of swimmers in their first gala so well done to Jessica Lawes. Hannah Nunn. Amy Dickson, Joe Robson, Joe Tanswell, Oscar Green and Max Borland.

We obtained a fantastic number of PB and relay PBs with some of you taking over 4 seconds off your previous PBs, a special mention for Natalie Graham (fly) Emily Thompson (breast stroke) Leticia Nightingale (freestyle) and Jed Fairchild (freestyle)

As mentioned above this was a time restricted gala which means that if you swim faster than the given maximum time you incur a time penalty disqualification for that race. Please do not be disappointed if you did incur a time penalty marked as "TP" on the results list. We endeavour to put swimmers in races where on their previous recorded Personal Best time (PB) they would have some margin for swimming within the time allowed. However it is very difficult to assess this for the younger swimmers who are all improving so rapidly and indeed for some of you we had no times for reference! Please do not worry, all times recorded on Sunday will be kept in our database and so it does not matter if you were disqualified for swimming too quickly you can still keep this time as a PB.

I would like to thank all those parents and

coaches who helped on Saturday, Lynda Wansbury, Pete, Jason, Paul Norris, Sharon Stark and Debbie King-Powrie, It was a very busy hectic gala and great to have your help in particular with so many new swimmers.

All times recorded are on the results list, remember in relays you can only get a badge if you swim a PB in the first leg. However we do keep all Relay PBs for reference. Also this list will show new badges for some who already have them, this is because you may have previously achieved them at a different distance.

Cheam	219
Eltham	214
Bromley	203
Edenbridge Piranhas	170
Erith	167
Woodside & Thornton Heath	152
Streatham	124
Croydon Amphibians	110

- Jayne Adams

Mission of the Coaching Team

Our goal as a friendly family club is to provide the opportunity for each individual to realize their full potential regardless of their ability. We strive to teach them values and skills that will not only ensure their success as athletes but will carry over into their adult lives and also help them to succeed outside the swimming pool. These include the benefits of goal setting, a good work ethic, teamwork, sportsmanship, self-esteem, self discipline and the value of making sacrifices in the interest of long term success.

Aims of the Club

At Edenbridge SC we aim to cater for all levels of swimmers. All training programmes are carried out under the direction of our coaching team: Shan Butler, Pete Lawrence, & Jason Nightingale,. Supporting them is a team of ASA qualified teachers and volunteers. From novice swimmer to accomplished athlete, the aim is to improve technique, speed and stamina as well as work hard and have some fun. Every swimmer is given the opportunity to reach his or her full potential. At the same time a high priority is given to both aspects of comradeship and enjoyment. All swimmers who train with the Club have the opportunity and are encouraged to compete in varying levels of competition.

-The Coaching Team

Note to the swimmers

Our Training will be getting harder and require good commitment from all swimmers. Can I please stress that **ALL SWIMMERS** please bring all their kit & **A DRINK** with them to all training sessions.

If you do not have fins yet, do not forget that we do sell them.

Swimmers should also have drag shorts as well.

Please ensure that all diary's have your Pb 's in them .You can get this off the web site .And you are putting all relevant information into them .

Kit Corner

A note to swimmers/ parents that a Kit Corner will be run at normal swimming club times. This can be to purchase speed badges, hats, bags, swimming costumes and other piranhas kit. The corner will be run on a stall during normal swimming sessions for parents/ swimmers to purchase any necessary kit.

