



Kelly Swimming Newsletter

Swimming - Open Water Swimming - Triathlon - Running - Aquathlon – Biathlon – Modern Pentathlon



Issue 15, Friday, 6th July, 2007

The Kelly Swimming Newsletter

Swim Sessions

Please find below swim sessions for next week. We will be publishing the rest of the holiday times next week.

Monday, 9 th July	600-830	All Swimmers	1700-1900	All swimmers plus Dev. Squad
Tuesday, 10 th July	600-830	All swimmers	1700-1900	All swimmers
Wednesday, 11 th July	600-830	All swimmers plus Dev Squad, excl. National Qualifiers	1500-1700	National Qualifiers only
Thursday, 12 th July	700-900	All Swimmers	1530-1730	National Qualifiers only
Friday, 13 th July	700-900	All Swimmers	1600-1800	National Qualifiers and Dev. Squad
Saturday, 14 th July	600-800	All Swimmers	1430-1600	All swimmers
Sunday, 15 th July	Rest day			

National Qualifiers = those with times for this years Nationals.

All Swimmers = All those without NQTs in Performance, National and County Squad.

Development Squad swimmers.

Swim Shop

A few words to say a real thank you to everyone who has supported the swim shop – both as customers and those who have offered practical help. The ‘scrummy’ bakers especially, Alison, Yvonne and Karen, thank you so much. If anyone has an idea for fund raising activities please let me (Sally) know – all (well most) suggestions welcome!

I’ve been touched by the kind words of support, and my ‘pressies’ at the BBQ were so kind. Thanks again, I hope you all have a great summer. SD

Thanks

I would like to thank all members of the swim squad for the gifts they presented me (Jenni) with at the BBQ and the kind words in the card. I can honestly say that this past school year has been the best ever and I have thoroughly enjoyed it and hope that the Squad have too. Hope you all have a great holiday and come back raring to go. JAH

Pre National Training Camp.

The pre National training camp will be held at Kelly College from 2pm on Wednesday 11th July. The camp will run until;

Age Group Swimmers: Saturday 22nd July (11 nights)

Youth Swimmers: Thursday 26th July (15 nights)

Accommodation for the camp to be at the Grove.

Could I ask all those who would like their children to attend the camp please contact Jenni Henry (henry.j@kellycollege.com) or ring on 01822 813165 ASAP to book a place. The cost of the camp will be £25 per night and include all food, accommodation, coaching and travel up to the National Championships.(Transport will be provided from Kelly for both the National Age Group and National Youth Championships.) RAB

ASA Bagcat Nationals.

Accommodation for this event is as follows:-

Twin rooms for Mr. Stacey and Kathryn, Mr. Oxborough & Lawrence. Cameron Brodie, own accommodation. JAH

Long Course Swimming Championships/ASA National Youth Championships

Thank you to those who have already contacted Jenni regarding accommodation:

Holly Yeo, Laura Giddings – own accommodation.

Booked in with Kelly are:-

Jeff Hill, Louise Watkin, David Hill, Claire Cashmore, Daniel Brown, Matthew Henry, Sarah Timms, Jan Langton.

Could those who are competing at the Youth Championships and are not mentioned above, please contact Jenni (henryj@kellycollege.com) or 01822 813165 urgently to let us know their arrangements as soon as possible please.JAH

DCASA Development Galas

Warm-up starts at 9.00am at Exe Valley Pool, Tiverton on both Saturday and Sunday, 7th & 8th July. All swimmers to make their own way to Tiverton.

Directions are:-

From M5 leave at junction 27, signposted Tiverton. Follow dual carriageway until you reach first roundabout. Take first exit, at next roundabout second exit and entry to pool is first exit off the next roundabout. Parking is at a premium at the pool and for officials only. Spectators are asked to park across the road where there is plenty of parking and is only a 100m walk away.

The first week of the Development Galas went very well for Kelly College with some excellent swims and great pbs. A full report on these galas will be given in our next newsletter. JAH

ASA South West Region 11th Open Water Swimming Championships

These are being held at Preston Beach, Weymouth on Sunday 8th July, 2007. Entries have been accepted for Caroline & Hannah Ball, Matthew Henry and Matthew & Kathryn Stacey. Details as follows:-

5km briefing at 9.00am.

The 5km race is swum over a straight 833m course (in length), therefore 3 laps in total.

The 5km race will start at 10.00am

3km/1.5km briefing at 1.15pm

The 3km race is swum over a straight 750m course (in length), therefore 2 laps in total.

The 1.5km race is swum over a straight 750m course (in length), therefore 1 lap in total.

The 3km and 1.5km races will be swum separately with the 1.5km race starting at approximately 2.00pm.

Presentations will be held on the beach after the 5km race and after the 3km and 1.5km races.

ETON TRIATHLON

Callum Tustin and Saul Phillips took part in a National Youth, Junior & U23 Series event at Eton Rowing Lake.

Callum finished 17th out of 40+ starters, where the field consisted of youth and younger junior athletes. Callum was one of the youngest in his event. He bettered his time from May this year by 5mins, when he finished 6th in the youth race. This is a huge improvement and testament to his commitment to training.

Saul competed in a combined Junior and U23 event where he finished 19th out of 20 starters. RB

DATES FOR YOUR DIARY

Swimming Events and Dates:

30 th June/ 1 st July	DCASA Development Gala – Pyramids Pool, Exeter
7 th /8 th July	DCASA Development Gala – Exe Valley Pool, Tiverton.
23 rd /26 th July	ASA BAGCAT Nationals, Sheffield.
27 th July/1 st August	Long Course Swimming Championships/Youth Nationals
13 th October	Speedo League – Round 1.
10 th November	Speedo League – Round 2.
8 th December	Speedo League – Final Round

Triathlon Events and Dates:

Open Water Events and Dates:

7th/8th July ASA South West championships - Weymouth
21st July City of Plymouth Breakwater
11th August DCASA Open Water, Oddicombe
25th August National Age Group Competitions & Final of ASA
5k Grand Prix Series.

Camps

11th to 25th July 2007 Pre-National Camp
18th to 25th October 2007 Lanzarote

Issue 15 - Newsletter Contributors

RAB – Robin Brew
JAH – Jenni Henry
MS – Martyn Stacey
BE – Bridget Every
RB – Richard Brady
SD – Sally Davies