



CALVERTON AND BINGHAM SC

NEWSPLASH

JULY 2009

THE MIDLAND AGE GROUP CHAMPIONSHIPS 2009 6/7TH & 13/14TH JUNE 2009

By Angie Barsby

Well done to the following **Calverton and Bingham** swimmers who all qualified and competed at the Midland Championships as part of Nova Centurion, over the last 2 weekends.

The Championships held at the Coventry 50m pool was for girls aged 10 -13 years and boys aged 10 -14 years from the East and West Midlands region.

All the swimmers had done really well to achieve the age related qualifying times to compete in what was for some their first District Championships.

In the 10years age group **Adam Clarke, Nicole Goulding, Erika Limbrick, Rosie Rudin, Charlotte Smith and Jack Wilson.**

In the 11years **Danielle Cherry** and **Megan Geoghegan.**

In the 12years age group **Amber Keegan, Harry Martin, Callum Murray** and **Thomas Roberts.**

In the 13 years age group **Faye Henesey, Regan Jordan, Poppy Rudin** and **Joe Stevenson.**

In the 14 years age group **Jorge Phenix-Coyne, Karl Morgan** and **Mitch Jordan.**

Against tough competition some fantastic PB's, National Times and results were achieved by all that competed.

Overall top 8 trophy positions, based on points achieved from a number of events, went to –

Rosie Rudin 1st in the 10 years age group

Thomas Roberts 8th in the 12 years age group

Amber Keegan 5th in the 12 years age group

Faye Henesey 3rd in the 13 years age group and

Jorge Phenix-Coyne 8th in the 14 years age group.

REMINDERS FROM COACHING TEAM

1. Please turn up for swim sessions on time, this means being ready on poolside, before the session start time. At your coaches discretion, if you are late you may not be allowed to swim.
2. Remember to bring onto poolside all of your kit (kick board, pull buoy, fins, goggles, inhaler if required, hat and a drink)
3. At Bingham, please use the lockers or take your bag onto poolside, do not leave your belongings on the benches in the changing rooms, as things may go missing!

CABSC SUMMER SALE

GIRLS - We are having a summer sale of **CABSC logo girl's racing swimming costumes**. These are light lycra suits, unsuitable for general training sessions, but we would like to see more of our girls wearing a club swimsuit, along with their club hat, when they swim for CABSC in League galas and at Open Meets. If you are a regular gala team swimmer this is a good chance to stock up on CABSC cossies at a knock down price of **£5** each. We are selling these at a loss.

Please see Kath or Andy Wallace with your orders.

BOYS - Please let us know if you are interested in CABSC club jammers, we will consider ordering these in the future if there is enough demand!

There will be a sale of remaining stock at the Club Champs galas!

COMPETITIVE START AWARDS

Congratulations to the following swimmers who have all passed their Competitive Start Awards recently:-

Oliver Bond	Morgan Remnant	Kelsey Giles
Charlotte Brown	Emily Towns	Phoebe Wardle
Kiah Slater	Catherine Angus	Raigan Stephenson
Jemma Knox	Hans van Baalen	Jorge Stephenson
Matthew Boardman	Findlay Tweedie	

REDMILE SCHOOL DISTANCE SWIM

By Emma Poole

On the 19th June some of our swimmers took part in a distance swim for Redmile school. The idea was to swim as many metres as possible in 1 hour.

Congratulations to JDS swimmers
Zoe Onyett aged 8 who swam 2000m
Megan Attewell aged 8 who swam 2000m

Congratulations to Junior squad swimmers
Lucy Attewell aged 6 who swam 2000m
Mya Onyett aged 7 who also swam 2000m

That's eighty lengths or 2 kilometres each, the girls had set themselves targets before the swim and all reached or exceeded those targets. Well done great swimming.