

AquaNEWS

The Christmas Display is a great opportunity for all club members to swim routines and gain confidence swimming in front of an audience. The girls appear to have had a great time and showed off some of their new skills. There were several new routines at the show and many girls were swimming for the first time. Some of our more established routines were a pleasure to watch. A big thanks to parents and coaches for all their support with the event which raised £1,132.00.



As we reflect on the year we can see how the club has developed:

- 6 National Swimmers
- Gold medals at every competition
- Over 50 club members
- England Talent Selection
- National and Recreational Grading
- Charity Status for Aquavision



2013 Event Dates

18th - 22nd February
Half Term Training Camp
 Location- College

23rd March
London Competition
 Location- Southgate

28th March - 1st April
Cobham Training Camp
 Location- Cobham Hall, Kent

27th April
Skills Assessment
 Location- London

27th May - 31st May
Half Term Camp
 Location- College

15th June
London Development Day
 Location- Erith

22nd June
Skills Assessment
 Location- London

6th July
Sponsored Swim
 Location- College

14th July
Recreational Club Figures
 Location- College

20th July
Summer Display
 Location- Pool & Track

Please note: These events may change, please check with the coaching team.

Xmas 2012 Raffle Prize Winners

Prize	Ticket Number	Winner
1) Main Hamper		Shirley and Terry
2) Wine Hamper	769	Robert (52 Hillfield Road)
3) Xmas Hamper	2182	Emma Quigley
4) Cake stand with cakes	2168	Hanna Kahirul
5) Whisky (Glenlivet)	658	R O'Hanna
6) Thornton's Chocolates	991	Katia Simon
7) Pimms	2160	P Walters
8) Jacobs Creek Wine	227	Stephanie Pagan
9) Bordeaux Wine	864	Lynn Moore
10) Wolf Blas Wine	996	Dr Babs



Full list of raffle prize winners on request: please call 0208 360 5405

2013 will bring new challenges and achievements as the club moves forward. We are looking to recruit and train new coaches as well as expanding on our land work. We will be also progressing through recreational and national grading exams.

Coaches Notes:
Please do not forget to pick up the article written by Anna-Maria Volanaki on sports drinks vs milk.

