



Etwall Eagles Newsletter

ISSUE 1 - 2018

SAVE THE DATE

- **Derwent League: 3 March**
- **Diddy League: 21 April, 19 May & 23 June**
- **Burton SC Charity League Gala: 30 June**

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MEET THE TEAM: Andrea Hurst - Welfare Officer

I have three children who are members of Etwall Eagles; Phoebe, Sam and Esme. Phoebe joined the club in 2008, after a recommendation from a friend, and was later followed by her siblings. I became involved in the organisational side of the club when Esme began swimming competitively, training as a team manager.

Watching the swimmers training inspired me to take adult swimming lessons to sort out my shoddy free-style!

I have taken on various voluntary roles in organisations over the years, including parent governor, bereaved parent support volunteer, FPTA treasurer, and music centre parent helper. I am a firm believer in volunteering to support the work of organisations that provide our children with additional opportunities. I am very pleased to be joining the Eagles team.

My teaching background has provided me with a lot of experience and training in

safeguarding children, and keeping our children safe is an ongoing and ever changing challenge for parents and those who work with young people alike.

Q&A:

Favourite Film:

The Shawshank Redemption

Favourite Song:

Rumours - Fleetwood Mac

Favourite Food: Tomatoes

Dream Car: One that can cope with the rural roads!

Easyfundraising



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Belper Marlins “Ghoul in the Pool” Open Meet Report

A team of 27 swimmers entered the Belper Marlins “Ghoul in the Pool” open meet, which was a club targeted meet, at the Arc Leisure Centre, Matlock at the end of October.

What a day the team had. In the Top Visiting Club category, we came out 6th, which is an amazing achievement.

The majority of swimmers achieved personal best (PB) times, compared to their entry times and some even making big jumps in PB times from the Club Championships only 3 weeks before.

Christian Burrows came 8th in the Top Boy category along with the team coming away with:

3 Golds, 1 Silver, 12 Bronze, 17 4th-6th placings

Thanks must also go to the other Team Managers Jenny Alton and Kerry Hamblen.

Long Eaton Distance Meet Report by Emily Webster

It was a great atmosphere at the Long Eaton Distance meet which took place on the 22nd October at Derby. Three of Etwall Eagles swimmers represented the club very well. Swimmers travelled far and wide to compete from as far as York to Northampton plus some very young swimmers age groups started from 10 years old up to 45 years old.

Results

- Boys 1500m freestyle Adam Banks came 3rd in 14/15 year old category with 17.25.84 time and 4th place overall for all age groups.
- Boys 400 IM Adam Banks came 1st in 14/15 year old category with 5.02.90 time and 1st place overall for all age groups.
- Boys 400m freestyle Samuel Littler came 2nd in 14/15 year old category with 4.33.90 time and 3rd place overall for all age groups.
- Girls 400m freestyle Keela-Marie Webster came 21st in 12/13 year old category with 6.12.68 time and 64th place overall for all age groups.

Derbyshire ASA “Junior Grand Prix Series” Report

A number of our young swimmers (9-12 year olds), competed in the Derbyshire ASA Junior Grand Prix Series. The Grand Prix Series, has been set up for 9-12 year olds, to gain experience at an open meet and also gain times, which can be loaded onto the ASA Rankings Database, which enables them to compete at County events and other licensed open meets.

The series was run over 3 dates in September, October and November and held at 3 different venues within Derbyshire. This is the first year these have taken place, but will take place going forward to help the junior swimmers within the County.

Over the 3 rounds, we came away with swimmers having competed in longer distance events, which they have never competed in before and also achieving new PB's (personal bests), which has enabled them to qualify for the County Short Course Championships being held in February 2018.

Overall, Etwall swimmers came away with the following top awards:

9 Years: 1st – Dominic Taylor (winning a Blue Seventy Bag and medal)
10 Years: 3rd – Ewan Shackleton (winning a Blue Seventy Hat and medal)
11 Years: 3rd – Malachy Watt (winning a Blue Seventy Hat and medal)

Thanks go to the volunteers from Etwall who helped out over the series: Sarah Shackleton (official), Debbie Taylor, Andrea Hurst, Cathy Hall (team managers), Andy Hall (official) and Charlotte Hall (competitor steward).

A big well done to all swimmers that took part in the series.



Here's the winning 9 year old Boy – Dominic with his medal.

Swim England Masters National Championships 2017 by Chris Thorp



This year there was a relatively small squad of 4 men and 3 women representing Etwall Eagles at the annual Masters' short course National championships at the end of October in Sheffield, but what a tremendous amount of success they all enjoyed. Overall, there was one British record, four East Midlands records, 16 Club records and several PB's too - a magnificent achievement by a small club and a small squad! Several of the previous best times had stood for a long time, up to 9 years, and several previous bests were improved by substantial margins, reflecting the great quality of the swims. Choosing the swimmer for the Swim of the Meet award has been no easy task, but eventually it went to Kath Tunnicliffe. Well done, Kath!!

This year saw the introduction of qualifying times for all entrants, so it is no longer possible for anyone to enter, although in practice the times have been set to make the event as inclusive as possible whilst making for a competitive and entertaining series of races. Ponds Forge may be showing its age a bit now as far as the building is concerned, but the conditions for racing are just about perfect, the depth and temperature making the opportunity for fast results - it is said that if you can't do good times at Sheffield, you can't do them anywhere. There were a number of new World and European records that were set over the three days across a very wide spectrum of ages, which is testament to the quality of the facilities.

There were some gripes beforehand because you can't alter the entry times that the system puts in for you, and if you have not got a time for your chosen event in the past 2 years then you are unable to enter. However, it is the same for everyone, and at least the system does preclude the "bandits" who deliberately enter slow times and then "surprise" the others when it comes to medalling. There were some annoying delays at times due to failures of technology, but overall it was a very well run gala, involving lots of officials to undertake duties at two pools that are run simultaneously.

So how did the Eagles team get on individually? Medals and records were won by the following swimmers:

Kath Tunnicliffe (65-69 years):

1st in the 100 IM, British, East Midlands and Club records
 1st in the 50 backstroke, East Midlands and Club records
 1st in the 100 backstroke, East Midlands and Club records
 1st in the 200 backstroke
 1st in the 50 freestyle, and a Club record
 2nd in the 100 freestyle, and a Club record
 1st in the 50 butterfly

Lindsey Gowland (60-64 years)

1st in the 50 backstroke
 1st in the 50 butterfly
 2nd in the 50 freestyle, and East Midlands and Club records
 2nd in the 100 freestyle
 3rd in the 100 butterfly, and a Club record
 3rd in the 100 IM, and a Club record

Jaq Mann (45-49 years)

2nd in the 50 butterfly, and East Midlands and Club records
 2nd in the 100 IM, and a Club record
 Other positions:
 5th in the 50 freestyle, and a Club record
 5th in the 50 backstroke, and a Club record

Garry Vickers (45-49 years)

8th in the 100 IM and a Club record
 6th in the 100 breaststroke, and a Club record and PB

Chris Thorp (65-69 years)

3rd in the 50 breaststroke, and East Midlands and Club records
 3rd in the 200 IM

Men's 4 x 50 Freestyle Relay (200 -239 years)

Team: Garry Vickers/Chris Rolle/Chris Thorp/Clive Smith
 10th in a new Club record

So once again the women were all in very fine form and proved to be better than the men overall, although sadly both Kath and Lindsey are set to leave the Eagles at the end of this year: nevertheless, we wish them both the every success in their new clubs. The Nationals are always an enjoyable occasion, bringing the best of the country's Masters swimmers under one roof. There is always much camaraderie amongst swimmers of all ages, and a very healthy degree of competition that seems to bring out the best in you.

Congratulations go to everyone who took part to form such a strong team.

Congratulations

Congratulations to the following who recently completed their timekeeping qualification:-

- Judith Thorp, Andy Banks, Miranda Bainbrigg, Sarah Shackleton, Debbie Taylor and Phoebe Hurst.

Swimmers Corner

Congratulations to all swimmers who collected medals and trophies at Presentation Evening, we hope you enjoyed the night. Below is an article from one of our medallists, Alice Smart:-

Achieving 6 gold medals at club championships was a result of many hours of training over the years at Etwall Eagles for 14 year old Alice who joined the club at the young age of 7 after completing all her swimming levels at Etwall Leisure Centre. *“When you feel the joy of winning, all of that hard training and time you have put in pays off, which just makes me want to try more and push myself to become a better swimmer”* says Alice.

Alice represents the club at various league competitions and has worked hard on her technique and stamina over the years to continue to gain her the PBs she richly deserves, enabling her to qualify for the Derbyshire County swimming competitions year on year. Her first county swim being at the age of 8, when she gained a silver medal for 50m backstroke, which is her favourite stroke.

Alice recently achieved her Bronze Duke of Edinburgh Award which ended with a weekend expedition in the Peak District. Despite walking for over 19 hours with a 4 stone rucksack and encountering various animals (including overcoming her fear of sheep!), she completed the expedition within the required timescale, ably supported by her group. Part of the Duke of Edinburgh includes demonstrating a Skill, Alice evidences this through her weekly saxophone lesson where she's learned various genres of music, her favourite being the James Bond theme tunes. Other areas include 'Physical' and 'Volunteering' so the obvious choice was to exercise her passion for swimming and coaching which enabled her to share her knowledge with younger swimmers for the benefit of the club where she's had some very rewarding results. Alice now moves to the next phase of Duke of Edinburgh, her Silver award, and has been put forward to become a Group Leader to support the next phase of bronze award.

Her energy and enthusiasm to push on with both her swimming training at Etwall Eagles coupled with her Duke of Edinburgh commitments, despite some personal challenges, have been massively rewarding for her and her family are extremely proud of all her achievements.



Birthday Corner

November

Tom Bainbrigg, Alannah Barroso, Niamh Bradshaw, Alex Chamberlain, Caleb Ellard, Daisy Fernie, Samantha Garrad, Chloe Gee, Poppy Gee, Benjamin Gormley, Lillie Mae Hambleton, Eilidh Harvey, Lucy Howard, Jeremy Ip, Stan Jackson, Stanley Jones, Ava Kumar, Ruby Kumar, Leonardo Masi, Julia Morton, Adam Smedley, Isabel Smith, James Smith, Amelia Trickey, Isobel Whittaker

December

Sam Alton, Toby Arnold, Finlay Banton, William Daniels, Harry Day, Amber Fowkes, Lindsey Gowland, Sophie Gregory, George Hague, Isabella Hambleton, Phoebe Hurst, Daniel Lane, Daniel Makepeace, Luke Matthews, Kathryn Roworth, Isabel Sheridan, Arwen Sutton, Erinn Turner, Isaac Watkins, Leila Watkins, Laura Webster, Kira West, Peter Whittingham, Jamie Yau

January

Christine Anglesea, Panos Antonopoulos, Sebastian Boddy, Tyler Boudir, David Daniels, Ryan Davies, Nathaniel Fitton-Born, Dominic Heathcote, Madeleine Hill, Dean Howard, James Hudson, Anna Keegan, Isaac Lane, Harry MacNamara, Samuel Nicholson-Morris, Milcah Pour, Jacob Sadler, Amelia Sheil, Connor Small, Alesia Sollaku, Dominic Taylor, Molly Thompson, Dennis Williamson, Ryan Yates

February

Eleanor Beeson, Indar Bitter, Charlotte Bowles, Corran Bradley, Jasmine Cooper, Macy Cox, Charlotte Ephgrave, Martyn Finney, Victoria Gunstone, Charlotte Hall, Alexander Hill, Robert Jones, Rachel Joyce, Sam Joyce, Megan Lacey, JoJo Latham, Antoinette Pardoe, Matthew Pegg, Chris Pickering, George Reader, Lauren Stretch, Zoe Stretton, Anna Sutton, Kathleen Tunnicliffe, Mya Watt, Caitlin Yau, Liam Young



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