



Calendar of Events

Fri 14th - Fri 21st October

Combined Club Champs

Entry closed.

Sat 5th – Sun 6th November

SER Winter Championships

Entry closed.

Sun 13th November

Hampshire Schools Champs

Closing Date - tbc

Sat 19th - Sun 20th November

Peter Bull Meet – Level 3

Closing Date – 17/10/16

Guildford City Meet – Level 2

Closing Date – 17/10/16

Sun 11th December

COSSC Xmas Meet – Level 3

Closing Date - tbc

Fundraising

Make sure you've signed up to www.easyfundraising.com and support HAST every time you shop online!

Club Desk

Don't forget, if you have any questions, the Club Desk will be open from 4-6pm on the first Sunday of every month in the pool viewing area. The Club Shop will also be open, along with sales of swimming/race wear and swim equipment.

Club Social

Club Champs Presentation / Christmas Party – date to be confirmed.

Happy October Birthdays...

Amalie Hoyle, Hannah Brown, Eleanor Morris, Leona Heath, Harrison Kennedy, Katy Boardman, Katie Sloane and Hannah Osborne!



A Big, Warm Welcome to our New Swimmers...

...Lucy Wilkins on, Ollie Birch, Lily Bampton, Leah Cook, Ryan Cumes, Eleanor Morris and Katie Sloane. We're delighted you've joined us and hope you'll improve your swimming, have fun and make lots of new friends.

Club Champs Update

The warm-up times have now been confirmed, please ensure that your swimmers are poolside 15 minutes prior to the stated times and please ensure that they have snacks and water bottles. A pdf version of the programme will be emailed out this week and the spectator charge will be £3.00 per day or £5.00 for the weekend. There will be no charge for spectators on the Friday nights. Please do remember there won't be any training on Sunday.

Warm-up times :

Friday 14th: 6:30pm

Saturday 15th /Sunday 16th: 12:30pm

Friday 21st: 6:30pm

Club Social – Club Champs Presentation/Christmas Party

We currently arranging the presentation evening and further information will follow shortly. Medals from Clubs Champs will be presented on the evening and not directly after the event itself.

Littlehampton Meet – Level 3

It was a great start to the season at the Littlehampton Meet with a total of 13 gold, 8 silver and 4 bronze medals, and 20 pbs. Well done to all of the swimmers who took part, with special congratulations to Amy Hill for not only picking up her first gold medal, but making it two and to Elliot Light for competing in his first competition.

Junior Cup

Congratulations and well done to all of our swimmers who took part in this fabulous gala at such short notice. You all did the club proud.



New Club Website

The new website is progressing well and should be "live" within a matter of weeks.

Hello from our New Club Captains!

Amy, Collette and Rich are delighted to announce that our club captains for the 2016/17 season are Hannah Osborne and Archie Smoker. They have written personal profiles so that you can all get to know them a bit better.

Hannah:

I first started competitive swimming with Hamble Aquatics following swimming lessons at a local pool. I came into competitive swimming at a relatively late age of 11, but I quickly progressed through all the squads. 7 years later and I still thoroughly enjoy all aspects of competitive swimming with Hamble, even the early morning training!

Over the years with Hamble I have competed in many open meets and club galas, achieving many medals and trophies, as well as the Hampshire County and South East Regional Championships. This year, for the first time, I will be competing at the South East Winter Regional Championships. Over the years I have represented my primary and secondary schools, and now my sixth form college.

I am currently studying sport at Peter Symonds College, where I am also captain of the college swimming team. In my spare time I work as a lifeguard at a local leisure centre, and I hope to continue with my love for the sport in the future either at University or in the leisure industry.

I feel extremely honoured and thankful being awarded the position of Captain for the second time within the Club. I will try my best to provide both my fellow team mates and coaches with support and encouragement in the future, being a voice and representative for both swimmers and coaches.

Archie:

I have been a loyal member for 5 years and currently I am Boys' Club Captain

Happiest Moments: Breaking the sub 30 second mark for 50 Free, at the Southampton meet in March this year. Even my Dad was not expecting me to do that because it was such a big milestone!! Being chosen by Amy to be Boys' Club Captain in September 2016. Achieving County times and the sense of always improving when putting in the work during training.

Favourite Stroke: Ironically looking at the recently published County Times, I'm closest to the 50 fly, which up until recently had been my weakest stroke, proving the point to be an all-round swimmer it pays to work at all four strokes which will then pay dividends when it comes to the individual medley (IM). I prefer to do long distance swims over 200m because it is one that you have to prepare for in your training by working hard in long distance sets and endurance to achieve the best time possible.

Top Tip: Many swimmers focus on how many hours they swim, whereas in reality your attitude and how hard you train when you are in the pool is far more important. Turn up to training ready to work hard and stay focused, PB's and County Times come as a reward for your hard work. Supporting your team when in club races brings a team together and makes it more successful and more enjoyable to the newer swimmers when they are at their first gala.

If you put the effort in the results will come.....

New Forest Aqua Park by Victoria Birkett

When I went to the New Forest Water Park with Hamble Aquatics, it was amazing! As we were in the middle of a lake, with an obstacle course set in front of us, we all had to work as a team to get across. Some people even conquered their fears, including me, and jumped off the end of an 'inflatable cliff'. It was really funny when you saw people getting bounced off the end of the blob; I got bounced off it myself. If I had an opportunity to do that again I'd take it because it was one of the best experiences ever!

YOUR NEWS & IDEAS!

Do you have any swimming related news or tips you would like to share with your team mates?
Please email the committee and tell us what you would find most useful in your club newsletter.