

Calendar of Events

Sat 19th - Sun 20th November

Peter Bull Meet – Level 3

Meet Closed

Guildford City Meet – Level 2

Meet Closed

Sun 11th December

COSSC Xmas Meet – Level 3

Meet Closed

Sat 7th January

Nomads Last Chance Qualifier –
Level 3

Closing Date – 23rd November

28th/ 29th January

4th / 5th February

11th/12th February

Hants County Champs 2017

Closing Date – December

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 Presentation Awards Evening

Sunday 18th December 6pm

Hamble Social Club SO31 4JL.

www.hambleclub.co.uk

Happy November Birthdays...

John Bassom, Leah Cook, Amy Hill, Bethan Richards, Sophie Summerton.



Our new website is launched www.hambleaquatics.co.uk

It's only been live for a couple of weeks but the new site has already had 358 hits, with 268 unique users viewing at least 7 pages per session with an average duration on the site of 5 ½ minutes – WOW. Please spread the word and if you've not taken a tour, add it to your favorites! A copy of the newsletter will be held on the site, plus we will build a photo gallery for 'swimmer of the month' as the season progresses. For new members the section under Gala will provide lots of hints and tips, Finally the Club have a new strapline.....

Train



Transform



Triumph



A Warm Welcome to our New Swimmers...

Amber McLaren and James Hamilton, Sophie's brother are our latest recruits. We hope you'll improve your swimming, have fun and make lots of new friends as you begin your competitive swimming journey.

Joint Club Championship 2016 – Amy's assessment

A HUGE thank you to everybody who helped make our combined Meet with Havant and Waterlooville, Locks Heath and Ryde Swimming Clubs such a success both in and out of the water.

We saw some amazing swims over the four days. The swimmers have shown some brilliant improvements in their swims, from tidier strokes, turns and starts. It was great to see such a huge number of swimmers competing; along with some new faces. Our new swimmers have done an amazing job and I'm really proud of all their swims: it was also fantastic to see the older swimmers supporting the younger ones and helping them with their numerous queries. Medals will be presented at our Club Presentation Awards Evening on the Sunday 18th December. Crunching the numbers we achieved:

- ✓ Personal Best Times (PBs): **85** (129 swims)

That is a 66% improvement rate on races where swimmers have beaten their previous PBs.

- ✓ Base County Times: **14**
- ✓ Automatic County Times: **13**

Amy Hill meets Adam Peaty at Holly Hill

On Monday 10th October, my Mum took me to see Adam Peaty open the new Holly Hill swimming pool. It was amazing to see someone in the flesh who has just won a gold medal and broke 2 world records at this year's Olympics. It's funny when you go training every week, wanting to be as good as Lydia, Jess, Hannah and Archie etc., then you realize Adam Peaty was exactly the same!

Lydia Parker Reports from the Regional Training Camp

In May I was delighted to find out that I had been selected for the second time to go to the South-east Regional Talent Camp. I had the opportunity to spend some time in the pool with coaches from throughout the region, who were also selected to come on the camp. Amy was one of these coaches and also got to come along. I think it was brilliant that Amy also got chosen because she got to experience the camp and was able to bring back regional tips and techniques to the club. In the pool we spent a lot of time on technique and when we were out of the pool we did stretching based activities. I loved this because I got to meet new friends and see others which I have raced against in the past. I had two talks one by a sports psychologist and one based on injury prevention. I was really excited because I got to meet Olympian Anthony James (Commonwealth silver medalist 100m fly) who swam next to Michael Phelps in London 2012. Not only did I get to meet him but he swam, showed us multiple fly drills and watched us swim. There are no more Regional camps for my age category but I aspire to get onto the national camp this season or next. The only way I will get on the next camp is by training hard and that is what I am going to do!

Marginal Gains – Tips from the parents

No. 1 How many times have you seen all those weeks of training come to nothing when your son or daughter has a goggle malfunction after diving into the pool at a meet? For some swimmers part of the race preparation is the donning of not one, but two swim caps. Not only does this prevent the swimmer being cap-less if their hat tears – which is both distracting and increases drag – but allows the sandwiching of the goggle straps between the two surfaces, holding the eyewear in position. It is also said that drag is reduced as the goggle straps do not disturb water flow!!

1997 – 2017: HAST 20th Anniversary

In 1997 Hamble Aquatics Swim Team was established, so 2017 sees our 20th Anniversary. With this background we will be looking to celebrate this important anniversary in style commencing with the preparations for a **warm weather training camp next October**. Other plans are still under wraps but watch this space for news in the coming months.....

And Finally Remember.....



Train

Train

with instruction and practice, your swimming technique will improve.



Transform

Transform

your speed and endurance across all strokes.



Triumph

Triumph

you did it – A great PB, County / Regional Time