

Calendar of Events

- **28th/ 29th January**
- **4th / 5th February**
- **11th/12th February**
Hampshire County Champs
- **Sun 19th February**
FNSC Valentines Meet –
Level 4 — Waterlooville
- **Sun 19th March**
Atlantis Regional Chaser –
Level 2 — K2, Crawley
- **Sat 8th - Sun 9th April-**
Bournemouth – Level 2–
Littledown, Bournemouth –
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.

Top Tip

In addition to rinsing your swimming costume out in cold fresh water, don't forget your goggles. The 'anti fog' will last much longer if they are rinsed.

Happy January Birthdays...

Holly Powell, George Snow, George Heffer.



Welcome to our January Newsletter

I trust everybody is now back into their normal routine after a enjoyable festive break and we can all now look forward to a successful 2017 both in and out of the pool. We will start off by looking back to just before Christmas to our

Club Presentation Awards Evening

A really great night with over 100 swimmers, parents and friends coming together at Hamble Social Club to celebrate. Prizes were presented by Rich Farrance ably assisted by Hannah Osborne and Archie Smoker. The 'photo booth' proved very popular being in constant use as soon as it was up and running. On Facebook Kirsty provided the link and password, so all the photo's could be viewed!

Fareham Nomads Last Chance Meet 2017

Amy's view - As the event name suggests, this really was the last chance swimmers had to achieve County times for this year. A mixture of swims however all in all, with the consideration to having just come back from the Christmas break, we did see some amazing results. It was good to see some real improvements on starts and turns also.

At the competition we saw:

- ✓ 8 Gold Medals, 3 Silver & 5 Bronze
- ✓ 30 PBs (62swims) 48% improvement over all swims

New Base County Time: 2

- ✓ George Snow – 50FC
- ✓ Molly Aspinall – 100FC

New Auto County Time: 3

- Archie S – 100 BRS, 50BK
- Jess Larby – 100 BK

Finally would like to say a massive well done for Archie in his 100BRS, knocking off another 4 seconds off his time he did at the Southampton Christmas Meet!!

County Entries 2017

Really great news is that all our swimmers with either Base or Auto times had their individual County entries accepted, hopefully next month we can report on further success in the water.

Development Swimmers

It's really positive to see we have 12 swimmers from Development regular swimming on a Thursday now between 5 & 6pm with the pool to themselves, it's so important we keep bringing new swimmers in as they are the future of the Club, so please spread the word – train regularly and success will come when you compete.

Go Cardless

Thank you to all those who've signed up to this scheme, it will save everybody time. The deadline is Friday 27th January, any questions please contact Annabel on treasurer@hambleaquatics.co.uk