



Dates for the diary

10/11/17/24/25 Feb- Counties

13 Feb- Valentine's Day cake sale

10 March- Staffs League R1

24 March- Crystal meet @ Central baths

Happy New Year to everyone and welcome back following the festive period. Some of you were still training hard over the Christmas holidays but here's hoping that you made the most of the few days break.

Level 4 time trial event

A big well done and congratulations to swimmers from both Bilston and Wombourne who took part in the event held at Central Baths on 7th January. The event was a great success, with 49 swimmers from both Bilston and Wombourne entering respectively. An abundance of personal bests and county times were achieved. A huge thank to all who volunteered (some at the eleventh hour) to make the day an immense achievement for the club.

Christmas disco and presentation evening

The Christmas disco at Goals on 16th December was a brilliant way to end the year for swimmers, parents and coaches alike. A great time was had by all. Well done to all swimmers who collected their trophy awards from the Club Championships and to those who won the fantastic prizes on the raffle. We raised £170. There are lots more social and fundraising events planned for this year- watch this space!



Volunteers

As a club we rely heavily on volunteers- without them we wouldn't be successful and we simply wouldn't be able to operate. This is particularly true for league galas and open meets. Jobs might include timekeeping, marshalling swimmers and manning the desk. On occasion if we don't have enough volunteers and officials we could even be fined gala points! Lots of parents get personal satisfaction from volunteering and enjoy being part of events. If you are interested in becoming a part of the volunteer team at the club please speak to Jane Andrews or Debbie Baddams.

Budding website designer wanted

The club website is looking tired and is in desperate need of some TLC. We are looking for either a parent or older swimmer who enjoys "all things IT" and might be able to help us give the website a complete

overhaul. The person should also be willing to monitor the website regularly and be responsible for its general day to day running. Please speak to Lisa Pegg if this opportunity appeals to you.

In other news...

A big shout out to all swimmers who have recently moved into JP2. Mitch Page, coach for the squad says "all swimmers are working really hard and have slotted right into the group." Keep up the good work guys!

Jodie Andrews represented the Midlands in the ISA National swimming championships this month at the London Aquatics Centre. Jodie achieved 2 PB's, gold and a silver medal! Well done Jodie!

Congratulations to children from the Swim School who have recently moved up to the Junior Development squad. The Swim School continues to provide the club with lots of young, talented swimmers and this is testament to the hard work executed by June Hodges, Gary Cattell and the volunteers both on pool side and behind the scenes in the Swim School.

Don't forget to visit our Swim Shop next to the desk on a Tuesday or Friday evening. The shop has recently been restocked with new items- including hats, net bags and kickboards, all on sale for a reasonable price. See John Howes or ask at the club desk with any queries.

Finally, we are hoping to hold a Valentines themed cake sale on Tuesday 13th February at Bert Williams. All proceeds will go towards purchasing something special for our county, regional and national qualifiers this year. Donations of cakes on the night would be much appreciated. Please see Becky Burrows, Lou Perks or check the club noticeboard for more information closer to the date.

Swimmers of the month

Congratulations to our January swimmers of the month;

Seniors- **Aidan Moore** for his consistently outstanding attitude in all training sessions.

JP2- **Lily-Ann Dean** who has made an excellent start since transition from JP1 and always puts in 100% at land training.

JP1- **Lauren Oldfield** for her fantastic attitude in every session and for being an excellent team member.

Junior Development- **Lexi Kempson** for having a fantastic attitude and great motivation.

Each swimmer will be entered into a prize draw which will be drawn at random at the end of the season.

Coaches' corner

This month focusses on entering Open Meets. The season is now well underway, with lots of swimmers chasing qualifying times for both county and regional championships. Many swimmers, particularly those who are younger and inexperienced find the prospect of competing at open meets daunting and often distressing. If you are uncertain which events your child should be entering please approach one of the coaching team who will be more than happy to advise you.

If your child is involved in an open meet or gala they should ensure that the following items are packed in their bag: swimsuit, hat and goggles (bring a spare of each!) two towels (one to sit on and one to keep dry) t-shirt, shorts, flip flops and a book/magazine or something to keep them occupied. Swimmers should also bring plenty of water to drink, a healthy packed lunch if there all day and low fat snacks...steer clear of the fizzy drinks and sweets!

Open meets can also be an expensive and tiring day out for spectators. Wear layers as swimming pools can get very hot- particularly in the summer months. Bring food and drinks for yourself too. There is always an entrance fee which varies from club to club and usually a swim shop and a raffle so bring along plenty of cash!