

Solihull Splash

The Newsletter of Solihull Swimming Club



Solihull Splash hopes to provide not only information about the workings of the Club, swimming terms and jargon, but also news items about gala/open meet successes, future meet dates, Swim Shop dates and other relevant Club news. We hope that you find this useful. Previous issues can be found on the Club website. Email sscparentrep@gmail.com to submit questions for future monthly issues.

Mike Beard Awarded British Empire Medal

The Club is proud to announce that Mike Beard has received a British Empire Medal (BEM) in the Queen's New Year Honours List.

This is in recognition of his outstanding voluntary service to swimming and water polo over many years. He has dedicated over 35 years to our Club in the roles of Committee Member, Chairman and Water Polo Coach. Having been Club Chair for 15 years, he currently serves as Vice Chair and Treasurer and continues to coach water polo three to four times a week. In addition to his Club roles, Mike was ASA President in 2000 and became their first ever Chairman in 2001. He held this position until 2006 when he stood down to enable him to give his full attention to the ASA West Midland Region Board where he is the current Finance Manager.

Many congratulations to Mike on this well deserved award.

NEW JUNIOR CLUB CAPTAIN

Meet your new Junior Club Captain Louie Boot. Louie joined the club when he was just 4 starting in teaching. Louie has competed for the club all through the Juniors and still competes as a Senior. Louie can be found helping with teaching, at the moment with level 6 swimmers and he also helps coach the Junior 2 and pre Seniors. Louie is currently studying for his A Levels and he is also an exceptional runner, you will often see him leading the pack at the park run and he always makes sure he talks to any SSC swimmers he sees down there. Louie is always happy to help any one that needs it. Congratulations Louie.



SOLIHULL MEN'S WATER POLO TEAM REACH GREAT BRITAIN'S TOP FLIGHT DIVISION

Congratulations to our Men's Water Polo Team, the team travelled to Swansea recently, for the most important matches of the Season, needing to win two matches to gain promotion to the first Division, in their first match they beat Polytechnic 15-12, they then went on to stun the strong side of Sheffield by beating them 12-5, this mean they have gained promotion to Division One of the British Water Polo League which ranks them as one of the top 8 teams across Great Britain. Since Solihull, coached by Phil Powell, joined the BWPL four years ago in Division 5 they have won consecutive promotions through the divisions in each year. Despite this they still have a very young team, with 12 of the 16 players used this season still being teenagers.

Top scorers this season were 18 years old Jordan Elliot (44 goals), Peter Farkas (27 goals), Phil Powell (21 goals) and 16 years old Matt Madden (18 goals).



COVENTRY OPEN MEET - January 2016

32 swimmers competed at the Coventry Open Meet culminating in many PB'S and some great swims. Medals were awarded to the top three placing in each age group. 1st Places went to 12-year-old Elizabeth Aston in the 50 and 100 Breast, 11-Year-old Deen Ahmed in the 200 Back and 100 Fly, and 9-year-old Imogen Kielstra in the 50m free and 9 year old Megan Nicklin in the 200 Breast. Laila Elfandi had an exceptional meet taking 5 golds in the 50 & 100 Back, 50 & 100 Free and 50 Fly. Silver medals went to the following swimmers, Deen Ahmed (4), Max Hitchman and Megan Nicklin, with third place medals going to Elizabeth Aston (2), Deen Ahmed, Oliver Porter, Megan Nicklin, Rachel Davis (2) and Trinity Townsend. Congratulations to all our swimmers and thanks to our volunteers and officials who gave up their time to help at the meet.

WARWICKSHIRE COUNTY CHAMPIONSHIPS – February/March 2016

Solihull swimmers recently took part in the Country Championships held at Coventry's 50m pool. There were changes this year with age group finals for 50m and 100m events and 200m events were split into 10-13 age group and 14 years and above. 400m and 800m events remained as Heat Declared Winner (HDW). Congratulations to all our swimmers who took part, qualified for finals and won medals.

Medals were awarded to:-- Dan Moore (aged 18) Bronze in 100m and 200m fly, 50m and 200m back and Silver in the 100m Back. Deen Ahmed (12 years) Bronze in the 100m back, Silver in the 200m and 400m free and Gold in the 50m and 100m free. Elizabeth Aston (13 years) Silver in 50m Breaststroke. Caitlin Hubbard (15 years) due to commitments with City of Birmingham Caitlin only took part in the final weekend taking Gold in the 50m and 200m Fly and Gold in the 100m Back. Caitlin also became County Champion for the 50m and 200m Fly and Junior Champion in the 100 Back. Laila Elfandi (11 years) Gold in the 50m and 100m Back, Silver in the 50m Free and bronze in the 200m Free. Megan Nicklin (10/11) Silver in the 200m Breaststroke.

Swim Shop Dates

Sunday 10th April
 Friday 22nd April
 Sunday 8th May
 Friday 20th May
 Sunday 5th June
 Friday 17th June



Future Galas 2016

Date	Gala/Open Meet	Location
March 25 th – 28 th	City of Birmingham Open Meet	Stechford
April 9 th	Junior Leagues Round 1	
April 15 th – 17 th	Rugby Swimming Club Open Meet	Rugby
April 30 th	Mercian League Round 1	
May 7 th /8 th	Coventry & District Secondaries	Rugby
May 14 th	Junior Leagues Round 2	
June 11 th	Mercian League Round 2	
June 25 th	Junior Leagues Final Round	
July 2 nd /3 rd	Club Championships	Tudor Grange
July 9 th	Mercian League Final Round	

Time Trial Dates 2016

Time trials take place at Tudor Grange Leisure Centre.

Each group will aim to complete at least 3 timed swims and the programme will rotate through the strokes and distances (each month will have a 200m IM (100m for Level 6 Teaching, Pre-Junior and Junior 1) 200m front crawl or 200m form, a 50m stroke and a 100m stroke). Extra swims will be accommodated at the end of each session time permitting.

6 th March	200m FC / 50m Breast / 100m Back
10 th April	200m Form / 50 FC / 100m Fly
8 th May	200m IM / 50m Fly / 100m FC
5 th June	200m FC / 50m Back / 100m Breast
July	Club Championships
August	No Time Trials