

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.

Forthcoming Leagues

The following League Galas will be taking place over the next few months:-

- Nuneaton & District Junior League / Leicester Junior League (ages 9 to 12). These Leagues run parallel:-
 - Round 1 – 18 April
 - Round 2 – 9 May
 - Round 3 – 27 June
 - Nuneaton League Final – 12 September
- Nuneaton & District Junior League – age at 12 September
- Leicester Junior League – age at 27 June
- Mercian Summer League (ages 10u, 12u, 14u, Open):-
 - Round 1 – 25 April
 - Round 2 – 13 June
 - Round 3 – 11 July
- Age at 11 July

If you are selected for any of these leagues then please put the dates on your calendar and keep them free.

If you receive an email from Dean about a gala then PLEASE reply as soon as possible. It is important that he knows if you are able to swim.

Warwickshire Swimmer of the Year – Jake Vincent

The end of 2014 was a great finale for Jake Vincent and Becki Kamau who were both nominated for Warwickshire Swimmer of the year for their outstanding achievements in their chosen sport. Congratulations went to Jake who won the award, he joined SSC at the age of 7 and swam in many galas, he progressed to water polo at 13 and became hooked, rapidly progressing and soon began a permanent member of the junior squad, his talent gained him a place on the GB Junior Training scheme. Jake was captain for Solihull Junior Water Polo leading the team to Warwickshire and Midland League Championships wins. At 19 Jake was promoted to the GB Senior Squad, where he has competed in the World League and European Championships, in 2012 he achieved the ultimate ambition of competing in the Olympic Games. Jake is now permanently based in Solihull where he continues to play for the club and also coach our younger members.

Introducing your Junior Club Captains:-



I'm Rachel and I've been swimming since I was 2. I really enjoy swimming for Solihull in all the competitions we enter and I also go to all the open meets I can. I think the best open meet is at Sheffield where there is an amazing 50m pool. About 18 months ago I passed my Level 1 teaching and I really enjoy teaching our younger swimmers as well as helping Dean to coach the Junior 1 squad. I also help organise our young swimmers at our league galas which is great fun and very rewarding.

My name is Luke and I have been at Solihull Swimming Club for about 5 years. I am a fly swimmer (not sure why!). I like to think I am a fun and friendly face and you can usually find me in the brightest pair of jammers possible. Don't be afraid to come and talk to me or ask questions. I won't bite!

Your Junior club captains are there for you – do go and talk to them about swimming or anything else.

Swimming Successes

Rebecca Kamau and Caitlin Hubbard were recently selected to compete for the ASA West Midlands Region Team at a three day meet in Luxemburg. Caitlin took part in 8 events, competing in the Youth Section. She finished in a top 8 position in all her events. Achieving top 3 places in 5 events, including 3rd in 100 Back and 2nd in the 200 Back. In her Fly events 50m, 100m and 200m she took 1st place. Becki took part in 5 events in the Junior Section, achieving top 8 positions in all her Breaststroke events which included 5th in the 50metre and 4th in the 100metre, with these two Breaststroke swims she qualified for two B Level Finals. Congratulations to both girls.

Deen Ahmed (age 10) recently took part in The City of Derby Long Course Meet. Deen achieved 3rd in his age group in 100 Free and 200 Back and 2nd in his age group for his 400 and 200 Free, congratulations.

Congratulations also to Ben Davis who competed in the Rugby Peri Sprints meet on 15 February. Ben finished top 5 in all his five events and achieved 3rd place in the 100 IM and 2nd place in 50 Back.

Swim Shop Dates

Sunday 1 March
Friday 13 March
Sunday 12 April
Sunday 10 May



Future Open Meets 2015

Date	Gala/Open Meet	Location
Saturday 28 Feb 2015	Junior Trophy Gala	Tudor Grange Pool
Saturday 7/14/21 March	Warwickshire County Championships	Coventry Pool
3 – 6 April	City of Birmingham Open Meet	Stechford Pool
25 – 26 April	Rugby Open Meet	Queen's Diamond Jubilee Centre, Rugby
16-17 May	Coventry & District Secondaries	Pingles, Nuneaton

Put all your training to good use and take part in an open meet. You don't have to attend all sessions – pick and choose to suit you! Please see the Head Coach or Jo Harker-Barguss (Open Meet Secretary) with any questions regarding meet entry requirements.

Solihull Water Polo Team continue their success with Third Promotion

Solihull men's water polo team completed this season's British Water Polo League campaign with yet another promotion. The team re-entered BWPL in Division 5 three years ago and each year have gained promotion at the first attempt. As a result next year they will compete in Division 2. The team needed to win both matches in their final week-end at Lancaster in order to gain promotion. Coached by the clubs own Olympian, Jake Vincent, a comfortable victory was achieved of 10-7 over Worthing in the first match but the final match against West London Penguin was a real nail-biter with Solihull managing to emerge as victors by 9 goals to 8.

Over the whole season the team won 10 matches, drew 3 and lost 1 scoring 207 goals. Top scorers were Phil Powell (47), Jordan Elliott (39), Peter Farkas (38) and Tom Whiting (31). Other players who played during the season were James Kelly, Matt Kelly, Charlie Hancox, Ben Greenhill, Matt Madden, Nick Beard, Sam Bennett, Simon Gateley, Felix Black and Ian Jolly. It is worth noting that 7 of these 14 players are juniors (under 18)

Congratulations to the Team, coaches and supporters great achievement for you all.

Time Trial Dates 2015

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.

Swimming Group	Warm-Up	Session End
Junior Squads, Pre-Juniors & Level 6 Teaching Groups	5.00pm	6.30pm
Senior Squads, Pre-Seniors, Junior & Senior Intermediates, Masters	6.30pm	8.00pm

1st February	200 Form / 50 FC / 100 Fly
1 st March	200 IM / 50 Fly / 100 FC
12 th April	200 FC / 50 Back / 100 Breast
10 th May	200 Form / 50 Back / 100 Back
7 th June	200 IM / 50 FC / 100 Fly
July	No time trial – Club Championships
August 2015	No time trials