



Verulam ASC Newsletter



Web: verulam-asc.org.uk e mail: info@verulam-asc.org.uk

June 2010

Welcome to the first (hopefully of many!!!!) newsletters for the club. This will be a way of keeping everyone up to date with results, news and things to remember and also a way to celebrate our achievements.

Dates for your diary

Sat 19th June – Verulam Gala Champs at Hemel- Closing date for entries 11th June

Sat 3rd July – Peanuts League Round 3

Sat 10th July – Family social event – details to follow

Results!!!!

A huge ***well done*** to all the swimmers who attended the Stevenage Open meet on 8/9 May and the Kate Lack meet at Barnet Copthall on 16th May. At Stevenage there was a great atmosphere, with 29 swimmers taking part over the 2 days. In all Verulam swimmers competed in 85 events, producing 75 PB's and winning 23 medals and trophies which is a fantastic result!!!!

The Kate Lack Meet also produced some great results, and in total Verulam swimmers achieved 35 PB's.

Verulam has also competed in the first 2 rounds of the ***Peanuts League*** during April and May. In the first round in Hemel the team achieved third overall against some strong competition. In the second round in Hitchin the team again produced a strong team performance to come second. Well done to all the swimmers who took part so far. The final round is on 3rd July.

News Round Up!!!!!!!!!!

Half term There is a revised timetable for this week as Marlborough is closed. Sent out via e-mail.

Training week in Krakow Everyone should have received the e mail with details of this camp which will take place during October half term. Don't forget we need your deposit of £90 by June 12th if you would like to go. The total cost is likely to be in the region of £300. **Please note** any swimmers under the age of 11 who wish to take part in the training camp must be accompanied by a parent/guardian. Please also bear in mind that there are a finite number of places and if demand exceeds this those to attend will be decided by the coaches.

Don't forget Verulam hoodies, track suits and polo shirts are now available from htsports. They can be ordered via the website and names added on the back by giving them a call on the number shown

Land training has re commenced on Mondays at Marlborough during term time from 6.15-6.50 for Junior and intermediate swimmers. Please remember to wear appropriate clothing!!!

Swimmer of the Month

Mays Swimmers of the month are

Sam McConnell and Heather Kersey

Congratulations!!!!

And finally!!!

A big **Thankyou** to all our volunteers both on poolside and on the admin side. The club could not function without you!! We do however still need more helpers, it's a great way to learn more about the club and meet new people. We will give you any help you need to get you started and you can do as little or as much as you have time for. If you are interested you can contact us via the website, see address above.

If you have any ideas for future newsletters please contact Lesley Ward via e mail at sandl.ward@virgin.net.

