

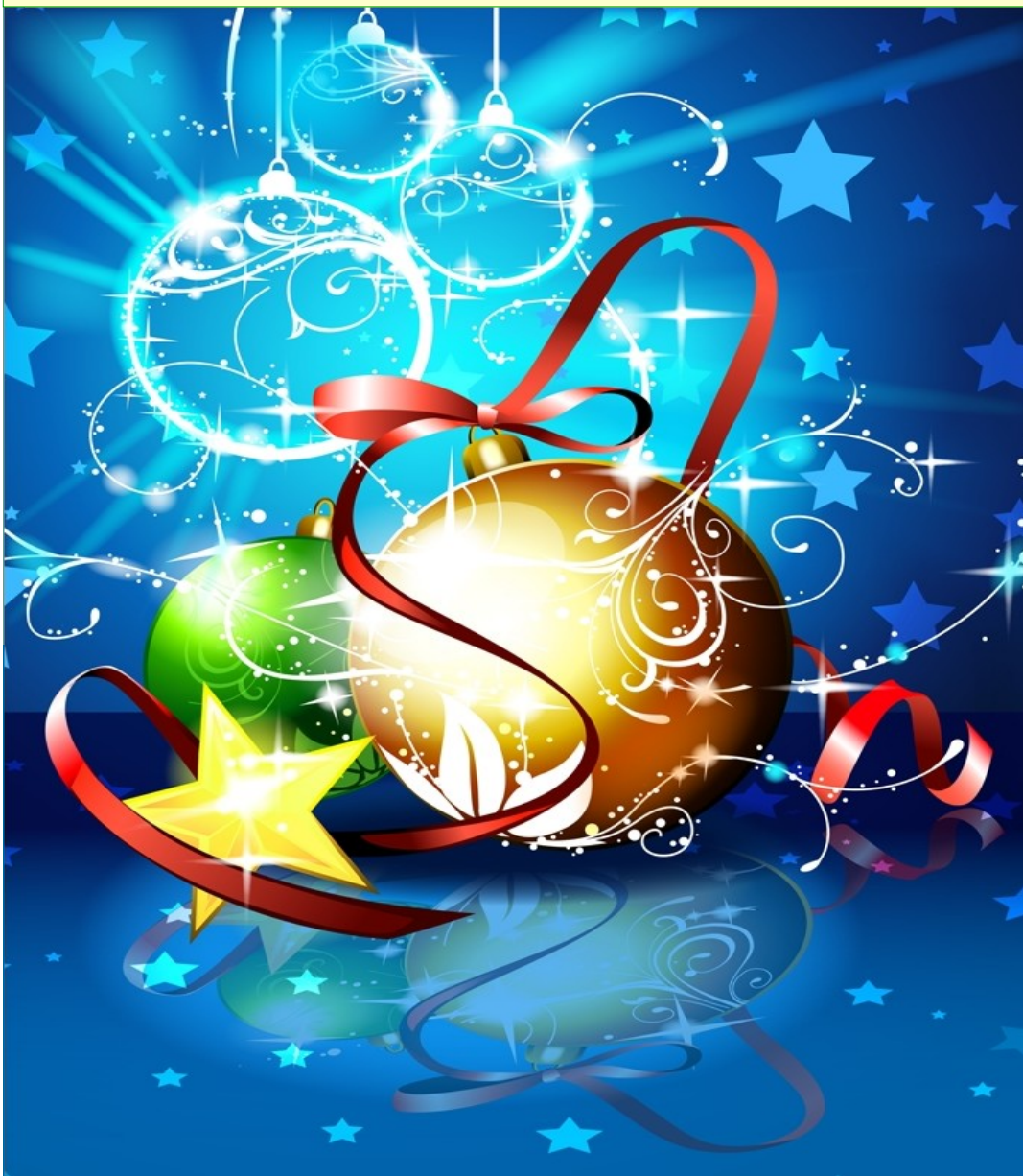


Turtles Newsletter



December 2009

For Members of the Turtles Swimming Club



Fundraising News!

Ruislip Lions and Waitrose Northwood both financially support the Turtles—see page 4 for details!

Pool Closures

- The pool is closed on Friday 25th December, Saturday 26th December and Friday 1st January.
- There will therefore be no club session on the 26th December

Key Diary Dates

- Turtles Invitation Gala-Saturday 8th May 2010
- Turtles Championship and Annual General Meeting (including election of officers and committee) - Saturday 15th May 2010
- Feltham Lions Gala-Sunday 14th February 2010



The Turtles Committee Wish You
All A Very Happy Christmas And A
Prosperous New Year



December 2009

Gala Team News

NASCH National Championships 2009 Leamington Spa

Congratulations to the Region 1 Gala Team for finishing 2nd in the National Championships and winning the Elaine Parker Trophy. Silver Medal winners were: Jack Locket (Junior 100 metres); Neil Dew (Junior 25 metres) and Gary Lee (Mens 50 metres). Bronze medal winners were: Karen Hoffmann (Ladies 25 metres) and the Mens Relay Team (Gary Lee; Carl Richards & Pritesh Vara from Harrow Kingfisher). The Region One team was made up of swimmers from Ruislip Turtles Club; Harrow Kingfisher Club and Watford SeaLion Club.

The NASCH Championship took place on the 7th November and concluded the gala season for 2009. Congratulations to Jack Locket for topping the medals table for 2009 with 18 medals. Well done to the entire squad for another successful season.

Region 1 finished 2nd at the NASCH Championships for the 2nd year running, winning the Elaine Parker Trophy.



2009 GALA SEASON MEDAL WINNERS (10 Galas)

	Total	Gold	Silver	Bronze	Special Award	Gala Events
Jack Locket	18	6	4	8		9
Neil Dew	13	2	6	5		10
Gary Lee	12	7	1	4		8
Carl Richards	12	4	4	4		9
Karen Hoffmann	11	5	1	4	1	10
Anne Rourke	9	2	2	5		8
Erica Beckwith	8	2	2	4		7
Gyllian Lucas	3	0	1	2		4
James Lesnek	2	0	1	1		4
Sandra Woodhouse	2	0	1	1		3
Jeanette Prentice	2	0	0	2		5
Sophie Grey	1	0	1	0		1
Stewart Hayes	1	0	0	0	1	1
Ann Chivers	0	0	0	0		2
Totals	94	28	24	40	2	81



Top medal winner Jack Locket wearing his new gala t-shirt, collecting a silver medal at the NASCH Championships. Well done Jack!

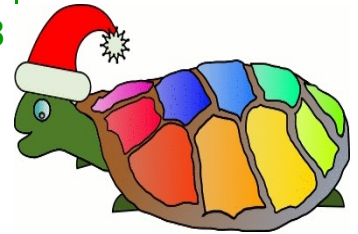


The New Gala Season starts on Sunday 14th February 2010 with the Feltham Lions Gala

If you are interested in joining the Gala Team or participating in the Feltham Lions Gala please contact Sylvia.

Swimming commences at 15.30





Scheduled Committee Meetings

- Wednesday 9th December 2009
- Wednesday 13th January 2010
- Annual General Meeting Saturday May 15th 2010
- If you wish to raise any issue with the committee please email (see back page) or contact one of the committee members

Need Help Swimming?



If you need help with your swimming development, please contact Linda Clarke (Chief Instructor). One lane of the pool is dedicated to instruction on Saturdays from 17.00 to 17.30.

Pool Safety

Please remember not to enter either of the two pools before 5pm and even then only when the 2 lifeguards are in position.

Pool Evacuation

The planned drill on Saturday 21st November was cancelled because the hoist was out of operation. The next drill will be in the Spring following completion of the Postal Swim.

This Newsletter is available on-line as is the November Newsletter. If you would like to view or download a copy of a Newsletter please go to the News Page on the Turtles website at:
<http://www.ruislipturtles.org.uk>



Vulnerable Members

It is important that children and/or vulnerable adults are supervised in the changing areas. Children and vulnerable adults should not be allowed to return to the changing rooms unaccompanied. The club has a duty of care to our members and we require your help with this matter.

Long Distance 'Postal' Swim

Lane 1 of the pool will be used for the recording of the long distance swim now until the end of February. Please let Sylvia know if you wish to participate.



Hillingdon Club Accreditation Scheme



Hillingdon Sports Development has developed a club accreditation scheme to assist sports clubs working towards Clubmark. Clubmark is a cross-sport quality accreditation for clubs with junior sections. National Governing Bodies of Sport and County Sports Partnerships award Clubmark to clubs of high quality.

Earlier this year, The Turtles Club was awarded the Bronze Accreditation by Hillingdon Sports Council following an assessment covering club management, sports programme, equity & ethics, and duty of care & child protection.

The final stage of bronze qualification was met when Linda Clarke (Chief Instructor) and David Lee both passed their ASA /UKCC Level I Certificate of Teaching Aquatics in April 2009.



Make sure you visit the Turtles website at: <http://www.ruislipturtles.org.uk/>





A Big Thank You to Ruislip Lions and Waitrose Northwood!

The Lions Support The Turtles!

The Ruislip Lions Club has very generously donated £500 to the Ruislip Turtles to purchase 12 new embroidered dressing gowns for use at swimming galas.

Lions International is a voluntary community service that organises, takes part in community activities, fundraises and then donates money to a variety of local causes.

The Lions International Organisation is dedicated to serving the community and the less fortunate. If you are interested in finding out more about the Ruislip Lions branch of Lions International, please visit their website at: <http://www.ruisliplions.org.uk/>

The Turtles Gala Team participates in 2 annual galas organised by Lions International at Feltham Airparcs and at Barnet Copthall.



Special thanks goes to Phyllis Nash of the Ruislip Lions who sponsored our request for financial support



Lions Clubs International



Waitrose

Community Matters Scheme

The Turtles Swimming Club has been selected as one of the 3 good causes supported by **Waitrose Northwood** store for the month of December.

Community Matters is a scheme whereby each month the local **Northwood** branch donates £1000 spread between 3 local causes.

At the checkout shoppers are given a green token to place in one of the 3 boxes representing the month's 3 local fund raising activities. The more tokens that are placed in the box marked 'Ruislip Turtles Swimming Club' the greater the share of the £1000 we receive.

Our box will be there from the 1st December so please tell all your friends, neighbours and relatives to get along to the **Northwood** store and place a green token in our box!

Tell everyone to get along to Waitrose Northwood and put a disc in our box!

We are one of three causes chosen for the month of December!





The Turtles Swimming Cub is based at Highgrove Pool, Ruislip and meets every Saturday from 5pm to 6pm



We are a swimming club for anyone with a physical, mental health or learning difficulty.

The Turtles Swimming Club is a registered charity: Number 1055585

Telephone:
Chairman (Dave):
07730047500
Secretary (Marion):
0208 866 8606

Turtles Website:
<http://www.ruislipturtles.org.uk/>

Turtles Email Address:
turtlesswimming@yahoo.co.uk



The aims of the club are to provide a safe, friendly, family atmosphere where the art of swimming can be taught to disabled persons and where disabled persons can enjoy swimming for pleasure, exercise, and if desired, can participate in competitive swimming. Help and tuition is available in the pool but this cannot be guaranteed on a one to one basis for the entire session in the pool.

The competitive instincts of many members are catered for by several annual swimming galas. These are mainly run under the auspices of the National Association of Swimming Clubs for the Handicapped (NASCH) and include the Annual Club Championships, friendly races against other clubs in the local region as well as the National Gala usually held in November at Leamington Spa. Badges for distance swimming are also available and every year the club participates in the British Long Distance Swimming Association 'postal swim' involving other swimming clubs throughout the country.

The Turtles Club Officers

David Lee	Chairman
Rosemary Noyes	Vice Chair & Treasurer
Marion Beckwith	Secretary
Linda Clarke	Chief Instructor
Anne Rourke	Assistant Secretary
Sylvia Smith	Competition Organiser

The Turtles Club Committee

Pauline Dew (Youth Development); Ann Chivers; Erica Beckwith; Malcolm Yates; Elisabeth Richards & Lyn Thomson.

A special 'Thank You' to the organisations listed below who have provided financial assistance to the Turtles Swimming Club over the last year.

Ruislip Lions Club

Waitrose Ruislip

Hasbro UK

Hillingdon Sports Council

Grass Roots Foundation

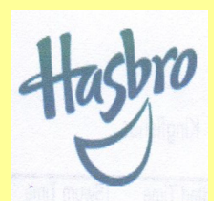
North West London Community Foundation

Pro-Active North London Training

National Skills Academy

Hillingdon Youth & Connexions

Waitrose Northwood



London Borough of Hillingdon Youth and Connexions Service