



# Turtles Newsletter

FOR MEMBERS OF THE RUISLIP TURTLES  
SWIMMING CLUB

FEBRUARY / MARCH 2011

## DIARY DATES

**Black Horse  
Evening Meal  
Thursday 17th  
February**

**Committee Meeting  
Wednesday 16th  
March**

**Cadbury World  
Outing  
Sunday 27th March**

**Committee Meeting  
Wednesday 13th  
April**

**Hatfield Gala  
Saturday 16th April**

**Watford Gala  
May tbc**

**Turtles  
Championship  
Saturday 4th June**

**Turtles AGM  
Saturday 4th June**

**Turtles Invitation  
Gala  
Saturday 10th  
September (tbc)**

**NASCH Region I  
Gala  
Saturday 10th  
September (tbc)**

**NASCH  
Championships  
Leamington Spa  
Saturday 5th  
November**

## Highgrove Pool to close for at least 3 months

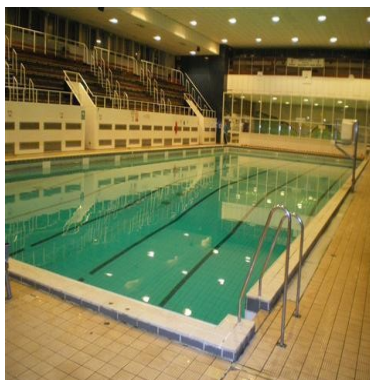
We have been informed that Highgrove Pool will be closing for the long promised refurbishment work later this year.

Exact dates are yet to be finalised but the closure is likely to commence in the Summer and run through until October.

This will also mean that we will need to find a new location for our Saturday afternoon sessions and also, the September Invitation Gala and NASCH Region I Gala.

You can read the most recent communication from Hillingdon Sports & Leisure opposite.

We will keep you informed!



At present the Council is progressing a plan to refurbish elements of Highgrove Pool that will require a shutdown of the pool facilities for three months, possibly longer. This is subject to further investigations on the scope and cost of the works that can be achieved within the permitted budget. Until this is confirmed and agreed by the Council's Cabinet it is difficult to provide set dates that the pool will be unavailable. It is however likely that the works will start in the summer and that the pool will be closed when you had hoped to stage a gala.

The broad scope of the refurbishment plans include replacing the pool water treatment system, much of which is original with new separate filtration and heating plant to the main and teaching pools. This will enable the water temperature of both pools to be managed independently. Refurbish the changing facilities that will retain separate male and female changing rooms but with improved standard and accessible facilities in the main changing areas and new reception / Foyer area that will be used by all customers with lift access to changing room level.

I am due to meet with colleagues from GLL that manage Highgrove on Monday and will discuss options for your club as well as other users and how best we can communicate information to all on the proposed works. This will include more details on the final scope and plans.

Clearly wherever possible we will try to relocate existing users to other facilities during the closure. Possible options may include use of Botwell Green Leisure Centre in Hayes (Managed by GLL) and Hillingdon Sports & Leisure Complex (managed by Fusion) although this will be dependant on space and time available at both sites and I will need to make further enquiries with those facilities and come back to you.

Yours sincerely,  
Howard Griffin  
Sport & Leisure Manager

# Thank you

Turtles have received a £500 anonymous donation.....



Still some seats available on the coach for you, your family, carers or helpers

## A very generous donation.....

Last month we reported that following 2 good years of financial support, that we did not have any 3rd party support or grants in place to provide transport for our various events beyond March 2011.

The loss of the grant funding is a serious blow leaving us with a £2k shortfall per annum and the committee are considering various ways of plugging the gap (or cutting back the transport facilities if we cannot find other sources of funding).

We have approached other organisations requesting their support but we were recently overjoyed to receive a donation of £500 from a private individual (who wishes to remain anonymous) to kick start our fund raising activities.

I am sure that you will agree that this is very generous donation and represents fantastic news for the club.

A very big thank you, even if we cannot report your name.....you know who you are—so thanks once again!

Also, thank you to those members who have forwarded ideas and possible contacts.

The committee will consider any viable options so please keep the ideas coming.



## Cadbury World Coach Details

The rates for our outing on Sunday 27th March are as follows:

|               |       |
|---------------|-------|
| Adults        | £8.50 |
| Children 4-15 | £6    |
| Under 4s      | Free  |

This is a big discount on the usual admission charge of Adults £13.90 and Children £10.10 and our price also includes the cost of the special coach thanks to the grant from Grass Roots.

### Coach Pick Up Schedule

Highgrove Pool (depart)  
09.00

Ickenham (Coach & Horses)  
09.10

Hillingdon Station  
09.15

There are still some spaces available on the coach.

Please let Marion know where you will be boarding and if you will be bringing a

wheelchair or scooter.

Our organised tour commences at 12.20

More details available on our website or visit:

<http://www.cadburyworld.co.uk>



## Black Horse Travel Arrangements

### Mini-Bus Pick Up Schedule

|                           |       |
|---------------------------|-------|
| Highgrove Pool (depart)   | 18.20 |
| Ruislip Manor Station     | 18.30 |
| Ickenham (Coach & Horses) | 18.45 |
| Hillingdon Station        | 18.55 |
| Hillingdon (Long Lane BP) | 19.05 |
| Iver Heath                | 19.30 |

Please see Marion to book a space on the mini-bus

### Road Directions (SL0 ODH)

Join the A40 heading west

Leave the A40 at the Denham Roundabout

At the roundabout take the 2nd exit A412 (Denham Road)

Continue for 1 mile until the roundabout and take first exit onto Bangors Road North (0.3 miles)

At the next roundabout take the first exit Bangors Road North (0.2 miles)

Bear left onto Bangors Road South (0.1 miles)

At the roundabout take the 2nd exit onto Slough Road (A4007) (0.1 miles to location)

The Black Horse is on the junction with Slough Road on the right



Do you need a lift on the mini-bus? Book now!

# Hanworth/Feltham Gala Awards

| Swimmer                          | Award   | Event              |
|----------------------------------|---------|--------------------|
| Sophie Grey                      | Silver  | Girls 1 Length     |
|                                  | Silver  | Girls 2 lengths    |
|                                  | Silver  | Girls Back Stroke  |
| Ian Andrew Horne                 | Gold    | Boys 2 Lengths     |
| Oliver Regan                     | Gold    | Boys 1 Length      |
| Tom Regan                        | Gold    | Boys Back Stroke   |
|                                  | Silver  | Boys 1 length      |
|                                  | Bronze  | Boys 2 Lengths     |
| Karen Hoffmann                   | Special | Achievement        |
| Jack Locket                      | Gold    | Mens 1 Length      |
|                                  | Gold    | Mens 2 Lengths     |
|                                  | Silver  | Mens Back Stroke   |
| Anne Rourke                      | Gold    | Ladies Back Stroke |
| Gary Lee                         | Silver  | Mens 1 length      |
|                                  | Bronze  | Mens 2 Lengths     |
| Sophie, Oliver, Tom & Ian Andrew | Silver  | Junior Relay       |
| Karen, Jeannette, Jack & James   | Gold    | Senior Relay       |

| Competing Clubs     |
|---------------------|
| Hogarth Gateway     |
| Barking Beavers     |
| Ruislip Turtles     |
| Spartan New Malden  |
| Dolphins Wandsworth |

Photographs of the event are on Page 5 of this Newsletter

More photographs of the event can be found on our website 'Picture Gallery'. Unofficial timings are also available on our website on the 'Gala Dates and Results' page

| Teamsheet  |                             |
|--|-----------------------------|
| Erica Beckwith:  | Ladies 1L, 2L & 1LBk stroke |
| Sophie Grey  | Girls 1L, 2L & 1LBk stroke  |
| Karen Hoffmann   | Ladies 1L & 2L              |
| Ian Andrew Horne   | Boys 1L & 2L                |
| Gary Lee   | Mens 1L & 2L                |
| James Lesnek   | Mens 1L & 2L                |
| Jack Locket  | Mens 1L, 2L & 1LBk stroke   |
| Jeannette Prentice   | Ladies 1L, 2L & 1LBk stroke |
| Oliver Regan   | Boys 1L                     |
| Tom Regan  | Boys 1L, 2L & 1L Bk. stroke |
| Carl Richards  | Mens 1L, 2L & 1L Bk stroke  |
| Anne Rourke  | Ladies 1L, 2L & 1LBk stroke |
| Junior Relay Team:   |                             |
| Sophie Grey; Tom Regan; Oliver Regan and Ian Andrew Horne            |                             |
| Senior Relay Team:   |                             |
| Karen Hoffmann, Jeannette Prentice, Jack Locket Lee and James Lesnek |                             |

## Our Gala Team win yet again!

A great team performance as the senior team won the newly named Hanworth Senior Gala with the Junior Team finishing Runners-Up in the Hanworth Junior Gala. In total our swimmers won 17 awards as well as the two trophies.

Jack Locket won 2 events,

finished second in another event and was also in the winning senior relay team.

Ian Andrew Horne and Oliver Regan participated in their first gala and both managed a first place as well as joining Sophie Grey and Tom Regan for a second placed junior relay performance. The Junior

Trophy was won by Wandsworth Dolphins.

The Lions awarded the Special Achievers Trophy to Karen Hoffman.

Well Done Team, a great start to the new season!



## Hatfield Platypus Gala is Next



Next up on our gala schedule is the Platypus Gala taking place at Hatfield Swim Centre on Saturday 16th April.

If you would like to take part, please let Dave Lee know.

We will be hiring a mini-bus for those who need transport to the gala, please make sure that you book your seat ASAP.

The Platypus Gala operates under NASCH rules and regulations.



# Our Poolside helpers.....

**Our Chief Instructor is Linda Clarke**

*For 30 minutes every Saturday session, one lane is dedicated to training and improving technique—just make yourself known to Pippa or Linda if you wish to join in.*

*We are grateful to Hillingdon Swimming Club for providing our club with qualified swimming instructors to support our own instructors*

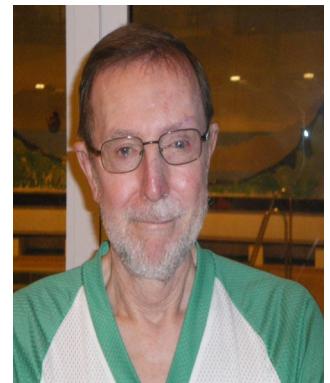
*We try to help as many disabled swimmers as possible, but if you or one of your children requires help, support or training please make Linda aware*



**Linda Clarke**  
Chief Instructor



**Pippa Haggit**  
Trainer & Instructor



**Norman Abbott**  
Instructor



**Elisabeth Richards**  
Changing Room Helper



**Rosemary Noyes**  
Instructor



**Eric Hoffmann**  
Diving Helper



**Dave Lee**  
Instructor & Gala Team Manager



**Phillip Heard**  
Wheelchair & Hoist Helper



**Peter Jones**  
Long Distance 'Postal' Swim

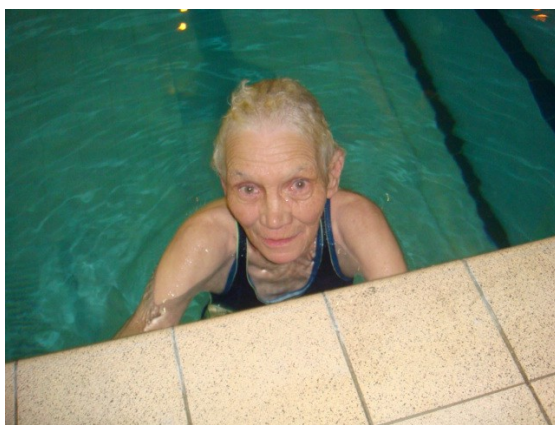
**And introducing.... Tria Lawrence**  
Tria recently joined us as an Instructor & Trainer  
Welcome to the Turtles Tria!





The team celebrate victory (above)

Event winners Oliver and Tom Regan (left) and star performer Jack Locket (right)



Carl Richards and James Lesnek celebrate with the Lions (right), meanwhile Anne Rourke (left) sets off on her 17th gala season with the Turtles!



Gary Lee (right) made a welcome return to the water following his recent broken wrist

The Junior Relay Team (left) including Oliver Regan & Ian Andrew Horne enjoying their first gala





**We are a swimming club for anyone with a physical, mental health or learning difficulty. The Turtles Swimming Club is based at Highgrove Pool, Ruislip and meets every Saturday between 5pm and 6 pm.**

**Turtles website:** <http://www.ruislipturtles.org.uk/>  
**Turtles email:** [turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

**Chair (Dave): 07730 047500**

**Secretary (Marion) 0208 866 8606**

## NASCH 2011 Events



**The NASCH Weekend and AGM** will take place at:

High Leigh Conference Centre, Hoddesdon, Hertfordshire.

The event will run from Friday 15th April to Sunday 17th April.

Cost for 2 nights and all meals is £130 (en-suite rooms with 2 single beds or 1 double bed)

The weekend is an opportunity to meet with members of other NASCH affiliated clubs and enjoy talks on disability related subjects.

Should you wish you may just attend the NASCH AGM on the Sunday at 9.45 providing an opportunity to have direct input to the NASCH organisation.

A programme of events is available. For more information and to book a place, please contact Marion.

### **NASCH Woodlarks Camp**

This year's Woodlarks Camp is scheduled for the week of Saturday 21st to 28th May. The event has been running for over 40 years at a lovely campsite in Surrey with heated outdoor pool, events and BBQs. Cost £90 per person. Anyone interested in attending the camp should contact Marion. More information is available on the NASCH website:

<http://www.nasch.org.uk>

## Badge Awards

Congratulations to the swimmers listed opposite who have recently completed the following swimming distances and received their badges from Norman Abbott accordingly.

If you wish to try for a disability distance badge, please arrange a Saturday session time with either Norman or Peter Jones.

Badges are awarded for the following distances:

10m, 25m, 50m, 100m, 200m, 300m, 400m, 500m, 800m, 1000m and then finally 1500metres

|                    |       |
|--------------------|-------|
| Tom Regan          | 1500m |
| Sophie Grey        | 1500m |
| Erica Beckwith     | 1500m |
| James Lesnek       | 1000m |
| Jeannette Prentice | 1000m |
| Oliver Regan       | 50m   |

## Our Aims.....

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.