

Ealing Gala Victory!



**Turtles A
Team take
1st Place**

**25 Medals
Won by
Turtles**

**Great
Start to
the New
Season**

**Turn to
Pages
2 & 3**



Ealing Gala Results—Saturday 2nd February 2019

Congratulation to the Ruislip Turtles Gala Team who started the new gala season with a fine victory at the Ealing S.C. Invitation event.

The Turtles entered 2 teams, 'Turtles A' and 'Turtles B' and it was the 'A' team who finished ahead of the other 6 teams to collect the trophy.

In total, Turtles swimmers were awarded 25 Medals with 3 Gold Medal winners (Don, Sophie and Shaída). Special mention also goes to Stuart East who won 3 Bronze Medals on his Turtles Gala Team debut.

Don and Gala Team Captain, Sophie, top the early medal table but congratulations go to all 13 Turtle swimmers who put on a great performance in bringing the Ealing trophy home to Ruislip for the very first time.

Team Result	Pts
Turtles A	66
Hatfield Platypus	61
Ealing A	58
Stevenage Dolphins	47
Harrow Kingfisher	45
Turtles B	30
Ealing B	16

Team A & Team B					
No.	Event	Swimmer	Time Submitted	Time Swam	Pos.
1	Junior 100M	Matthew	1.44	1.47	3rd
2	Ladies 100M	Sophie	2.25	2.26	1st
2	Ladies 100M	Karen	2.43	3.29	
3	Men 100M	Josh	1.58	1.56	2nd
3	Men 100M	Gary	2.49	3.05	
4	Junior 50M	Dominic	1.20	1.19	3rd
5	Ladies 50M	Jeannette	1.42	1.47	
5	Ladies 50M	Karen	1.25	1.32	
6	Men 50M	Anthony	1.04	1.02	2nd
6	Men 50M	Antony	1.04	0.55	
7	Junior 25M	Stuart	0.36	0.37	3rd
8	Ladies 25M	Sophie	0.29	0.32	3rd
8	Ladies 25M	Shaída	0.35	0.32	1st
9	Men 25M	Don	0.42	0.41	1st
9	Men 25M	Charlie	0.25	0.26	3rd
10	Junior Relay 100M	Matthew (2) Dominic & Stuart	1.58	1.59	3rd
11	Senior Relay 100M	Anthony, Josh, Don & Jeannette	2.28	2.27	2nd
11	Senior Relay 100M	Charlie, Antony, Shaída & Karen	2.00	2.01	
12	Team Relay 200M	Matthew, Dominic, Jeannette, Anthony, Stuart, Sophie, Josh & Don	4.22	4.41	3rd
12	Team Relay 200M	Antony(2), Charlie (2), Karen, Gary (2), Shaída	4.10	4.35	



Ealing Gala

Medal Table

	2018 Total	Gold	Silver	Bronze	Gala Events
Sophie G.	3	1	1	1	1
Don L	3	1	1	1	1
Anthony O.	3	0	2	1	1
Josh A.	3	0	2	1	1
Dominic O'N. C.	3	0	0	3	1
Matthew O'N.C	3	0	0	3	1
Stuart E.	3	0	0	3	1
Jeannette P.	2	0	1	1	1
Shaida G.	1	1	0	0	1
Charlie L.	1	0	0	1	1
Antony L.	0	0	0	0	1
Gary L.	0	0	0	0	1
Karen H.	0	0	0	0	1
Totals	25	3	7	15	1



Fun Session Gallery—Sunday January 27th



Fun Session Gallery—Sunday January 27th



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Thank you to the organisations and individuals who support the Turtles

Waitrose



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A DADA BRAND

ASDA

Ruislip Combined Charity

Chair:

Secretary:
Andy Wallis

Alison Grey

Chief Instructor:
Cheryl Lee

Gala Team Manager—Dave Lee
Gala Team Captain—Sophie Grey

Turtles Website:

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

Turtles email:

turtlesswimming@yahoo.co.uk

Chief Instructor's Tips

We try our best to help all our members at the Turtles. This month, I would like to share with our members some information on visual impairment and how our sessions are designed to help the visually impaired swimmer. Please read even if you are not visually impaired, as there may be tips that could help with your swimming and so that you can be more aware of those swimming alongside you.



Understanding visual impairment in relation to swimming

Visual impairment can range from Visual Acuity; The ability to read fine detail e.g. a car number plate to Visual Field; the boundaries/distance of what a person can see without moving their head or body. There are many different visual impairments (Diabetic Retinopathy, Macular degeneration, Glaucoma and Retinitis Pigmentosa to name a few) and for some it isn't in isolation from other conditions (Usher's syndrome). Swimmers with visual impairment may have the following challenges in a swimming pool:

- Light reflection on the water could make it difficult for swimmers to recognise the top of the water, the edge of the pool and other people in the pool
- They may not be able to see forward so tend to swim with their face to the side to see forward on all strokes.
- Not being able to see directly in front of them so pool entry & exits plus moving around the pool is often an issue
- Difficulty seeing in dim light/ shadows of diving boards.

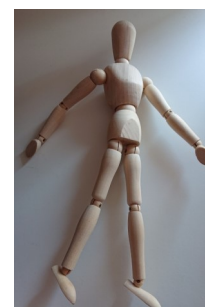
Turtles Facilities for the Visually Impaired

Pool Set-Up - Dedicated Lane

We have a dedicated 25 metre swimming lane to the far left of the pool for the visually impaired, competent regular swimmers. It is the lane positioned to the far left (furthest from the changing rooms) for ease of pool orientation and the use of the handrail. The lane is utilised by other vulnerable members when we do not have any visually impaired swimmers present. These vulnerable members are asked to vacate the lane when visually impaired swimmers are present.

Pool Set-Up – Main Pool Training Area

In addition, for our non- swimmers we have a training area that is width ways of the main pool. This is shared with all our other members and their carers We do not offer teaching lessons as such, but we do have volunteers who will work with as many members and carers as possible in the pool area. We have a variety of equipment that we can use to support members' swimming aims from belts, aqua floats, noodles and floating toys. We also have spare goggles. However, we would always recommend that you bring along your own goggles. Furthermore, it now possible to buy prescription goggles suited to your individual needs. We also have on request a wooden man which can be used by the helper (on poolside) to explain the swimming action required by touch. (See image opposite).



Gala Support

At galas, the Team Manager or an assigned Turtles Helper will escort the visually impaired member from poolside to the edge of the pool so as to participate in their events. However, the visually impaired member should be accompanied and assisted in the Changing Rooms by a personal carer or companion.

If required, coloured floats can be held in the water by the Team Manager or designated Turtles Helper so that the swimmer can better visualise the end of the pool.

Chief Instructor's Tips (Contd.)

Swimming Progression

The Turtles S.C is a community, grassroots club that progresses swimmers (where possible) to elite swimmers. If we see potential, we will suggest other Swimming Clubs, near you, to join to progress your swimming to the next stage beyond Turtles. The 'Visually Impaired' is classified as a para swimming sport and the classifications are as followed:

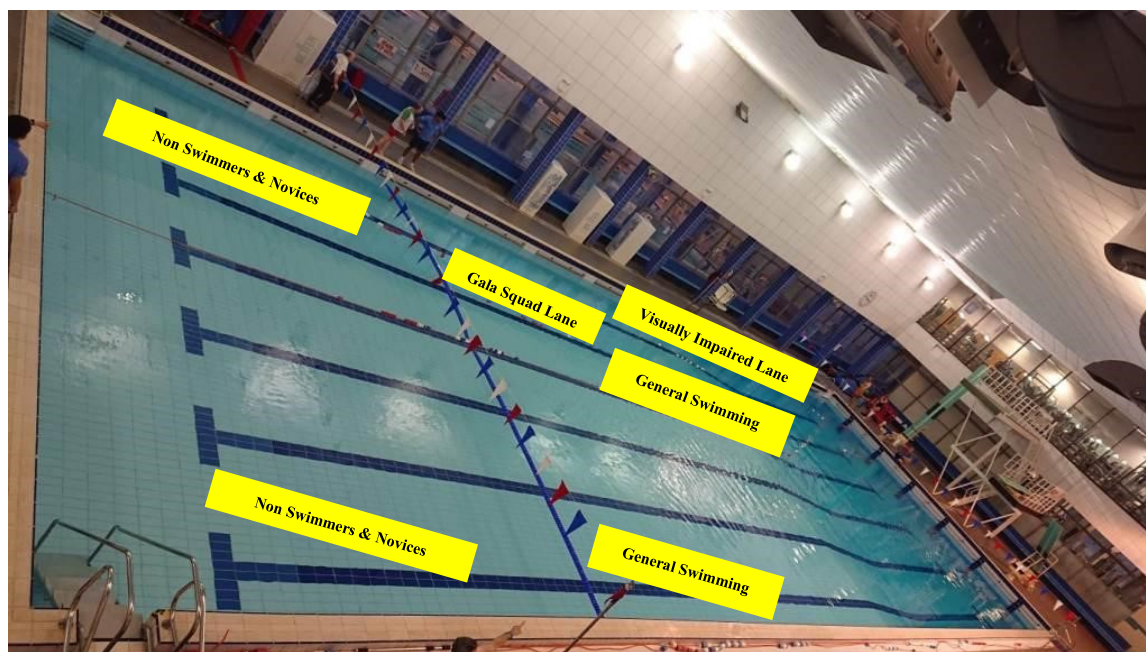
S11, SB11, SM11	Are unable to see at all and are considered totally blind
S12, SB12, SM12	These swimmers can recognise shapes and have some ability to see
S13, SB13, SM13	Swimmers with some sight and are considered to have a visual impairment.

Source: Swim England website

<https://www.paralympic.org/swimming>

<https://www.rnib.org.uk/eye-health/eye-conditions>

Please note the advice in these articles is only general advice and you should always follow the advice of your G.P.



The Highrove Pool Saturday Set Up.

If the lane for the Visually Impaired is not being utilized, then the Gala Squad use two lanes.

Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool, Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm.

Well Done to all our 2019 British Long Distance Swimmers

Thirteen Turtles participated in this year's British Long Distance Swimming Association Sponsored Postal Swim, recording how far they could swim in sixty minutes.

The distances recorded for our swimmers will now be forwarded to the National Association and classified by age and disability grouping. The national results will be announced in the Summer, with Gold Medals awarded to the best recorded distance in each category.

Thank you to the organizers (the Grey Family) and all the officials.

Swimmer	British Long Distance Swim 2019		2018 Lengths Swum	2017 Lengths Swum	2016 Lengths Swum
	2019 33 Metre Distance Swum (Mtrs)	2019 33 Metre Lengths Swum			
Dave Lee	2640	80	78	78	75
Anthony Or	2046	62			
Alison Grey	1716	52			
Sophie Grey	1584	48	45	56	-
Don Lamb	1419	43	45	48	43
Gary Lee	1320	40	43	42	42
Karen Hoffmann	1320	40	41	46	45
Jeannette Prentice	1221	37	39	40	42
Heather Johnston	1056	32	43		
Shaida Ghorbanian	1023	31		32	40
Ian Andrew Horne	660	20			
Jamie Woodbridge	594	18			
Tillie Hewlett	561	17	37	35	33
Gyllian Lucas			33	32	30



The Long Distance Swim Is organised by the British Long Distance Swimming Association and the national results are published on their website @

<http://postalswim.com/>

Gala Diary Dates

Hanworth & Feltham (Lions)

Sunday 17th March

Hitchin (Lions)

Saturday 6th April

Hatfield Platypus

Saturday 13th April

Hanworth & Feltham Gala

The following swimmers will be representing the Turtles;

Matthew, Dominic, Stuart, Jeannette, Shaida, Tillie, Karen, Sophie, Josh, Ian-Andrew, Jamie, Gary & Don.

Hanworth Leisure Park, (TW13 5EG)