



Ruislip Turtles Swimming Club for the Disabled



Turtles Newsletter

Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty
Registered Charity Number 1055585

November 2012

Turtles win the Stevenage Gala

The Turtles Gala team pulled off a terrific performance and result by winning the Stevenage Dolphin Shield for the first time. The victory was even more special as this event marked the 50th Anniversary of the Dolphins.

Going into the final event (The Diving Competitions) we were trailing behind Hatfield Platypus but some great dives from Tom Regan (Gold) and Sophie Grey (Bronze) saw the Turtles snatch victory by 3 points!

The results can be viewed on page 5 and the detailed timings can be viewed on the website.

Well done team!



Harsh goes Fundraising again!



Harsh Ganesh is again raising funds for our club. Last year Harsh and his family organised a sponsored walk of over 5 miles that raised over £130 for the Turtles. This year Harsh is intending to raise money by trampolining and so he is looking for sponsors.

If you are interested in supporting Harsh please see Vanita Ganesh (Harsh's mother) or Marion Beckwith. You can either sponsor him per minute of activity, bounce (he is looking to complete 200 bounces) or you can just name a maximum amount that you are willing to contribute. After the trampolining, Harsh will return to you to tell you how many or how long that he 'bounced for' and then collect your contribution. Please make cheques payable to the TURTLES SWIMMING CLUB. All contributions are tax deductible.

This is Harsh's way of saying thank you to those who help him with his Saturday swimming, but a massive thank you goes to Harsh for his terrific support and fundraising activities!

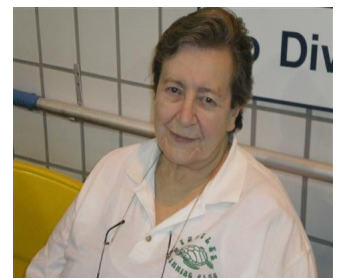
Are you interested in becoming a Turtles swimming instructor?

We are always looking for more trainers to help with our Saturday swimming sessions. The starting point for anyone wanting to teach swimming is to achieve the **ASA Level 1 Award for Teaching Aquatics Qualification (QCF)** Course Ref: L1T0313. The only prerequisite for this course is that you should be at least 16 years old on the final day of the course. The next course is scheduled to run in March and is spread over 3 Friday evenings and 3 full Sundays at Harrow Leisure Centre: (Fridays 1, 8, 15 March and Sundays 3, 10, 17 March 2013. Times: Fridays 18:45 – 22:00 and Sundays 09:30 – 16.30). If you are interested please contact Linda Clarke or Dave Lee. The cost of the course is £350 but the club would be prepared to support a training grant application so please come forward as early as possible. You can find out more about the course on Survive & Save website @:www.surviveandsave-training.org



Ann Chivers 80th Birthday

Congratulations to Ann Chivers who celebrates her 80th birthday on the 26th November. Ann tends to mark her landmark birthdays with challenging family events. Previous organised events have even included tank driving lessons! So how will Ann and her family mark this great occasion? Well apparently they will all be Quad Bike Racing.....



Highgrove Delay

In response to some of your comments we contacted both Fusion Leisure (Hillingdon Leisure Complex) and also the Hillingdon Sports Council (HSC) to express our club's frustration regarding the delay to the Highgrove project and also our frustration with the timing of our current swim sessions at Hillingdon. Unfortunately, we could not get any further concessions or changes to our current arrangements and we will have to continue with our temporary Hillingdon home until at least March 2013 but HSC confirmed that the intention is that we will return to Highgrove once the refurbishment has been completed.

Car Parking Charges

Hillingdon Council has introduced parking controls at the Hillingdon Sport & Leisure Complex. From now on our members will have to pay for parking at the meter for the Saturday swim sessions. Fees apply until 10pm and are currently set at:

30 Minutes Free

Up to 1 hour 20p

Up to 1.5 hours 40p

Up to 2 hours 60p

Blue Badges Free

So remember to bring your blue badges or some coins!

Club Dates

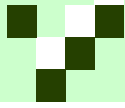
**NASCH Championships /
Leamington Spa
Saturday 3rd November**

**Committee Meeting
Wednesday 7th November**

**Phoenix Ladies Group
Presentation
Saturday 14th November**

**Feltham & Hanworth
Gala
Sunday 10th February
2013**

**Turtles Gala & Region 1
NASCH Gala
Saturday 14th September
2013**



NASCH 2012 Championships 3rd November 2012

Congratulations to all of our swimmers who have qualified for this year's National Championships on Saturday 3rd November. Having won their Regional events back in September, they now go forward to represent Region One at Leamington Spa. Good luck to the Region 1 Team.

Our NASCH Championship Qualifiers

Girls 1 Length, Girls 2 Lengths & Girls 4 Lengths — Sophie Grey

Boys 1 Length-Oliver Regan

Boys 4 Lengths-Tom Regan

Ladies 1 Length— Karen Hoffmann

Ladies 2 Lengths—Geraldine Leong

Ladies 4 Lengths—Gyllian Lucas

Mens 1 Length & Mens 4 Lengths -Gary Lee

Mens 2 Lengths— Don Lamb

Junior Relay—Tom, Oliver & Sophie

Ladies Relay— Geraldine, Karen & Gyllian



Newbold Comyn Leisure Centre

Newbold Terrace East

Leamington Spa,
Warwickshire

CV32 4EZ

Junior Gala Commences
at 1.15pm

Mini Bus pick ups	
Linden Avenue	10.10
Pine Gardens	10.15
Victoria Road	10.20
Bushey Road	10.30
Hillingdon Station	10.40



Currently there are 13 NASCH Regions covering England, Wales and Scotland with 78 registered clubs. The largest region being Region 3 (Eastern Counties) with 25 registered clubs.

There are currently 6 clubs in NASCH

Region 1: Ruislip Turtles, Watford Sea Lions, Harrow Kingfishers, Tring Beavers, Berkhamstead Beavers and Dacorum (Hemel) Dolphins. The individual winners of the 13 Regional Championships are invited to attend the November NASCH Championships at Leamington Spa.

Feltham & Hanworth Gala

Organised by Lions International District 105A the Feltham and Hanworth Swimming Gala will take place on **Sunday 10th February 2013**. For galas governed by Lions rules we can enter any number of competitors so if you would like to take part please let Dave Lee know as soon as possible or drop us an email as we need to confirm our team before the Christmas holiday.

Please note that this a Sunday event commencing at 3 o'clock.



Meet the Committee



This is another in a series of articles designed to let you know more about those trusted to run your club. Every month we will have a questions & answers session with one of the club's committee members — this month it is the turn of

.....Alison Grey

So Alison, what is your role on the Committee ? *I am the Club Secretary and also the Child Protection Officer.*

Where do you live & what do you do for a living? *I am a Primary School Teacher at a school close to my home in Ickenham.*

How long have you been a member of the Turtles? *My family joined in 2000 when our daughter Sophie was just 2 years old*

Tell us about your favourites? *Music— Stereophonics, U2 & Foo Fighters*

Movies— The Hangover, Dirty Dancing and Meet the Parents.

Books— Crime novels

What are your sporting interests outside of Swimming? *I play netball and badminton.*

Who or what is your pride and joy? *My children and my dogs, not always in that order.*

Tell us about your most embarrassing moment? *Getting lost on a cliff walk with a friend and finding ourselves on a naturist beach, not knowing in which direction to walk and also which way to look!*

Who is your most inspirational person *Sir Ludwig Guttman (great choice Alison! Ed.).*

Club Contacts:

Alison Grey (Secretary)
07900 118812
Dave Lee (Chairman)
07730 047500

Turtles website:

<http://www.ruislipturtles.org.uk/>
Turtles email:
turtlesswimming@yahoo.co.uk

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 but due to the ongoing Highgrove refurbishment programme, the club currently meet every Saturday between 6pm and 7 pm at the Hillingdon Sport and Leisure Complex at Gating Way Uxbridge.

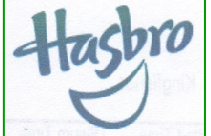


**METROPOLITAN
POLICE**

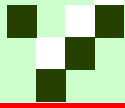
**Fourways
Ladies
Group**

**Combined
Charities of
Ruislip**

**Eastcote
Community
Association**



Thank you to all our Supporters and Sponsors



Stevenage 50th Anniversary Gala Results

The Turtles won the Stevenage 50th Anniversary Inter-Club Gala on Saturday 20th October.

In total we won 10 medals (4 gold, 4 silver and 2 bronze).

Gold medal winners were: Oliver Regan (1 Length), Jeannette Prentice (2 Lengths) Jack Locket (1 Length) and Tom Regan (Diving).

Ian Andrew Horne (2 Lengths), Gary Lee (4 Lengths) and Sophie Grey (4 Lengths) were all Silver medal winners together with the Ladies Relay Team of Anne Rourke, Karen Hoffmann and Shaida Ghorbanian.

Karen Hoffmann (1 Length) and Sophie Grey (Diving) were also Bronze medal winners.

Fantastic performance Team!

Team Scores	Pts
Ruislip Turtles	49
Hatfield Platypus	46
Stevenage Dolphins	45
Potters Bar Barracuda	36
Harrow Kingfishers	33

Individual Results

Event	Swimmer	Position
Junior 1 L	Oliver Regan	1st (Gold)
Ladies 1 L	Karen Hoffmann	3rd
Mens 1 L	Jack Locket	1st (Gold)
Junior 2 L	Ian Andrew Horne	2nd
Ladies 2 L	Jeannette Prentice	1st (Gold)
Mens 2 L	Don Lamb	5th
Junior 4 L	Sophie Grey	2nd
Ladies 4 L	Shaida Ghorbanian	4th
Mens 4 L	Gary Lee	2nd
Junior Relay	3 L Ian Andrew Horne, Oliver Regan, Tom Karen Hoffman, Anne Rourke & Shaida Ghorbanian	4th
Ladies Relay	3 L Gary Lee (2), Don Lamb & Jack Locket	2nd
Mens Relay	Sophie Grey	4th
Ladies Diving	Tom Regan	3rd
Mens Diving		1st (Gold)

Visit the website to see the up to date medal table for the 2012 Season



Turtles 2013 Gala Booked

We have booked next year's Turtles Gala for Saturday 14th September. We have decided that next year's gala will again be staged at the Hillingdon Sport & Leisure Complex although for 2013 we will be utilising the shallow pool for the races rather than the deep pool.

Our recent gala was a great success and by re-booking the Hillingdon Pool we will be able to invite more clubs (utilising 8 lanes) and hopefully in doing so help grow the sport of competitive disabled swimming.

As the Turtles are the NASCH Region 1 Champions, we will be hosts for the 2013 event and so September 14th will again be a 'double header' gala.



Humorous swimming pool sign spotted by one of our members!