



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

December 2012

National Champions!

Congratulations to Sophie Grey and Gary Lee who both won gold medals at the National Championships on Saturday 3rd November at Leamington Spa. Sophie is in fact a double NASCH champion winning both the Girls 50 metres and 100 metres. Gary won the Mens 100 metres with a personal best time in the finals.

A fantastic achievement not only from our 2 star performers but from the whole team. Turn to Pages 4 and 5 for more details or visit our website to view the individual event timings.



Pool closed 8th & 15th December but special fun session set for Sunday 2nd

The Hillingdon pool is not available on Saturday 8th and 15th December and so our session is cancelled on those dates. However, we will instead be staging a special Turtles session the previous Sunday - on the 2nd December at 5pm. The session will be special because we will have the large fun inflatable spanning 4 of the lanes in the main pool. The other 4 lanes will be used for swimming as usual. The session on Saturday 1st December goes ahead as usual. So come along for some Sunday swim and fun activity for a one week only special!



Thank You to the Phoenix Ladies Club



Phoenix Ladies` Club
Pinner

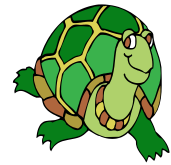
Dave and Gary Lee were invited to present to the Phoenix Ladies Club at their lunch gathering on Saturday 17th November at Northwood Golf Club.

Phoenix Ladies organise various fundraising events and decided to make The Turtles Swimming Club their top charity donation for 2012.

So Dave and Gary were delighted when they were handed a cheque for £ 1000.

We are very grateful to Phoenix Ladies for their support and their very generous donation to our club.

Happy
New
Year



Club Dates

Special Sunday Swim
Session

Sunday 2nd December

Committee Meeting
Tuesday 4th December

Pool Closed
Saturday 8th December

Early Pool Session (4.30)
Saturday 29th December

Feltham & Hanworth
Gala
Sunday 10th February

Evening Meal
Black Horse Iver Heath
Tuesday 12th February

Hatfield Platypus Gala
Saturday 13th April

Turtles AGM
Saturday 18th May

Summer Coach Outing
Saturday 9th June

Turtles Gala & Region 1
NASCH Gala
Saturday 14th September

NASCH Championships
Leamington Spa
Saturday 2nd November

Swimming Teacher Reminder

Just a reminder that the **ASA Level 1 Award for Teaching Aquatics** course is scheduled for next March. The details of the course were listed in last month's newsletter which can be accessed from our website or alternatively you could visit the Survive & Save website @:www.surviveandsave-training.org
We are always looking for more trainers so if you are interested in becoming a swim teacher please approach Dave Lee for more information regarding club support.

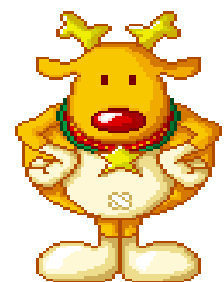


British Long Distance Swimming Association

It is that time again!

From the 5th January through to 23rd February (8 weeks) Peter Jones will be recording for the above annual event. If you wish to participate please book a Saturday time slot with Peter (or via Marion). Peter will then monitor how far you can swim in one hour. Please do not leave it too late as there is a limit to how many Peter can monitor and we all have a habit of overloading the February dates — so book those January dates! One lane of the pool is therefore used specifically for this purpose for the duration of the BLDSA event. Peter then submits our results to the above association who then calculate the category awards. For more information please visit the BLDSA Website:

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



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 have a questions & answers session with one of the club's committee members and this month it is the turn of**Patricia Bonney***

So Patricia, when did you join the Committee ? *I joined the Committee 3 years ago but I have been in charge of the raffle for 15 years.*

Tell us about how you joined the Turtles.

Well it was 42 years ago, I joined because my daughter Claire has epilepsy.

Tell us about your background.

I was born in Kingsbury but I now live in Eastcote. I have been a teacher for the last 60 years!

What do you enjoy in life?

I like poetry (the rhyming stuff), a really good joke, knitting, reading, crosswords, jigsaws, teaching and globe trotting.

And your pride and joy?

My lovely family.

What is your biggest claim to fame?

In 1948 Princess Margaret at St. Paul's Cathedral shook my hand and said that I had a, 'lovely voice'. Nowadays I am known locally as, 'That woman 'wot knits on the buses'.

So what was your most embarrassing moment? *While staying in a Florida villa with 15 family members, I swam in our private pool while the others were indoors. As it got dark I came out, stripped off and was feeling about for my towel when my daughter-in-law shouted, 'Oh poor Grandma is swimming in the dark,' and she turned on the floodlights as everyone rushed to the windows.*



Alison Grey (Secretary)

07900 118812

Dave Lee (Chair)

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.



Eastcote Community Association



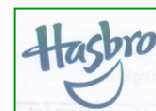
METROPOLITAN POLICE

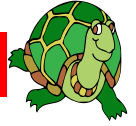
Fourways Ladies Group

Combined Charities of Ruislip



Thank you to all our 2012 Supporters and Sponsors





NASCH 2012 Championships 3rd November 2012

NASCH Championship Results



| | |
|---|------------|
| Girls 25 Metres — Sophie Grey - | 3rd |
| Boys 25 Metres — Oliver Regan - | 5th |
| Girls 50 Metres — Sophie Grey - | 1st |
| Boys 50 Metres — Silvano Memaj*- | 3rd |
| Girls 100Metres — Sophie Grey - | 1st |
| Boys 100Metres — Tom Regan - | 3rd |
| Ladies 25 Metres — Karen Hoffmann - | 4th |
| Mens 25 Metres — Gary Lee - | 6th |
| Ladies 50 Metres — Geraldine Leong - | 3rd |
| Mens 50 Metres — Don Lamb - | 5th |
| Ladies 100Metres —Gyllian Lucas - | 5th |
| Mens 100Metres — Gary Lee - | 1st |
| Junior Relay —Tom, Oliver & Sophie - | 2nd |
| Ladies Relay — Geraldine, Karen & Gyllian | 3rd |
| Mens Relay — Gary Lee, David White* & Sebastian Fischer Burrows* | 3rd |

* (Kingfishers)

The Turtles team participates as part of Region One when competing in the National Championships - 8 of the Region One Team were from Ruislip Turtles and 3 were from Harrow Kingfishers.

In order to participate in the National Championships, swimmers must qualify through their Regional Championship.

Congratulations to Sophie Grey (Girls 50 metres and Girls 100 metres) and Gary Lee (Mens 100 Metres) who are both 2012 National Champions.

The Region 1 Junior Team finished in second place just one point behind NASCH Region 10 (North West England) who again won the Junior Trophy.

NASCH Region 3 won the Senior Trophy with Region 1 finishing 3rd.

The overall winners were again Region 10 with Region 1 finishing 3rd - a very good performance.

Well done also to Sophie Grey (Bronze Girls 25 Metres), Tom Regan (Bronze Boys 100 metres) and Geraldine Leong (Bronze Ladies 50 metres).

The Junior Relay Team won silver medals and the Ladies and Mens relay teams won bronze medals

Congratulations to all our champions, medal winners and all who qualified for this year's Championships.

The NASCH Championships concluded another very successful year for our gala team and swimmers



Bronze Medalists—Mens Relay Team (Gary, Sebastian & David)



NASCH 2012 Championships



NASCH Mens Champion – 100 Metres – Gary



To see more photos and details of the Championships please visit our website



NASCH Girls Champion—50 Metres & 100 Metres—Sophie



Silver Medalists—Junior Relay Team—Sophie, Tom & Oliver



Bronze Medalists—Boys 100 Metres - Tom



Bronze Medalists—Ladies Relay Team Geraldine, Karen & Gyllian

Medals were presented by Michael Kinson O.B.E. Chairman of Warwick District Council



Bronze Medalists—Ladies 50 metres — Geraldine



Turtles 2012 Final Gala Medal Table

Congratulations to Sophie Grey who has topped the medal table for 2012 with a record 26 medals—the previous highest being 16.

Sophie has had a fantastic year swimming with the Turtles Gala Team winning 2 National Championship Gold medals (50 metres & 100 metres) and an incredible total of 15 gold medals from 8 gala events.

The whole squad should be congratulated for winning a record 174 medals in 2012 compared with 144 in 2011, 114 in 2010 and 94 in 2009.



| 2012 Final Medal Table | | | | | | |
|------------------------|------------|-----------|-----------|-----------|----------------|-------------|
| Swimmer | 2012 Total | Gold | Silver | Bronze | Special Awards | Gala Events |
| Sophie Grey | 26 | 15 | 5 | 6 | | 8 |
| Tom Regan | 15 | 7 | 6 | 2 | | 7 |
| Karen Hoffmann | 15 | 5 | 2 | 7 | | 9 |
| Oliver Regan | 14 | 4 | 4 | 6 | | 8 |
| Gary Lee | 13 | 6 | 3 | 4 | | 9 |
| Don Lamb | 12 | 4 | 5 | 3 | | 9 |
| Jeannette Prentice | 11 | 6 | 3 | 2 | | 8 |
| Jack Locket | 9 | 5 | 2 | 2 | | 6 |
| Geraldine Leong | 9 | 4 | 3 | 2 | | 6 |
| Anne Rourke | 9 | 3 | 3 | 3 | | 8 |
| Shaïda Ghorbanian | 9 | 2 | 6 | 1 | | 6 |
| Gyllian Lucas | 7 | 4 | 1 | 2 | | 4 |
| Erica Beckwith | 6 | 3 | 3 | | | 5 |
| Ian Andrew Horne | 6 | 3 | 2 | 1 | | 5 |
| Jamie Woodbridge | 4 | 2 | | 1 | 1 | 3 |
| Neil Dew | 4 | 1 | 2 | 1 | | 3 |
| Carl Richards | 3 | | 1 | 1 | 1 | 3 |
| James Lesnek | 2 | 1 | 1 | | | 2 |
| Total | 174 | 76 | 52 | 44 | 2 | 9 |

Feltham & Hanworth Gala

So as the gala season draws to a close for another year, we start to look ahead to 2013 and the new season. 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 by the 15th December or drop us an email as we need to confirm our team before the Christmas holiday.



Evening Meal Outing

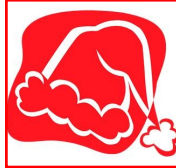


We have decided to return to the Black Horse, Iver Heath (Post Code SL0 0DH) for our evening meal that is scheduled for Tuesday 12th February. If you require transportation please book early for seats on the mini-bus (cost £4 per person). Marion is now collecting the £10 meal deposits, so put your names down.

Highgrove Delayed Again

We have been informed that the Highgrove refurbishment schedule has slipped once again. The earliest completion date will now be the 23rd March 2013 and so we have arranged to remain at Hillingdon Sport and Leisure for the extra 2 months of February and March 2013. Photographs of the Highgrove work in progress can be viewed on Page 8.

We know that this will be a big disappointment to some of the membership that are unable to get to the Hillingdon Sport & Leisure Complex.



Thank You Barclays Bank

Following Rosemary Noyes presentation to Inner Wheel earlier this year, Barclays Bank has matched the Inner Wheel donation of £130 with a similar donation. We are very grateful to Inner Wheel and Barclays Bank for their support.



Diary Dates

We have been busy scheduling the events for 2013. The first event being the Evening Meal on Tuesday 12th February (see opposite). The AGM has been booked for Saturday 18th May and the Coach Outing has been set for Sunday 9th June. We have not decided on the venue for the coach outing so if you have any ideas, please let us know ASAP.

December Pool Arrangements

- Saturday 1st December Usual Saturday Pool Session
- Sunday 2nd December (5pm) Special Fun session
- Saturday 8th December No pool session
- Saturday 15th December Usual Saturday Pool Session
- Saturday 22nd December Usual Saturday Pool Session
- Saturday 29th December (4.30pm) Earlier time Slot

Happy Holidays

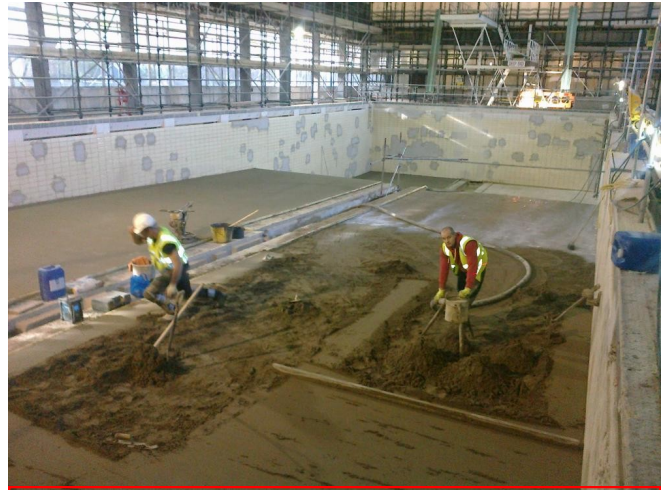




Highgrove Progress Photos



External Cladding



Screed being laid to main pool



New Reception Area

Screed laid to learner pool



Changing Area and Showers



Filter tanks





Harrow Disability Week

An exciting event showcasing the work of integrated performing arts group from Harrow and beyond. Now in its 9th year, the Disability Arts Festival is organised by a partnership of 3 local organisations working with disabled people. Expect a fantastic mix of drama, dance, music and comedy followed by disco.

<http://www.harrowarts.com/go/theatre/details/2602-had-mencap-and-hac-presents>



Friday 30th November
7.30pm—11pm

Harrow Arts Centre, Uxbridge Road, Harrow HA5 4EA
To book, call Box Office on 0208 416 8989
www.harrowarts.com



Shaida Ghorbanian appearing at the Harrow Disability Arts Festival

NASCH AGM & Conference



N.A.S.C.H

Invites you and your Club members to attend the



A.G.M. & Conference Weekend

At High Leigh Conference Centre

Lord Street, Hoddesdon, EN11 8SG

(www.cct.org.uk)

From Friday 19th - Sunday 21st April 2013

The emphasis of the Conference this year will be on the Olympics & Paralympics.

We have invited speakers who were involved in both events.

There will also be other interesting topics and the usual social activities.

Included in the price, £130.00 which is unchanged from last year, are 3 cooked meals a day & en suite facilities in each room. A deposit of £50.00 per person payable in January will secure places.

Mike O'Leary 01329 833689



Wishing all our members the best of festive holidays!

HAPPY NEW YEAR

