



TURTLES NEWSLETTER

Ruislip Turtles Swimming Club for the Disabled

FEBRUARY 2013

Hillingdon Disability Sports Person of the Year



GOALBALL OLYMPIAN
MICHAEL SHARKEY,
SOPHIE &
MAYOR CLLR. MICHAEL
MARKHAM



Club Dates

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

**Evening Meal
Black Horse,
Iver Heath
Tuesday 12th
February**

**Turtles Committee
Meeting
Wed. 22nd February**

**Hatfield Platypus
Gala
Saturday 13th April**

**Turtles AGM
Saturday 18th May**

**Summer Coach
Outing
Sunday 9th June**

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

**NASCH
Championships
Leamington Spa
Saturday 2nd
November**

Congratulations to Sophie Grey who is the Hillingdon Disability Sports Person of the Year. Sophie was presented with her award at the Mayor Sporting Awards Ceremony on the 22nd January.

It has been a fantastic year for Sophie. Since qualifying for the London Disability Swim Squad in October 2011, Sophie has completed in 3 National Championships with the country's elite disabled swimmers, registering personal best times along the way.

During 2012, Sophie also represented the Turtles in 8 galas winning a record 26 medals (of which 15 were Gold Medals) and the title of NASCH Junior Girls Champion at both 50 metres and 100 metres making her a double National Champion.

Sophie also won a Gold Medal in the 2012 British Long Distance Swimming Association event swimming 1675 metres in an hour. On top of that Sophie won the Turtles Junior Championship, The Turtles Diving Championship and also the Turtles Junior Improver award. Sophie also found time to represent the borough (twice) in the Pentathlon.

So just reward for a fantastic performance—well done Sophie!

Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty

Registered Charity Number 1055585



British Long Distance Swimming Association

There are only a few spaces remaining if you wish to enter this year's BLDSA (Postal Swim) as we have to finish on the 23rd February. The event is open to able bodied and disabled members of our club. 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. Peter then submits our results to the above association who then calculate the category awards. One lane of the pool is therefore used specifically for this purpose for the duration of the BLDSA event. For more information please visit the BLDSA Website:



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

Pool Fun Session Number 2 - Photos



NO SHORTAGE OF PARTICIPANTS....

The second fun session at Hillingdon on Sunday 6th January was another big success.

Looking towards our return to Highgrove, we will be talking to the management team there to see if we can arrange the occasional fun session for the future.



LINDA GRINDS TO A COMPLETE HALT.....

BUT GARY NEVER DID GET THE HANG OF IT....



Pool Depth

Some of our members have been concerned about the water depth in the main pool. The depth has been set at 1.5 metres since our move to Hillingdon Sport & Leisure Complex. This was determined by the special steps that were purchased specifically for the Turtles swim sessions. However, we have now found a way of using the steps so that the floor can be set at 1.43 metres and so we are now setting the floor depth accordingly. The depth of the pool is now similar to the Highgrove Pool depth.

NASCH Events

The NASCH Weekend and AGM

will take place at:

High Leigh Conference Centre,
Hoddesdon, Hertfordshire.

The event will run from Friday
19th April to Sunday 21st 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 Alison.

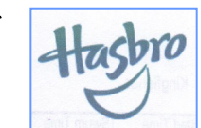
NASCH Woodlarks Camp

This year's Woodlarks Camp is
scheduled for the week of Saturday
18th to 25th May. The event has
been running for over 40 years at a
lovely campsite in Surrey with
heated outdoor pool, events and
BBQs. Cost £110 per person. Anyone
interested in attending the camp
should contact Alison. More
information is available on the
NASCH website:

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



THANK YOU TO ALL OUR SPONSORS



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 meets every Saturday between 6pm and 7 pm at the Hillingdon Sport and Leisure Complex at Gatting Way Uxbridge (UB8 1ES)

Meet the Committee

This month we have another
2 interviews, starting with.....Dave Lee



- When & why did you join the Turtles? *I joined the Turtles in 1990 because of Gary (need I say more?).*
- What is your role? *Chairman (since 2008), Swim Teacher, Gala Team Manager, Mini-bus Driver, and Fund Raiser with a history of gullible volunteering!*
- Birth place & where do you live now? *Born and raised in Queens Park (Paddington) but now live in Loudwater, Hertfordshire.*
- What do you do for a living? *I was Chief Executive Officer of Red Bee Media Ltd. until I retired in 2008. In an earlier life, I was BBC Director of Multimedia and also Group Financial Controller, BBC Worldwide Ltd.*
- What is your biggest claim to fame? *Being presented with a BAFTA in 1999*
- Do you have any hobbies? *Huge train set, model collection....I really am very sad....*
- Your best kept secret? *My creative side.....I spent 13 years at the BBC before moving to the commercial side.*
- What would be your Karaoke song? *Hi Ho Silver Lining – they play the song at QPR every time we win a match – so not hearing it very often I would need the words on the Karaoke machine!*
- Most inspirational person? *No one person, but generally it has to be the achievements of some of our Turtle members.*

This month. we also have Bijan Ghorbanian



- Tell us about joining the Turtles *I joined the Turtles March 2011 and was elected to the Committee at the 2011 AGM. Then at the 2012 AGM I was appointed to the position of Vice Chairman.*
- What prompted you to join the Turtles? *My daughter Shaida has Down Syndrome and likes swimming. Everyone at the Turtles is so friendly and considerate.*
- Where do you live? *Moved to Pinner the day Diana had her fatal accident—so it was not us!*
- What do you do for a living? *After 30 years in the computer industry working for others, I am now trying it for myself.*
- And your favourite Film? *Any film with a good story... like Tough Guys and The Bucket List.*
- And your favourite Music / Book etc? *I like almost any rhythmic music as long as I can sing the lyrics. Only read practical books but if I was to advise a book it would be “Feel the Fear and Do It Anyway”.*
- Tell us your Pride & Joy..... *My children even if they may not know it.*
- Your most embarrassing moment? *I am very bad in remembering names and this has put me in some embarrassing ones.*
- What is your biggest frustration? *When I get misunderstood and then I have to spend time defending myself.*

Our February Evening Meal - Black Horse Iver Heath

The Mini-bus pick up schedule for our evening meal on Tuesday 12th February is as follows:

Durley Avenue	HA5 1JQ	5.45
Downs Avenue	HA5 5AQ	5.50
Norwich Road	HA6 1ND	6.00
Mount Park Road	HA5 2JU	6.10
Aaragon Drive	HA4 9PR	6.20
Ruislip Manor Station	HA4 0AA	6.30
Victoria Road	HA4 0DS	6.35
Victoria Road	HA4 0EH	6.40
Ray House Milton Rd	UB10 8NJ	6.50
Halford Road	UB10 8QA	6.55
BP Garage Long Lane	UB10 0LQ	7.05



Hanworth (& Feltham) Gala

The Lions Club International (District 105A, Region 2 Zone C) Gala takes place on Sunday 10th February. The gala takes place at Hanworth Air Park Leisure Centre, Uxbridge Road, Hanworth, Middlesex TW13 5EG. Competitors are required to report for 2.30pm with the first race scheduled for 3pm — so regulars please note the earlier start time this year.

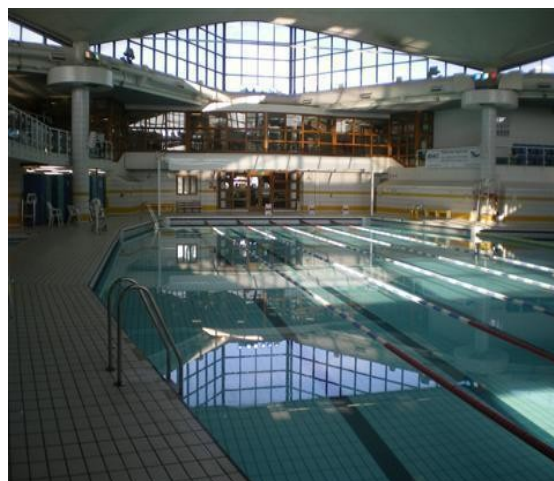
The full team sheet for our 18 competitors was detailed in last month's newsletter that can be viewed on our website.



Hatfield Platypus Gala

The next event on the gala schedule will be the Platypus Hatfield Invitation Gala scheduled for Saturday 13th April.

If you would like to participate in the Hatfield Gala please contact Dave Lee (07730 047500). We will be hiring a mini-bus for this event.



Highgrove Photo Update



The Highgrove refurbishment is progressing well as you can see from these recent photographs. The work is due to be completed by the end of March but it is possible that the cold weather may impact on the date. At the moment though no further delay has been established and we await news of the re-opening date and our return to Highgrove for our Saturday swim sessions.

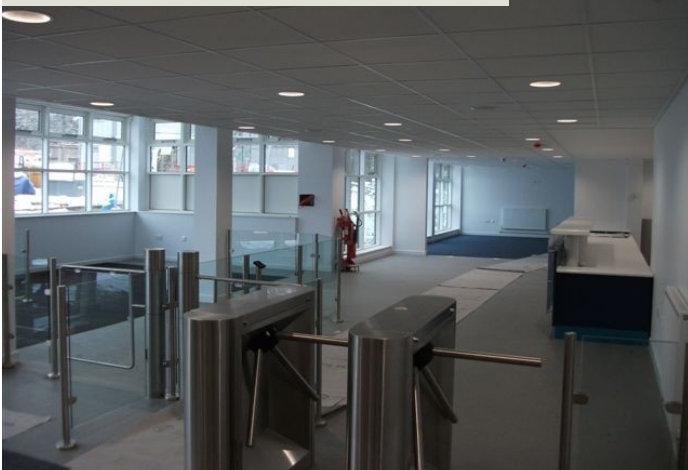
SPECTATOR AREA



FEMALE CHANGING AREA



RECEPTION AREA



MALE CHANGING AREA

