



TURTLES NEWSLETTER

Ruislip Turtles Swimming Club for the Disabled

Our New Pool Awaits... ..



APRIL 2013



Club Dates

Hatfield Platypus
Gala
Saturday 13th April

Turtles Diving
Championships
Saturday 4th May

Turtles Club
Championships
Saturday 11th May

Turtles AGM &
Awards
Saturday 18th May

Beaulieu Coach
Outing
Sunday 9th June

Harrow Kingfisher
Gala
Saturday 13th July

Turtles & Region 1
NASCH Gala
Saturday 14th
September

NASCH
Championships
Leamington Spa
Saturday 2nd
November

Highgrove Pool was officially handed over to Greenwich Leisure Limited (GLL) on Friday 22nd March and in this Newsletter you will see some photographs taken during our first tour of the new facilities on Wednesday 27th March. Turn to pages 6 & 7 to see some more photos.

We hope you enjoy the new leisure centre and look forward to seeing you all for our first session on Saturday 6th April.

The 'official' opening takes place on Thursday 25th April and the Turtles have been asked to take part in the proceedings with a swim session between 10.30pm and 11.30pm.

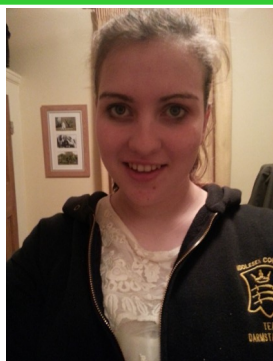
For this to be effective we do need sufficient numbers in attendance. Obviously, we appreciate that this event takes place during school and college term time and that also many others are unavailable due to work and other commitments, but if you can come along, please let Dave Lee know.



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



Congratulations Sarah!



Congratulations to Sarah Harrington who has now completed her ASA Level One Teaching Aquatics Qualification. Sarah swims with the Hillingdon Swimming Club and at 16 years old is the youngest ever Turtles Swim Teacher.

Well done Sarah! - Sarah now has to wait for her 17th birthday before she can progress to ASA Level 2.

Meanwhile, a timely thank you to all of our young poolside volunteers.....

Sarah Harrington

Level 1 Teacher



Emma Harrington

Level 2 Teacher



Yasmin Francis

Helper



Fiona McAndrew

Lifeguard



Pippa Haggitt *

Level 2 Teacher

Sophie Schofield

Level 1 Teacher



Kate Wilson

Lifeguard



Tria Lawrence*

Level 1 Teacher

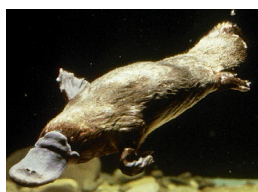


** University holidays only*

Hatfield Platypus Gala – Saturday 13th April

Our revised team for the Hatfield Platypus Gala is listed below.

Junior 3L	Sophie Grey
Ladies 3L	Fiona Wilstead
Mens 3L	Gary Lee
Junior 1L	Ian Andrew Horne
Ladies 1L	Jeannette Prentice
Mens 1L	Jack Locket
Ladies Diving	Shaida Ghorbanian
Mens Diving	Jack Locket
Junior 2L	Sophie Grey
Ladies 2L	Karen Hoffman
Mens 2L	Don Lamb
Junior Relay	Sophie Grey / Ian Andrew Horne
Ladies Relay	Anne Rourke, Jeannette Prentice & Shaida Ghorbanian
Mens Relay	Gary Lee, Jack Locket & Don Lamb



Hatfield Swim Centre,

Lemsford Road,
Hatfield, AL10 0EB.

Mini Bus Pick Up Times

Bushey Road	16.35	Victoria Road	16.55
Ruislip Station	16.45	Linden Avenue	17.00
Hatherleigh Road	16.50	Kenton Lane	17.15



Pool Length 36.66 yards

Report Time 6pm

Beaulieu Outing - Sunday 9th June

Be sure to pick up a Beaulieu pamphlet at your next Turtles swimming session and book for our next social coach outing scheduled for Sunday 9th June. We will be hiring a 53 Seater coach with a wheel chair lift as usual (Chalfont of Harrow). The cost of the coach will be met by the Turtles Club, funded by the generous donation from the [Phoenix Ladies Club of Pinner](#), and we have been offered some very competitive entrance rates (see table)

	Door Price	Turtles Price
Adults	20.00	14.00
Senior Citizens	18.50	13.00
Youth 13-17	12.00	9.50
Child 5-12	9.95	8.00
Carers (Proof required)		Free

making the trip tremendous value As a consequence [the tickets are selling very quickly.](#)

Our tickets cover us for entry to The National Motor Museum, Bond in Motion, World of Top Gear, Palace House and Gardens, Beaulieu Abbey, The Secret Army Exhibition, Veteran Bus and Monorail.

You can also view the facilities @ www.beaulieu.co.uk.

Beaulieu is committed to providing access for all visitors and wheelchairs and powered scooters can be pre-booked from the facility, or transported in the luggage hold of the coach should you prefer.



Committee Update

As reported in the March newsletter, we are looking for a minimum of 3 new Committee Members.

We are sad to be losing both Marion and Erica Beckwith from the Turtles Committee after a long period of office. We are very grateful to them both for their contributions and dedication. With Lyn Thomson having stepped down earlier in the year, we have lost a great deal of Turtles experience.

At least one of the new Committee members needs to be registered disabled because our Constitution requires us to have 3 disabled members on the committee. Following the above resignations we will be short of at least one disabled Committee member.

The Committee meets once a month, usually on a Tuesday or Wednesday evening in Ickenham, So if you would like to take a more active interest in your club please ask Dave Lee or Alison Grey for more information.

Thank you all for your support



AGM & Annual Awards - 18th May

We will be having the supper before the meeting, but if you do not wish to participate in the supper, please feel free to come along at 19.30 for the AGM meeting.

The Fish & Chips will be delivered to the Centre for 18.45 costing £6.50 per person and need to be re-ordered. Please book with Alison.

HELP NEEDED

We are looking for at least three new committee members. If you are interested in joining the committee or taking up one of the officer positions please step forward. If you want to know what is involved, please call Dave Lee (07730 047500)

Central Middlesex Skills Centre,
Wiltshire Lane , Northwood Hills
Saturday 18th May 2013
Fish and Chip Supper at 18.45
AGM Commences at 19.30

2013 AGM Agenda

1. Apologies for Absence
2. To Approve the 2012 AGM Minute
3. Any Matters Arising
4. Chairman's Report
5. To Receive & Approve the Annual Accounts and Treasurer's Report
6. Secretary's Report
7. Election of Officers & Committee:
Chairman
Vice Chair
Treasurer
Secretary
Assistant Secretary
Competition Secretary
Chief Instructor
6 Committee Members
8. Appointment of Auditors
9. Any Other Business followed by:
'Presentation of the Annual Awards'

Presentations will be made for the following annual awards for 2013:

Junior 1 Length Champion

Ladies 1 Length Champion

Mens 1 Length Champion

Junior 3 Lengths Champion

Ladies 3 Lengths Champion

Mens 3 Lengths Champion

Diving Champion

Relay Champions

Helpers Champion

Family Relay Champions

Junior Improver (Charles Newman Trophy),

Senior Improver (Rose Bowl)

Volunteer of the Year

(Pitman Moore Trophy)

Come along and have your say

The Diving Competition takes place on Saturday 4th May.

The Club Championships take place on Saturday 11th May.

The AGM takes place on the 18th May

Turtles Club Championships — 11th May @ 5.30pm

The 2013 Club Championships have been expanded to 10 competitive events.

There will be both three and one length events for Juniors, Ladies and the Men. For the first time, we will be having a Relay event for the Ladies, Men and the Juniors to compete against one and other.

We are also going to find out who the fastest Turtle Helper is for 2013 and then we have a Family Fun Relay to round off the racing.

The Diving event will take place at 5.40pm the previous week (4th May).

We will try to allocate at least one swim to those who wish to take part but as we only have 6 lanes at Highgrove it will have to be a case of giving priority to those who register first if we are over subscribed.

Event 1	Junior 1 Length
Event 2	Ladies 1 Length
Event 3	Mens 1 length
Event 4	Junior 100Metres (3 Lengths)
Event 5	Ladies 100 Metres (3 Lengths)
Event 6	Mens 100 Metres (3 lengths)
Event 7	Helpers 100 Metres Challenge*
Event 8	Relay Team Race (Junior v Ladies v Men)

4*1 Lengths

Event 9 Family Fun Relay 4*1 Lengths *

Event 10 Diving contest (separate event to be held on the 4th May)

* Events 7 and 9 will not involve staggered starts



As the Club Championships are scheduled to take place on Saturday 11th May at Highgrove Pool, our club swim session will be limited to 30 minutes on that day (finishing at 5.30) and then we will commence with the Club Championships with a pool extension until 7pm.

Results will be announced and trophies awarded at the Club AGM on the 18th May.

There will also be AGM presentations for the Volunteer of the Year, Junior Improver of the Year and Senior Improver of the Year

We will also need helpers for the Championships (timekeepers, place judges etc.) so please let Peter Jones or Nigel Grey know if you are able to help.

At time of publication the following swimmers have asked to be entered into the Turtles 2013 Championships:

Junior Events: Aaran Maddox, Sophie Grey, Tom Regan, Oliver Regan, Ian Andrew Horne, Jamie Woodbridge

Ladies Events: Anne Rourke, Shaida Ghorbanian, Jeannette Prentice, Gyllian Lucas, Karen Hoffmann, Erica Beckwith

Mens Events: Gary Lee, Don Lamb, Matthew McLaughlin, Jack Locket

Diving: Shaida Ghorbanian, Aaran Maddox, Tom Regan, Oliver Regan, Sophie Grey, Matthew McLaughlin, Karen Hoffmann, Jack Locket.

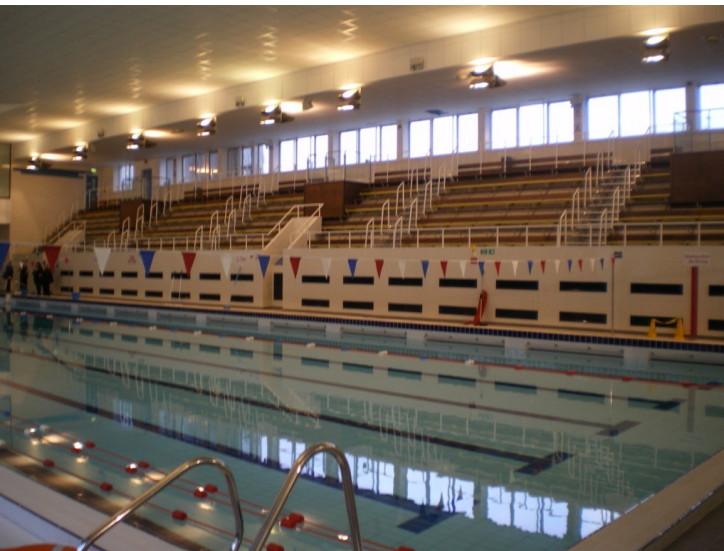
Family Relay: The Hornes, The Regans, The Greys, The Woodbridges & The Lambs (tbc)

Helpers: All our young helpers are expected to swim!

Relay Teams: To be confirmed later.

If you had hoped to participate but are not listed above please contact Dave Lee asap.

Highgrove Picture Gallery



Some photos of the main pool area. There are now 2 passenger elevators with one rising to the spectator area where there are 3 special viewing areas for wheelchairs.

The Learning Pool will be 2 degrees warmer than the main pool. New seating to 3 sides of the Learning Pool has been installed. There are 2 new hoists—one for each pool. There is also a hoist in the Special Disabled Changing Room.



Highgrove Picture Gallery



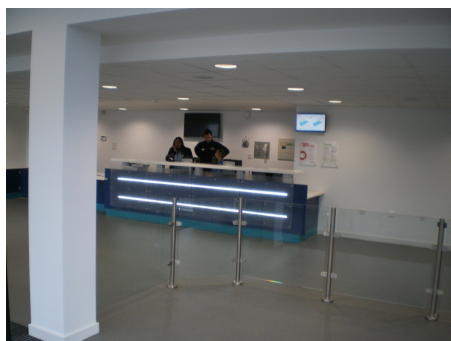
One of the new hoists



One of the Changing Areas

There are disabled facilities in the main changing areas but there is also a special disabled changing area (above) complete with changing bed and hoist.

There are 20p and £1 lockers



Parking charges commence 1st May

Main Reception

The special pool steps



2013/14 Subscriptions are now due.....

Just to remind you that annual subscriptions are due with effect from 1st April.

Disabled Members / Children £8

Family Members / Carers £16

We will be collecting the subscriptions this year from **Saturday 20th April.**

Under our constitution, we are required to agree subscription rates 12 months in advance (at the AGM).

Last year the AGM agreed to hold the 2012 subscription rates for a further 12 months and so there is no increase in the above rates for 2013/14. We will discuss April 2014 subscription rates at the AGM on the 18th May.

Alison Grey (Secretary)

07900 118812

Turtles Email:

turtlesswimming@yahoo.co.uk



Dave Lee (Chair)

07730 047500

Turtles Website:

<http://www.ruislipturtles.org.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 and meets every Saturday between 5pm and 6pm.