



# TURTLES NEWSLETTER

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

## Teething problems....



The feedback we have received from the membership regarding the new facilities has been very favourable, however, we have had one or two teething problems and we have taken up your concerns with the Sports Development Council, Greenwich Leisure and the contractors. The major concern seems to be the glare from the lights in the Learner Pool (above) and it is now hoped to have some trial reflectors in the near future.

The new hoist tended to judder when used at the first pool session but we now believe that the flywheel had not been correctly released by the lifeguard and so we need to monitor this going forward.

We also confirmed that mums with sons needing the special disabled changing facilities should ask the receptionist to allow them to pass through the staff area so as to avoid being separated or having to walk through the Ladies Changing Rooms to get to the rooms.

We have requested that some shelves be fitted (for shampoo etc.) in the special cubicles for the disabled—we await a response on that one.

But all things considered, our return to Highgrove has been smooth and successful.

**Don't forget the extra Turtles Swim Session on Thursday 25th April at 10.30am marking the official opening of the new Highgrove Pool in the presence of The Worshipful, the Mayor of Hillingdon, Councillor Michael Markham.**



**MAY 2013**

### Club Dates

Highgrove Official  
Opening Extra  
Swim Session  
Thursday 25th April

**Committee  
Meeting  
Wednesday 1st May**

Turtles Diving  
Championships  
Saturday 4th May

**Turtles Club  
Championships  
Saturday 11th May**

Turtles AGM &  
Awards  
Saturday 18th May

**Beaulieu Coach  
Outing  
Sunday 9th June**

Potters Bar  
Barracuda Gala  
Saturday 22nd June

**Harrow Kingfisher  
Gala  
Saturday 13th July**

Turtles & Region 1  
NASCH Gala  
Saturday 14th  
September

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





## Hatfield Platypus Gala Results



- The Turtles were runners up to the home team in a keenly contested Platypus Hatfield Gala on Saturday 13th April.

- In total we won 9 medals (3 gold, 2 silver and 4 bronze).

- Ian Andrew Horne won a gold medal for the Junior 1 Length, Jeannette Prentice won a gold medal for the Ladies 1 Length and the Mens Relay Team (Jack Locket, Gary Lee & Don Lamb) also won gold.

- Sophie Grey won a silver medal in the Junior 3 Lengths and Karen Hoffmann won a silver in the Ladies 2 Lengths.

- Bronze medal winners were: Fiona Wilstead (Ladies 3 lengths), Gary Lee (Mens 3 Lengths), Shaida Ghorbanian (Ladies Diving) and the Junior Relay Team (Sophie Grey & Ian Andrew Horne).

- Detailed results and timings can be viewed on the Turtles' website along with the updated medal table.

- Congratulations to the team!

	Event	Swimmer	Position
Junior	3 lengths	Sophie Gray	2 (Silver)
Ladies	3 lengths	Fiona Wilstead	3 (Bronze)
Gentlemen	3 lengths	Gary Lee	3 (Bronze)
Junior	1 length	Ian Andrew Horne	1 (Gold)
Ladies	1 length	Jeannette Prentice	1 (Gold)
Gentlemen	1 length	Jack Locket	5
Ladies	Diving	Shaida Ghorbanian	3 (Bronze)
Gentlemen	Diving	Jack Locket	5
Junior	2 lengths	Sophie Grey	4
Ladies	2 lengths	Karen Hoffmann	2 (Silver)
Gentlemen	2 lengths	Don Lamb	5
Junior	3 lengths	Ian Andrew & Sophie Anne Rourke, Jeanette & Shaida	3 (Bronze)
Ladies	3 lengths	Shaida	4
Gentlemen	3 lengths	Gary, Don & Jack	1 (Gold)

Pos.	Pts.	Team	
1st	59	Platypus B	Hatfield
2nd	56	Turtles	Ruislip
3rd	54	Platypus A	Hatfield
4th	52	Barracuda	Potters Bar
5th	38	Kingfisher	Harrow
6th	27	Dolphins	Stevenage

## Club Insurance

The Turtles Committee has recently been reviewing the club's insurance cover that we receive through our affiliation to our governing body (NASCH). We are aware that some clubs have increased their insurance cover by seeking addition affiliations (e.g. ASA Affiliation) and at least one club in our NASCH region has decided to end their association with NASCH and seek insurance cover elsewhere. Affiliation to the ASA could cost our club up to £1200 p.a. and would have an obvious impact on future subscription levels if we decide that we need to go that route.

Another alternative is for the club to acquire supplementary insurances in the areas not covered by NASCH. We have entered into discussions with an insurance broker but obviously, this is an important issue and if there is anyone within the club working in the insurance industry who could assist the Committee with this matter we would be very grateful.

## *Beaulieu Outing Update*

All the coach seats have been allocated for the above outing on Sunday 9th June. The coach will be at Highgrove Pool at 8.45 for departure at 9am sharp. The coach will also pick up at:

Coach and Horses, Ickenham	@	9.10
Hillingdon Station	@	9.15
BP Garage Long Lane	@	9.20

If you wish to be picked up at one of the above points (other than Highgrove) please send an email or inform Alison Grey. We should arrive at Beaulieu by 11.30am.

We will leave Beaulieu at 5pm and get back to Highgrove approx 7pm

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

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

*Disabled Members / Children £8*

*Family Members / Carers £16*

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.

## *The next 2 Invitation Galas.....*



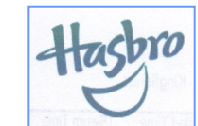
The Barracuda Invitation Gala will be held at Potters Bar on Saturday 22nd June (photo opposite).

This will be followed by the Kingfisher Invitation Gala at Harrow on July 13th.

If you wish to take part in either or both of these events, please make Dave Lee aware.



**Thank you to all our sponsors**



# 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 needs to be pre-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

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*

## *Diving Competition - Saturday 4th May at 17.35*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Oliver Regan	Aaran Maddox	Tom Regan	Sophie Grey	Karen Hoffmann	Shaída Ghorbanian	Jack Locket	Matthew McLaughlin

## *Swimming Championships - Saturday 11th May at 17.35*

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Junior 1 Length</b>	Oliver Regan	Ian Andrew Horne	Jamie Woodbridge	Sophie Grey	Aaran Maddox	Tom Regan
<b>Ladies 1 Length</b>	Anne Rourke	Gyllian Lucas	Jeannette Prentice	Shaída Ghorbanian	Karen Hoffmann	Erica Beckwith
<b>Mens 1 Length</b>	Don Lamb	Gary Lee	Jack Locket	Matthew McLaughlin		
<b>Junior 100 Metres</b>	Oliver Regan	Ian Andrew Horne	Jamie Woodbridge	Sophie Grey	Aaran Maddox	Tom Regan
<b>Ladies 100 Metres</b>	Anne Rourke	Gyllian Lucas	Jeannette Prentice	Shaída Ghorbanian	Karen Hoffmann	Erica Beckwith
<b>Mens 100 Metres</b>	Don Lamb	Gary Lee	Jack Locket	Matthew McLaughlin		
<b>Helpers 100 Metres</b>	Yasmin Francis	Kate Wilson	Fiona McAndrew	Sarah Harrington	Emma Harrington	Sophie Schofield
<b>4* 1 Relay</b>	Jeannette Prentice Gyllian Lucas Shaída Ghorbanian (2)	Erica Beckwith Anne Rourke Karen Hoffmann (2)	Don Lamb Jack Locket Gary Lee (2)	Oliver Regan Ian Andrew Horne Tom Regan (2)	Sophie Grey Jamie Woodbridge Aaran Maddox (2)	
<b>Family Fun Relay</b>	The Greys	The Hornes	The Lambs	The Woodbridges		

Please note that the regular swim session on the 11th May will finish at 5.30 pm and one section of the pool will be used for the Diving Competition from 5.30 on the 4th May.

*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.*

**Turtles Email:**

turtlesswimming@yahoo.co.uk

**Turtles Website:**

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



**Dave Lee (Chair)**

07730 047500

**Alison Grey (Secretary)**

07900 118812