

TURTLES NEWSLETTER

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

Registered Charity Number 1055585

DECEMBER 2013



Six NASCH Championship Victories!

A magnificent performance from 3 of our swimmers at the 2013 NASCH Championships



Sophie Grey
Girls 25 Metres
Champion

Girls 50 Metres
Champion

Girls 100 Metres
Champion



Jack Locket
Mens 25 Metres
Champion

Mens 50 Metres
Champion

Jamie Woodbridge
Boys 25 Metres
Champion

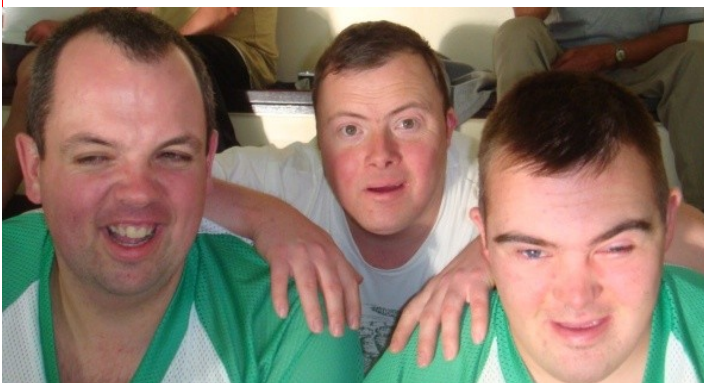


NASCH Championships -Saturday 2nd November 2013

- A remarkable performance from our team at the 2013 Championships as our swimmers won SIX Championship Gold Medals.
- The Turtles team participates as part of Region 1 when competing in the National Championships - 7 of the Region 1 team were from Ruislip Turtles and 3 were from Harrow Kingfishers. In order to participate in the National Championships, swimmers must qualify through the Regional Championships.
- **Congratulations Triple Champion Sophie Grey (Girls 25 metres, 50 metres & Girls 100 metres).**
- **Congratulations Champion Jamie Woodbridge (Boys 25 Metres)**
- **Congratulations Double Champion Jack Locket (Mens 25 and 50 Metres).**
- The Region 1 Junior Team finished in second place just three points behind NASCH Region 10 (North West England) who again won the Junior Trophy.
- NASCH Region 10 also won the Senior Trophy.
- The overall winners were again Region 10 with Region 1 finishing joint 2nd with Region 3.
- Well done also to Karen Hoffmann (Bronze Ladies 25 metres) and to the Junior Relay Team: Sophie, Jamie and Silvano (Kingfisher) who won Bronze Medals.
- Congratulations to all our champions, medal winners and all who qualified for this year's Championships concluding another successful year for our gala swimmers.



Region 1 Junior Relay Team



Region 1 Mens Relay Team

- The detailed results and timings can be viewed on the website.
- There are also many more photos in the NASCH Championship section of the Gallery on our website.



2013 Final Medal Table

Sophie Grey topped the 2013 Medal Table for the second year running with another fine gala season performance.

21 swimmers represented the Turtles in competitions this season and the 183 medals won is a club record. We won 174 in 2012, 144 in 2011, 114 in 2010 and 94 in 2009 so great year on year progress.



Swimmer	2013 Total	Gold	Silver	Bronze	Special Awards	Gala Events	2012 Total
Sophie Grey	25	8	13	4	0	9	26
Aaron Maddox	14	8	3	0	3	7	0
Oliver Regan	14	1	8	4	1	7	14
Jack Locket	13	7	5	1	0	7	9
Karen Hoffmann	13	4	3	6	0	9	15
Jamie Woodbridge	12	8	0	3	1	6	4
Tom Regan	12	3	5	4	0	6	15
Don Lamb	11	6	5	0	0	8	12
Ian Andrew Horne	11	2	4	5	0	6	6
Megan Treherne	10	6	2	0	2	3	0
Gary Lee	10	3	5	2	0	10	13
Jeannette Prentice	8	2	4	2	0	9	11
Gyllian Lucas	7	3	1	3	0	4	7
Anne Rourke	7	0	4	2	1	8	9
Shaida Ghorbanian	6	3	0	3	0	8	9
Fiona Wilstead	3	1	1	1	0	3	0
Carl Richards	3	1	0	2	0	6	3
James Lesnek	2	1	0	1	0	2	2
Geraldine Leong	1	1	0	0	0	1	9
Erica Beckwith	1	1	0	0	0	1	6
Mathew McLaughlin	0	0	0	0	0	1	0
Others	0	0	0	0	0	0	4
Totals	183	69	63	43	8	10	174



Our Gala season kicks off again on Sunday 9th February 2014 with the Feltham and Hanworth Lions Invitation Gala.
If you wish to get involved with the successful Turtles Gala Team, please let Dave Lee know.



The Turtles Word Search

L	I	F	E	G	U	A	R	D	B	C	S	T	R	H	V	W	T
S	P	I	L	N	O	D	G	N	I	L	L	I	H	S	P	E	A
T	U	R	O	P	H	U	L	W	D	P	Q	U	E	A	X	N	R
S	A	D	E	E	P	E	N	D	G	U	R	B	S	L	M	H	M
K	E	M	I	D	P	O	L	R	F	T	X	T	Y	P	A	N	B
O	T	T	E	V	R	Z	E	P	T	R	U	N	K	S	B	C	A
R	B	R	I	C	I	T	Y	D	E	K	F	Z	B	H	F	D	N
L	E	O	D	S	A	N	O	C	R	R	L	R	R	G	J	M	D
T	L	P	O	W	B	M	G	E	R	R	O	B	T	T	I	E	S
R	L	H	L	I	W	E	S	L	O	K	A	Y	A	W	P	D	O
U	Y	I	P	M	H	T	W	E	E	Y	T	G	S	K	H	A	E
I	F	E	H	M	U	S	V	U	L	C	G	E	A	E	T	L	L
S	L	S	X	I	F	O	B	D	F	G	C	W	I	I	U	S	L
L	O	N	B	N	R	T	O	G	F	N	D	G	N	C	N	B	O
I	P	G	T	G	S	O	K	N	A	S	C	H	S	F	O	H	C
P	Z	O	H	P	V	U	V	T	R	L	E	S	B	J	I	J	K
S	W	G	M	O	R	T	S	G	G	L	E	H	U	P	P	S	E
T	I	A	T	O	N	I	S	O	R	L	M	O	R	S	M	E	R
H	O	L	I	L	D	N	K	E	T	T	N	W	Y	M	A	M	K
B	L	A	R	G	I	G	O	R	L	I	H	E	S	W	H	U	E
A	F	Z	N	E	V	S	U	V	U	G	D	R	U	Q	C	T	Y
R	C	O	M	M	I	T	T	E	E	W	G	T	L	U	S	S	T
O	L	T	O	N	Q	U	E	R	S	J	L	O	X	I	Z	O	E
T	U	F	U	N	S	E	S	S	I	O	N	T	G	H	P	C	T

Try and find the following 32 words that are hidden horizontal, vertical, diagonal, upside down and back to front:

ARMBANDS **BELLYFLOP** **CHAMPION** **COMMITTEE** **COSTUME**
DEEPEND **DIVING** **FLOAT** **FUNSESSION** **GALA**
GOGGLES **HASBRO** **HELPER** **HIGHGROVE** **NASCH**
LOCKERKEY **MEDALS** **OUTINGS** **HILLINGDON** **RAFFLE**
RUISLIP **SAINSBURYS** **SHOWER** **SPLASH** **TURTLES**
TROPHIES **TRUNKS** **WATER** **WEBSITE** **LIFEGUARD**
SWIMMINGPOOL **LONGDISTANCESWIM**

Our Expanding Club

Thank you for your comments regarding the growing membership numbers. Your comments varied a great deal and that made it difficult for the Committee to press ahead with a pool extension in the short term. The next couple of months usually sees lower pool attendances and so we have decided to monitor session figures and produce a detailed plan to meet the demand. Hillingdon Council has reaffirmed that they will not fund an on-going pool time extension and the club would therefore be looking at an extra £2.5k expenditure p.a. With the extra £400 insurance cost we are already anticipating a rise in subscriptions rates, but we would have little choice but to recommend a huge hike in subscriptions and /or a weekly session tariff if we were to extend out pool time.

The membership feedback has recognised that the club subscription represents tremendous value for money and there is also a consistent understanding that fees are going to have to be substantially increased to keep pace with rising costs.

As we monitor the pool sessions in the next few months, we will have to suspend entrance if a Saturday swim session is over-subscribed. We have not had to do this before and we hope that we will not have to do so in the future, but we obviously have to adhere to Health and Safety concerns. If we have to take this step, we will also suspend new memberships.

How Can You Help?

Hillingdon Council advise that the club should be charging a weekly entrance fee (in line with other disabled sporting activities). The suggestion is that we should introduce a £1 per person session tariff.

For close to 50 years, the Turtles Club has held a weekly raffle at the Saturday Pool session. This has never been about winning the Lottery, but it is more about giving members the opportunity to contribute towards the running of the club—and maybe winning a bar of chocolate. As times have got hard, and perhaps some newer members have not appreciated the relevance of the raffle, Patricia Bonney has had a much harder time trying to generate raffle funds. It is the same members who contribute every session with many others opting not to participate.

We would like to use the next couple of months to see if we can generate more funds through the raffle from those who attend the Saturday sessions before deciding if we need to introduce a session attendance fee.

So please support our weekly raffle (and thank you to those who already do so) and help us provide the finances to keep our club secure.



*Thank you to
those who
support our club*

**The United Reformed
Church of
Eastcote & Northwood
Hills**

**Hillingdon, Early Intervention
Services for Children &
Young People**



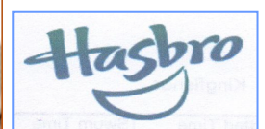
**Eastcote Community
Association**

TREFOIL



Phoenix Ladies' Club
Pinner

BARCLAYS



**Live
Well
For
Less**

Sainsbury's

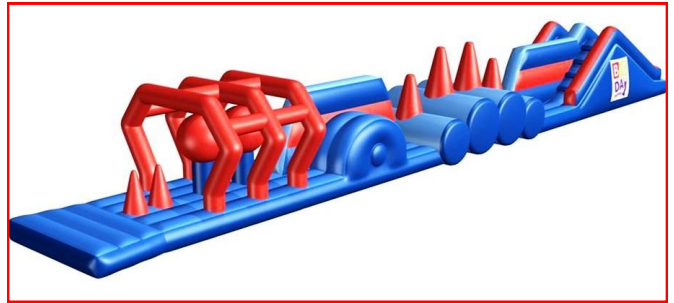
New Year Fun Session

We have arranged another New Year Fun Session following the success of the last 2 Fun Session events.

We will be returning to the Hillingdon Sport & Leisure Pool on Sunday 5th January 2014 for our next Fun Session because Highgrove do not run the sessions and do not have the inflatable island that is so popular with our members—young and old! This is an extra Turtles session and will run from 3pm until 4pm on the Sunday (no admittance after 3.15) and our usual Highgrove Saturday session will go ahead as normal on the 4th January.

Hillingdon Pool has a new island this year (design opposite) so a new challenge awaits! Photos from last year's event are below.

The pool hire will cost the club £150 and so we will be requesting a £1 per person contribution towards the cost, payable on the day. The session is open to Turtles club members only (i.e no guests allowed).



Major U turn by NASCH

Having been informed by NASCH that we could no longer retain our affiliation due to our decision to secure alternative insurance arrangements, we now understand that the original decision by NASCH has since been overturned at the recent NASCH Committee Meeting.

As a consequence, we expect to be informed shortly that from 2014 we will be able to re-apply for club affiliation and in doing so participate in NASCH Galas and the NASCH Championships throughout 2014.

The change of mind came about following the threat of a legal challenge regarding the validity of the original NASCH decision, as the decision was inconsistent with the organisation's constitution and would have required an AGM or EGM vote by member clubs to make the change.

The Turtles Committee meet 10th December to decide whether or not to renew our NASCH affiliation. Obviously, our costs are already substantially increased and we are having to review our subscriptions rates going forward.



Sainsburys Update



Trefoil Fundraising

Following our presentation on Wednesday 20th November, David Lee and Rosemary Noyes were presented with a £280 donation.

We are, as ever, very grateful for this generous donation. With our additional financial outgoings we are keen to find new sponsors for 2014.

If you know of any organisations prepared to help the Turtles, please let Rosemary know.

Thank you.

The next scheduled event in our Sainsbury supported fund raising programme is as follows:

Saturday 14th December

We are going to sing Carols to the shoppers on Saturday 14 December 2013 between 11 a.m. and 1 p.m. If you would like to help sing or hold a collecting bucket please contact Peter Horne or anyone on the Committee.

The good news is that we raised £222 on our first fund raising day (21st September) with our bucket collection. Thank you to everyone who helped us on the day.

Thank you also to Linda Clarke for organising the Tombola day on the 23rd November and Andy Wallis and his family for organising the bag pack on the same day.



Club Diary Dates

Committee Meeting
Tuesday 10th December

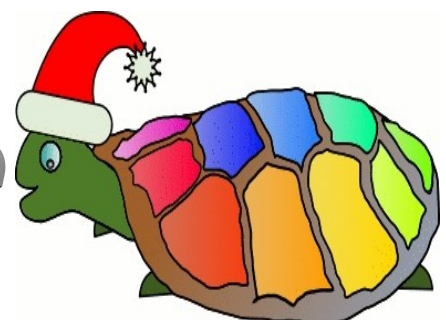
Sainsbury Carol Singing
Saturday 14th December

Turtles Fun Session
Sunday 5th January 3.15pm
Hillingdon Pool

Committee Meeting
Tuesday 14th January

Feltham & Hanworth Gala
Sunday 9th February

Happy Holidays



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.

Dave Lee
(Chair)
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