

Registered Charity
Number 1055585



MARCH 2014

TURTLES NEWSLETTER

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

Busy Spring for the Gala Squad

The Harrow Kingfisher Invitation Gala has been moved forward this year from July to Saturday April 5th, the week before the Hatfield Platypus Invitation Gala. We are also attending the Lions Hitchin Gala for the first time this year on the 15th March. So we will have a very busy Spring schedule this year with 3 galas now scheduled between the 15th March and the 12th April. But it will be an unusually quiet Summer! The revised timetable is displayed over the page. If you wish to take part in either of the two April galas (or both) please let Dave Lee know.

Turtles



Gala Team

Turtles

*Swimming
Club*

celebrating
50
years...

Congratulations to our regular pool helper, Danielle who celebrated her 18th birthday on Sunday 23rd February.

Danielle (left) celebrated with her friend and fellow helper, Jordan.



Tuesday March 18th Evening Meal Outing

This year we will be going to the Blue Check Restaurant in Bushey.

Menus are available from Alison for the 3 course meal (£20 per person including 10% service—alcohol and beverages are extra) and can also be viewed on their website.

We will also be running a mini-bus for an extra cost of £3 per person. So please book asap to guarantee your place at the table! We need final numbers by Saturday 15th March.



144-146 High Street, Bushey, Hertfordshire. WD23 3DH

<http://www.bluecheck.co.uk/>

Revised Turtles 2014 Gala Schedule

Saturday 15th March
Hitchin Lions Gala

Saturday 5th April
Harrow Kingfisher (NASCH) Gala

Saturday 12th April
Hatfield Platypus (NASCH) Gala

Saturday 3rd May
Turtles Internal Championships (NASCH)

June—date tbc
Potters Bar Barracuda (AST) Gala

Saturday 13th September
Turtles Invitation (NASCH) Gala

Saturday 13th September
NASCH Region 1 Gala

October—date tbc
Stevenage Dolphins (NASCH) Gala

Saturday 1st November
Leamington Spa NASCH Championships



Training

We always need extra qualified swim teachers. If you are interested in becoming a Swim Teacher the next training course is:

ASA Level 1 Award for Teaching Aquatics

Ref: **L1T0414** | Cost: **£375** Dates: Monday 7 April – Friday 11 April

Times: 09:00 – 17:00 approx daily

Venue: Harrow School Sports Centre, Harrow on the Hill

Other Diary Dates

Tuesday 18th March
Evening Meal Outing

Tuesday 1st April
Committee Meeting

Saturday 17th May
Turtles AGM

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 website:

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

Dave Lee
(Chair)

07730 047500

Alison Grey
(Secretary)

07900 118812

Turtles email:

turtlesswimming@yahoo.co.uk

Hitchin Lions Gala – Saturday 15th March

We have a new gala venue for the 2014 season and also a different gala format. The Hitchin Lions Gala takes place on Saturday 15th March:

Venue — Hitchin Swimming Centre, Fishponds Road, Hitchin SG5 1HA

Report time 6pm for 6.30 Gala. There are refreshments in the form of sandwiches and cakes and cold drinks afterwards at approx 8.45.

There are 14 one length races and a 4 person relay at the end.

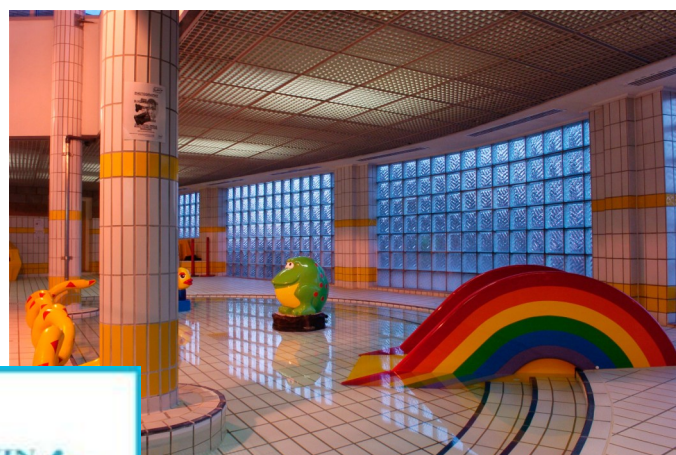
Pool length—25 Metres (8 Lanes).

Needless to say, we will be using the indoor pool not the 50m outdoor pool!!

Turtles Team: -

Charlie Laws,
Antony Laws,
Oliver Regan,
Sophie Grey,
Shaida Ghorbanian,
Karen Hoffmann,
Anne Rourke,
Jeannette Prentice,
Geraldine Leong,
Don Lamb,
Gary Lee,
Ian Andrew Horne,
Jack Locket,
James Lesnek
Carl Richards.

Mini Bus Pick up Point	Time
Clovelly Way	3.30
Durley Avenue	3.45
Eastcote Avenue	3.50
Linden Avenue	3.55
Hatherleigh Road	4.05
Victoria Road	4.10
Ruislip Station	4.20
Bushey Road	4.30



Hanworth & Feltham Gala Results

A good performance from our 15 strong team including debutants Charlie Laws and Antony Laws.

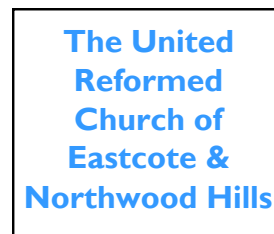
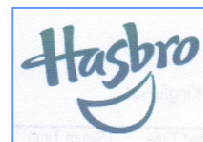
It takes some time for the official results to come through and so the details below are unofficial, but reflect the certificates awarded on the day. The unofficial times recorded are available on our website

The Turtles finished 1st in the Senior Event and 3rd in the Junior Event. Certificates were awarded to the following:

Gold - Boys 1 Length Freestyle-	Oliver Regan
Gold - Boys 2 Lengths Freestyle-	Charlie Laws
Gold - Ladies 1 Length Freestyle-	Anne Rourke
Gold - Ladies 1 Length Backstroke-	Jeannette Prentice
Gold - Senior Relay B Team-	Jack Locket, Gary Lee, Ian Andrew Horne and James Lesnek
Silver - Boys 1 Length Freestyle-	Charlie Laws
Silver - Boys 2 Lengths Freestyle-	Antony Laws
Silver - Mens 2 Lengths Freestyle-	Gary Lee
Silver - Ladies 2 Lengths Freestyle-	Shaida Ghorbanian
Bronze - Girls 1 Length Freestyle-	Sophie Grey
Bronze - Girls 1 Length Backstroke-	Sophie Grey
Bronze - Girls 2 Lengths Freestyle-	Sophie Grey
Bronze - Boys 2 Lengths Freestyle-	Oliver Regan
Bronze - Mens 1 Length Freestyle-	Gary Lee
Special Achievement Award-	Anne Rourke



Thank you to the Organisations who support our club



Sainsburys Fundraising

Unfortunately., we had to cancel the scheduled 'Bagpack' event on the 22nd February as Bijan did not get any responses to his request for helpers.

We have requested another date from Sainsburys when hopefully more of our members will be available.

Thank you for your continued support.

