

Registered Charity
Number 1055585



APRIL 2014

TURTLES NEWSLETTER

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

*Turtles
Swimming
Club*

*celebrating
50
years...*

We are having a party!

To celebrate the 50th anniversary of the formation of the Turtles Swimming Club, we will be organising a disco at the Fairway (Ruislip Golf Centre) on Saturday 12th July from 7pm. So you are all excused swimming on that day in favour of a social get together. More details nearer the time, but put the date in your diaries!



The Lions Club Hitchin welcomed the Turtles Gala Team on Saturday 15th March. The Turtles Team pictured opposite seen waiting for the start of our first ever visit to this event



Training

We always need extra qualified swim teachers. We have been advised of the following courses:

ASA Level 1 Award for Teaching Aquatics

Cost: £375 (grants are usually available for approx. 50% of the cost).

Mon 7/4 — Fri 11/4 Harrow
Sun 13/4 – Thur 17/4 Waltham Forest
Mon 7/7 — Fri 11/7 Harrow
Mon 4/8 — Fri 8/8 Northwood
Tue 26/8 — Fri 29/8 Northwood
Sundays 2/11—30/11 Harrow

For more details please go to the survive and swim website @

http://www.surviveandsave-training.org/course_diary.htm

If you are interested just ask Dave Lee about what is involved.

Congratulations Sarah



Congratulations to Sarah Harrington who has now achieved the **ASA Level 2 Award for Teaching Aquatics Qualification**. Well done, a really great achievement!

Advanced notice!

The pool session on Saturday 3rd May will be restricted to just 30 minutes (due to the Club Championships).

There will be no pool session on Saturday 12th July (due to the 50th Anniversary Disco).

Sainsburys Fundraising

Our next allocated date for our fundraising is Saturday 26th April. We are looking to organise a bag pack and a bucket collection. It will be our first Sainsburys event for over 4 months, so hopefully we will get a good response for volunteers. If you are interested in helping please make either Bijan or Andy aware—or leave your name with Alison.



Other Diary Dates

Saturday 29th March **No pool session**
Saturday 26th April **Sainsburys Fundraising**
Tuesday 16th May **Committee Meeting**
Tuesday 1st April **Committee Meeting**
Saturday 17th May **Turtles AGM**

Pool Safety

We carried out a pool evacuation drill on Saturday 22nd March. Thank you for your co-operation.

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

Draft Teamsheets for April Galas

We have two scheduled galas arranged for April. The Harrow Kingfisher Gala is set for Saturday 5th April. **Report Time 5pm for 5.30 Gala start.** We will not be taking a mini-bus to this event.

The Hatfield Platypus Gala is set for Saturday 12th April with a **6pm. Report Time for 6.30 Gala start.**

Turtles Gala



Team

	 Harrow Kingfisher Gala	Hatfield Platypus Gala
Junior 1 Length	Charlie Laws	Antony Laws
Junior 2 Lengths	Oliver Regan	Oliver Regan
Junior 3 Lengths	Sophie Grey	Sophie Grey
Ladies 1 Length	Karen Hoffmann	Anne Rourke
Ladies 2 lengths	Geraldine Leong	Jeannette Prentice
Ladies 3 lengths	Jeannette Prentice	Shaida Ghorbanaian
Mens 1 length	Ian Andrew Horne	Ian Andrew Horne
Mens 2 lengths	Don Lamb	Ian Andrew Horne
Mens 3 Lengths	Gary Lee	Gary Lee
Junior Relay	Antony, Sophie, Oliver & Charlie	Charlie, Oliver & Antony
Ladies Relay	Anne, Karen, Geraldine & Jeannette	Karen, Shaida and Anne
Mens Relay	Carl, James , Don & Ian Andrew	Ian Andrew & Gary (2)
Ladies Diving		Karen Hoffmann
Mens Diving		Oliver Regan
	Saturday 5th April- No mini-bus	Saturday 12th April

Turtles 2014 Gala Dates

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

Hatfield Platypus Gala



Hatfield Swim Centre,
Lemsford Road,
Hatfield,
AL10 0EB.

Mini Bus Pick up Point	Time
Bushey Road	4.30
Ruislip Station	4.40
Linden Avenue	4.45
Deane Croft Road	4.50
Durley Avenue	4.55
Kenton Lane	5.20
Hatfield	6.00



Lions Hitchin Gala Results



Hitchin Medals				
Swimmer	Total	Gold	Silver	Bronze
Anne Rourke	3			3
Jack Locket	2	2		
James Lesnek	2	1	1	
Carl Richards	2	1	1	
Shaida Ghorbanian	2	1		1
Jeannette Prentice	2		2	
Antony Laws	2		2	
Oliver Regan	2		1	1
Gary Lee	1		1	
Don Lamb	1		1	
Charlie Laws	1		1	
Ian Andrew Horne	1			1
Total	21	5	10	6

This was our first ever participation in the Hitchin Lions Invitation Gala.

All the events (with the exception of the Relays) were 25 metre races and the usual NASCH handicapping system applied.

The Turtles entered two teams: Turtles A 'Youngsters' and Turtles B 'Seniors'. Our two teams finished 2nd and 3rd with the younger of our two teams narrowly taking the 2nd spot from their seniors.



Congratulations go to the Pisces club of Letchworth who took first place.

An overall great performance and in total, the Turtles were awarded 21 medals (see table opposite). The detailed results & timings are available on the Turtles website.

2014/15 Subscriptions are now due.....

Just to remind you that annual subscriptions are due with effect from 5th April.

Disabled Members / Children £8

Family Members / Carers £16

We will also be charging a £1 per person entrance fee per session attended from now on. The entrance fee for families is set at £3. In return, swimmers will be entered into the weekly raffle draw.

Anne Rourke Leads 2014 Medal Table

Congratulations to Anne Rourke currently leading the 2014 medal table following the first two galas.

	Total	Gold	Silver	Bronze	Special Awards
Anne Rourke	5	1	0	3	1
Gary Lee	4	1	2	1	
Oliver Regan	4	1	1	2	
Antony Laws	4	0	3	1	
James Lesnek	3	2	1	0	
Jack Locket	3	3	0	0	
Charlie Laws	3	1	2	0	
Jeannette Prentice	3	1	2	0	
Shaida Ghorbanian	3	1	1	1	
Sophie Grey	3	0	0	3	
Carl Richards	2	1	1	0	
Ian Andrew Horne	2	1	0	1	
Don Lamb	1	0	1	0	
Totals	40	13	14	12	1

POOL CLOSURE – Important Notice

Due to essential pool maintenance work, there will be no Turtles Swimming Session on Saturday 29th March. We will return to normal on Saturday 5th April @ 5pm
Sorry for any inconvenience.

Thank you to
all the
organisations
who support
the Turtles



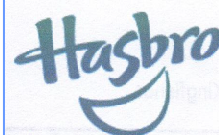
Sainsbury's



Phoenix Ladies' Club
Pinner

Trefoil

Combined
Charities
of Ruislip



Namesco

Get your
website
online!



HILLINGDON
LONDON

Hillingdon, Early
Intervention
Services for
Children & Young
People

The United
Reformed
Church of
Eastcote &
Northwood

AGM & Annual Awards - Saturday 17th 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 pre-ordered.

Please book with Alison.

HELP NEEDED

Our constitution requires us to have 3 registered disabled members on our committee. If you are interested in joining the Committee and want to know what is involved, please call Dave Lee (07730 047500)

Scout Hall
Church of the Most Sacred Heart
73 Pembroke Road, Ruislip, HA4 8NN
Saturday 17th May 2014 7.30pm
Fish and Chip Supper at 18.45

2014 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 2014:

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 26th April.
The Club Championships take place on Saturday 3rd May.
The AGM takes place on the 17th May

Turtles Club Championships — 3rd May @ 5.30pm

The 2014 Club Championships will consist of 10 competitive events. There will be both three and one length events for Juniors, Ladies and the Men. There will also be a Relay event for the Ladies, Men and the Juniors.

We are also going to establish the fastest Turtle Helper for 2014 and then we have the Family Fun Relay to round off the racing.

The Diving event will take place at 5.40pm the previous week (26th April).

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 26th April) | | |

* Events 7 and 9 will not involve staggered starts

As the Club Championships are scheduled to take place on Saturday 3rd 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 17th 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 Nigel Grey know if you are able to help.

If you would like to compete in the 2014 Turtles Championships, please let Dave Lee know.



The Spring Meal Outing at the Blue Check Restaurant in Bushey was another successful Turtles social evening.

