

***Rowland Gibson***  
***Tribute edition***  
*Worthing Swimming Club's*  
*newsletter was main tained by*  
*Rowland for a number of years.*

**Worthing Swimming**  
**Club**  
*Est 1890*  
[www.worthingswimmingclub.org](http://www.worthingswimmingclub.org)

## **Swimming, Diving and Water Polo**

### **Swimming**

Having been promoted to Division 1 of the Sussex League in 2009, staying in the league was always going to prove a tricky challenge, with teams such as Crawley and Atlantis in such strong form. After 3 battling performances, Worthing finished 7th and will compete in Division 2 next year.

It was a similar situation in the Rother League, where Worthing swam in Division 1. With just 6 teams in the league, Worthing again put in some battling performances but couldn't avoid finishing 6th and will compete in Division 2 next year.

In contrast, in the National League, Worthing are competing in Division 2 and after coming 2nd and 3rd in the 1st 2 galas, still have a chance of promotion in the final gala, in December.

Congratulations to all swimmers that have been involved with the Gala Squad this year. - Good luck in the final gala!

### **Division 4 Champions 2010**

Water polo in Worthing continues to go from strength to strength in 2010. Following 2009's introduction to National League, the team have travelled all round the country and have had some magnificent performances.

None more so, than the 12 - 7 victory in the final league game of the season over Manchester. Next up is the chance for Worthing to be promoted to Division 3 as the National league restructures in 2011.



**Rowland Gibson**, Social Secretary and a Vice President of Worthing Swimming Club sadly passed away on 20th October 2010. Having also held the role of Media secretary, from 2001 - 2005, Rowland attended the Club's Management meetings on a monthly basis and held a prominent role within the Club during the last 10 years.

Rowland was also organiser of Worthing's swimarathon, which many of our members have participated in over the years. Hopefully many of you will be involved in the 2011 events, being held on 5th Feb and 12th March 2011.

## Diving

Worthing and Crawley are the only Clubs that are still able to provide diving in Sussex. On 18th November, the County Plain diving competition was held, as always at the Aquarena. 5 Worthing boys entered the under 13 event, with Jacob Nash winning the event. In the under 17's, Tara Osborne won the girls event, whilst Callum Long won the boys event. In the Open, Elizabeth Fairs won in the ladies and Joe Hazeldine in the mens.

This, competition followed on from the Sussex 1m and 3m event held in July. In that event, 6 of the 8 titles were won by Worthing divers, with Callum Long winning 3 events, Elizabeth Fairs 2 and Daisy Hazeldine 1.

Many thanks go to Hilary Brame and Elizabeth Fairs for coaching all the Worthing divers. Good luck in 2011.



## Water Polo

In addition to National League success, Worthing's senior team also retained their South East Region title, as well as securing a County Double in both the league and cup.

Congratulations go to all involved with the senior squad, in playing, coaching and funding the teams ventures. Throughout the year a number of tournaments have also been played by the Junior squads as well as the Ladies teams. Although, there have been no tournament wins, there have been a number of encouraging performances against the best teams in the region. Also on several occasions, Worthing have played with other teams to remain competitive including Crawley for the juniors and Basingstoke for the Ladies. Good luck for the December tournaments.

## Teachers & Swim 21

Following on from achieving Swim 21 Teaching status in 2009, Clubs have to revalidate every year. The documents have been processed and will be reviewed by National Panel in Mid December. To aid us in maintaining Swim 21 status and to help us achieve Skill Development status in the near future, it is really important for us to have continued support from our volunteer teachers and coaches. If you would like to join our team, full support will be given with regard to courses and education, to make a successful teacher or coach. If you are aged 16 or over please speak to Peter McCallum or Dawn Osborne about the available opportunities. You are always needed!!!

## Christmas Competition 2010

On the next page, you will find a wordsearch and clues. To be in with a chance of winning a £5 gift voucher for the Club Shop, all you need to do, is answer the clues and using the 1st letter of each answer, unscramble the 3 words which relate to a recent Club achievement. Then place your name and answer on the slip on the last page of the newsletter and hand to Peter McCallum by fun night. The winner will be announced in early 2011. The correct number of letters for the words are already on the slip. Completing the wordsearch is optional. Good Luck!!!!

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

- Training is done, so that you do well in \_\_\_ M \_\_\_ T \_\_\_ O \_\_\_ (12)
- A person lost from a ship has gone \_\_\_ V \_\_\_ B \_\_\_ D (9)
- Water Polo Secretary and Coach \_\_\_ L \_\_\_ R R \_\_\_ T \_\_\_ (8+7)
- Recover from a race with one of these \_\_\_ R \_\_\_ Y \_\_\_ A \_\_\_ (6+3)
- Club Captain of W.S.C. \_\_\_ R A \_\_\_ (3+5)
- Worthing \_\_\_ W \_\_\_ G Club (8)
- Matches not played away, are at \_\_\_ M \_\_\_ (4)
- Matches not played at home, are \_\_\_ Y (4)
- Substance that you swim in \_\_\_ A \_\_\_ (5)
- You \_\_\_ I \_\_\_ to compete (5)
- Worthing Water Polo have to play in this to gain promotion \_\_\_ Y- F \_\_\_ (7)
- Competition to be held in London in 2012 \_\_\_ Y \_\_\_ S (8)
- Chairman of Worthing Swimming Club \_\_\_ T \_\_\_ M \_\_\_ C \_\_\_ M (5+8)
- Worthing Water Polo played 14 of these to win the title \_\_\_ T C \_\_\_ (7)
- In 100 metres at the Aquarena there are 3 \_\_\_ N \_\_\_ H \_\_\_ (7)

## Water Polo - National League - Division 4 Champions

Team	Pld	Won	Drawn	Lost	For	Against	Pts	GD
Worthing	14	9	2	3	191	129	20	62
Manchester Hawks	14	8	3	3	168	135	19	33
Carlisle	14	9	0	5	166	123	18	43
City of Cambridge	14	7	2	5	154	135	16	19
Northumbria	12	7	0	5	128	141	14	-13
Bedford	12	3	3	6	115	134	9	-19
Otter 1869	12	3	2	7	112	139	8	-27
Grantham	12	2	2	8	102	146	6	-44
RAF	12	2	2	8	110	164	6	-54

**Worthing** narrowly won the Division 4 title and have a play-off in December to try and secure promotion.

**Squad in Full (Goals in Brackets)**

Matt White (47), Richard Hooper (42), Elan Stark (35), Nathan Hart (23), Sam Abbott (22), Alastair Hardinge (8), Dominic Cranford (6), Alexander Cranford (5), Airam Rodriguez (2), Gregg Candy-Wallace (1), Andy Cawdery, Jon Gray, Alastair Roberts (GK)

**Chris Luesley**, Swimming teacher and swim 21 co-ordinator for W.S.C, has been teaching for the last month in the widths classes on his return from teaching swimming in Portugal.

In December, he will be in Saalbach in Austria, as a Crystal ski rep, so if you are planning on travelling with Crystal via Salzburg, you may bump into Chris on your travels!!!



## Merry Christmas and Happy New Year

### Christmas Competition 2010

To enter, Please enter your name and answer below and hand back to Peter McCallum by 16th December, which is Fun Night at the Aquarena. The Winner will be announced in the New Year and will win a £5 voucher to be spent in the Club Shop.

Name \_\_\_\_\_

Answer \_\_\_\_\_