

Newsletter



Dear Parents and Swimmers,

Welcome to The Sharks quarterly newsletter. We hope you all had an enjoyable summer and are now looking forward to the many events we have planned. As always, please consider invitations to the Open Meets, as these are open to swimmers of varying abilities, aged 9+, and offer a great opportunity to increase those PBs! For more information ask your coach.

ICENI OPEN MEET. DEREHAM



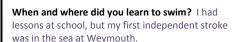
A great, fun day had by all. The Team Managers couldn't have been happier, all the swimmers worked really hard and it was wonderful to see the benefits of the great training sessions that Coach, Sally Russell, writes up - WELL DONE SHARKS!!! Jennifer Eagles had a great day achieving a couple of pbs. Sam Buckles shocked himself by getting a really good pb in his least favourite stroke, butterfly. Jemma Garry had an amazing breast stroke swim.

Ben Jamieson had a fantastic day with some truly great swims, just missing out on top boy. Jordanne Sillitoe worked hard and secured 2 pbs thus achieving county times. Scarlett Saunders and Gemma Wellbourn also had a great day achieving pbs.

Back row, left to right: Sam Buckles, Jennifer Eagles, Ben Jamieson

Front row, left to right: Gemma Welbourn, Jemma Garry, Jordanne Sillitoe, Scarlett Saunders

Meet Debbie Saunders





Why did you join Sharks? My daughter joined having been told it was good fun by a friend. I then discovered on the website that a Minutes Secretary was needed, and although busy working full-time (and studying with the Open University) knew I could spare a couple of hours a month to help. And then I took on the combined role of Administration Secretary when the previous one left, and became Club Secretary. I decided to get into the teaching/coaching side as I know that we always need more volunteers, and as I'm here anyway watching, it seemed a good plan to get the training and feel like I was doing something really worthwhile!

What's your favourite book? Tough one, there are a few – but think I'd have to say To Kill a Mockingbird by Harper Lee.

What's your favourite film? Gone with the Wind, the book is also very good, and different to the film!

What's the craziest thing you've ever done? I don't really do crazy — as Scarlett said to me the other day 'Mum, you're just overly cautious'. I would say probably just saying 'yes' every time someone asks me to do something! But as they say, if you want something doing, ask a busy person.

Who do you most admire? My mum! She truly is an inspiration to anyone who knows her, how she can always be smiling is anyone's guess.

If you could change one thing, what would it be? End world hunger? End war and hatred? So much to choose from... I think it would be for people to be able to be judged for who they are, and what they do, not for the colour of their skin or their religion.

Tell us a secret... I didn't learn to swim until I was 10.

Congratulations!

David Robinson,
our Club Vice
President, has
been elected ASA
East Region
President. After
dedicating over 30
years to The
Sharks and the
wider swimming
community, this is
a well deserved
appointment...

Well Done Dave!!



Dates for your Diary:

23rd September Colour Gala

25th September Long Distance Championships start

15th October Junior Fenland League

12^{th,} 19th, 20th November Club Championships

3rd December Christmas Party

Competition!

Can you think of a name for our newsletter that is more creative than...

Newsletter?! If so, send your suggestions to The Editor and the glory could be yours.

Closing date: 30 Nov





Your Swimming Club Needs You!

We are looking into fundraising ideas to help support the club and its swimmers and we need help, support and ideas from YOU! The Sharks is a non-profit club and would not be here if it was not for the dedication of our volunteers (and for that we salute you!).

We have a few events in the planning stages and hope you can become involved:

The Big Splash - This is a sponsored swim with a difference! Over a set period of time our swimmers can clock up the miles in training and see just how far up stream they can get. Whether they are hot on the heels of David Walliams in The Thames or maybe closer to home swimming to Bury in The Lark, they are sure to impress and we hope you will help them in their sponsorship quest. More details to follow or click for more information http://www.swimming.org/bigsplash/

Bonus Ball - We're sure many of you are familiar with this win-win fundraiser. Each week you can select a number from 1 to 49, pay a pound and if your number is drawn on Saturday nights lottery, then you will win half of the money with the other half going towards much needed funds and supplies for the club.

Raffles - As you may have witnessed at past events, The Sharks hold a raffle for events held at Mildenhall Pool, this includes the Club Championships which start on the 12th November and continue on the 19th & 20th November. All prize donations are greatly appreciated and please remember to bring some change so that you can purchase the tickets.

If you have any ideas and/or can offer some time, please contact with Debbie Saunders or Sarah Stevens

What the papers say...



MILDENHALL Sharks hosted a senior gala for ages 10 and under and upto an open age group, that saw teams from Great Varmouth, Halstend and Newmarket compete.

The Sharks started well, but Great Varmouth were leading at the half-mark stage. The team persevered and up to a many from the competence of the stage of the s

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Mildenhall Sharks swim every tiday night at Mildenhall Swimm ool, between 5.30pm and 9.30pn Il standards are catered for from



Sharks show plenty of bite with a spree of new bests

Club have had a busy fee weeks, sending teams to the County Development Championships and the East Region Open Water Championships.

The County Development Championships, held at Newman

5th in the region, both swimming, he 800m, a great result for Mildenhall wimming Club.

Jemma Garry, aged 11, also put in a group performance in this challenging set of endurance. Head coach, Sally Russell was thrilled this her team's efforts: "It's great to see this challenging off, and and work paying off.



arket Journal Thursday August 4 2011 SWIMMING **Sharks show** cutting edge

HOME advantage proved to be the case at this year's Larking on the Lark agla, with Mildenhall taking home the honours by six points.
Taking on teams from Great Yarmouth, Newmarket and Halstead, the Sharks started off well, but it was Great Yarmouth who were leading at

Perseverance paid off with the Perseverance paid off with the Sharks claiming top honours ahead of Newmarket and Great Yarmouth. Jordanne Sillitoe, 11, had a busy day, kaking part in eight events, recording four personal bests and achieving first place in the 100m individual medley with a time of 1min 24,96secs. She also showed determination when swimming in the Open age group in the 100m fly against girls much older. Scarlett Saunders, 10, was another star performer, achieving three personal bests out of three of her races, in the 50m backstroke, 50m breastroke and the 25m fly.

the 25m fly.

Another top performer for the club was 12-year-old Harry Wagner, who achieved first places in all five of his individual races; 50m freestyle, fly, breaststroke and backstroke, and the 10m individual medium. 100m individual medley.
Final points: 1 Mildenhall 121; 2 Newmarket 115; 3

Did you know...

The oldest form of swimming stroke used today is the breaststroke.

Sharks Merchandise: If you would like to purchase hats, bags, polo shirts, hoodies etc. please see Rob at Friday night training or email him at ClubKitOrganiser@mildenhallsharks.co.uk