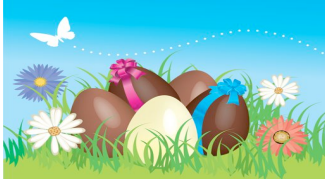


ROTHERHAM METRO NEWSLETTER



Welcome to the first Newsletter of the year.

The season of spring the weather seems to sing, lovely, lovely days are coming our ways.

Fund Raising Committee

The fund raising committee is now in full swing organising events to boost the funds for the club. Bag-packing has recently been done at Morrisons in Rotherham and £2,400 was raised in just 2 days. Events like this take a lot of organising and participation, so well done to everyone that took part and helping to make this a success. Remember if you have any unwanted Xmas/Birthday presents that you wish to donate as raffles prizes, please see a member of the committee. Also if you have any ideas on how to raise funds please speak to them.



COACHES COMMENT

WHAT IS A CHAMPION

Wanting to be a Champion should not be just a statement of desire, but a commitment to make those 1000's of little choices each day to make sure you become a winner !

Champions are not made on the day of the gala; they are made in the days, months and years of training before the meet.

A Champion Choice is made at 9:00pm to get to bed ready for morning training

A Champion Choice is made when a group of your Friends are having a party where you can eat junk food and stay out late, But you decide not to go.

A Champion Choice is when a pasta dish or a baked potato is chosen instead of burger and chips. A cereal bar instead of chocolate or crisps.

A Champion Choice is when you beast 2 hours of gruelling raining, battling through tiredness, oxygen debt, hunger, but still hit perfect turns, great pace and never quit.

A Champion Choice is when you choose the hardest option in training, because you know it will make you tougher

A Champion Choice is to never make excuses for failing but to do whatever it takes to put it right

If you make "Champion Choices" and win all of these daily battles, you will stand on those blocks with the confidence of a Champion, the inner strength of a Champion and will race like a Champion.

Being a Champion is not magical, mythical status that you can never achieve; they started at the same position as you!! so, every time you are faced with a choice, take responsibility, and just to do what CHAMPIONS do.

YOU CAN BE A CHAMPION

A. Kirton

ACHIEVEMENTS

Dale Waterhouse accomplished a national time of 25.26 in the 50 metres Freestyle whilst at the Yorkshire's Competition in February. He also obtained a time of 54.81 in the 100 metres free at the recent Sheffield Premier Meet and narrowly missed the 100 Breast time by only 0.09 seconds and the 200 IM time by just 0.03 seconds. Well Done Dale. Daniel Mclean also achieved his first national times in the Derventio meet at Ponds Forge on the 11 and 12th April. He swam the 50 metres Free in 25.48 and the 100 metres free in 55.57 seconds. Well Done Danny.

A Squad have returned from a very successful training camp in Spain. Everyone enjoyed themselves and arrangements are being made for another trip next year. A separate report regarding the trip is on the website.

Congratulations to Molly Simpson and Amelia Kurly who are in the B Squad group at Aston. They have just taken part in the Marie Curie Swimathon at Aston Pool. Molly completed the 5K swim in 1hr 38 minutes and Amelia's time was 1hr 34 minutes. Both received a medal for their efforts.



FORTHCOMING SWIMMING GALAS

26 April Stocksbridge Sprints
2&3 May ASANER Youth Championships
9 May Barnsley Minors
2&3 May ASANER Youth Championships
16&17 May City of Leeds Distance Meet
23&24 May Rotherham Metro Level 1 Meet
29,30 & 31st City of Sheffield No Frills Meet

Annual General Meeting

The AGM meeting took place on the 8th March. For those who didn't attend the committee stated that though it had been a difficult year, the club had broken even though this wasn't expected. Thanks was given to the Committee for all their hard work throughout the year.

Don't forget to check the Rotherham Metro website for information on all forthcoming galas and up to date information.

