

BERE REGIS ORCAS NEWSLETTER

AUTUMN 2011

Our normal session times at Purbeck are First Session 5.15 - 6pm. Second Session 6 - 7pm

Swim Dates Autumn 2011

Sept	3	-	17	-
Oct	8	15	22	29
Nov	5	12	-	-
Dec	3	10	(family Swim)	

Milton Abbey Dates

(Milton Abbey School Pool with session times an hour later, First Session 6.15pm - 7pm, Second Session 7pm-8pm)

Sept	-	10	-	24
Oct	1	-	-	-
Nov	-	-	19	26

Last term updates

The summer term was very busy, with many different activities all well supported.

- A. The annual gala took place in June, with lots of swimmers taking part and all having a good evening.
- B. Beth Stanard came in June and as usual gave an excellent lesson on jumps and dives. At the end of the evening we had the annual diving competition which Beth judged.



- C. The open water swimming again took place in Swanage Bay and was supported by many swimmers. It was an excellent evening except for Hannah Neish being stung by a weaver fish which was very painful.



- D. The BBQ and presentation Night in July was yet another brilliant afternoon with lots of people supporting the event. Thank you so much to Bob and Di for opening up their beautiful garden to us all.
- E.. The Triathlon had to be postponed due to the weather, but will hopefully take place sometime this term.



Dates for your Dairy

A. Synchro evening

This is a new event which we thought would be fun to try. It will take place on **Saturday 29th October**, and Christine Seall is coming over from the West Dorset and Weymouth Synchro group to give us some tuition. This should be a really good event and is extremely beneficially for both boys and girl swimmers. It helps to improve sculling, build up upper body strength and improve breathing so do come along if you can.

B. Swimarathon

This will take place on **Sunday 16th October**. We are again hoping to put in four teams:

- Tadpoles: 9 and under
- Splashers: 11 and under
- Barracudas: 13 and under
- Wrinkles :16 and over

Jo Hitchens will be coming round shortly to see which swimmers would be interested in taking part.

C. Friendly gala

We are hoping to host a gala on **Saturday 12th November**. This will be with Bournemouth and one other team which has yet to be confirmed.

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Orcas web address: brsplashers.org