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# Halliwick AST Newsletter

November 2005

c/o ADKC Centre, Whitstable House, Silchester Road, London W10 6SB

Website: [www.halliwick.org.uk](http://www.halliwick.org.uk)

## ***A message from the Chair***

The **2005 National Championships** hosted by ASTRA 15 - Wales at Barry Leisure Centre, South Wales on Saturday, 15th October, 2005, were a great success. The competition was very keen, everyone was made very welcome. Congratulations to the host region for such a memorable event and to all who took part, whether as swimmers or officials. The overall winners of the 'Barnardo Trophy' were **ASTRA 15 - Wales** and **Salefin SC of Halliwick ASTRA 8** won the **National League**. The full results appear on page 4 of this Newsletter.

Each year at our AGM I appeal for a volunteer to come forward to fill **the role of Secretary to our National Executive Committee**. For the last 7 years, Eric Dilley our Insurance Advisor has very kindly covered this role but at our last AGM he indicated that, as from next March, he will no longer be able to do so. I am therefore asking clubs to circulate an appeal amongst their members. The job entails attending during the year, 3 meetings in the Oxford area and 2 in London, to take the Minutes of the meetings, transcribing them at home and then circulating them to members. It is essential that they have a UK landline telephone and computer with internet access. It would be more convenient if they also have their own form of transport to attend meetings independently, though we may be able to arrange a car lift with one of our members, if the volunteer lives close to one of them.

**As this is the last Newsletter of 2005, I wish you all a very Enjoyable and Happy Christmas and a Prosperous and Healthy New Year for 2006.**

As I have said before, please feel free to contact me direct about any item in this **Newsletter**. If I don't have the answer, I feel sure that I can put you in contact with someone who does!

***Patrick Hastings, Chairperson.*** Contact me at: 18 Thamesdale, London Colney St Albans, Herts AL2 1TB  
Tel No: 01727-825 524 E-mail: [patrick.hastings@btopenworld.com](mailto:patrick.hastings@btopenworld.com)

## **Results of the separate Questionnaire sent out with the last edition of this Newsletter asking for your views on the Way Forward for Competition at the Regional and National level.**

The 4 options, showing the % are:

50% for Option 1 - A Competitor should be able to enter more than one event and a Relay

25% for Option 2 - A Region should be able to enter more than one team

15% for Option 3 - A Region should be able to enter more than one Competitor in a race

30% for Option 4 - We have our own ideas!

The National Competition Committee wish to thank those 19 clubs who took the trouble to reply and will discuss this matter at their next meeting in February.

## **The Ordering and Distribution of our Publications including Videos/DVDs**

At the moment, if someone wants to order from us, they first have to complete the 'Publications Order Form', which appears on our website, then send it in with the appropriate cheque to our address c/o ADKC Office. There Eric Dilley has to forward it to any one or more of three people, depending on the items ordered to arrange their despatch, which is very time consuming. Over the last year, Beryl Kelsey a member of National Education and Publications Committees, has devoted much time resolving this problem. Early in the New Year we anticipate that this work will be entirely handled by a charity called **Centre 88**, with which she has contact, based in Hull where she lives.

More details will appear in January's edition of *Newsletter* and on our website: [www.halliwick.org.uk](http://www.halliwick.org.uk)

## DATES FOR YOUR DIARY 2005 - 2006

Sat/Sun - 26/27 Nov National Education Weekend, London - 11am start.

For more details contact Philip Puckrin at: [philpuckrin@freenet.co.uk](mailto:philpuckrin@freenet.co.uk)

Saturday - 21 Jan, **2006** National Management Committee Meeting, London - 11am start.

Sunday - 5 Mar National Executive Committee Meeting and **2005 AGM** at OXSRAD Sports Centre, Court Place Farm, Marsh Lane, Marston, Oxford - 11 am start  
*This is a new venue and directions of how to get there will appear in*

### Halliwick Region Astra 10 is up & running and based in Bath (at present)

We do feel a bit like the 'new kids on the block' at the moment! Astra 10 emerged after the Foundation Course in Bath in Oct 2004. Eight of us from the Bath area decided to keep in touch to find ways of helping each other put what we had learnt on the course into practice. Only one of us had done any Halliwick before & not all of us were actually able to put it into practice straight away! Apart from meeting up to help each other out, exchange ideas & experiences, we decided more courses in the South-West would give us more training on our doorstep as well as getting other people in the area trained & using Halliwick, so it was from this that we decided to form Astra 10, which covers the counties of Cornwall, Devon, Dorset, Somerset and Wiltshire.

*So far, we have formed an interim committee but, to be truly democratic, we will be holding an AGM in 2006, so all affiliated members can have their say & hopefully we can get to meet them (more later).*

Courses - In April we ran a Foundation course in Cheltenham, & in Oct an Advanced in Llanfrechfa, South Wales - the latter not exactly in our region we know, but it was a case of finding a suitable pool at the right time, as Cheltenham was not available! In April 2006 we are 'coming home' to Cheltenham for a Foundation Course, but, course-wise, that's as far as our plans go at present.

Library - We have also put together a library of most of the Halliwick publications & videos, which are available for anyone from the region to borrow, the only charge being the cost of postage. *We hope people will take advantage of the opportunity to see what is available & that it might encourage them to go on & buy their own copies as well.*

Study Day - What we would also like to do is reach-out to anybody in the south-west who has done a Halliwick course, but maybe isn't affiliated. *Sometimes it can be quite difficult if you've done a training but are working with it in isolation, & it's good to get together with other people to exchange experiences & learn from each other, as well as get some new ideas.* With this in mind, we are planning a Halliwick Study Day in the New Year, which we hope will do exactly that. Pamela Woods will be on hand to give us some input, & we'll slip a **short AGM** in there too, but the rest of the time will be according to what the participants want out of it. We look forward to it with great interest.

Future - *The nucleus of Astra 10 may be small & inexperienced, but we believe in Halliwick & our aim is to see more Halliwick activity in our region.*

Pamela Galloway, Chair of Astra 10, & the Astra 10 committee  
c/o 17 Baytree Road, Bath BA1 6NB [pgalloway@members.v21.co.uk](mailto:pgalloway@members.v21.co.uk)

### LOST PROPERTY !!

Did any one leave a bag containing a towel and trunks at the National Gala at Barry Leisure Centre?  
The draw-string bag had a Barclays Bank logo and "Barclays spaces for Sport" written on the outside.  
The trunks were Ladybird shorts for a boy of 7 - 6 years Contact Keith Beer on 01633-893 036

**Next Issue – January 2006** Copy to be received by the Editor by end November

Send to: Dr Joan Martin, Flat 2, 66 Kensington Church Street, LONDON W8 4BY  
OR, direct to the Chairperson by e-mail, if late !

Dates & Venues of future Halliwick AST Training Courses on 'The Halliwick Concept' in the **UK** appear on **page 3** of this *Newsletter* and are also regularly updated on our **Website**.

If this Newsletter has **not** been sent to the correct Club contact, it is important that you write to Eric Dilley at the ADKC Office to give him the correct contact so that our records can be updated.



## HALLIWICK ASSOCIATION OF SWIMMING THERAPY

TEACHING PEOPLE WITH DISABILITIES TO SWIM  
 INAUGURATED 1952 Registered Charity Number 250008  
 C/o ADKC Centre, Whitstable House, Silchester, LONDON W10 6SB  
[www.halliwick.org.uk](http://www.halliwick.org.uk)

Affiliated to International Halliwick Association  
**Courses 2006**

### Foundation Course The Halliwick Concept

Venue	Dates
Troutbeck Bridge Windermere, Cumbria	February 13 <sup>th</sup> to 16 <sup>th</sup> - 4 consecutive days
Brent, North London	March 11 <sup>th</sup> & 12 <sup>th</sup> and <u>May 13<sup>th</sup> &amp; 14<sup>th</sup> (revised)</u>
Cheltenham	April 1 <sup>st</sup> to 4 <sup>th</sup> - 4 consecutive days
Hull	Autumn - 2 weekends, <i>Dates to be decided</i>

### Advanced Course Stroke Technique

in association with the

#### Hydrotherapy Association of Chartered Physiotherapists

Brent, North London January 14<sup>th</sup> to 15<sup>th</sup>

### Advanced Course Teaching The Halliwick Concept

Hull	February 25 <sup>th</sup> & 26 <sup>th</sup> and April 22 <sup>nd</sup> & 23 <sup>rd</sup>
Brent	March 11 <sup>th</sup> & 12 <sup>th</sup> and May 13 <sup>th</sup> & 14 <sup>th</sup>
Troutbeck Bridge Windermere, Cumbria	July 10 <sup>th</sup> to 13 <sup>th</sup> - 4 consecutive days

Application forms and posters can be downloaded from the web site  
 or by email from the course organiser or send a S.A.E. to the course organiser

Brent	Troutbeck Bridge	Hull	Cheltenham
<i>Alison Skinner</i>	<i>Wayne Rawlinson</i>	<i>Beryl Kelsey</i>	<i>Pamela Galloway</i>
31 Syon Park Gdns	85 Milnthorpe Rd.	59 Woldcarr Rd	17 Baytree Rd.
Osterley	Kendall	Hull	Bath
Middlesex	Cumbria	East Yorkshire	BA1 6NB
TW7 5NE	LA9 5HE	HU3 6TR	
☎ 0208-560 2034	☎ 01539-726 252	☎ 01482-353 547	☎ 01225-337 555
<a href="mailto:at.skinner@ucl.ac.uk">at.skinner@ucl.ac.uk</a>	<a href="mailto:wayne@onetel.net">wayne@onetel.net</a>	<a href="mailto:kelsey@halliwickbk.karoo.co.uk">kelsey@halliwickbk.karoo.co.uk</a>	<a href="mailto:pgalloway@members.v21.co.uk">pgalloway@members.v21.co.uk</a>

For an update on courses, publications etc. visit [www.halliwick.org.uk](http://www.halliwick.org.uk)

## Results of the 36<sup>th</sup> National Championships held on Saturday 15<sup>th</sup> October 2005 at the Barry Leisure Centre, South Wales

Competitors took part from:

Halliwick ASTRA 1 (Greater London, North of River Thames)  
Halliwick ASTRA 2 (Greater London, South of River Thames with Kent, Surrey  
and Sussex)  
Halliwick ASTRA 5 (Yorkshire)  
Halliwick ASTRA 8 (Cheshire, Staffordshire & Shropshire)  
Halliwick ASTRA 15 (Wales)

First position	Second position	Third position
<b>National League: Arthur Gunton Cup</b>		
Halliwick ASTRA 8	Halliwick ASTRA 15	Halliwick ASTRA 1
(Halliwick ASTRA appears in brackets, after swimmers' names)		

**Girls 25 metres: Sir Max Rayne Cup**

Rebecca Smallman(15)	Leanne Allright (2)	Abby Moffat (8)
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**Boys 25 metres: Swimmers Cup**

Sam Cane (8)	Jacob Bourne (2)	Steven Bradbrook(1)
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**Ladies 25 metres: Beryl Miller Cup**

Michele Bailey (2)	Beverly Carter (1)	Eunice Lamb (15)
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**Men's 25 metres: London Transport Revenue Cup**

Andrew Knowles (15)	Brian Thorp (5)	Andy Strickland (8)
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**Girls 50 metres: ASTRA Fifteen Cup**

Jodie Bourne (2)	Karla Higgins (15)	Shannon Strickland(5)
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**Boys 50 metres: Keyhaven Cup**

Chi Woo Wan(1)	Sam Tyler (15)	Luke Grover (2)
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**Ladies 50 metres: Olive Lee Memorial Cup**

Eileen Moon (2)	Julie Thomas (15)	Laura Jackson(1)
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**Men's 50 metres: George Lyons Cup**

Cliff Martin (1)	Colin Rees (15)	John Brown (8)
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**Girls Championship -100 metres: Penguins Jubilee Cup**

Fern Meanwell (5)	Laura Cowsill (8)	Ellis Ratcliffe (2)
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**Boys Championship -100 metres: Phyl McMillan Cup**

Chris Bayliss (15)	Adam Meanwell (5)	Darren Crouch (1)
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**Ladies Championship -100 metres: Derek Burnard Cup**

Barbara Hopper (1)	Barbara Grover (2)	Lyndsay Harris (15)
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**Men's Championship -100 metres: Monton Cup**

Stephen Andrews(15)	Ben Goldberg (2)	Kevin Denton (5)
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**Junior 4 x 25 metres Relay: HAST National Cup**

Halliwick ASTRA 8	Halliwick ASTRA 15	Halliwick ASTRA 5
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**Senior 4 x 25 metres Relay: Nellie Sims Cup**

Halliwick ASTRA 15	Halliwick ASTRA 5	Halliwick ASTRA 1
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**CHAMPION ASTRA and winner of the Barnardo Cup: ASTRA 15 - 41 points**

Second: ASTRA 2 - 32 points

Third: ASTRA 1 - 25 points

Fourth: ASTRA 8 - 24 points

Fifth: ASTRA 5 - 23 points