



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

Did you realise that Halliwick AST is **50 years old** this year? It was on 15 May, 1952 that the inaugural meeting took place at Halliwick School for Crippled Girls in Enfield, North London. We also send our congratulations to Optimists SC, who swim at Ironmonger Road in East London, also formed in the August of the same year, on **their** 50th anniversary.

Our **Annual National Swimming Championships** is the main opportunity during the year that I have to meet-up and talk to many of our members. This year they were held at the new Southbury Leisure Centre in Enfield, North London on Saturday, 12th October and our Hosts were ASTRA 1. The competition was very keen and everyone was made very welcome. Congratulations to all who took part, whether as swimmers or officials, and especially to the winners and to **ASTRA 2**, the winning ASTRA! The full results appear on our Website: [www.halliwick.org.uk](http://www.halliwick.org.uk) together with a list of prizes and winners of the **National Draw** and the financial results from Tony Jandrell, our National Treasurer, who was the Draw Promoter. Both these are under 'Details of Competition and Galas' on our 'Home' page.

As I have said before, please feel free to contact me direct about any article in this **Newsletter**. I may not have the answer, but I feel sure that I can put you in contact with someone who does!

**As this is the last Newsletter of 2002, I wish you all a very Enjoyable and Happy Christmas and a Prosperous and Healthy New Year for 2003.**

**Patrick Hastings, Chairperson.**

Contact me at: 18 Thamesdale, London Colney, St Albans, Herts AL2 1TB

Tel No: 01727-825 524

Please note my **NEW** e-mail address: [patrick.hastings@btopenworld.com](mailto:patrick.hastings@btopenworld.com)

## **INTERNATIONAL HALLIWICK ASSOCIATION (IHA) EDUCATION AND RESEARCH COMMITTEE MEETINGS**

The IHA Education and Research Committee met in Vienna, Austria, in September 2001 and again in Bad Wildungen, Germany in March 2002.

Following is a list of the number of IHA recognised Basic Courses that have taken place in different Countries in 2001: Austria 2, Brazil 5, Britain 13, Denmark 2, Germany 4, Japan 3, Poland 1, Switzerland 6.

We have started planning the next International Course for Lecturers/trainee lecturers for 2003. It will be held in Denmark and the topic will be 'Research'.

The Committee is involved in providing material for the IHA website which is being set up. If you want to submit an article for inclusion on the website (or for the IHA Newsletter) send it to the Chairperson IHA Education and Research Committee for consideration by the Committee.

The IHA Education and Research Committee have prepared two papers: (i) what members need to know if they wish to stand as a member of this Committee and (ii) what a new member of this Committee needs to know.

If you are copying large sections of the paper 'The Halliwick Concept 2000', and certainly if you are copying the whole paper, please acknowledge IHA.

It was reported at the March Meeting that there has been an interesting article by Ian Smith FISTC in the October 2000 issue of 'Swimming Times' entitled **TOTAL immersion SWIMMING – "YOU CAN TEACH TALENT"**. It is about coaching competitive swimmers (able-bodied) and they have found that the most important areas to work at are 'balance and rotations'!!! If you want to read further, look at the website [www.totalimmersion.net](http://www.totalimmersion.net)

The next meeting of this Committee will be held in March 2003 in Belgium. Do contact any of the members of this Committee if you have any topic you would like us to discuss, or if you need help with anything related to Halliwick educational issues. **Ann Gresswell (Chair IHA Education and Research Committee)** The Old Rectory, Wytham, Oxford OX2 8QA, England. E-mail: [ann\\_gresswell@hotmail.com](mailto:ann_gresswell@hotmail.com)

**Remember to visit our Website [www.halliwick.org.uk](http://www.halliwick.org.uk)**, which is continually being up-dated. Once again, let us know what you think of our Website and what further information needs to be included. E-mail suggestions to the National Chairperson [patrick.hastings@btopenworld.com](mailto:patrick.hastings@btopenworld.com)  
*Can I appeal to Clubs to let us know if they would like their own Web site included under our Web site 'Links' page.*

We apologise for the fact that recently our Website has had a few problems, which were beyond our control.

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

## DATES FOR YOUR DIARY - 2002 / 2003

Sat/Sun	-	23/24 November	National Education, Publications & SHTE Committees Meetings will be held in <u>London</u> . <b>On the Sunday the Seminar topic will be 'PowerPoint and its use for lecturers on courses', led by Paul O'Byrne</b>
Saturday	-	18 January, <b>2003</b>	National Management Committee Meeting, London
Sunday	-	9 February	National Competition Committee Meeting at Furzefield Leisure Centre, Potters Bar, Hertfordshire, starting at 11am.
Sunday	-	2 March,	<b>AGM &amp; National Executive Committee Meeting, Birmingham, 11am start.</b>
Sunday	-	1 June	National Executive Committee Meeting, Oxford, 11am start.

### Another message from the National Publications Committee

Do you run Galas? Have you seen the latest excellent publication, 'Gala Organisation Pack' produced by the National Competition Committee, price £5?

Run out of ideas for songs and games and activities? The up-dated booklets 'Swimming Songs' and 'Swimming Games & Activities' will give you unlimited ideas, price £4 each.

Know of anyone having a swimming pool built? Has consideration been given to the design and accessibility for aged or people with disabilities? The booklet 'Swimming Pool Design - Accessibility for All' will be invaluable for this task, price £4.

Experiencing problems with your swimmers? Unsure how to help them? A series of 10 - A5 leaflets are available at a total cost of £1. **See Nov '02/Jan '03 version of the Publications Order Form on our 'Publications' Web page for more details.**  
**Pamela Wood - Chairperson, National Publications Committee**

**Obituaries** - what a year for Halliwick ASTRA 8 (Cheshire, Staffs & Shropshire) who during the Summer lost three of their stalwarts:

**Jack Consterdine (93)**. In 1957, one year after Crewe Seahorse started, he was enlisted to help with the Voluntary Transport. Later he became Club Chairman, Halliwick ASTRA 8 Chairman and from 1974 to 1992 he was our National Chairman following on from Charles Buchanan. He was one of life's 'true Gentlemen'.

**Doug Roycroft (82)**, was a teacher by profession, first in Birmingham then in Sandbach, Cheshire, where he became very involved with Crewe SC. Through them he became a founder member of both Crewe Seahorse and Aquarius SC in Sandbach and helped to establish Alsager Swans SC. For many years he was Chairman of our National Competition Committee from its inception in 1974, until he retired in the mid-80's.

**Joy Greenwood** had been connected with Alsager Swans SC since its foundation in 1979, holding a variety of offices; Club Treasurer, Club Secretary and Halliwick ASTRA 8's Trophy Steward & Secretary. She had two daughters and a disabled son. She became ill with cancer some 5 years ago and was only a few days away from her 65th Birthday when she died. She was very well liked, hard working and will be difficult to replace. Two years ago she was voted 'Woman of the Year' for her work with the disabled and cancer charities.

*We are indebted to Agnes Buttery & Ettie Broom of Crewe Seahorse SC for supplying the above details.*

### NATIONAL CHAMPIONSHIPS 2002

Following the very successful event held at the new Southbury Road Leisure Centre in Enfield on 12<sup>th</sup> October 2002, Wyn Large and William Wyatt would like to express their sincere thanks to all those people (too numerous to name) from various Regions across the country and from Halliwick ASTRA 1 who helped in very many ways in the organisation and running of this year's Championships. Your help was very much appreciated and without that help, it would have been impossible to hold the event. Thank you all very much!

Next year, the National Championships are to be hosted by Halliwick ASTRA 2 and we very much look forward to that.

**Stop Press!** **Darren Price** of Kensington Emperors SC, has passed his Group Leaders Certificate. **Congratulations to Octopus SC**, Galway, Ireland, who this October celebrated their 21st Birthday. Greetings to all from Mary Arrigan-Langan of Octopus.

**Next Issue – January 2003** Copy to be received by the Editor by **end of November!**  
**Send to:** Dr Joan Martin, Flat 2, 66 Kensington Church Street, LONDON W8 4BY  
**OR, direct to the Chairperson, if late !**

Dates & Venues of future Halliwick AST Training Courses on The Halliwick Concept, (formerly known as 'Method') **appear on our Website.**