



# Halliwick AST Newsletter

November 2001

c/o ADKC Centre, Whitstable House, Silchester Road, London W10 6SB Tel/Fax 020-8968 7609

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

## A message from the Chair

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 Pontypool on Saturday, 13th October and our Hosts were ASTRA 15 - Wales. You will remember that last year, because of the Fuel Crisis, it was a great disappointment to Wales that the 2000 Championships had to be cancelled at the last moment. This year they did us proud! The competition was very keen and there certainly was 'A welcome in the hillside', from the assembled impromptu Welsh Clubs' 'choir'! Congratulations to all who took part, whether as swimmers or officials, and especially to the winners and to ASTRA 15, the winning ASTRA! The venue was excellent, both the Pool and afterwards in the Sports Hall for refreshments followed by the Presentations of medals and trophies. The full results appear on a separate A4 sheet (which accompanies this Newsletter), on the back of which are the list of prizes and winners of the **National Draw**, together with the financial results from Tony Jandrell, (our National Treasurer), who was the Draw Promote r.

I would remind everyone that it is most important that whenever the title of our association is used in any publication, that 'Halliwick' is always shown in **full** and not abbreviated to 'H' as in 'HAST'.

Phyl MacMillan tells me that she still has a small supply of 'large' Millennium T-shirts available at £6 each. You can contact her on 020-8368 3251.

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 2001, I wish you all a very Enjoyable and Happy Christmas and a Prosperous and Healthy New Year for 2002**

**Patrick Hastings, Chairperson.** Contact me at: 18 Thamesdale, London Colney, St Albans, Herts AL2 1TB  
Tel No: 01727-825 524 or **E-mail:** [pmbhast@ukonline.co.uk](mailto:pmbhast@ukonline.co.uk)

### 2001 Annual Draw

The Draw was made at Pontypool on Saturday 13th October after our Annual National Swimming Championships. The full list of Winners has already been separately circularised to all participating clubs. The surplus of £688 is an decrease of £100 on the 2000 Draw.

Many thanks to those clubs who decided not to claim their 50% of the monies for the tickets that they sold, so helping to swell the funds more.

### Next Issue – JANUARY 2002

Copy to be received by the Editor  
by the **end of November**

Send to: Dr Joan Martin, Flat 2  
66 Kensington Church Street  
LONDON W8 4BY

**OR, direct to the Chairperson, if late !**

Enclosed with this Newsletter is an up-to-date copy of the '**Publications Order Form**'. Please dispose of any old versions that you may have in your possession!

The Dates & Venues of future Halliwick AST Training Course(s) on The Halliwick Concept' (formerly known as 'Method') appear on a separate A4 sheet sent out with this *Newsletter*.

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

## DATES FOR YOUR DIARY - 2001/2002

- Sunday - 18 November National Executive Committee Meeting, Oxford
- Saturday - 19 January **2002** National Management Committee Meeting, London
- Sunday - **17** March **AGM** & Executive Committee Meeting, Birmingham
- Sunday - 26 May National Executive Committee Meeting, Oxford  
(remember, the Bank Holiday is now June 3/4, because of the Queen's Golden Jubilee)
- Saturday - 14 September National Management Committee Meeting, London

### **Extract from the Summer 2001 Halliwick Penguins SC Newsletter:**

"HALLIWICK PENGUINS once again entered the BLDSA ONE-HOUR SWIM EVENT. 20 members, aged from 7 years to nearly 80, completed the hour in the water; swimming in total more than 21 miles.

As this is an International Event, we had to wait awhile for the results. These came in May, with 20 BLDSA Badges and also 7 Gold Medals within the Age-Groups of the Disabled Section.

The outstanding performance was from Bobbie Wise, our oldest entrant, who won a Gold in the Disabled Section, but also won a Bronze in her age-group in the General Section. Bobbie even out-distanced an American Swimmer in her Group."  
*Congratulations to all who took part!*

### ***People we have known - Remember the name George Carolan?***

George was a member of Aquaccess SC in Brentwood, who died 3 years ago at the age of 78. After WWII, during which he served with the RAF, he was robbed of his sight by a rare virus and in his latter years was profoundly deaf and suffered from heart problems. At the age of 60 he joined Aquaccess and in spite of these problems learned to swim. In diving he became one of the Club's stars, winning wide acclaim at both Club, Region and National level. Shortly after joining he identified that disabled swimmers did not have their own shower and changing room. Recently, Helen, his wife and 'eyes', opened a designated shower and changing room for the disabled at the Brentwood Centre's Pool and unveiled a plaque to commemorate George and his inspirational courage. Friends and family who often swam with him, raised more than £500 towards equipment for it, and it will be called the 'George Room'!

*(this is a précis of an article that appeared in the Essex Gazette on July 19th, sent to us by Phyl Macmillan)*

### **International Halliwick Association Lecturers' Course held in Vienna, September 29th/30th**

Nine countries were represented, Austria (4) Belgium (1) Denmark (4) Holland (1) Israel (1) Japan (2) Norway (2) Slovenia (2) & GB (5) who were - Ann Gresswell, Beryl Kelsey, Colin Stevens, Pamela Wood & me.

The Conference was held in a Residential College for 15/18 year olds. The lecture facilities were good, our sleeping accommodation was comfortable - we had our meals on the spot - and there was a large warm pool for Water sessions. Papers were given on:

- "The Halliwick Concept" by Ann Gresswell (GB), further elaborated by Jean-Pierre Maes (Belgium), who stressed that this was an essential component for Motor Learning
- "The theory of the Ten Point Programme" by Karin Sitz (Austria)
- "Disability Equality" by Ann Gresswell (GB) & Dorte Andersen (Denmark)
- "Challenge & Motivation" by Bodil Fons Knudsen (Denmark)

In the Water sessions each day, there was a particular emphasis on the newly named 'Sagittal Rotation'. We had an opportunity to contribute and to learn from other people's ideas. Throughout the weekend, by teaching the Halliwick Concept, we were encouraged to realise how this can greatly improve the quality of life for both our swimmers and volunteers.

Travelling by air so soon after the Terrorist attacks in America was uneventful. Vienna is a beautiful city which we saw briefly during a coach tour, also from the trams at night when we visited a Wine Garden on the Friday evening. Our Saturday evening Meal was in a nearby wine cellar, where we enjoyed Austrian wine, food and entertainment. I was proud of the UK's contribution & felt very fortunate to attend.

***Dr Joan Martin, Editor***