

Swimming at Motcombe Pool every Sunday afternoon with the
Sovereign Swimming Club for Disabled People

Registered Charity No. 263846

Autumn 2009 Newsletter



18-Oct-09

Christmas Party - Friday 11th December



Christmas is coming and it is time to book your place for the Club Party. Enjoy a superb three course meal, dance to Steve's Tropical Disco and win lots of prizes on the raffle!

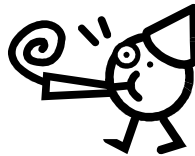
Venue - The Congress Hotel, Carlisle Road, Eastbourne;

Time - 7 pm for 7.30 to about 11.30 pm;

Cost - Tickets only £15 - payable in advance;

Starter - Leek & Potato Soup or Egg Mayonnaise;
Main Course - Roast Turkey or Vegetarian option;
Dessert - Christmas Pudding or Irish Cream Tart.

Choose your menu and put your name on the list by the Poolside notice board, where there are more details of the hotel and menu, or contact Bob and Rowena on telephone 484165 by the 30th November.



Grand Christmas Draw

Tickets are now being distributed for this year's Grand Christmas Draw, which has a first prize of £150.



This is a good opportunity for every member to raise funds for the club and help keep subscription costs low. Remember, the club needs at least £4000 a year to make ends meet so please try very hard to sell tickets to friends, family, neighbours and colleagues as well as buying some yourself. This year, we have been unable to sell tickets outside Sainsbury's as usual, so it is more important than ever that you all make a huge effort to sell as many tickets as possible.

All ticket stubs and money to be returned to Rowena by Sunday 6th December.

Fun Gala - Sunday 28th March 2010



Will you be in next year's winning Fun Gala team? This free event is for all our swimmers regardless of their ability. The races are based on timings, so slow swimmers are on an equal footing with strong swimmers. Non swimmers can take part in the various games so there is something for everyone. We have recently been given 100 green play balls so instead of 400 balls to be fished out of the pool in the Ball Game, there will be 500.

The picnic lunches and medals are provided by our good friends Eastbourne Lions who seem to enjoy this event as much as we do!

Look out for more details on the notice board and training will begin in the New Year.

Barbeque - 22nd August



Huge thanks to Jill for hosting a wonderful Summer Barbeque on Saturday 22nd August.

The sun shone and 48 club members and friends enjoyed sizzling sausages, tasty chicken and locally produced burgers in a relaxed garden setting.

Thanks also to Patrick for the burgers and everyone who brought salads, desserts and tombola prizes.

The food was amazing and brilliantly cooked by Jill and Amos.

Swimming Matters

Please remember to use the lockers for your clothes while you are swimming to keep the changing areas available for others.

With our increasing membership, club sessions are usually very busy between 2 and 3 pm. Later arrivals often have more space to enjoy the pool.

250 miles



Congratulations to club member Peter Sands who has now completed 250 miles of swimming lengths at Motcombe pool. Well done also to our Deputy Chief Instructor Chris for accompanying him.