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Happy New Year!

The Committee wish all our members a very Happy New Year .

For 2019 we introduce a new club logo, a new look Newsletter and we will shortly be launching our new look Website.

We have the annual Long Distance Swim competition booked for the end of January, the Sunday Fun Session booked for early February (Hillingdon Leisure Centre) and a new gala season starting in February.

So bring on 2019!



2019 Fun Session

We will be organising another Fun Session at the Hillingdon Sport & Leisure Centre, Gating Way, Uxbridge on Sunday 27th January 5.15—6pm.

The event is free to all Turtles swimmers, but please note that we cannot accommodate guests to this event.



If you are interested in coming along to try your hand on the inflatables, please make Bijan aware at the Saturday registration desk.

2019 British Long Distance Swim

We will be participating in the above event as usual. Our swim session will take place on Saturday 9th February at Highgrove Pool between 6pm and 7pm. So if you would like to take part, please register with Nigel Grey. All members may participate (even family members who do not have a disability). It is fun to see just how far you can swim in one hour (or less than an hour should you wish). Our recorded times are then pitched against clubs throughout the country and assessed by age and class of disability and medals awarded accordingly. We will also need volunteers to help with the counting and recording, so please let Nigel Grey know if you can help.



The Long Distance Swim Is organised by the British Long Distance Swimming Association and the national results are published on their website.

Turtles Website:

<http://www.ruislipturtles.org.uk>

The Turtles New Logo



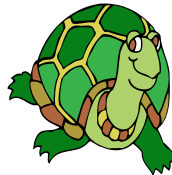
The Committee decided that after 6 years of our cartoon Turtle logo, it was time to introduce a new Turtles logo for our website, newsletter and for all our competition medals.

Our new logo has been created by Evokeu Design Agency who are also designing our new look website.

Hope you like our new identity!



A reminder (below) of the logos that we have used over our 54 year history:



Thank You to Ruislip Combined Charities

We are very grateful to Ruislip Combined Charity for their generous donation of £200. A regular supporter of the Turtles, Ruislip Combined Charity first donated £200 for Christmas 2010. With so many other deserving causes we are always very grateful when we are chosen for support.

Thank you to the organisations and individuals who support the Turtles

ASDA

Ruislip Combined Charity

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Waitrose

2019 Gala Guide

2019 Gala Season

So after a 3 month rest, it is time to prepare for the new gala season. Swimming Galas for those with disabilities, can be quite confusing, so here is a guide to how it all works..

All but one of our gala meetings are run utilising the 'NASCH Handicapping System'. The exception being the Barracuda Potters Bar gala that operates under Halliwick regulations. Although the Halliwick system uses a different method of calculation, the principle remains the same and compatible with NASCH regulations.

The Galas

All galas take place on a Saturday evening with the one exception of the Hanworth & Feltham Gala (Sunday).

Buffet food is usually provided to all swimmers at the end of the gala.

The Medal Table is updated after every Gala (Website & Newsletter) and we also include any Gold Medals awarded

through the British Long Distance Swimming Association Postal Swim Competition. This event is organised for late January / early February.

The gala squad is open to anyone with a disability who can swim at least 25 metres. Flotation aids can be used and if necessary, a parent / carer can swim alongside the competitor provided no assistance is given.

The definition of a 'Junior' varies a great deal and is anyone over the age of 8 and depending on which club is hosting the gala, up to an age between 16 to 21.

For our home galas we define a Junior as under 17 on the day of the event. Junior and Vulnerable Adults must be accompanied by a carer / parent at all events.

Gala T Shirts are awarded to regular participants. The club's competitive gala name is 'Ruislip Turtles'.

Anyone wishing to join the squad should talk to Gala Team Manager, Dave Lee.



2019 Gala Guide (Contd.)

NASCH Handicapping System

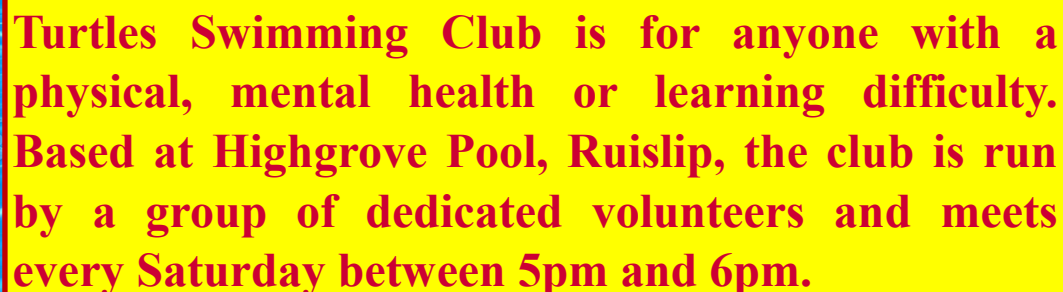
This is a simple system that has been designed to give every disabled person the opportunity to swim competitively with an equal chance to win. The system does not discriminate between those with a physical or learning disability, nor indeed does it discriminate between differing levels of ability. Using this system, the most severely disabled person can compete on equal terms with those who have a slight disability.

The system operates by progressively delaying the start of those more able swimmers so that in an ideal race all swimmers should finish together. Before a gala, each swimmer submits the time in which they expect to swim the event entered. These are then used to establish the starting time (delay) of each swimmer and an overall race time.

To prevent unreasonable times being submitted a repositioning system is also used. Under this system swimmers are repositioned if they swim the race much faster than expected. For each race a time known as the Repositioning Factor is calculated. This represents the maximum time by which a competitor may improve his or her time without being repositioned. It is calculated by calculating 10% of the average submitted times of all the swimmers in the event.

The actual swum times recorded at a gala are then used for the next gala event in the calendar.

Pool Helpers time potential gala swimmers at Highgrove during the Saturday sessions. If you are interested in joining the Gala Squad, please ask one of the Helpers to assist with the timing.



Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool, Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm.

2019 Gala Guide (Contd.)

The Gala Season usually starts in February and finishes in October. There are not usually any events in July and August. On average, there are between 8 and 10 competitive events to a season. In recent seasons, we have lost Galas at Watford, Barnet and Leamington Spa, but have been lucky enough to be invited to newer events at Ealing and Hitchin.

Gala Venues— Here is a quick guide to the competitive events where we participate.

Ealing S.C Gala (2/2/2019)

Northolt Leisure Centre (UB5 4AB).

25 Metres Pool

Usually takes place in either January or February so can be the first diary date.

Junior / Ladies / Gents - 1L, 2L & 4L Freestyle events.

Combined Junior and Senior Relay (8 Lengths). No Diving Competition at this event.

Hanworth & Feltham Lions Gala (17/3/2019)

Hanworth Leisure Centre (TW13 5EG).

25 Metres Pool

This gala organised by the Lions Club International does not have a regular place in the calendar and can take place at any time between January and April.

We often recommend that new gala team members start with this event. The reason being that participants usually get more than one swim at this event. However, the downside of getting more swims is that this gala can take much longer to complete. Compared to other events, the official results from this event can, at times, be somewhat puzzling.

Girls /Boys / Ladies / Gents – 1L & 2L Freestyle and 1L metres Backstroke

Junior & Senior Relays. No Diving Competition at the event.

Hitchin Lions Gala (6/4/2019)

Hitchin Swim Centre (SG5 1HA).

25 Metres Pool

This is now the furthest that we travel to a gala and usually takes place in either March or April. Competitors usually get more than one individual swim at this event.

All races are for 1 length. No Diving Competition. Combined Relay Competition.



2019 Gala Guide (Contd.)

Gala Venues (Contd.)

Hatfield Platypus Gala (13/4/2019)

Hatfield Swim Centre (AL10 OEB).

36.66 yards.

Takes place on the second Saturday in April.

The pool is the unusual length of 36.66 yards.

Junior / Ladies / Gents - 1L, 2L & 3L Freestyle events.

Junior / Ladies / Gents Relays. Separate Ladies & Gents Diving Competition.

Harrow Kingfisher Gala Harrow Leisure Centre (HA3 5BD). 33.33 Metres Pool

Usually takes place in May or June.

This is often a very hurried Gala as the pool needs to be vacated by 8pm.

Junior / Ladies / Gents - 1L, 2L & 3L Freestyle events.

Junior / Ladies / Gents Relays. No Diving Competition at the event.

Turtles Championships – Internal Gala Highrove Pool 33.33 Metres Pool

Usually takes place early May and is another good opportunity for potential new members to participate.

Junior / Ladies / Gents 1L & 3L plus Relays and fun events.

Combined Diving Championships (takes place the week before the Swimming Championships).

Potters Bar Barracuda Gala Furzeffield Centre (EN6 3BW). 33.33 Metres Pool

Usually takes place the third week in June. This is another well organised event that operates under Halliwick rules.

Junior / Ladies / Gents - 1L, 2L & 3L Freestyle events.

Junior / Ladies / Gents Relays . Combined Diving Competition.



2019 Gala Guide (contd.)

Gala Venues (Contd.)

Ruislip Turtles Invitation Gala

Hillingdon Sport & Leisure Centre Uxbridge (UB8 1ES)

25 Metres Pool

Our gala takes place in September, but not at Highgrove.

We usually enter 2 teams into this gala.

Junior / Ladies / Gents - 1L, 2L & 4L Freestyle events.

Junior / Ladies / Gents Relays . Combined Diving Competition.

Stevenage Dolphins Gala Stevenage Swim Centre (SG1 1XY).

25 Metres Pool

Usually takes place mid-October and is the last event in our annual gala calendar.

Junior / Ladies / Gents - 1L, 2L & 4L Freestyle events.

Junior / Ladies / Gents Relays . Separate Ladies & Gents Diving Competition.

The galas are a lot of fun and the participants get a great deal out of their participation. There is a great team ethic with loud cheering and encouragement given to one and other. We pride ourselves that we are one of the noisiest clubs and it is one of the jobs of the Team Captain, Sophie Grey to make sure that we are as loud as possible in our support. Parents / Family / Carers are welcome to come along and lend their support and if they wish, can get more involved with the gala organisation e.g become timekeepers or maybe take drinks around.

The 2018 Gala Season saw our 24 competitors win 146 medals. with Sophie Grey topping the table, winning 16 medals . As a new experiment, we have decided to appoint a Gala Team Captain and in recognition of her tremendous performance and contribution, Sophie will start the 2019 season as the first Turtles Gala Team Captain. Well done Sophie!



**Gala Team Manager—Dave Lee
Gala Team Captain—Sophie Grey**