



Swimming for people with a disability

February 2008 NEWSLETTER

Welcome to Sea Lion S.C. newsletter. I hope you all enjoyed the December '08 newsletter. We wanted to make it special by including photographs of our members enjoying themselves at our 50th anniversary party. This extra newsletter contains information and articles that were not included in the last edition.

Sea Lion member **Baz Luintel** sent in the following letter to Watford Observer which they published on 6th February, 2009. We urge you to email your MP. The only way to get action is to act immediately.

As a supporter of The National Autistic Society (NAS), I'm deeply concerned by the postcode lottery of services for half a million children and adults with autism in the UK.

It is simply unacceptable that people affected by autism struggle to access the help they so desperately need, leaving many feeling isolate, ignored and often at breaking point.

That is why I am urging people in Watford to help create the first ever autism law, which will require local authorities to take action.

The Autism Bill, backed by The National Autistic Society and 13 other autism charities will be debated in parliament on February 27 and urgently needs your support.

Please email your MP at www.autism.org.uk/autismbill and ask them to vote for the Bill—it has the potential to radically transform thousands of lives.

REMINDER

A.G.M. Saturday 28th February, 09 will be held at **St. Thomas Church Hall, Langley Road, Watford**. Fish & Chip supper at 7pm followed by the A.G.M.

Sea Lion In-House Gala will take place on **7th March, 2009** from 5-6:30pm There will be food after the gala. There will be no swimming in the main pool however the learner pool will be available during the gala from 5-6pm. This gala is open to all swimmers, family members and helpers. If you haven't been timed and would like to take part please see Ian Ashley, our gala organiser.

Sea Lion S.C. Invitation Gala will take place at Woodside Leisure Centre, Horse-shoe Lane, Garston on Saturday **9th May, 2009**. The gala will start at 7pm. There will be swimming as usual at Central Leisure Centre.

Appeal from Colin West - Social Secretary. Are there any activities you would like to do outside our swimming sessions? If so please see Colin or any member of the committee.

JOHN RUTHERFORD

Passed away 26 December, 2008
John had been a member of Sea Lion S.C. for many years. Our sympathies to John's wife and family



BADGES AND REWARDS

We all like to be rewarded for achievements so why not for swimming? There are a variety of swimming awards that can be gained by Sea Lion members.

These are for swimmers and non-swimmers alike, for skills and for distance swims. The distance swim does not have to be in any specific stroke, unlike the ASA Swimming awards. The Skills awards are in 3 stages (supported by a helper and floatation aids, supported by a helper no floatation aids and Independently) this gives swimmers a choice of awards meaning everyone can be included in the scheme.

If you would like to try for an award please see Jane Stonelake or Alison Sturgess at our Saturday swim sessions.

GALA NEWS



Kingfisher S.C. gala took place in Harrow on 6th September, 2008. 4 members of Sea Lion S.C. represented the club. The results :

2nd Mens 1 length..... Robert Thomson
3rd Mens 2 lengths.....Robert Thomson
3rd Mens 3 lengths.....David Gasper
3rd Junior 2 lengths.....Krettabasa Luintel
2nd Ladies 2 lengths.....Louise Wilmot



Dolphins S.C. gala took place in Stevenage on 20th September, 2008. Sea Lion S.C. members representing our club were David Gasper, Kristian Bell and Krettabas Luintel.

The results :

2nd Junior 4 lengths... ..Krettabas Luintel
3rd Mens 1 length... ..David Gasper
2nd Mens 2 lengths.....David Gasper

It was the first time Krettabas had swan 100 metres. He won a silver medal. Well done Krettabas and to all our gala team.

Region 1 Nasch Gala took place at Turtles S.C.

3rd Mens 1 length.....Kristian Bell
3rd Junior 1 length..... Krettabas Luintel

December '08 Newsletter colouring competition was won by Amber Churhouse-Cook. We would like to see more of our younger members entering the completions. A prize will be given to the first out of the hat.



CONGRATULATIONS to David Wood for being awarded **Student of the Year** in Tai kwon do (marshal arts training). David trains twice a week and is a Red Tag. Well done David.