



EVESHAM SWIMMING CLUB

NEWSLETTER

January 2012

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CHAIRMAN'S STUFF!!!

Happy New Year everyone and welcome back to swimming. Let's hope that 2012 is good to us all.

Our first event of the year was our first step back into competing in the Nuneaton or "Diddy" League. For those swimmers for whom it was their first event a big "well done". I could see how nervous many were, and once their first race was over they really excelled.

It was a great performance by all our swimmers against some tough competition. I had not realised that it was a friendly event amongst local clubs to get their teams organised. So using a football analogy, we were Division 2, competing against Premier Club clubs. In the normal league events we will be competing against clubs of our standard so hopefully we won't feel disheartened when National level swimmers leave us in their wake! Our challenge is to get us to Division 1 and then Premier League!

The financial situation is improving slowly and there is more to be done. We are understanding our income and costs much better and we still anticipate making a loss this year so there is still more work to do to avoid a large one next year. We have only extended our viability by a few months into 2013.

It's great that we are getting more swimmers into the club and with the focus on collecting fees we have seen a big impact on our monthly subscriptions. We just need to see how that settles out to reconcile our monthly income against our register. Thanks to Nigel Denning, we have a much clearer focus on which swimmers are active or not and the sizes of our squads.

Jack and I are still and will continue to focus on costs. We are making cuts and will look at further cost savings. This is why this year all coach training is now being paid for from fund raising and grants. We will also have to look at our monthly fees and the best use of our pool time.

I would welcome your suggestions and comments so please speak to me or email me on Escswim@virginmedia.com. Please also speak to other committee members including Jack our treasurer who is normally around most sessions, Dave Golding around Elite times and Nigel Denning Senior and Elite if you would like to share a point of view.

Great news on the swimming front. This year 18 swimmers have qualified to compete at the Worcestershire County Championships in February and March. Last year 12 swimmers qualified so a great improvement and a recognition of the hard work that swimmers and coaches have put in.

Chloe Golding and Chloe Mabbett have already achieved Midland qualifying times for this summer championships so that's a fantastic achievement at this early stage of the year.

Jill has also been selected to work with the County Team at upcoming galas this year so that's a great achievement for Jill and a reflection of her work toward her Level 3 coaching award and time she has been spending at Worcester working alongside and being mentored by their head coach.

Thanks to those who took part in bag packing before Christmas. It was a great fundraising effort. £350 was raised that will go toward the coach training costs of Natalie Harris, Loren Brodie and Juliet Biddle. We also received a cheque from Evesham Round Table for £250 for those that helped with their Santa run. Thanks to Mirren Brodie for including us in that. Jack is going to ring fence funds for future activities rather than just going into the current account!

Thanks to those who attended the prize giving and disco on Saturday. It was great to see many new faces, and I have had some really good feedback on the night. Many of the swimmers were recognized and presented trophies for their achievements at the Winter Championships.

Thanks to the generosity of those that supplied raffle prizes. We had so many that we have kept some back for future events. We also managed to raise £200 on the night, so that will too go into our funds for future spending.

This year, we need to do some work to retain our Swim 21 accreditation. This is essentially our standard awarded by the Amateur Swimming Association (ASA) which confirms that we are a good club in terms of our welfare, coaching and the way we run. It's been 4 years since we were first awarded it so work will have to be done this year to ensure we retain it at the end of the year.

As well as being the right thing to do, it also affects our insurance capability and ability to attract funds and grants from the ASA and other bodies. Tim Carsberg has agreed to take on the role of coordinating it so I would ask that when he needs some help you can support him. It may well be just modifying a procedure or policy but I am sure he will welcome the help.

As part of our Swim 21 accreditation we are required to submit an annual improvement plan which I have just submitted it for 2012. The priorities include:

- Rectifying our financial position
- Increasing and improving communication, and increasing the involvement of parents
- Increasing the use of Swim Club Manager by parents and swimmers
- Increasing and retaining our membership
- Training of coaches and poolside helpers
- Improving the performance of swimmers

Swimmers will be busy in the next few months. We have PGL and Diddy League galas, Counties in Feb and March, as well as other individual galas. Good luck to those competing in the Counties, especially those for the first time.

I would encourage everyone to have a go at competing at galas this year. I was disappointed at a gala in Wolverhampton just after Christmas. We took 4 swimmers whilst Pershore took 22. I know they are long days and can feel costly (we have cut back), but I do believe it's a great opportunity for our children to compete, and a great experience for them too. They grow hugely as a result of experiences like this.

My youngest Luke (9) had a great day, 5 pb's and winning a number of races. The result, a massive smile and endless recounting of his success. If you know Luke; you will understand how much a smile means to us – such a rare occurrence!! If you want to know more about suitable galas please talk to the coaches or Julia Annis who can give you some recommendations and advice.

I would like to welcome Liz Love who has taken over the editing of the newsletter. Please contact her directly if you have anything you would like to include in the newsletter, and we also have the opportunity to place adverts.

Also in terms of communication, can I remind everyone that Swim Club Manager has a range of forums and information. Swim Club Manager is also an easy way for us to communicate. If you would like to know more about Swim Club Manager speak to Nigel Denning who has become our club geek!

We have started work on the website again, and hope that we will be going live in the very near future.

So let's make 2012 a good one. Sure there will be some tough decisions along the way and we won't always get it right, but I sense that we are making some improvements. I look forward to your continued support.

Ian

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CHILD SAFETY

Can we ask you to collect your child/ren from inside the leisure centre after their session has finished. We have noticed that some children are standing outside in the cold and dark, and have concerns for their safety. Once the child has left the pool, they are no longer part of the swimming club's official responsibility.

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LAND TRAINING

Land training now runs on a Tuesday evening at 7pm and will be for Elites only. In an effort to reduce costs we will not be offering land training to the Seniors Squad on a Monday evening. Land training costs have never been included in fees so this represents a saving to the club.

We will continue to review the effectiveness of land training for the Elites.

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SUNDAY TRAINING TIMES

Due to the high numbers of swimmers in the pool, we have changed Sunday training times as follows:

- Young Achievers - 12.30 – 1.10
- Seniors - 1.10 – 2
- Elite/Elite 1 - 12.30 – 2pm

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WINTER WEATHER

The recent snow has made us conscious that we could occasionally have to cancel swimming due to safety reasons or pool closure. In these circumstances the following will occur:

1. Head Coach and Chair to make decision whether to cancel sessions.
2. Email sent out via Swim Club Manager and note placed on and Leisure Centre Facebook pages
3. Pool will be notified

If you are uncertain on the day please contact the Leisure Centre on 01386 444212

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HEADCOACH CORNER

I would like to start by saying good luck to all the swimmers attending counties over the next couple of months. If you need any help please see me or one of the coaching team. The swimmers below need to keep an eye on your emails for warm up times.....

- CHARLIE WAITES
- LUKE PERRY
- AMY COOPER
- KATIE WRIGHT
- MELISSA HUMPHEY
- CHLOE GOLDING
- CHLOE MABBETT
- EMILA LAMBERT
- MARTHA BAILEY
- REBECCA BROWN
- MOLLY HARDWICK
- JASMINE LYMN
- BETH CARTER

I would like to welcome Alice Hall back into the pool, and thank her, Inez, Charlie and Lydia for all their help and hard work on Saturdays with the Dolphin Squad.

The new Sunday time table is working, the swimmers are getting more coaching time to work on technique and skills. Please be on poolside 5 minutes before your session starts, so we can do a changeover of the squads.

I will be available for one on one chats with parents on the second Monday of every month starting in February, the first one starting at 6pm on February 13th. I will be located where the swim shop is normally situated, so please come along and have a chat about any concerns or info you may need.

Congratulations to Robbie Hardwick for his silver medal at his first ever *taekwondo* competition, and a very big well done to all our swimmers that attended the recent county cross county competition.

Charlie Waites and Chloe Golding both swam at the first event of the counties at Hereford, both had brilliant swims with Charlie Pb by 19 sec and Chloe 17 sec. Well done to you both. Behaviour was outstanding, even with the miss matched start.

Training focus for the next two months

During training sessions we will continue to work on technique in all 4 strokes, focusing on skills, speed and endurance development. ELITE/ELITE1 – LAND TRAINING IS AN IMPORTANT PART OF YOUR TRAINING PROGRAMME, PLEASE COULD YOU ATTEND AS MANY SESSIONS A MONTH THAT YOU CAN.

Dolphins and Seals main focus is stroke technique with an introduction to starts, turns and finishes. We work on a 6 week rotation covering all 4 strokes spending an extra week on breaststroke then a week on starts, turns or finishes. Every session the swimmers will be working towards the level 8/9 on the National Teaching Plan.

We have 5 new Level 1 coaches, well done Juliet Biddle, Natalie Harris, Loren Brodie, Joanne Bass and Julie Bamforth.

LONG COURSE TRAINING; PLEASE KEEP CHECKING THE NOTICE BOARD FOR DATES, PLACES ARE LIMITED TO ELITES/ELITES1 AND SWIMMERS WHO HAVE ACHIEVED A COUNTY QUALIFYING TIME.

POOLSIDE HELPER COURSE WILL BE RUNNING ON SATURDAY 31ST MARCH PLEASE SEE THE NOTICE BOARD FOR MORE INFORMATION.

FAQ

What can I do to improve my child's technique?

We do a lot of work on technique during the training session, swimmers have to understand that they have to slow the swim down to ensure that the technique is correct, we also can recommend two very good one-on-one coaches to give intensive working on improving strokes.

What galas can my child attend?

In the year that your child reaches 9 years old, they can compete in galas. Team events are selected by the coaches, open meets are advertised on the notice board please take note of the age as at date, as this will confirm if your child can enter, Please speak to the coaches if you need any advice on which open meets are suitable for your child

When can they do competitive start?

Competitive start courses are run when Jill is available to do them, at the moment they are been run on a Monday night during the young achievers session.

Why does my child not swim their best stroke at club events and what's a speeding ticket?

Speeding tickets are there to ensure that galas are kept at a certain grading (see below). Your child may be too fast in the event of their best stroke and as a team we need points not speeding tickets so your child may have to swim off stroke. Points are awarded for every place in an event but not for a speeding ticket.

What are the different grades of galas and what does it mean?

There are three different grades of galas; these vary from A, B, C to 1, 2, 3 with A and 3 being the highest. All galas will have two sets of entry times one which your child must be faster than and one that they must be slower than , these are called upper and lower entry times thus creating the different grades of gala.

Should I keep my children's times, or are they on SCM?

We do keep a copy of your children's times, but it is good for your child/ren to know their PB or sessions best so they know what improvements they have made. Elites/Elite1 need to keep a copy of their PB with them for training as we use these as guideline for Swim and rest times.

How does my child get moved lane or squad?

Your child will move up lanes when their coach feels that are ready to cope with the slightly higher training intensity without disrupting the swimmers that are already in that lane, Moving up squads is done on the squad criteria, but the coaches also have to take other influences in to consideration, such as behaviour, maturity, time of academic year. Not all swimmers have to achieve all the criteria to move up, the final decision will be at the discretion of the Head Coach or Assistant Head Coach.

My child was disqualified at a gala (ESC) and I don't know why. Why can't I have that info so my child can improve?

If the coaching staff have the information to why the swimmer was disqualified, then they would be happy to discuss this with the swimmer at a later date, we do not like to talk to swimmers about any disqualification during a gala as this can lead to anxiety, as a result of this the swimmer will not perform to their best in any other events they may have. If the disqualification has any relevance to any other

events they will be swimming the coach will have a quiet chat with them on how to improve the next swim, but will not tell them that they were disqualified earlier.

What kit does my child need?

Seals and Dolphins will need goggles and a spare pair and their swim wear.

Young Achievers, when you move to young achievers you will need to have goggles, a spare pair of goggles, fins, a kick board and pull buoy in your kit bags. These are all available from the Swim Shop.

Seniors, as above, you may also like to purchase a snorkel if you swim in lanes 4 and 5

Elite/Elite1 as above including a snorkel, and a spare T shirt

What does my child need to take to a gala?

You will need to take a T-shirt, shorts to wear on poolside, a spare towel to sit on, plenty of drink a mix of water and squash. NOT FIZZY, a healthy snack (Banana, you only need eat a little after each race) to be eaten between after a swim and a something for when the gala finishes, NO SWEETS

What are PGL Galas?

PGL is the name of a league that we swim in, These Galas are team events with swimmers from the age of 9 to 14 years, and These Gala's have speeding tickets, so if you are selected to swim you may not be swimming your best events.

What are Diddy Galas (Nuneaton League)?

This is another league that we swim in, there are no Speeding tickets on these, the selection for these galas are purely on time, the quickest swimmers get to swim.

Why do we need to perform Land Work?

Many of the fundamentals of Long Term Athlete Development (LTAD) are based on gaining skills and experiences of activities out of as well as in the water. Competency in activities such as agility, balance and co-ordination, running, jumping and throwing, catching and striking are best developed out of the water and help swimmers to improve their skill which will ultimately impact on better stroke techniques and starting and turning. In addition, swimmers will develop a more balanced physical development that will ultimately assist in the avoidance of injuries. Land training aims to provide the body with a different stimulus from that gained in the water and should be seen as complimentary to pool sessions, not replicating work undertaken in swimming training. The land environment allows us to provide greater resistance to particular exercises than is possible in the water, and therefore the overload for strength and power development has greater possibilities. In addition, with gravity and body weight to create natural forces, and unstable surfaces (e.g. a Swiss Ball) to work from, a complete range of exercises can be devised to target many different muscle groups or combination movements. It is this flexibility that allows us to target more than just the 'swimming muscles'.

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Please look at the notice board for venue, warm up time and all team lists and open meet information.
FEBRUARY 2012.

SAT 11TH REDDITCH DIDDY B GALA (Droitwich) 5.30PM WARM UP
SUN 12TH LONG DISTANCE COUNTIES 1500M – PERRI MEET
SAT 18TH PGL ROUND 1 EVESHAM HOSTING (Droitwich) 5.30PM WARM UP
SAT 25TH COUNTIES
SUN 26TH COUNTIES

MARCH 2012.

SAT 3RD PGL ROUND 2 - Venue TBC
SAT 10TH COUNTIES
SUN 11TH COUNTIES
THU 28TH SMALL SCHOOLS GALA

APRIL 2012.

THU 19TH LARGE SCHOOLS GALA
SAT 21ST NUNEATON LEAGUE ROUND 1, ESC Hosting. Leamington, 6pm warm up, Bus 4.30pm
Evesham Leisure Centre
SAT 28TH PGL ROUND 3

MAY 2012

SUN 27TH STOURBRIDGE B JUNIOR MEET (entry forms available from the website (<http://www.eveshamswimmingclub.co.uk/>). Club closing date is Friday 17th February, all entry forms with payment (to "Evesham Swimming Club") to Julia Annis.

Thank you very much to all of those parents and coaches who volunteered to help host the PGL gala on February 18th. I have just been informed that we are hosting the first round of Nuneaton Junior League on April 21st. I am planning a meeting at Evesham Leisure Centre on Monday 20th February in the coffee shop to get personnel to help host this important event. Without your help, we would not be able to enter league competitions. If your child is taking part in PGL or Nuneaton League events, please come along to the meeting, we would love to have your help! We really need new parents to help out as team managers and timekeepers. If you think you can help out with this really important need, please get in touch with Julia Annis (Julia@deansworld.co.uk). [Back to top](#)



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