

# Evesham Swimming

## Club newsletter

APRIL 2010

### Cathy Speaks—

As President of ESC I was invited to present some County Swimmers with medals, following the finals on the Saturday at Worcester. It was lovely to arrive poolside to see our Coach Julie and some of our County Swimmers and to watch how well they did

It was great to see some excellent swims, and regardless of any results I know Evesham are the best !!

This photo shows the Midlands County ASA President with some of our county swimmers.



### WHERE HAS OUR ESC NEWSLETTER BEEN NOW?

Beijing Water Cube—site of 2008 Olympics with the Dobell Family. (What are they laughing at?) Well done Alex, Sheila and Fran. Can you do better? Send your photos to : [Mirren.brodie@btinternet.com](mailto:Mirren.brodie@btinternet.com)



### INSIDE:

- SUMMER CHAMPS ENTRY FORM
- COACHING CORNER
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- CHAIRMAN'S RAMBLING

# FIXTURES REPORT

## PONDS FORGE INTERNATIONAL POOL AT SHEFFIELD

Would you like the opportunity to swim in this 50m pool?

This is where the British Swimming Championships and the Nationals are held as well as various international events.

E.S.C. would like to be able to take a large team of swimmers to compete at this pool and feel it would be a wonderful experience for our swimmers.

Entry forms will be on the notice board and taken down on Monday 10<sup>th</sup> May and all cheques will be payable to E.S.C. £4:00 per event to be received by this date.

Please note this event is an open meet so own transport will be required.

### School swimming galas

Can you help with time keeping?

Small schools Wednesday 21<sup>st</sup> April 9.15 – 12.00pm

Middle schools Friday 23<sup>rd</sup> April 9.15 – 12.00pm

Further information please speak to Julia Annis.

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Kathryn Perry

kathrynperry.perry@virgin.net

## COACHING CORNER—BY ELAINE, HEAD COACH

It has been a busy month for some of our swimmers with two weekends of County competition. All the swimmers produced some fantastic personal best times with Amy Camp, Chloe Golding and Yasmin Boff achieving District qualifying times, Chloe is less than a second from her first National time.

There is still lots to work on including back turns with swimmers turning too close to the wall. Why is this? When you are taught back turns you must always practise race pace otherwise you do not get an accurate arm count from the flags, for example. In training a swimmer may count 6 arm strokes over the water to turn, yet in a race when they are kicking harder and pulling faster they may only need 5, therefore turning too close to the wall.

Swimmers, you are improving with your front crawl turns but still too many of you are not coming off the wall in a streamline position, fly kick, flutter kick, three strokes and then breathe. We cannot watch all of you at the same time so we are relying on you to listen and carry out the turns correctly. We have been working on the position of the head when breathing and swimmers are reminded that the head turns smoothly in time with the natural roll of the body, the head is turned not lifted. If you are looking up at the ceiling when breathing then you are turning too much.

We have had some fun learning breaststroke with too many swimmers still not getting the timing right. Breaststroke causes the most drag in the water and so it is important that we know when to pull and when to kick. I say to some swimmers that when your arms are bent your legs are straight or your legs are bent with your arms straight in other words the arms and legs are never bent at the same time. It should be pull (breathe), kick then glide. Please remember to turn both your feet out when whipping back, remember breaststroke (and fly) is simultaneous strokes and whatever your left side is doing your right side must be doing the same.

Butterfly can cause a few problems, all I ask is that swimmers should not say or think that they do not like this stroke. Always think positive as this can help your swimming and training. With fly you need to have a good body undulation (dolphin action) and we need to make sure that there are two kicks in each arm cycle....big kick little kick! You carry out a little kick as the hands enter the water (should width apart), the pull is the shape of a key hole. The second kick, which is the bigger kick, should be done as the hands leave the water. The big kick will help the body come over the water to breathe. Think, kick in and kick out! I have given many suggestions for helping the pull on fly and one being using the side of the pool, place your hands on the side, shoulder width apart and push up as if you are getting out of the water, this can also be done on a kitchen work top.

Parents and swimmers please remember that your forms for the summer championship need to be filled out. All swimmers can compete from Seals to Masters. If you are unsure what to enter then please speak to your coach, they will be happy to advise.

I now have new contact details should anyone wish to speak to me, my new number is 07837088326, please do not use my home number unless it is an emergency. For all emails please send them to -

[head-coach.esc@btinternet.com](mailto:head-coach.esc@btinternet.com)

**Before I finish my piece I would again like to remind all swimmers that races are won in training. Coaches cannot watch you for the whole session therefore it is down to you to ensure that you work hard and carry out the correct laps and pace. If you want to be the best you have to train the best!!**

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**MARY CAMPBELL**

Email: [wizpan@chessbroadband.co.uk](mailto:wizpan@chessbroadband.co.uk)  
Tel: 01386 833894

## SPECIAL PRIZE AT SUMMER CHAMPS RAFFLE

- ASA bag **signed** by some of the top swimmers at this year's British Championships in April with ...
- Two inflatable sausages for cheering on your team with ...
- British Swimming supporters badge

## SWIMSHOP

If anyone wants to order a named ESC swimming hat please add your name to the list on the notice board. Hopefully they won't take so long now that we have a new supplier. The cost will be £6.50 - £7.00.

I hope that those of you who have bought one of our new ESC water bottles are pleased with it and those of you who haven't yet – you know where to come when you need a new one!

After many months of searching we think we may have found a tattoo supplier. We're just waiting for a final quote to come through. So watch this space for more details.

May's swimshop will be on Monday 10<sup>th</sup> due to the Bank holiday on Monday 3<sup>rd</sup>.

### 100 Club

We now have 23 members which is great but obviously the more people that join means the more prize money there will be each time we do a draw. I am going to make the first draw on Monday 17<sup>th</sup> May at the first Summer Champs event so there is still time to join if you would like to. Please support this as it could be such a good fundraiser for the Club as well as boosting your funds if you win!

Karen



# Chairman's Rambling



Hi,

As usual, I have lots to say—first of all I hope you are all enjoying our “new look” newsletter with adverts. This is part of our fundraising campaign, so if you know of anyone who would like to be added, please ask them to contact Kathryn (see her advert). We are also producing an ESC Handbook which will give you EVERYTHING you need to know about ESC, Swimming and more besides, as well as also having advertisers. Again, space is available if you want to contact Kathryn. Thank you to those of you who have placed adverts, I hope you like them.

Well done to everyone who helped with the Bag Pack at Tesco's—we raised just over £300—WELL DONE. We may do it again, this time nearer to Christmas, it is such fun come and join us.

We have a lot coming up—the Summer Champs (fingers crossed the snow doesn't fall for the Presentations!), entry forms at the back of this newsletter. I would really recommend to all swimmers (from Seals to Masters) to enter, they are great fun and can help prove to yourself that you are improving all the time. If you have any doubts or questions speak to the coach at your session, they will be more than able to help. Please complete the form ON TIME and get them back to Julia. I can also highly recommend the meet in Sheffield, we did it last year and it was great, and we came home with some medals.

Congratulations to everyone who was in the Counties, we had some fantastic swims and pbs, we are really proud of you. I would like to send my own “good luck” to the three girls headed for Districts, Amy, Chloe and Yasmin, this is really hitting the “big time” but you are more than ready for it and you will do ESC proud, I am sure. You might even come back with one or two National Times, which would be fantastic.

We have the Swimming Club AGM coming up on June and I would urge you all to attend. It starts off with a presentation by Elaine and goes onto the AGM which is your chance to ask questions and raise points. We really want to hear from you—this is YOUR club. We are always open to people joining the committee, please don't hesitate to get in touch if you can help, in any way. Unfortunately all our fundraising hasn't had the affect we had hoped for so the committee will be looking at the fees structure over the next couple of months, we are paying for more pool-time and courses than ever before and now that we are Swim 21 accredited, this brings more responsibilities and work. However I am pleased that we have passed the second year of Swim 21. We have a new computerised system coming on board over the next couple of months which means that you, the swimmer, will be able to see your pbs, details of competitions, training, etc all linked to our website. Thank you to Simon for getting us going on this.

We also are looking at having some fun days out, not swimming, perhaps a picnic, perhaps a days at the Snowdome. Please keep checking the noticeboards—everything is put there as well as on the website.

If anyone has anything they would like to add to, advertise in or comment on the newsletter please do not hesitate to contact me on [Mirren.brodie@btinternet.com](mailto:Mirren.brodie@btinternet.com).

Mirren



## Summer Championships 2010

**Name :** ..... **Age (as at 19.06.10)** .....  
**Squad :** ..... **Date of Birth** .....  
**Telephone No :** ..... **Email :** .....  
**Please circle :** 7& under 25m   8/9 Yrs 25m   10/11 Yrs 50m   12/13 Yrs 50m   14/15Yrs 100m   16&Over  
**100m**

**Please tick below the events you wish to enter**

<b>AGE GROUP (Heat Declared Winners – HDW)</b>					
DATE	WARM UP	EVENT	TIME (for seeding)	TICK	£3.00 per event
Sunday 16 <sup>th</sup> May	12.30pm	25/50/100m <b>FLY</b>			
Monday 17 <sup>th</sup> May	6.00pm	25/50/100m <b>BREAST</b>			
Monday 7 <sup>th</sup> June	6.00pm	25/50/100m <b>BACK</b>			
Monday 14 <sup>th</sup> June	6.00pm	25/50/100m <b>FREESTYLE</b>			
Monday 14 <sup>th</sup> June	6.00pm	<b>100 IM</b> * Heat declared winner*			
Monday 14 <sup>th</sup> June	6.00pm	16 & Over 50 m <b>FREESTYLE</b>			
<b>OPENS</b>					
Tuesday 11 <sup>th</sup> May	8.00pm	100m <b>BREAST</b>			
Monday 17 <sup>th</sup> May	6.00pm	100m <b>BACK</b>			
Friday 21 <sup>st</sup> May	7.30pm	200 <b>IM</b>			
Monday 7 <sup>th</sup> June	6.00pm	100m <b>FREESTYLE</b>			
Friday 11 <sup>th</sup> June	7.30pm	100m <b>FLY</b>			
<b>TOTAL</b>					£

**Please note all swims will be based on seeded times apart from the finals which will be age grouped.**

Completed forms should be handed to **Julia Annis or Kirsty Lymn**  
**Please make cheques payable to Evesham Swimming Club and enclose with form in an envelope marked Summer Championships and name of entrant. No cash will be accepted.**

**CLOSING DATE MONDAY 26<sup>th</sup> APRIL 2010**  
**NO ENTRIES WHATSOEVER WILL BE ACCEPTED AFTER THIS DATE**

**ALL swimmers must register 10 minutes prior to warm up to be eligible to compete.**

# **EVESHAM SWIMMING CLUB**

## **CLUB CHAMPIONSHIP RULES**

In accordance with the by-laws of Evesham Swimming Club competitors will abide by the following:

The club championships are open to all swimming members of ESC whose fees are up to date. Swimmers may only enter the events valid for their age on 19/6/2010

Points are awarded to the first 5 in each age group 1<sup>st</sup> 5 points, 2<sup>nd</sup> 4 points, 3<sup>rd</sup> 3 points, 4<sup>th</sup> 2 points, 5<sup>th</sup> 1 point in each event the swimmer takes part in.

The points are then added to over all age group or Open events.

If swimming 2<sup>nd</sup> claim for Evesham then you must declare 1<sup>st</sup> club claim and will only be eligible to receive times and certificate, not medals or cups. This is also known as the dual club rule.

A swimmer is only eligible to enter if they have been training regularly, i.e. at least once a week, for at least three months prior to the championship.

To be eligible to swim on the day swimmers must be on poolside before the notified start time of the event unless an acceptable reason is given in writing prior to the event.

In the event of heats over running a further date and time will be allocated for the continuation of the event.

All swimmers must be present for the warm up in order to compete.

Times are needed to seed the races; if no time is available swimmers will be entered in the slowest heats.

If you are unsure whether to enter, or which race to enter, please speak to the coaches.

Fixtures Secretary may also refund fees if the Coaches in their view feel a particular race is not suitable for a swimmer.

All swimmers must report to the registration table 10 minutes before warm up in order to compete.

**Closing date as on entry form after this date no entries will be accepted.**

## **BUDGET ANNOUNCEMENT**

I feel very much like the Chancellor as I sit here writing this-although I don't own a red briefcase.

I am afraid the news that I have to break is not good. The move to the new Pool has brought extra hours and greater flexibility for Swimmers, but this comes at a cost. It is an extra 2 hours' Pool Time that has to be paid for, along with the expenses for the Coaches. In addition the hourly rate for Pool Hire charged by Wychavon District Council will, from April 2010, be £50 rather than £47.

The recent ASA annual renewals also have to be considered. At the moment the Club simply charges for the amount that has to be paid to the ASA. No consideration is taken for the costs of general administration such as printing and postage. Also no charge is made for general administration throughout the year. At this point I would like to emphasise that all your Committee Members are volunteers and an awful lot of unseen work goes on behind the scenes.

The result is that the Club is currently running at a loss. Fortunately there are reserves so the situation is not critical. However, it is something that does need to be addressed. At the next Committee Meeting I shall be putting forward proposals to rectify matters, which will probably include the following:

- An Annual Membership Fee in addition to the ASA Renewal Fee
- An increase in Swim Fees

At the moment, as a Master, I can swim 10 times each month for a cost of £20.50. This is £2.05 per session including coaching. To me this is extremely good value and a small increase would still leave me thinking that I have value for money.

I would also urge everybody to support initiatives where funds can be raised from external sources. So speak to your employers about advertising in the Newsletter, and help out at events like the Tesco Bag Pack. The more funds that can be raised outside the Club means less has to come from the Club Members.

Simon Cook  
Treasurer