

Evesham Swimming

Club newsletter

FEBRUARY 2010

WINTER CHAMPIONSHIPS DISCO/PRESENTATION NIGHT

Thursday 18th Feb 2010—HALF TERM
Bengeworth Club, Evesham
7.00pm til Late

Tickets £2.50 each or £10.00 per family
Available from Julia Annis or Kirsty Lymn



EMILY'S NOT SCARED
OF THE SHARK—
SHE KNOWS SHE CAN
OUT-SWIM IT
(SHE HAS NO INTENTION OF
SHARING HER ESC NEWSLET-
TER)
We'd love to see anywhere else the
ESC Newsletter pops up—can you
beat Australia?

Hi,

Isn't it good that the snow has finally gone (said hopefully). It is always a difficult decision to cancel things but a decision has to be made on the weather forecasts and on the road conditions, it was a very difficult decision to cancel the Presentation evening, but I am pleased to say that it goes ahead at half term, I hope it is in all your diaries. The kids have such fun and it is really good to actually speak to the coaches.

On a plea—we have a number of vacancies in the club—due to changes in the ASA regulations we need a new Welfare Officer, the main criteria for this is a willingness to be at the pool regularly and check CRB forms. All training will be given and I'm sure that our present CRB people will guide you in gently!! Another major plea is for ALL our members to check their Standing Order is correct. Since September we have had another session on a Friday evening and those using it, or those who have chosen to add an extra session to their training, must make sure they are paying the right amount. As present we are spending more on pooltime than we receive from swimmers, and that doesn't cover expenses, courses, admin etc. We have our AGM coming up in June and we may have to consider upping our fees if we don't all make sure we pay the correct amount. Please, please check your standing order does cover all sessions.

Also—don't forget to check the notice board—things change there regularly and for those of you who have subscribed to the 100 club—your winning name might just be there too! If you haven't bought a ticket you know the old saying "You snooze—you lose". This is one of the ways we are looking at increasing our fundraising so please check the noticeboard for what is going on. We have a bag pack and sponsored run coming up and we are looking for companies to advertise in THIS NEWSLETTER and also the ALL NEW ESC HANDBOOK—out soon. If you know someone who may be interested in advertising please contact anyone on the committee or Kathryn Perry.

This time of year brings the competitions out in force and I would like to give a huge "CONGRATULATIONS" to all our swimmers for the competitions already swum, in particular to our lovely little 9-year olds competing for the first time, who have swum like sharks in the PGL, we are all very very proud of you. You are a great advert for our club. Keep it up. As Elaine would say—medals are not won at competitions, they are won at training, please keep up your training even if you are competing on a Saturday, still do training on a Sunday. It is the training that gets your pb's. Talking of pb's—we have the Summer Championships coming up and I know Julia is on the ball with them. So again check the notice board.

On a personal note—David and I went to Qatar to watch the World School Games and WOW was that amazing. The country is so different to everywhere else we've been and the competition facilities were fantastic—two 50m pools (one for warm up/cool down). The competition is held every four years and Cameron was invited to swim by the English Schools Swimming Association, he did 100 & 200 fly and did very well. If you think Cameron is big—some of these "children" (under 18's) were twice as broad, never mind the muscles on muscles. It has given Cameron food for thought on the international level, in that he still has a long way to go. One of the great things we took away from the competition is the names of who we think are tomorrow's big stars and there are a couple of fantastic (and huge) Spanish swimmers that were amazing. Roll on 2012—we'll be able to say "we saw them years ago when they were at school".

Anyhow, if anyone has any fundraising ideas or just general ideas for the club, please contact any of the committee—Sheila Dobell, Karen Wardle, Julia Annis, Tom Waller, Simon Cook, Lorraine Leahy, Martin Harris, Mark Deakins, Kirsty Lynn, Kathryn Perry, or of course any of our lovely coaches (too many to mention and you know who they are).

Also many congratulations to Julie Bamforth for qualifying as a Level 2 Coach. WELL DONE

Mirren

100 CLUB

Hopefully by now you will all have had a leaflet about the new 100 Club that we're hoping to set up; if you haven't there are plenty attached to the notice board. So far I have only had 7 people return their slips to me so please lets make a go of this and raise some much needed funds for ESC, as well as giving you the chance to win some cash!
Karen x

COACHING CORNER—BY ELAINE, HEAD COACH

January has been a busy time for the swimmers at Evesham Swimming Club so there is much to try and fit in. This year's Crystal Open Meet was successful with swimmers producing some fantastic results and personal best times with Yasmin Boff winning medals in all her races. Hopefully next year we can increase the numbers of swimmers attending this meet as it is a good one. The PGL has got underway with Redditch hosting round one at Bromsgrove. Brilliant to see this year's nine year olds, Harry Bamforth, Lance Locke, Jake Tustin, Andrew Bowles, Amy Cooper, Imogen Roberts, Lydia Castle and Martha Bailey competing so well. It was a close gala with only a few points between each team and everyone had a great time. Keep looking on the notice board for details of the second round. The annual John Vaughn Trophy gala also took place in January and it proved to be our most successful to date even though we were swimming against some huge clubs we still managed to come 5th overall. It was great to see all the swimmers supporting each other and again having a great time. I would like to say well done to Charlie Waites, Chloe Golding and Becky Goodwin who all attended the recent Worcester County Camps at Malvern College. They were fortunate to have Mark Rose, GB Coach, taking their sessions. Mark based the main bulk of the pool time on streamlining and body position, the fundamentals of swimming. Working with swimmers from all over the Midlands I was very pleased when it was Evesham swimmers that they kept mentioning as good streamlining and breathing. The final part of the camps gave the swimmers an opportunity to listen to what Mark had to say and to ask questions. Whilst I listened to Mark I wish that I had a recorder on me as what he was saying would change a lot of people's attitudes to their training. I have tried to pick out bits that I feel are relevant for those swimmers at our club.

What do you need to do to be a great swimmer? Even at a young age a child should get their own bag ready for every session. They need to ensure that they have the correct equipment and fluids. Once at the pool he/she should be on the poolside ready to warm up a few minutes before the start and ensure that he/she has carried out some land warm up. Listening! All swimmers need to listen to the coaching team and ensure that they complete the session that has been planned for them. When asked to work at a harder pace, they do. These swimmers will always tumble and push off streamline and will never miss a repetition because 'the coach would not notice'. They do not stop and wait for their mates they just keep working, they understand that if the session is only 60 minutes long and there are thirty children in the pool they know that the coach may possibly only be able to give them two minutes. At the end of every session they are able to say what they have just learnt and how many metres they have completed, any mileage, times or stroke counts will be recorded. They will also ensure that they have the correct post training snack. A great swimmer will have short, medium and long term goals and at all times push themselves to do better.

You'll know which swimmers do this as they will be the ones achieving their goals!!!!

Mark Rose had so much more to say but I felt that this part was relevant. The only thing that I would want to add is to remind swimmers that swimming once or twice a week will not get those county qualifying times that so many want. You need to attend as many sessions as you can as well as entering open meets, if you are unsure about how to enter an open meet or uncertain if you can please contact me and I will be happy to advise you. We have plenty of swimmers who do not work at the level being asked and will frequently miss repetitions. The coaches will always write the set on the board with the required rest periods, so if the coach is busy do not wait for them to be free, carry on with the set. Some cannot be bothered to listen to the coach or just mess around, for those swimmers the coaches will now be asking for them to leave the pool for time out. Should this behaviour keep occurring then the coach will speak to the parents. We are also going to get tough on tumble turns and streamlining, swimmers must carry out the correct turns and streamlining every time they get to the wall.

Next month will see the start of the County Championships, this year Evesham have had record numbers of children achieving these difficult qualifying times. I would like to wish good luck to all those children. We also now have swimmers managing to attain the extremely hard Midland District times, these will take place in May, June and November (short course).

I look forward to catching up with everyone at the presentation evening on Thursday.

WANTED **Judge Level 1**

Evesham Swimming Club have to take a qualified Official to most meets that we attend. As we only have two qualified Officials, this is putting enormous pressure on our uncomplaining Judges. ESC is planning on running a Judge Level 1 Course (and subsequently Level 2) at Evesham soon. The course details are noted below:

- | | |
|----------------------------------|--|
| Opening Meeting | —held at Evesham, work book handed out and basics of course discussed. |
| 4 sessions as Timekeepers | —these are competitions where you are mentored by a qualified Timekeeper (those who have done our course recently MAY be exempt from this). |
| Group Meeting | —to be held at Evesham to discuss Turn Judge/Chief Timekeeper |
| 6 sessions as Turn/Chief | - at competitions where you are mentored |
| Final practical session | - at competitions where you will be assessed |

NOTE: 1 SESSION = 1 HOUR, therefore if you are going to a 2 hour meet, you have completed two sessions. The sessions can be done at any competition as long as the organisers have been asked. Summer/Winter Champs, Leagues, Open Meets, Counties all qualify, just ask in advance, you can do these individually, not necessarily as a group.

Our club is run by volunteers who give up a huge amount of their time, please help us to help our kids. Anyone who is interested please see anyone on the Committee



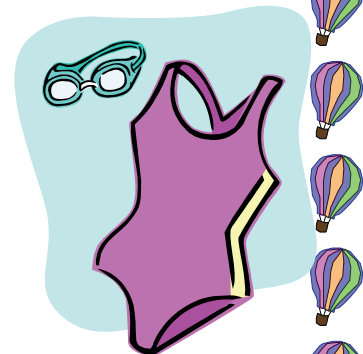
SWIMSHOP



Well the new ESC water bottle has arrived. And it looks fab! I'll have them for sale at February's swimshop or you can buy them from Birdseye Sports. They cost £4.50 and many thanks to Thompson & Bancks for their sponsorship. Because they are all the same please remember to name yours in the space provided to avoid any poolside dramas.

Now that gala season is upon us don't forget to make sure you have all the ESC kit that you need if you are chosen to swim for the Club. If you are unsure just ask your coach or see me at Swimshop.

Happy swimming Karen x



Free Land Training !!

Monday 6.30-6.55pm
Mondays 7.15-7.55pm
in studio 1 with Gill Jubb

Come along and give it a try—it is great fun. We are looking towards the summer and the lighter nights with the possibility of incorporating a run along the Riverside. Any parents willing to help with the land training, please speak to Gill.

FANCY TRYING SMETHING MORE THAN 1500M?

While most swimmers are happy swimming lengths in the comfort of their local pool some crazy people aren't content with that and feel the need to tackle the 'Everest' of swimming – the English Channel! Now before you lot go smothering yourself in goose fat and jumping in the nearest lake you might like to know a few interesting facts.

There have been a total of 2285 Channel swims. The first successful one way back in 1875. 64.3% have been male and 35.7% female.

The youngest swimmer was Thomas Gregory from the UK on 6 September 1988 aged 11years, 11 months. Since this date a minimum age limit of 16 has been introduced for solo swimmers.

The oldest swimmer was George Brunstad

The average solo crossing time is 13 hours, 20 mins and 5 secs but in 2007 a Bulgarian swam it in six hours, 57 mins and 50 secs.

The most successful day of the year if you're thinking of having a go, is 28th August with 47 swims.

If every successful Channel swim was made consecutively, it would take 3 years, 141 days, 19 mins and 43 secs.

And finally, not that we want to put you off:

Over the years six swimmers have died attempting to swim the channel. The first was in 1926 when a Spanish man drowned and the last was in 2001 when a Swiss man disappeared from view about a mile off the French coast, having swum for 16 hours from Dover.

**DID YOU KNOW WE HAVE A PARENT WHO HAS SWUM THE CHANNEL RECENTLY—
DO YOU KNOW WHO IT IS? WELL DONE—A GREAT ACHIEVEMENT!**