



# CAMP HILL EDWARDIANS SWIMMING CLUB

## NEWSLETTER

Issue 149

MARCH 2006

### MY 'BIRTHDAY BASH'

What A wonderful day you gave me. It was so delightful to see so many club members, past and present, ranging from those who had joined in 1958, in the 1960's, the 70's and up to the present. Several of you had travelled considerable distances on a very cold day to be present, and we were able to obtain a number of promises to turn out for the Masters Championships. Thank you for all your cards & gifts. I shall not need to visit the off licence for many weeks! I am so grateful to Anne Bourne & Kate Chase for their organisation of the event.  
Gerry Thain

### WONDER MAN DOES IT AGAIN

Craig Norrey having moved up into the 45yr Masters Group made his mark by breaking the World Record for 50m BK 27.58 a big improvement on the old record of 28.70. Craig also equalled the European 100 BK record 1.01.60.

### CHRISTMAS DISCO NEWS

Jan Bourne & Sue Thornton have organised the Camp Hill Xmas party for the past 6 years and now feel that other parents may like to take over organising this annual event. If you are interested please speak to Jan or Sue.

### OPEN MEETS

I am pleased to announce that Bev Glenn has agreed to be our Open Meet Co-ordinator. She will liaise very closely with Mr Thain about which meets are recommended for Junior and Senior members. Bev will be needing help occasionally from other parents so please do your best to be available should the request arise!

Should you need any information on Open Meets from now on please see Bev at any training session.

Karen Coughlan

### SPEEDO SWIMMING LEAGUE RESULTS

Our 'A' Team finished up 15<sup>th</sup> from 24 in Division 1, our lowest placing for many years. A tough first round saw us missing bonus points into the second round; we had a steady climb up into the third round. In that round we beat 3 teams that led us in the final rankings. The 'B' Team did very well 10<sup>th</sup> from 24 and should look for promotion this year. BUT it depends on availability.

This years dates are:

14<sup>th</sup> October

11<sup>th</sup> November

9<sup>th</sup> December

Please keep them free

YOUR CLUB NEEDS YOU!

### BRAUNSTONE XMAS GALA – 3 DECEMBER 2005

Despite another mix up with several swimmers not arriving and one turning up unexpected, we won this trophy thanks to some amazing times by our swimmers drawing their least favourite strokes. With only three 11yr girls and boys we lost points in their relays but at least we had no disqualifications.

Alice Plimmer – FC Best 16.92 and finished second 50 FLY for a PB. Amy Middleton – another BR best 23.55 & 51.01. Amber Coughlan – another 40 sec FC. Becky Hobson – two firsts BR 38.91 & FLY 34.71.

Abbie Mawson – two PB's FC 30.47 & BR 40.96. Cara Mawson – BK 33.81. Holly Whelan – FC 31.49. Sarah Thornton – a very good win BR 39.92. Lisa Coleman – at last left everyone way behind BK 34.72. Stephanie Cameron – FLY 36.37. Jaimee Le Resche – finding her best strokes!!! BK 35.54 & BR 41.70. Stacey Cameron – fantastic FC 28.76 & BK 33.05. Elliott Glenn – a really excellent IM 1.25.18. Max Ladbrooke – BK 39.62 & IM 1.26.27 good PB's. Aaron Brough – BK 41.79 for another PB. Sam Middleton – two good firsts FLY 35.96 & FC 30.93. Ben Brough – PB FLY 37.84. Richard Baker – FLY 31.72 & 32.14. Luke Ladbrooke – BR 41.10 & FC 27.64. Matt Woodyatt – magnificent IM 1.09.39, FLY 32.32, FC 11.54.

Special thanks to Karen Coughlan, Jenny Cameron and Sarah Le Resche for building up a good lead in the showcase relay race, and for your help on the day.

NS

### WEST MIDLANDS LEAGUE ROUND III - A TEAM – 10 DECEMBER 2005

Camp Hill 197, Boldmere 196, Gloucester 190, Leamington 185, Coventry B 146, Bilston 127

We found out at the start of the gala that 2 of our 15U boy's team were missing, so the omens were not good. The lead varied regularly between Boldmere & ourselves, and it was not till the final event that we achieved our win. Many thanks to all our helpers who ran the gala most efficiently, and once again to our seniors: Hayley Bettison, Gemma Hindson, Laura Heeley, Lucy Lloyd-Roach, Nicola Sheasby, Ewan Martin, Jack Gair, Andrew Weedall & Ian Potter who, as always did so much to promote team spirit, and who 'set the example' with fine swims. BK Claudia Cardinali 40.67, Abbie Mawson 1.10.09 and 1.10.44, the result of training positively – sub 70 secs can't be far away, Lucy 1.19.16. FS Matthew Woodyatt sneaking under the minute – a fine 59.67, Danni Bourne 1.03.60, Ian 55.95. IM Ewan 59.83, Lucy 1.10.44. BR Rebecca Hobson 1.28.47, but why did she have to do one handed turns in her next race? Ellis Hedges 43.99, good but still markedly losing ground on starts & turns; Laura 1.18.47, Ewan 1.05.42 CLUB RECORD! FLY Jodie Le Resche 1.08.11, Gemma 1.07.15, Andrew 1.01.60, Rebecca Straw 41.60.



**WEST MIDLANDS LEAGUE ROUND III - B TEAM – 10 DECEMBER 2005**

Treonte Long Eaton 202, Belper Marlin 201, Camp Hill B 199, Matlock 192, Fox Hollies 118, Oldbury 116

Despite losing key swimmers to the A Team, those who did not want to travel over 100 miles to Clay Cross and those who did not arrive, we did amazingly well. We had two outstanding young ladies who proved that they should be in the A Team.

Bethan Luckman is 9yr, 900mm high, and 18kg wet and solid gold. Bethan led off the u11 freestyle team with 35.47 and two events late anchored the u13 medley team to victory 34.85. Bethan followed with 46.37 FLY in u11 medley relay and 35.79 in the u13 free relay.

Bethan had the best encouragement possible from the fantastically fast flying Becky Bullivant who swimming to orders produced 1.13.38 in u15 FLY and five minutes later when offered an easy swim equalled the time in u13 FLY. Bex also had a comfortable win 13yr freestyle. Our open ladies were in marvellous winning form, Stacey Cameron IM 1.11.10, BK 1.11.67 & FC 1.03.54; Kate Hindson FLY 31.40 & Jaimee Le Resche FC 29.99. Freestyle relay; Jaimee 30.28, Holly 30.00. Jane 30.62, Kate 29.59, Sophie 30.98 & Stacey 28.68, well done girls. Our 15yr girls won both of their relays, freestyle – Sarah Thornton 31.80 Amy Middlemast 32.39 Ellie Coe 31.69 Stephanie Cameron 31.34. Medley – Lisa Coleman BK 35.43 Sarah BR 41.26 Ellie FLY 35.57 Stephanie FC 31.26. Katie Morrissey's new enthusiasm won u13 BK 1.20.53. We had some very good supporting swims including; Matt Sullivan 2<sup>nd</sup> Open BR 1.19.09, Amit Nijram 50 BR 35.06 & FC 28.36, Stephen Cooper and Cameron Woodyatt who swam and swam time & again, every time producing 100% effort and Amy Middleton who's improved training produced three PB's.

Thank you to our officials and helpers and a special appreciation to all of you who drove all the way to NE Derbyshire. You will have noticed that we were disqualified for flyers in events 6 & 8 even though we all saw that they were safe – in fact I noted one of them as a slow takeover. I have lodged a protest but don't expect it to be corrected – the cheating referees decision is final. You may have noticed the same girl swam four races in lane 5 in the Open IM, FLY, BK & FC contrary to Rule 23. They also swam a 14yr girl in a U13 race. You may have noticed the same girl swam three races in the u15 age group in lane 6, contrary to Rule 23. Both teams should be deducted 10 points at least.

NS

**JUNIOR GALA OLDBURY – 7 JANUARY 2006**

Warley Wasps 145, Camp Hill 142, Oldbury 94, Fox Hollies 82

Once again the absence of the notice board at training sessions lost us yet another gala. Swimmers who had

agreed to swim did not arrive but swimmers who had been told by others did arrive. We only had seven girls including three newcomers and two novices so we had no swimmers in 10 events. We had eleven boys but a full team would be at least 16 boys and 16 girls. We were rewarded with Mrs Evans and Mrs West doing a brilliant job timekeeping for the first time. Thank you very much.

Clement Evans 6yr, made up the 9yr relays 39.62 FC, Steffanie Kerr 8yr learnt to swim on Christmas Day 54.36 FC Lily Watkins in her first gala 35.45 FC, 59.53 BR Catherine Boss improved again with a best 31.07 FLY. Newcomer Laura Denham also showed promise 33.02 FC, 43.02 BK. Helena Pullen was in great form 25.88 & 57.51 FC, 30.75 BK 40.28 FLY. Myles Paintain produced four very strong freestyle relay swims, the best 26.93FC while Michael Bate improved 24.79FC, 32.14 BK, as did Fabian Evans 27.75FC, 34.15 BR. Chris West also produced good swims 25.98FC, 29.19 & 69.68 BR and Benedict Evans again improved 34.39 & 75.53 BR. Ricky Shervington lowered his FC to 26.49 and Connor McAteer to 28.80 & 65.20 FC, with Edward Boss 25.02 & 54.57 FC. Conor Wilkes lowered his FC TO 26.63 AND fly 28.43 & 74.18. Gulliver Bates was outstanding in all nine of his swims the best 23.95 & 54.08 FC, 29.66 & 67.21 BK, 33.66 BR, 27.69 & 68.35 FLY. Sophie Spragg swam despite being injured and was rewarded with 30.52 & 66.99 BR and 29.85 & 69.91 FLY. Alice Plimmer worked hard for 24.11 & 55.13 FC and 33.19 & 66.38 BR. We won 17 and were second in 14 of the 39 races that we competed in.

Thank you all who turned up to swim, help and support our club gala. I have converted the times to 33 1/3 metres

NS

**RELAY GALA, NUNEATON – 7 JANUARY 2006**

Camp Hill 203, Stratford 189, Nuneaton A 178, Market Harborough 171, Haden Hill 167, Nuneaton B 160

We were handicapped by 2 disqualifications & needing to declare over-age swimmers in 3 races, consequently taking no points from 5 races. In a close contest Stratford led us until event 30, then with 6 races to go our teams, taking 2 wins & 4 seconds clinched it.

All the 'regulars' produced the expected good splits and I was impressed with the performances of the brothers Gair, Nick West, Stephen Baker, Victoria Stokes, Luke Ladbrooke, Bethan Luckman, Kieran Rickards, Amy Middleton & Edward Ackling. Well done those in their first gala for Camp Hill, Samantha Evans, Eleanor Kerr and Katie Shannon, and to Jeremy Turner for several good efforts.

**STOURBRIDGE CRYSTAL MEET, WOLVERHAMPTON – 8 JANUARY 2006**

This was a well-run meet with good representation of Camp Hill Swimmers.

Abbie Mawson produced two outstanding backstroke swims taking the 100, 1.09.89 and 200, 2.33.49 both



Midland Q.T's and picking up 2 of the much converted Crystal goblets. Rebekah Bullivant collected 4 of the goblets for her bottom drawer and several medals & M.Q.T's. Elliott Glenn won a Silver & Bronze trophy, with the Hedges brothers each winning a medal in the 50 BR. Cara Mawson picked up 3 medals and Sam Middleton was 3rd in the 100 BK, while Fraser Bales won Bronze in the 50 FS.

Altogether, it was a good days work & team discipline was first class.

### **JUNIOR GALA, DROITWICH – 14 JANUARY 2006**

Camp Hill 207, Perry Beeches 201, Worcester 199, Stourbridge 170, Redditch 139, Droitwich 133

This is the first win over Perry Beeches since the formation of the Birmingham Squad. Last season Perry Beeches were 6<sup>th</sup> in the Junior League, Worcester 10<sup>th</sup>, Camp Hill was 11<sup>th</sup>, Redditch 17<sup>th</sup>, Stourbridge 19<sup>th</sup> and Droitwich 17<sup>th</sup> in Division 2. While I am delighted with the result, we still have some problems.

1. We need several more 9yr girls and boys to complete the teams for the leagues.
2. We need more girls in all age groups, especially breaststroke swimmers.
3. We need more attention to detail, especially on turns and finishes.

Whereas we won 14 of the 51 events, the key factor was only 2 sixth places and 2 disqualifications. Our new swimmers played a major part in the success. Emma Lloyd-Jones with three wins was well backed up by Katie Shannon, Esme Weston, Clare Hill and Steffanie Kerr in the 9yr girl's relays. Jack Weston had two great wins, Cameron Bales 1 win and with Harry Lloyd-Jones and Jeremy Turner easily won both of their 9yr boy's relays. Philip May 10yr and Kieran Rickard had very good FLY swims and Ellie Kerr added strength to our 10yr relay teams.

Thank you to everyone who helped. We had a major problem when neither the organising club or the pool lifeguards dealt with Clare Hill, properly, when her finger got wedged in the lane rope. I was relieved to hear next morning that Clare was fine and well with no after affects. I have telephoned and written to the Leisure Centre Manager regarding the failure to respond to the emergency in anything like a satisfactory way.

NS

### **JUNIOR GALA, CHESLYN HAY – 21 JANUARY 2006**

Phoenix Youth 231, Chase 202, Camp Hill 197, Haden Hill 174, Oakengates 158, Warley 104

The absence of ten first choice swimmers cost us a lot of points and often swimmers poor discipline let us down as well. Bethan Luckman got us off to a flying start with a clear win in the first race 10yr FC 35.92 and Bethan also reduced her breaststroke time to 24.48. Becky Straw returned from illness to win 11yr BK 41.17 despite a poor start and lowered her FC 16.62.

A small kick propelled Jack Weston to a good win 9yr BK 20.96 and a better relay split FC 18.31. I was delighted with Philip Mays win 10yr FLY 20.93 and FC 18.78. I am hoping for a lot more improvement by the time that the league starts. Our 10yr boys won their freestyle relay Philip being joined by Michael Bate 17.97, Zac Brough 18.75 and Christian Bromley 18.56. Michael Bate produced the most pleasing swim of the night to shatter his PB on the front crawl with a great time 37.90. Kieran Rickard again lowered his FLY with 39.98 and Aaron Brough swam three, second places, the best FLY 38.62. Haden Hill finished three places above us, 8<sup>th</sup>, in the league last year but we have a lot of work to do if we are going to beat Phoenix who were 4<sup>th</sup> in the league.

NS

### **LUXEMBOURG EURO MEET – 27/29 JANUARY 2006**

Our team of four girls, Danni Bourne, Rebekah Bullivant, Abbie Mawson and Jodie Le Resche stood up well to the rigours of this demanding meet. The competition was held in an excellent 10 lane, 50m pool, with another 50m training pool underneath it and a 25m swim down pool.

Age groups were 14/u, 16 and Open. There were 60 teams competing, with very strong ones from Finland, Germany, Ukraine and Holland. After 32 events we were placed 29<sup>th</sup> from 60.

Breakfast was taken at 7a.m. with warm-up at 8a.m. and competition at 9a.m. Our girls each swam 5 to 8 events, Jodie placed 4<sup>th</sup> in the 50 FLY for her age group, 29.29 and Abbie 6<sup>th</sup> in the 200 BK and 5<sup>th</sup> in the 50 BK 34.39. Danni's best swims were FS 30.24 and 1.05.33. Rebekah improved her FLY, 33.09 and 1.13.13.

We were privileged to see some very fast swimming, Women's BK 1.01.85, FS 26.07 & 55.86, FLY 1.01.53. We had excellent breakfasts, healthy if rather spartan meals at the pool, 2 visits to Pizza Hut and one (girls) to McDonalds.

\*Read Luxembourg Diary attached to Newsletter.

### **BRAUNSTONE GALA, NUNEATON – 28 JANUARY 2006**

Nuneaton A 335, Braunstone A 275, Camp Hill 253, Haden Hill 251, Bilston 196, Leicester Neptune 162, Nuneaton B 145, Braunstone 80

Our team looked very much like our 'B' team but as usual with many swimmers missing. We lost points with overage swimmers making up the relays and a mistaken disqualification. Bethan Luckman was second on both BK 44.91 and FLY 44.72 both PB's and Amy Middleton also made two PB's on BR 50.60 and FC 36.43. Another two individual PB's fell to the ever improving Claudia Cardinali FLY 43.82 and FC 35.83. Our best swim was Cameron Woodyatts winning breaststroke 45.93, two seconds off a very old time, with a very brave fighting finish. Cameron must adopt the same positive attitude for all future swims.



Kieran Rickards addition to the club continues to lift the junior boys with two more PB's on FC 37.08 and FLY 39.97, Max Ladbrookes better concentration reduced his BK 38.87 and Elliott Glenn improved to FC 33.07 while Aaron Brough made another PB for FC 34.63.

I do not know the seniors best times but I was most impressed by Luke Ladbrooke FLY 1.10.51 and his easy win in the 15yr BK, saving energy for the next race. Vicky Wassalls FC 1.06.67 looked good but can improve with stronger kicking off the wall. Becky Hobson FC 30.43 and BR 39.85 also impressed while Cara Mawson went out too slowly but still managed BR 1.31.75. Nick West worked hard on his first 100 BR 1.35.07 and he also made a good split FC 28.18. I was pleased to add Stuart Tierney to the team and was rewarded with another sub 60 with FC 59.49 while the ever-reliable Ian Potter won the Open FLY 1.01.84 and split FC 24.11.

NS

#### TROPHY GALA, STECHFORD – 4 FEBRUARY 2006

Nuneaton 234, Solihull 216, Camp Hill 211, Kingsbury 149, Solihull B 142

This was a closely fought match with our course suffering when 3 swimmers failed to arrive. There were several good swims. FS Danni Bourne 1.02.85, Nick West 1.03.54, Elliott Glenn 1.12.04, Michael Bourne 58.70. BR Ellis Hedges 1.31.50, Stacey Cameron 1.22.44, Matt Woodyatt 1.15.98, Rebecca Hobson 1.28.90. BK Jodie Le Resche 1.09.77, Abbie Mawson 1.08.29. FLY Jodie 1.07.46, Vicki Wassall 1.113.01, Rebekah Bullivant 32.72, Kieran Rickards 41.01.

Thanks to Michael Bourne who on a rare appearance tackled 3 individual events with good results.

#### JUNIOR GALA, THIMBLEMILL – 11 FEBRUARY 2006

Camp Hill 137, Halesowen 132, Warley Wasps 129, Oldbury 87

It's easy to win galas when you have seven 9yr girls and even though we only had one 10yr, one 11yr and two twelve year olds. It is great to have Lilly Watkins to swim two lengths FLY, Samantha Evans two lengths breast and Katie Shannon two lengths back, all at their own choice!!! And they are 9, 8 and 7.

We only won four girls races all by Becky Bullivant as we would expect, but we could not have expected such a brilliant set of times ALL PB's. Beth Edwards is a valuable addition to our 12yr girl's team but she needs to gain more confidence. Amy Gordon on the other hand is over confident and will have to learn much more discipline; then she too could be a very valuable team member. Andria Hellinas, Bethan Turner and especially Emily Poole did really well in their first gala.

Our boys were in great form winning seventeen races including Fabian Evans BR 31.29, Philip May FLY

29.33, Zac Brough BK 29.85, Christian Bromley BR 68.97, Alex McGee FC 53.02, Kieran Rickards 2 wins BR 65.94 & FLY 56.12, Max Ladbrooke BK 53.26 and Aaron Brough FLY 52.70.

We also won 9yr, 11yr & 12yr boys medley relay, (the 10yr team were disqualified again!), 10yr, 11yr & 12yr freestyle relays (the 9yr team were DQ'd), the 8 x 1 boys cannon and the 8 x 1 mixed cannon. Katie Shannon received the winners shield for Camp Hill. NS

#### PERI SPRINTS, RUGBY – 12 FEBRUARY 2006

We only had seven girls and twelve boys at this meet but we won forty-one individual medals. Holly Whelan again showed her preference for sprints winning five medals including gold for butterfly 32.67. Becky Hobson was also in top form to also win five medals, the best silver for IM 1.16.48.

Elliott Glenn swam consistently well to also win five medals, the best IM 1.23.93 and Cameron and Matthew Woodyatt kept Mom and Dad happy with four medals each. Our other gold medal winners included Ellis Hedges lowering his breaststroke PB to 41.24 and Danni Bourne FLY 33.75.

Thanks to Bev Glenn, we managed two 9 yr relay teams for both boys & girls. We had to include overage swimmers in the B teams, which the organisers chose not to bother about, because other teams included underage swimmers. The boys won silver and bronze in the freestyle relay and were 2<sup>nd</sup> and 4<sup>th</sup> in the medley relay. Zac Brough 18.84 FC & 21.48 BK, Fabian Evans 21.10 FC & 25.31 BR, Philip May 18.89 FC & 21.63 FLY, Clement Evans 28.15 FC and Joseph 28.45 FC. Our girls were 3<sup>rd</sup> & 4<sup>th</sup> in the freestyle and 4<sup>th</sup> & 5<sup>th</sup> in the medley relay, Katie Shannon 20.46 FC & 23.65 BK, Emily Poole 21.35 FC & 25.04 BR, Amber Coughlan 19.20 FC & 22.61 FLY, Lilly Watkins 22.54 & 22.61 FC, Tamara Norman 28.60 FC & 34.20 BK and Bronwyn 27.85 & 28.92 FC.

NS

#### JUNIOR GALA, RUGBY – 18 FEBRUARY 2006

Nuneaton & Bedworth Blue 197, Camp Hill 195, Nuneaton & Bedworth B 179, Hinckley & District 172, Rugby 155, Bromsgrove 152

Nuneaton & Bedworth were second and Hinckley seventh in the Junior League last season while Camp Hill were eleventh. Our improvement is down to Gerry's brilliant partnership agreement with Bromsgrove School and Sean. Only eight of our 19 swimmers were original Camp Hill swimmers. If we had just one more swimmer to help out with the relays we would have won the gala. My thanks to Mrs. Turner for judging and Mrs Shannon and Mr. Brough for timekeeping. Without you we could not have taken part in the gala.

We were fortunate to have several dynamic dual acts in the team. The Hedges brothers won three races, Lewis BR 48.86, Ellis FLY 38.16 and an amazing



breaststroke in which he made a terrible start to trail the Rugby breaststroke champion at the turn, but a fantastic finish touched first in 40.63. A good start next week will produce a sub 40 for sure. The Hill girls were also in fantastic fast form with Clare easily winning 9yr FC 19.66 after sister Katherine had won 10yr FC 38.97. The Lloyd-Jones' also featured prominently with Emma winning 9yr BR 24.93 and brother Harry lowering his PB by over three seconds FC 21.41. The Brough boys as always gave every last ounce of energy with Aaron winning FLY 38.92 and Zac competing in TEN races. Katie Shannon, Emily Poole, Helena Pullen, Amy Middleton, Sophie Spragg, Beth Edwards, Jeremy Turner, Fabian & Benedict Evans, Philip May and Michael Bate shared in thirty-three PB's.

NS

### **JUNIOR GALA, NUNEATON – 25 FEBRUARY 2006**

Nuneaton & Bedworth A 335, Haden Hill 283, Camp Hill 259, Perry Beeches 254, Market Harborough 217, Stratford Sharks 193, Bilston 165, Nuneaton & Bedworth B 119

A disappointing Junior Gala with only half a team was not helped by the usual failure of the automatic timing system which placed our winning 11yr boys medley relay team third and our 9 yr backstroker who was third was placed last. When corrected the additional seven points lifted us above Perry Beeches.

Everything went wrong over the first four events; a swimmer stopping short of the finish, a very slow start, a swimmer lost their goggles and a breaststroker started on front crawl. All on top of the timing going wrong. Things improved when our 11yr boys won their medley relay Jake Bullivant BK 20.58, Cameron Woodyatt BR 22.13, Kieran Rickards FLY 18.06 and Alex McGee a very good FC 16.96. Marvellous Max's Magic made me much happier with a blistering backstroke, with a better turn and stronger second length to win in a brilliant 37.76.

Our 9yr boys followed Max's example to win their medley relay by six seconds Jack Weston BK 21.68, Harry Lloyd-Jones BR 27.00, Philip May FLY 20.84 and Jeremy Turner FC 20.08. Max Ladbroke followed his backstroke victory with an even better brilliant best butterfly win 36.90. Max's hard work on Wednesdays is certainly working well. Our 9yr girls won a nail biting finish to their freestyle relay Emma Lloyd-Jones 20.36, Katie Shannon 20.72, Bethan Turner 21.53 and Clare Hill 19.60. Our 9yr boys followed suit with an easy freestyle win Harry Lloyd-Jones 21.83, Jeremy Turner 19.41, Philip May 17.64 and Jack Weston 19.03. Jack also won 9yr backstroke 22.82.

NS

### **SWIM SHOP**

Due to the closure of Camp Hill School pool we are currently unable to make the Swim Shop available at the usual swim sessions. However if you would like anything from the shop, please e-mail via the shop section on the Camp Hill website; [www.camphillswimming.org.uk](http://www.camphillswimming.org.uk) and we will try and get items to you either ourselves or through another club member.

Club Polo Shirts, Rugby Shirts, Named Hats, Kit Bags and Fleecees, are ordered at regular times throughout the year. Please advise Pat or Sarah now so that you may be placed on the list for our next order.

### **REGULAR STOCK**

CLUB HATS – silicone

“CLUB” black costumes & trunks

Range of swimming goggles for junior & seniors

Club Polo & Rugby Shirts, Fleecees, Bags & Named Hats

Other costumes & accessories available from the “Allens of Kingsbury” brochure (see notice board).

### **MEMBERS OFFICE**

**“NEW MEMBERS ARE ALWAYS WELCOME”**

Enthusiastic swimmers can come along and visit any weekday, bring costumes and join in!

For more information and a swimming trial, please contact:

**Gerry Thain** 0121 444 2289 (Principal & Coach)

**Karen Coughlan** 07971 558930 (Club Secretary)

**Wendy Bullivant** 05511 436061 (Warwickshire & Midland Meets Secretary)

### **Important Notice for all parents:**

If your children are taking ANY medicines on a long-term regular basis, please get a “Medication Form” from either Ann Baker or Wendy Bullivant who are required to register the details. This includes vitamins, herbal remedies, hay fever tablets etc.

### **FUTURE NEWSLETTERS**

Future editions of the newsletter will be available on the CHESC website [www.camphillswimming.org.uk](http://www.camphillswimming.org.uk) and will also be e-mailed to club members (please notify the club if your e-mail address has been changed)



**LUXEMBOURG DIARY**

**Day 1 – Thursday 26th January 06**

We met bright and early at Birmingham airport. Jo and Jan were both stopped when going through security – after body search both found to be clear! A few of us got scared on the plane... others really enjoyed the flight! We got fed some cheese sandwiches that seemed like they were still frozen! The plane from Birmingham had been slightly delayed and when we got to Amsterdam airport, we ran for our lives to catch the next plane to Luxembourg!! We failed and missed the flight! Had to wait



for 2 hours until the next one! 600 minstrels, 592 wine gums later we board the plane (one with propellers this time). Half way through the flight, we get another frozen sarnie which was chicken this time... but tasted like

pepperoni!! We finally landed and waited a while for the minibus to take us to the hotel. 15 minutes of listening to a German radio show (or was it French?) we got to the hotel which was really nice. Within 30 seconds of being in their room, Jo and Danni manage to get blue shower gel all over the white bed covers! Oops! Everyone met in reception ready to go out for a meal at Pizza Hut! – Jo and Danni were late! When we got back, Jo and Dan decided to decorate their walls with socks and gloves! They made a smiley face which was eventually called Mrs. S.G ☺

**Day 2 – Friday 27th January 06**

Early start! ☺  
No shower curtain! – eek!!

Jo and Dan determined to get downstairs before everyone else after ‘little hiccough’ yesterday. They failed! ☹ Mr. Thain was already there! We ate breakfast – lots of food to choose from and we think we cleared the hotel’s stock of Actimel!

Gwendoline Welcome, our minibus driver for our journey to the pool, ‘welcomed’ us and asked if we’d like to speak German, French or English? English of course. She was really nice! When we got to the pool we couldn’t believe it. It was huge, amazing and really



modern too! Took lots of photos. We all trained for about an hour then had a little break. When we all went outside, it was so cold that Jo and Dan’s ipod headphones had frozen and were stiff! Jo and Bex both swam the 200fly and got some good PB’s. Well swum girls! ☺ Whilst Bex and Jo were getting changed, Abbie and Danni went on a little adventure... got lost...and were chased by some foreign ladies!! – Ahh!

When we got back to the hotel, Bex and Abbie thought it would be a good idea to dry their wet costumes and towels on the balcony. Bad idea!! They got frozen and stuck to the rail! After an

interesting half an hour in Jo and Danni’s room, Bex and Abbie leave, but not before having donned their superman capes and flying down the corridor! Goodnight!

**Day 3 – Saturday 28th January 06**

Jo and Dan beat Mr. Thain!!! ☺ They were the first ones down! Even after

waking up at 6.05, they were in reception by 6.30! That’s what we call an achievement! Abbie had fun trying to solve the mysteries of boiling an egg at breakfast! Jo, Abbie and Dan decided it would be funny to video strange looking foreign people! Simple things please simple minds!



The races that we swam today were 50 fly

Dan – 33.23

Jo – 29.29 (Jo made the B final and swam 29.36)

Ab – 33.75

Bex – 33.09

200 free

Dan - 2.24.98

Bex - 2.27.67

100 back

Dan - 1.16.39

Ab - 1.13.77

Jo – 1.11.84

50 free

Dan – 30.24

Ab – 31.28

Bex – 30.73

Jo – 27.80



**Day 4 – Sunday 29th January 06**

Bad start to the day as Dan and Jo were late down to breakfast having got up with 5 minutes until we all had to meet in the reception! ☹ Abbie finally solved the mystery of boiling an egg! ☺ We all swam again

50 back

Ab – 34.39

Dan – 35.89

Jo – 32.80

Bex – 35.62

400 free

Bex – 5.06.63

100 fly

Jo – 1.07.49

Bex – 1.13.13

Dan – 1.19.74 (shocking! The worst swim!!)



200 back

Ab – 2.39.35

100 free

Dan – 1.05.73

Jo – 1.02.12

Ab – 1.07.78

Bex – 1.06.95

Jo, Dan and Abbie all made friends with the Irish people, as they were the only ones there that spoke English! But they made us laugh with their trunks aka “togs”.

We had some free time this afternoon and went with everyone to look at the town to see what was around. We had to get in a lift down to the old village (Bex overcame her fear of lifts and managed to get in without being pushed!)

We went to Pizza Hut again apart from Mike because he felt ill. On the way back we saw Luxembourgish nuns!

Once back at the hotel, Dan and Jo went downstairs to say their final ‘goodbye’ to the receptionist! ☹ or so they thought, as only a few seconds later they discovered their card key was not working (again!) and had to go back to reception and get it fixed!

**Day 5 – Monday 30<sup>th</sup> January 06**

Last morning! ☹ We all went to breakfast and we think it’s safe to say... we made the most of it! We went back to the rooms to pack a final few things and went downstairs. We loaded the minibus and began our short journey to the airport. We checked in, and went through departures. Once again, Jo and Jan got stopped whilst going through the metal detector! (Hmm... it makes you wonder!) and security took a liking to Abbie’s i-station, putting it through the scanner a number of times. We eventually boarded the plane and off we went. Unfortunately, Abbie had a panic attack, worrying us all! But luckily she was fine. Arrived in Amsterdam and this time managed to catch the connecting flight to Birmingham without any problems. Landed in England... and we must say it was good to be back (because it was a lot warmer than Luxembourg!) and, it was good to see family and friends again.

done without you all?! We all really enjoyed ourselves and agree that it was a great experience. We’ve got lots of photos to remind us of our trip. Hopefully another one will be booked soon! **THANK YOU!**



Finally, we would like to say a big “**thank you**” to Mr. Thain for organizing this trip, and thanks to Mike and Jan for helping out, and Trevor the turtle for being our lucky mascot!! What would we have