



CAMP HILL EDWARDIANS SWIMMING CLUB NEWSLETTER

Issue 158

SEPTEMBER 2008

NOTICE TO ALL JUNIOR SWIMMERS (9-13 YEARS OLD)

New "Diddy" League team captains Heather Tierney and Peter Haw are requesting anyone who is wanting to compete in the Diddy/Junior League Club Galas attend Wednesday night sessions at Camp Hill Pool 6 till 8, just so Heather & Pete can get to know who you are, what you like to swim and for specific practice on starts, turns and take overs.

WELL DONE TO OUR AQUATHLON SWIMMERS

The Aquathlon series ended with some good overall results for Alice Collier who was 2nd in the TS1 girls, Anne Kenchington was 3rd in the TS2 girls and Cameron Woodyatt was 4th in the TS3 boys. Rebekah Bullivant and Cosmo Gilbert also competed, with Rebekah winning her first aquathlon race.



CAMP HILL WEDDING

We all went to the beautiful old church of Castle Bromwich to see Charlotte Heeley & David Haynes 'tie the knot'. The weather was great, Charlotte was beautiful and David was his usual robust self. Then off to Moor Hall, Four Oaks, for the reception. This was our second 'Club wedding' in 2 years – is Camp Hill becoming a marriage bureau?

CLUB SHOP ORDERS

Looking for some Christmas present ideas? Check out Camp Hill clothing and accessories catalogue on notice board, orders must be placed by end September for delivery before Christmas. Please place orders on the order sheet on notice board A.S.A.P.

XMAS PARTY

Date for Xmas party will be announced soon. A good time was had by all last year so please try and attend this event, family and friends are welcome. Date will be posted on notice board.

BRITISH MASTERS – MANCHESTER 20/22 JUNE 2008

The highlight of our performances was yet another BRITISH RECORD for Anne Bourne – long course 1500m 21.06.40. She also took Silver in the 200 FS & Bronze in the 400 FS. Lucy Lloyd-Roach was 3rd in her first 100 FLY for a very long time 1.08.53 and also the 50 FLY, she also swam an excellent BR leg in the Medley Relay 38.20, had anyone ever seen her race BR before?

Nikki Bainbridge was 2nd in the 50 BR, 38.30, Steve Eggleton tackled several events, including an unusual 800 when he swam 90secs for the first 7 hundreds with his nearest rival - beating him with a painful 82 secs on the last hundred.

Our Women's Medley and FS teams, Nikki, Lucy, Anne, Alison & Kate Chase took Silver & Bronze in their races. Well Done!

COVENTRY MEET – 1 JULY 2008

Kelton Aldridge's mother was delighted to see him collect 3 medals – 2 of them Gold at this 50m event. Also competing, Samantha Evans won the 11yr 50 & 200 BR well done both! Where were our other youngsters?

LEICESTER PENGUINS TROPHY GALA – BRAUNSTON 6 SEPTEMBER 2008

Leicester Silver 339.5, Nuneaton & Bedworth 297, Gloucester City 257, Boldmere 214, Camp Hill 185, Melton Mowbray 184, Leicester black 144, Lincoln 137

5th place in this high quality gala represented a good effort from a very young team and brushed away the summer (what summer!) cobwebs. Our only win came from Cameron Woodyatt with a strong 13u 100m IM 1.14.33, which backed up two second places in the 100 BK 1.15.01 and 100 BR 1.23.55 all PB,s

Elliott Glenn produced a superb MDQT of 1.13.79 in the 15u 100 BR and Becky Bullivant with her usual determination made light of her heavy workload in both the 15u and Ladies Open events to produce a good points return for the Girls with support from her buddy Vicky Wassell, our only Open Age Lady.

Good swims also came from Kieran Rickards 13u 100 FLY 1.17.78 and Samantha Evans 11u 50 BR 45.84 which would have been better if she didn't wait to admire the other competitors starts off the blocks.

The most 'stylish swim' award went to Benedict Evans in both the 13u 100 Individual and 13u Relay Freestyle events, with more regular training he has the potential to become a very good racer if he improves his stamina, Mum please note!

MAW

HALTON MASTERS MEET – 6 SEPTEMBER 2008

We were glad to arrive at Halton after a 2-hour drive through heavy rain. Our team – Alison Watkins, Nikki Bainbridge, Heather Tierney, Anne Bourne, Karen Burton, Peter Haw & Bernard Wills responded well to the keen competition which included swimmers from Germany, Czechoslovakia and Portugal (from the twin towns of Halton). Our swimmers brought back plenty of medals and several of the attractive 1st place trophies. Normally at Masters meets it is our 40yrs + who do well, it was encouraging to see our 'younger' Masters do well – especially Karen with a 6 sec improvement in the 100 FS & Nikki with a FS PB.



BARNET SPRINT MEET – 7 SEPTEMBER 2008

Stacey Cameron was a quintuple champion 100 FLY 1.11.74, 50 FLY 32.01, 100 BK 1.11.18, 50 BK 33.44, 100 IM 1.12.01.

SYNCHRONISED SWIMMING JUNIOR WORLD CHAMPIONSHIPS – ST.PETERSBURG RUSSIA
Training

The training started 2 days after the completion of my month of GCSE's. The month before those I was at training camp and in France for the Europeans. The first week was at Aldershot barracks pool. Monday to Friday was 7.00am to 5.00pm. Training would start with 45 minute warm up which included speed swimming and full length swims of elements from synchro. We also had to do lots of full lengths under water and were in trouble if we came up. After this we did about 4 hours of our team routine with many whole swimthroughs. We also do a lot of land training and stretching. Saturday was 8.00am to 4.00pm. My parents picked me up and we went to a Travel Lodge hotel near Gatwick airport for the night because we had to fly out to Sicily early the next morning. This was a 2 week International Camp. We only ever get 1 day off per week at any Camp and the hours are as above. Whilst in Sicily we trained mostly in an outdoor pool. It was very hot and there were some unusual shapes of suntan. We regularly did 8 swimthroughs with 15 minute breaks in between. We did not rest then, as we had to go through our corrections. At times it was so hot we were given a few extra breaks or used an indoor pool. Whilst not involved with the team we practised our technical elements (figures). We had 3 competition practice days and we performed for a local club on one of them.

Accommodation

At Aldershot (an Army Town) I stayed in a single room in the officer's mess in Hammersley Barracks with 3 other girls and the Team Manager. The other girls lived locally and travelled in. We were about 10 minutes walk from the pool. In Sicily we stayed in a hotel and were 2 to a room. Whilst there we were training with the senior squad and the Olympic Duet pair. In Russia I shared with 3 other girls and we were lucky because we had the best room there! It was not the nicest of hotels. All competing countries, EXCEPT Russia, and Judges stayed in that same hotel.

Competition

We were up at different times each day depending on what training we had planned that day. We got back to the hotel around 8.00pm and ate as soon as we got in. On competition day we got back at 10.00pm. Russian Police escorted us to the pool. It was about 45 minutes away, brand new with a 9 lane 50 metre pool and a 9 lane 25 metre pool. Whilst we stayed in Russia we had the same food for breakfast as we had for tea. This consisted of chicken, fish, rice, salad and pasta. The food did not taste very nice and I was really looking forward to Mom's cooking! Most of the team felt the same.

We came 16th out of 17 but after three weeks of intensive training we did our best ever swim and our coaches were really pleased. The competition was really tough and the winners, Russia were always ahead and almost perfect. The Majority of the other teams seem to train together all year and some swimmers were in the senior teams at the Olympics.
Yvette Baker

MANAGING AND UNDERSTANDING INJURY

Over the year or so, I will be writing a series of four articles for the swimming club based on the subject of injury. Over this period, I will aim to address a number of issues that are relevant to swimmers of all levels of experience.

The programme is as follows:-

1. Injury prevention – the key to successful performance (Part 1) – [Copy on notice board](#)
2. Injury prevention – the key to successful performance (Part 2)
3. The management of soft tissue injury
4. An introduction to swimming injuries

I hope you all find the series interesting and encourage any comments or questions via email. It is certainly going to be a challenge writing for such a diverse and experienced group of athletes, both from medical and non-medical backgrounds.

I also invite club members to email me with specific questions about their injuries so I can advise on diagnosis, prognosis and management. These questions will form part of an additional section of each edition called "On the physio's couch".

Please address all these questions with a paragraph detailing the history behind your injury and any other feedback regarding the articles to pete@physiokinetic.co.uk. For further contact details, visit our website www.physiokinetic.co.uk.

Many thanks,

Peter Hatton MCSP, SRP, BSc (hons)

Chartered Physiotherapist, Physiokinetic Ltd

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 – thecoughlans@hotmail.com (Club Secretary & Memberships Liaison Officer)

Wendy Bullivant 0121 449 9503 (Warwickshire & Midland Meets Secretary)

Nigel Greenwood 07811 332393 – nigel.greenwood@hotmail.co.uk (Water Polo Coach)