



# CAMP HILL EDWARDIANS SWIMMING CLUB

## NEWSLETTER

Issue 167

MARCH 2011

### XMAS PARTY

Many thanks to Alison Watkins and her helpers for the re-arranged Xmas Party, and Steve Eggleton for the music and entertainment! Many thanks to Jane, Heather and Peter for presenting the Club Junior Championship Medals (in record time!).

### NUNEATON & DISTRICT JUNIOR LEAGUE DATES

**9<sup>th</sup> APRIL**

**14<sup>th</sup> MAY**

**25<sup>th</sup> JUNE**

Please make sure ALL swimmers are available for team selection on the above dates. As a **COMPETITIVE** swimming club we do expect you to be available for club galas.

### ABOUT COMPETITIVE SWIMMING POOL-BASED PROGRAMME

There are two types of swimming competitions: long course and short course. Long course (LC) is held in a 50m pool and short course (SC) is held in a 25m pool. The Olympics is always held in a 50m pool but there are international competitions in both LC and SC. The major difference is that a swimmer will turn more often in SC competitions and can therefore create more momentum from powering off the wall of the pool.

There are a range of events in the swimming programme. Typically this will be 50m, 100m and 200m races in each of the strokes (breaststroke, backstroke, butterfly and freestyle). With freestyle there is also the 400m event and for women the 800m, and for men the 1,500 freestyle. There are also 200m and 400m individual medley races for both men and women, where they will complete lengths using breaststroke, backstroke, butterfly and freestyle strokes. Plus there are male and female relays swum over 4 x 50m.

### POOLSIDE NOTICE

We have been asked **AGAIN** to remind parents that **OUTDOOR** shoes are not to be worn poolside, flip flops, bare feet or socks are all acceptable. Grit and dirt can make its way into the pool so your cooperation is appreciated.

### A WORLD RECORD

Five years ago Craig Norrey set a **WORLD RECORD** for the 50m BK in the 45/49yr age group. Having moved up an age group, 50/54yrs, he again set a **WORLD RECORD** still in 25+ seconds. What will he do in 5 years time!

### EXCELLENT SPRINTING

Jodie LeResche showed excellent form when finishing 4<sup>th</sup> in the 50m FS at the National Championships. All the 8 competitors in the final recorded 27+. Jodie 27.86.

### PERI SPRINTS, RUGBY – 13 FEBRUARY 2011

Our ten representatives did very well, with numerous personal bests. Only 2 boys were in the team – an opportunity missed. Medals were won by; Daisy Cutts 2 Gold's, 1 Bronze & James Speirs 1 Silver

### STAFFORD MASTERS, WOLVERHAMPTON – 13 FEBRUARY 2011

While our age groups were competing at Rugby our Masters were flying the flag at Wolverhampton. Everybody returned with one or more medals, notably Helen Bate & Sally Bromley in their first competition. Paul Millington swam good FLY & FS but blotted his copybook with a DQ in the I.M. Jane Stalker & Anne Bourne won their events & Kate Chase & Karen Coughlan also did well the former being one second behind daughter Amber. Cameron Woodyatt produced a good 68.78 FLY & Michael Bate with a 30.67 FS should be looking for a sub 30 secs. very soon.



### SOLIHULL GALA - 26<sup>TH</sup> MARCH 2011

Kingsbury 299, Solihull 234, Perry Beeches 230, Orion 219, Camp Hill 165, Blythe Barracudas 111

Yet again we were short of several swimmers and also had 4 disqualifications.

Good PB's by Cameron Woodyatt FLY 67.45, Amber Coughlan FS 67.61, Bethan Luckman FLY 77.09 & Ellie Kerr BR 1.25.29.

### 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 – [kblccoughlan@googlemail.com](mailto:kblccoughlan@googlemail.com) (Club Secretary & Memberships Liaison Officer)

**Nigel Greenwood** 07811 332393 – [nigel.greenwood@hotmail.co.uk](mailto:nigel.greenwood@hotmail.co.uk) (Water Polo Coach)

### Important Notice for all parents:

If your children are taking ANY medicines on a long-term regular basis, please get a "Medication Form" to register the details. This includes vitamins, herbal remedies, hay fever tablets etc.